

BOOST YOUR BODY IMAGE

A shocking 90% of British women aren't happy with the way they look and suffer from body image anxiety, says clinical psychologist Dr Jessamy Hibberd, co-author of *This Book Will Make You Feel Beautiful* (Quercus). Here are her 'inside out' tips for achieving that:

1 Savour compliments. 'Every time you get a compliment about how you look, write it down. Every now and then, read them through to give yourself a boost.'

2 Give up 'fat talk'. 'The more negative comments you make about your body, the less happy

you feel about the way you look. It's like having a vocal bully in your head. People think their thoughts are beyond their control, but with effort, you can stop making negative comments about yourself.'

3 Think 360. 'It's not just your physical appearance that people are drawn to. We can get so caught up in how we look that we forget we're a whole package. Attractiveness is also about your character and personality, sense of humour and intelligence.'

✦ And... read this month's feature **Dear Body, You're Amazing!**



Work on your confidence with positive 'self talk'

BODY & SOUL

Our round-up of tips, news and advice to boost your wellbeing

Sleep more, worry less

Here's another good reason to make sure you get to bed at a decent hour. According to a recent study, going to bed late and skimping on sleep increases negative thinking, even among people who consider themselves 'night owls'.

Researchers found that the later people went to bed, the more they ruminated and worried, which can increase the risk of anxiety and depression.



Fresh air therapy

Aromatherapist Fiona Tutte was so uplifted by the clean air when she moved to Loch Lomond in Scotland that she wanted to bottle it. She created Pure Lochside, an aromatherapy range using organic Scottish ingredients including Scots pine, lavender, arnica (left), marjoram and warming black pepper. 'I was inspired by the dramatic landscape and the natural larder around me,' she says. We love Calm & Soothe Body Oil, £29 (purelochside.com), an anti-inflammatory blend that's good for soothing muscle and joint aches.

FEATURE: SALLY BROWN. PHOTOGRAPHY (POSED BY MODELS): GETTY, KARRI TAYLOR/HEARST MAGAZINES UK

SPA OF THE MONTH

If you happen to be on London's Oxford Street and fancy a break from shopping, head to **Chuan Spa** at the Langham. With the intimate air of a private members' club, it's easy to see why this quiet retreat has been awarded an impressive four bubbles by the Good Spa Guide - meaning it's rated as a 'great' spa experience. Treatments are based on principles of Traditional Chinese Medicine - our tester described her Obsidian Chuan Nurturing Treatment (from £130 for 90 minutes) as 'possibly one

of the most relaxing experiences of my life'. Using essential oils, intuitive therapist Gosia Dec started with a foot ritual and ended with a facial massage, using hot and cold stones in between for a tension-releasing full body massage. Arrive early to use the 18m swimming pool, hydrotherapy pool and Himalayan rock salt sauna. Afterwards, you'll be tucked under a blanket with a bowl of fresh berries and a pot of Chinese blossom tea. To book, visit goodspaguide.co.uk. □

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