

The Sunday Telegraph

July 10 2011

body + soul

bodyandsoul.com.au

HOW TO EAT LIKE A CELEB

(AND YES,
THAT INCLUDES
TREATS)

THE BIRTH
CONTROL GUIDE
FOR EVERY
BUDGET

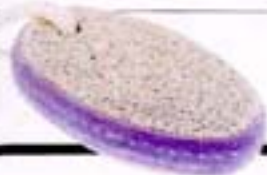
GLANDULAR
FEVER: WHY IT'S
ON THE RISE

80%

OF US ARE
RISKING OUR
SKIN THIS
WINTER. HERE'S
HOW TO SAVE
YOURS

+ TIPS TO THRIVE WHEN YOU'RE OUT OF YOUR COMFORT ZONE

+ **TIP:** Lose the dead skin so your feet are sexy as well as soothed. We love this easy-to-grip pumice stone from Woolworths, \$4.19.



FANTASTIC FEET

Winter fashion footwear has its hazards, so make time to revive, relieve and refresh those aching feet

1. Turn the heat down

+ The Body Shop Peppermint Cooling Foot Spray, \$14.95, 1800 065 232 Cool the skin with invigorating peppermint oil that also fights bacteria, leaving feet feeling fresh and odour-free.

2. Heel healer

+ The Aromatherapy Company Foot Soak, \$11.95, 1800 104 029 Revive aching arches in a solution of peppermint, lavender and tea tree. It also helps soften skin before using a heel balm.

3. Relaxing break

+ Synthesis 345 By The Sea Detox Bath Salts, \$49, 1800 607 881 Take a load off your feet with this stress-busting blend. Epsom salts, which are high in magnesium, melt muscle tension, while mineral-rich spirulina is great for skin.

4. Herbal healing

+ Aurora Spa Rituals Rosemary & Clove Thermal Balm, \$25, 1800 007 844 Massage this heady herbal infusion into tired calf muscles. As an added bonus, it'll moisturise scaly, winter skin.

5. Massage magic

+ Scholl Crazy Feet Vibrating Foot Massager, from \$24.95, 1800 251 215 This will put a tingle in your tootsies. It has acupressure nodules that massage your soles while its rotating roller balls work on your toes. Great for under the desk or at home by the telly. It does make a little noise but we love it anyway.

bodyandsoul.com.au



+ Erin Whitty shares more winter foot care tips at bodyandsoul.com.au/beauty_blog

