

Naturally beautiful
Beauty is only skin deep. It's no good looking pretty if it's costing the earth. Ethical and organic products are good for the skin as well as for the soul. With concerns over the health risks of parabens and mineral oils reaching fever pitch, it's best to plump for the cleanest lines out there. We pick eight of the best

1 So Organic Gentle Everyday Shampoo (€13, soorganic.com)

Made with organic essential oils, So Organic's surprisingly affordable line scores points for eschewing sulphates, synthetic fragrances and other nasties.

2 Huiles & Baumes Cleansing & Make-Up Remover Oil

(€23,75, spacenk.co.uk)

Don't be fooled by the vaguely medicinal feel to the packaging – Huiles & Baumes' ecologically impeccable line feels as luxurious on your skin as any big-name brand.

3 Lavera Volume Mascara

(€13, lavera.de)

Created by Thomas Haase, who formulated the line after suffering with dermatitis as a child, Lavera's paraben and synthetic preservative-free products are perfect for sensitive skin.

4 REN Neroli and Grapefruit Body Wash (€18, renskin.com)

REN – which means 'clean' in Swedish – prides itself on producing products that are free from synthetic fragrances, petrochemicals, animal ingredients and glycols.

5 Gamila Secret Soothing Geranium Body Bar (€19,95, gamilasecret.com)

Based on a blend of seven oils (olive, coconut, shea, avocado, laurel, sweet almond and grape seed) Gamila's multi-tasking balm is further infused with lavender, camomile and sage.

6 Dr. Hauschka Lemon Body Moisturizer (€15,90, wala.de)

The grandfather of holistic, organic beauty, Dr. Hauschka's hand-sorted ingredients are all harvested in winter, when plant



energy is (apparently) at its most potent.

7 This Works Deep Calm Bath and Shower Oil (€48, thisworks.com)

Made with 100% natural plant oils and an oat-derived base, This Works offers a nice line in does-what-is-says-on-the-tin efficacy.

8 Liz Earle Cleanse & Polish Hot Cloth Cleanser (€17,25, lizearle.com)

Liz Earle was an arbiter of simple, plant-based products long before they came into vogue. And although it has spawned a raft of imitators, her hot-cloth cleanser is still the best around.

Exercise of the month
Trapeze

It is a truth universally acknowledged that the gym is boring. Really boring. Especially the treadmill. And if you're going to engage in an activity as potentially painful as strenuous physical exercise, you want it to be as thrilling as possible. Step forward the trapeze – flying for preference, but static will do. You'll need six lessons to master the basics, after which you'll be able to see the difference in your upper body strength, muscle tone and core stability. But the real draw here has to be the attendant sense of exhilaration. Devotees – who can count Sadie Frost among their number – claim there's no high quite like it.

