



Alexandra Worsley's Health & Well-being column

Ingredients for a stress-free Christmas

As the lead up to Christmas approaches and the plans for the holidays kick in, it's really important to make sure you build in some 'me time'...

Creating precious time for ourselves each day will help ensure the festive period is as stress-free as possible and enjoyable for you and the rest of the family.

Just ten minutes of pampering each day isn't a long time to take out for yourself, but it really can help put everything back into perspective and help your wellbeing too.

During this time why not give yourself a mini-facial using some gorgeous Dr Hauschka products such as mini rejuvenating mask, trial size is only £5. This product specifically targets tired, stressed skin. Try taking a warm bath surrounded by rose or scented candles which specifically aid relaxation. A 'taster' reflexology session with one of our therapists will, in just 30 minutes, reveal so much about your body and help you to understand how to reduce stress. Applying some of the gorgeous new REN moisturisers with their antibacterial properties and fresh uplifting fragrance will definately help to put a spring in your step!

At Alexandra Worsley Health & Wellbeing in Bramhall, we have launched Wellbeing Wednesday events. The details are available on our website, www.alexandraworsley.com. The events provide a great opportunity for people to come to the store to meet other like-minded people, learn about the latest wellbeing initiatives and try new products we are considering stocking. We will also be sending out an e-shot each month with well-being tips similar to those in this column. If you would like to receive this email please let us know by contacting: alex@alexandraworsley.com.

Meanwhile, I want to wish you all a fantastic Christmas and thank you so much for your support over the past 12 months.

*Take care of yourself
Alex x*



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