

NATURAL HEALTH

HERBAL HEALING ■ REFLEXOLOGY ■ MASSAGE ■ FLOWER REMEDIES

SHAPE UP for SUMMER

Top supplements and exercises to be your healthiest **EVER!**

+ CAROLE CAPLIN'S
ULTIMATE WORKOUT TIPS

MIND SKILLS EXTRA

3 WAYS TO BOOST YOUR INSTINCTS

- ✦ When to act on gut feelings
- ✦ Nourish spiritual intelligence
- ✦ Intuitive healing for your body

PLUS...

JO WOOD
foods to heal
your body

**LYNNE
FRANKS**
stay busy and
live longer

**BAREFOOT
DOCTOR**
on modern day
manners

NUTRACEUTICALS
Do they REALLY work?

Facelift Foods

LOOK INSTANTLY
FRESHER WITH
NUTRITIONAL
WRINKLE-ZAPPERS

246

easy techniques to
revitalise mind, body &
soul this spring

QUICK & EASY

HOLISTIC ENERGY BOOSTERS

20 simple steps to a
guilt-free energy buzz!



Janey Lee Grace is a speaker, workshop leader and the author of *Look Great Naturally - without ditching the lipstick* (£9.99, Hay House). Visit janyleegrace.com for more information.

JANEY LEE GRACE'S Family MATTERS

Janey Lee Grace, NH's wellbeing expert and imperfectly natural supermum, on the importance of getting away



Family summer holidays are tricky for us. Hubby grew up near Bondi beach in Australia, so cannot understand the British fascination for carting kids and masses of stuff to a far-flung beach. Meanwhile, I find travelling abroad with four children immensely stressful and expensive; so when it's the six of us, we tend to manage with a series of short UK breaks. For example, we love a spot of glamping (glamorous camping) such as the wondrous Jollydays in Yorkshire (jollydaysluxurycamping.co.uk), and we recently had an amazing few nights in a proper castle (stayinacastle.com), where we chilled with a glass of wine as the kids ran through the long hallways dressed as knights and princesses.

But family hols aside, what about you? Do you ever manage to beat a retreat all alone? Yes just you, sans famille, solo. Remember those days? Well, girls, tell your fella that you're leaving! Guys, inform her indoors you're off! No, I'm not advocating the break-up of your marital bliss, I want to renew and refresh it.

Experts say increasing numbers of mums are suffering from a condition known as 'hurried woman syndrome', and I'm quite

convinced it affects dads too. It's caused by chronic stress from the demands of juggling work with a hectic family life. Sound familiar? Every so often you've got to get away. If it's only for a few days, that's enough – even a couple of hours is better than nothing. Lose the excuses, like the lack of time, not to mention the 'indispensable' syndrome: yes, your family/work needs you, but they need you happy, fresh and invigorated too.

Now, I go away on my own, just once a year, and DH (darling husband) is happy to stay at home with the kids. He can see how much it benefits me and my whole outlook. There are a million and one perfect locations for the solo sojourner: a beach hut in Whitstable, a convent on the Isle of Sky, even a hotel in San Francisco (don't forget to factor in the carbon off-setting). Just escape! Or try an organised retreat – there can be no better way to get in touch with your spirituality and revitalise yourself. Some offer short courses, but most also just take guests for a few days. Then there's the practical option; I recently did a course in organic perfume making in rural France – heavenly. You'll find loads of ideas at thegoodretreatguide.com and golearn2o.com.

My first ever lone break was to an organic, vegan guesthouse in St Ives, Cornwall. It was perfect. The proprietor, Simon, aims to leave 'as light a set of footprints behind on this earth as possible', and he inspired me to write my first book. I went for a run on the beach every morning – well, I think you'll find I did what is officially called fartlekking (stop sniggering, and look it up) – then had breakfast on the tiny terrace in the wild garden overlooking the sparkling sea. After three days I left; a different person, relaxed, chilled out and seeing things in a new perspective. I came home, threw away all my chemical cleaning products and ordered a huge stock of wholefoods and healthy stuff from my local supplier. It helped me to find my vocation and five books later, I'm still at it!

Janey loves...

- John Masters Organics make brilliant natural shampoos and conditioners and a perfect travel kit, £9.99. Go to johnmasters.co.uk for details
- Pitta Patta Organic Chest Stick, £9.50, is a non-stick, rub-on balm made with eucalyptus oil, gem essences, love and a little magic! Go to pittapatta.com for details
- Handmade Naturals Unscented Baby Oil for Massage & Cradle Cap, £5.60, is made with virgin organic coconut, cold pressed golden jojoba and peach kernel oils. Go to handmadenaturals.co.uk for details

