

of blood in 100 million parts of water

Life & Soul

Picture: DAVID VENNI



Flying high: Put down that G&T and flex those toes

EXFOLIATING GLOVES

WE RECOMMEND

Bath gloves, €6.50, The Body Shop

THESE easily removed dead skin cells and we loved the six lively colours too.



Scrub Gloves, €4.30, soap andglory.com

A THICK, hard-wearing pair of gloves, skin was left smooth and clean.



Exfoliating gloves, €3.09, Superdrug

THIN, soft and comfy to wear, these gloves buffed up our legs a treat. Good value, too.



Exfoliating gloves, €3.66, Boots

ONE OF the bigger pairs, these lathered up well and gave a gentle exfoliation.

DON'T BOTHER



Exfoliating Body Gloves, €4.30, klmbeauty.co.uk

A COMMENDABLE colour which won't show the dirt, but they were too soft.



Liz Earle, €3, ie.lizearle.com

EXFOLIATED well, but stained easily and looked mucky in the bathroom.

SKY-HIGH BEAUTY

because UV penetrates glass and is intense at high altitudes.

DITCH THE MAKE-UP

'REMOVE all traces of make-up before you board. It can dry the skin, clog pores and trigger break-outs,' says dermatologist Dr Sam Bunting.

But if you absolutely can't live without it, opt for lighter alternatives.

'Swap foundation for a tinted moisturiser to allow skin to breathe and replace lipstick with a tinted balm to keep lips hydrated,' says celebrity facialist Sarah Chapman. For a make-up-free, rosy complex-

ion, tap your fingertips around the face to boost oxygen levels, and deflate eye bags by pressing gently along the eye sockets.

MOVE AROUND

SITTING in one place for a long time slows down blood flow and leads to a build-up of fluids in the feet and ankles, resulting in puffiness.

In more serious cases, this can cause deep vein thrombosis (DVT), which can lead to the formation of a blood clot.

Flight socks (€17.54, Boots) will compress the bottom of the legs to encourage blood circulation.

'Curl and uncurl your toes, and flex them back and point them forward every half an hour, change the position of your legs and stretch your back and arms,' says yoga expert Chris James.

The inflatable Alida Travel Stepper (€5.90, victoriahealth.com) is said to boost blood flow.

STAY HYDRATED

'DRINKING plenty of water will stop dehydration, flush out your system, prevent bloating and help you get over jetlag faster,' says Cvjetic.

Cabin crew are advised to drink a litre of water on short-haul flights and at least two on longer trips.

TREATMENT OF THE WEEK



DOUBLE ABHYANGA MASSAGE

THE Abhyanga massage is an ancient Ayurvedic process from traditional Indian medicine, and it's the perfect treatment to counteract the notoriously fast pace of modern living – just one treatment slows you down completely. It's a four-handed massage, which means that two people are massaging you, synchronised together. The Serenity Day Spa in Dublin has recently launched their Ayurvedic Spa Therapies under the direction of Dr Raju, a qualified naturopathic doctor, and they promise to be popular.

Abhyanga – which literally means 'smearing the body with unctuous or oily substance' in Sanskrit – is a blissful experience. I'd never had a four-handed massage before, and now almost wish I hadn't as a good old two-handed one may never be enough for me again.

Dr Raju chooses a specific oil to suit your Ayurvedic body type – he took one look at me and said I was 'Vata' which means that I am 'fast, wiry and creative, aggravated by the cold' – all spot on. He chose sesame oil for the treatment, which is specifically used for stress-related symptoms, and has soothing and tranquillising properties as well as a lovely sweet, nutty smell.

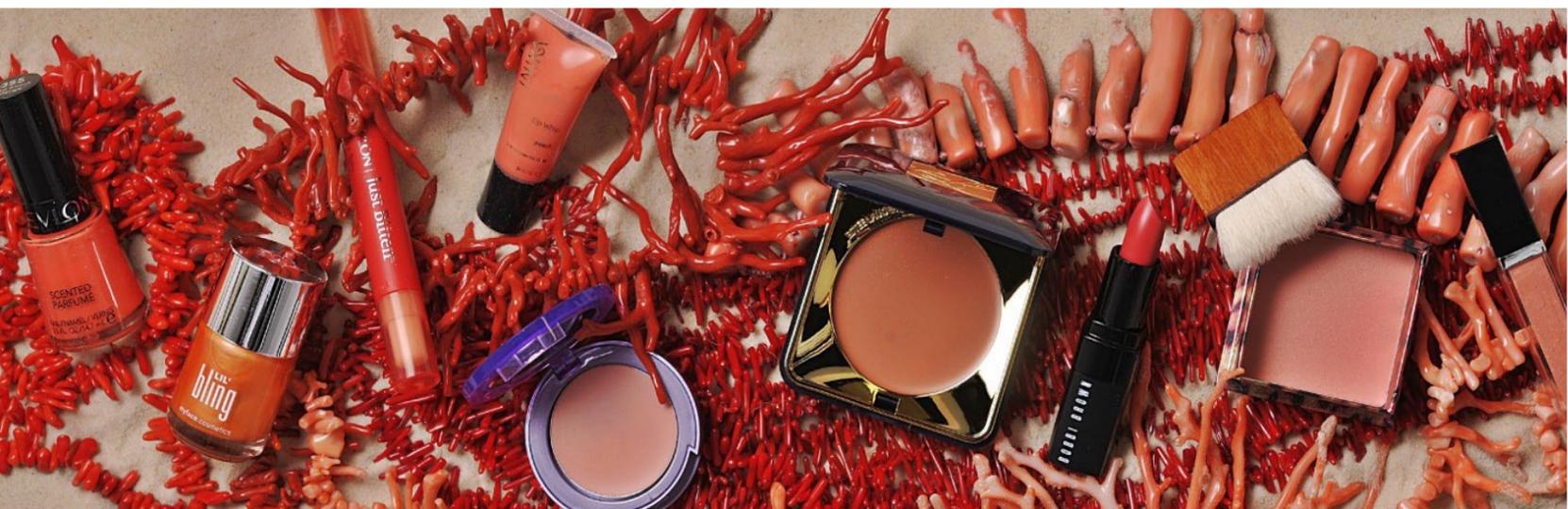
The massage, which Dr Raju carried out with an assistant, is well-choreographed: they both moved their hands together so perfectly that I couldn't resist peeking continually to see how they were doing it.

The oil is massaged in with a gentle to medium pressure, and you should prepare to be saturated with it, as they use copious amounts in the hour-long session. The chosen oil is said to penetrate deep into the tissues to loosen toxins at a cellular level.

Abhyanga also enhances immunity, increases circulation and makes you feel deeply relaxed. It is a remarkable treatment that penetrates to the core of your being. Like the name of the spa, serenity is a given after this experience.

■ Serenity Day Spa, 55 Glashule Road, Sandycove, Co. Dublin, €130 for one hour. Visit serenityspa.ie or call 01 2300255

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