

3 OF THE BEST



BOOST

We all need a boost of vitamin C during the winter months to help banish dull complexions – this brightening cream mask helps give our skin a post-facial glow after just 15 minutes. Vitagel Vitamin C Radiance Mask, £22, vitagel.co.uk



RELAX

Slip into a restful slumber with the help of Tropic's So Sleepy Pillow Mist, (£24). Just three spritzes of the soothing lavender mist is enough to help you drift off into a deep sleep. tropicskincare.com



CLEANSE

The harsher winter weather can play havoc with our skin, but those thoughtful people at Sukin have created a new sensitive range to soothe and hydrate. We love the Sensitive Cleansing Lotion, £7.95, Boots.

BITESIZED RECIPE

Bittersweet winter salad

Serves 4

Ready in 25 mins

- * 1 small red onion, thinly sliced into rings
- * 1 garlic clove, very thinly sliced
- * juice of 1 lemon
- * 50g walnut halves
- * 3 heads red or white chicory, leaves separated
- * 6-8 seedless easy peelers, peeled and sliced
- * 100g feta, crumbled
- * 2 tbsp olive oil
- * 1-2 tbsp roughly chopped tarragon, mint or coriander

- 1 Place the red onion and garlic in a shallow bowl, pour over the lemon juice and set aside for 10 minutes.
- 2 Meanwhile, toast the walnuts in a dry frying pan for 2-3 minutes until the skins have darkened and split. Crush lightly in a pestle and mortar or roughly chop.
- 3 Arrange the chicory and easy peelers on a platter then lift the onion rings from the bowl using a fork and scatter over the top along with the feta and walnuts.
- 4 Whisk the olive oil into the lemon juice and drizzle over the salad. Scatter over the herbs and serve.

Courtesy of waitrose.com



Ask Our Experts

Have a question? Email sophie.rae@aceville.co.uk

Q: "I'M FEELING RUN DOWN, HOW CAN I SUPER-CHARGE MY ENERGY LEVELS?"



Get rid of the food that you don't want to snack on from your cupboard/work place such as processed, white flour and sugary or artificially sweetened goods and replace them with the foods you do want – green tea, organic apples, oranges, pears, celery and unsalted raw nuts. Only buy as much as you want to eat in a week. Have a designated 'green day', once a week where you eat plenty, but only, vegetables and fruit. It need not be fancy – steamed veg, soup and green smoothies are enough, provided you are eating normally for the rest of the week. Keep weekdays alcohol-free. Swap the caffeine for herbal teas like dandelion and nettle. Drink two litres of water a day, and do moderate exercise to feel energized. Eat medicinal mushroom shiitake; one per day to give you back your zing and boost immunity.

Your expert: Naturopath Gemma Hurditch, graduate of CNM (College of Naturopathic Medicine) naturopathy-uk.com

Q: "I OVERDID IT OVER CHRISTMAS. WHAT WARMING DISHES CAN I MAKE THAT ARE ALSO LIGHT AND FRESH?"



Yep, we've all been there, and what would Christmas be without some indulgences? But no harm done: we can cleanse, restore, and rebalance ourselves in no time. Try warming roots like carrots, beets, parsnips, sweet potatoes and butternut squash, which can be baked with a just a smidgeon of olive oil; or greens like purple sprouting broccoli, cabbage, cauliflower, kale or Brussels sprouts – choose the ones you like the best and steam them or cook in 1cm water with the lid on the pan.

Or make a warming soup: simply fry an onion in a tablespoon of olive oil in a big pan, add lots of vegetables – I especially love carrots with a scattering of red lentils, simmered in water and vegan bouillon (I prefer the salted one) until tender, then puréed. I could live on this!

Balance all these vegetables with some lovely organic brown rice. Brown rice is the classic cleanser and can be eaten at any meal, including breakfast (try a bowl of it with toasted sesame seeds and a mug of miso soup for breakfast, or any time of the day when you need a pick-me-up).

Your expert: Rose Elliott MBE, vegetarian cookery writer and author, roseelliot.com