

SO SCENTSUAL

Perfume shopping can be a minefield when you become a conscious consumer; some of the high street's biggest brands are owned by animal-testing giants. We love the range of Essential Oil Perfume Blends from Annmarie Gianni, expertly blended in five scents; Love, Passion, Grounded, Calm and Vibrance. Pop a 1-2 drops on your wrists and behind your ears for a long-lasting scent. Shop the range at liveinthelight.co.uk



BITESIZED RECIPE

Tomato & Puy Lentil Salad

Serves 4 Ready in 15 mins

- * 1 small red onion, thinly sliced
- * 1 tbsp white wine vinegar
- * 250g pouch Puy lentils, cooked
- * 100g radishes, thinly sliced
- * 115g pack baby spinach
- * 1 gherkin, finely diced
- * 300g tomatoes
- * 20g pack fresh dill, chopped roughly

For the dressing: * juice 1 lemon * 2 tbsp olive oil
* 1 tsp Dijon mustard * ½ tsp clear honey *

- 1 Place the onion in a small bowl, toss with the white wine vinegar and a pinch of salt then set aside.
- 2 Place all of the ingredients for the dressing in a screw-top jar and shake to mix.
- 3 Put the lentils, radishes, spinach, gherkin and soaked onions in a bowl and pour over the dressing. Toss everything together.
- 4 Cut the tomatoes in half and then into thick slices and gently stir through the lentils with most of the fresh dill. Tip out onto a serving platter and scatter over the remaining dill to serve.

Courtesy of waitrose.com



3 OF THE BEST

SMOOTH

Get rough heels back into shape in time for spring with this rich and quick-dry cream. Cracked Skin Balm. **£8.99**, whatskinneeds.com



SCRUB

Cleanse your pores from grime and dirt with this yuzu-infused scrub. Janjira 24K Gold Rituals Luminous Exfoliating Gel. **£35**, janjira.co.uk

CALM

Travel plans for 2018? Tea tree is a natural beauty multitasker we always pack. Thursday Plantation Tea Tree Oil. **£5**, boots.com



Ask Our Experts

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

Q: "I DRINK A LOT OF TEA AND COFFEE – HOW CAN I STAY HYDRATED WITHOUT REACHING FOR THE CAFFEINE?"



Caffeine acts to remove water from your body, while also leaching water-soluble vitamins and minerals at the same time, so the very act of quitting caffeine will be a step towards hydration. Another benefit will be a great night's sleep! By stabilising your cortisol and melatonin levels your natural circadian rhythm will reward you with restorative sleep like you've never had before. Why not try a warming turmeric latte or miso broth. I personally love herbal teas, I make my own concoction such as this soothing tea, perfect for when colds and flu are lurking: in a saucepan add 2cm piece of fresh ginger, thinly sliced, juice and flesh of 1 lemon, 2 tablespoons of Manuka honey, 1 tablespoon elderberry syrup (or blackcurrant syrup) and 250ml filtered water. Bring to the boil, once boiling remove from the heat and strain. Add 15 drops of echinacea extract and serve.

Your expert: Kimberly Parsons, Naturopath and Natural Chef lecturer at CNM (College of Naturopathic Medicine) naturopathy-uk.com