

3 OF THE BEST... BODY BALMS



ALL-IN-ONE

Inspired by the tropical beaches of Sri Lanka, this organic, cold-pressed coconut oil from Coconut Merchant is a one-stop shop for all your beauty needs. Its hydrating properties make it the perfect moisturiser to soften and nourish your skin, but it doesn't stop there! You can use it as a hair mask, lip balm, natural deodorant, and make-up remover – or even as a supplement! £9.99, coconut-merchant.com

MAGIC MOISTURE

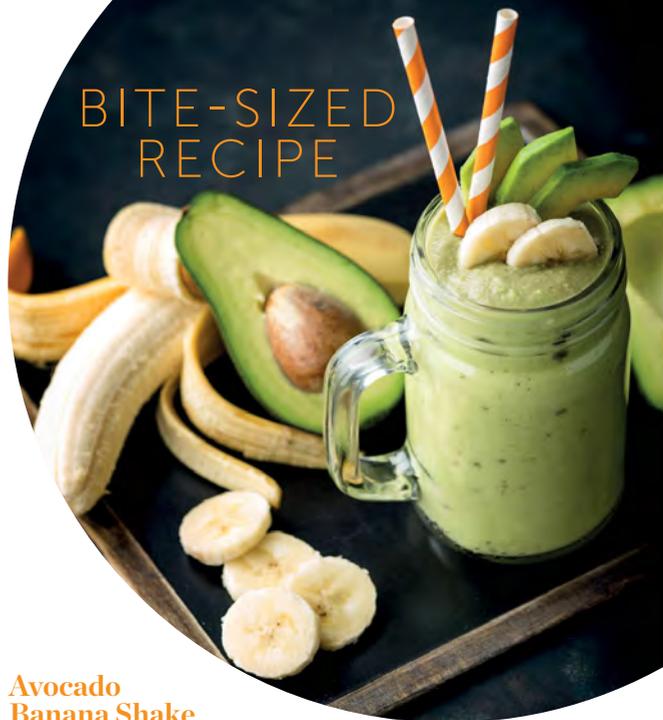
A careful curation of nut and plant oils, SKIN BALM by Isla Apothecary is a greaseless blend which can be used as a cleanser, moisturiser or primer. On contact with the skin, it melts into a beautifully silky consistency for easy spreadability and rapid absorption. This is a great product to treat dry or oily skin. £35, islaapothecary.com



LOOKING ROSY

Roses are known for their restorative powers, particularly in relation to stress relief, and this Wild Rose Body Salt Scrub from Natural Spa Factory is a real treat. The rose petals contain antioxidants to soothe the skin, and antibacterial compounds that improve metabolism and help to clear toxins from the body. £20, naturalspafactory.com

BITE-SIZED RECIPE



Avocado Banana Shake

Serves 2

Ready in 5 mins

- * 180ml semi-skimmed milk
- * 2 bananas
- * ½ an avocado
- * 240ml ice cubes
- * 15g caster sugar

1 Stone the avocado and peel the bananas, then dice roughly.

2 Add all ingredients to a blender and blitz for 30 seconds.

3 Serve straightaway and drink chilled.

Recipe courtesy of Magimix

Ask Our Experts

Have a question? Email ellie.boland@aceville.co.uk

Q: "I'M WATCHING MY WEIGHT THIS SUMMER – IS THERE A GOOD-FOR-YOU ICE CREAM OR LOLLY RECIPE?"



Yes, absolutely – they're really easy to make, and so refreshing. For the quickest and simplest lollies, just fill ice lolly moulds with your favourite fruit juice and freeze! You can also use fruit cordial (sugar-free, if you wish) diluted about half and half with water.

For a creamy lolly, try mixing fruit yoghurt or fromage frais with a little milk and pour into moulds. Or even easier, just take the lid off a tub of fromage frais, push in a lolly stick and freeze. Slices of fruit freeze well just as they are; particularly watermelon: alternatively, add lolly sticks to pieces of peeled banana and freeze; or for choc ice bananas, dip them into melted chocolate first. To make up a larger quantity of ice cream, peel four bananas, cut into 2cm pieces and freeze solid, then blitz in a food processor until creamy. You can also try adding a little maple syrup, honey or vanilla extract before freezing. This is so good that it's worth keeping some frozen banana pieces in the freezer, ready for an instant ice cream hit when the mood arrives!

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

Q: "I SUFFER FROM MIGRAINES – ARE THERE ANY DIETARY CHANGES THAT COULD REDUCE MY HEADACHES?"



To reduce the occurrence of migraines, try a two-tiered approach: consume more of the nutrients that help, and limit the intake of potential triggers. Include foods rich in Omega-3 (such as nuts and seeds) to help control blood flow and lower inflammation. Seek out sources of

magnesium, as it is one of the most successful headache remedies – sometimes known as a natural painkiller. Magnesium may prevent the wave of brain signalling, which produces the visual and sensory changes common with a migraine. Beans, wholegrains, seeds, nuts and vegetables such as broccoli and squash all contain high levels of magnesium.

Imbalanced blood-sugar can also be a trigger for migraine sufferers. To steady blood-sugar levels, eat foods with a low-glycemic load, such as oatmeal and oat bran. Avoid artificial sweeteners found in beverages and other processed foods (such as aspartame), as these may be migraine triggers. It would be advisable not to follow a diet high in salt and processed grains.

Your expert: Nutritionist Eva Killeen directs the Natural Chef courses at CNM (College of Naturopathic Medicine) naturopathy-uk.com