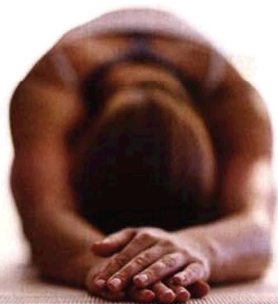


WORDS BY KATE LANGRISH PHOTOGRAPHS BY GETTY IMAGES; HEARST STUDIO/ALACATA PCC
 *THIS INFORMATION IS NOT INTENDED TO REPLACE THE ADVICE, DIAGNOSIS OR TREATMENT OF
 A DOCTOR. IF YOU NOTICE MEDICAL SYMPTOMS OR FEEL THAT YOU SHOULD CONSULT YOUR DOCTOR



MANAGE THE MENOPAUSE

If you want to help ease the hot flushes and night sweats that plague many women going through the menopause, give **acupuncture** and Pilates a go. A recent study published in the journal *Menopause* found that women receiving regular acupuncture treatment reported a 36.7 per cent decline in symptoms. Meanwhile, scientists in Spain discovered that regular exercise such as Pilates can make it easier for the body to deal with lapses in heat-control from hormonal changes, said the journal *Maturitas*.

BEAUTY BUZZ

FACE MISTS

Not only does a quick spritz act as a great pick-me-up, but the latest face mists also include natural ingredients that can soothe irritated patches, energise dull complexions and even help to balance troubled skin. Spritz in the morning then throughout the day, including over make-up.

Try: *Caudalie Beauty Elixir* (£32, uk.caudalie.com) with orange blossom, rosemary and lemon balm to revive skin and spirits; *Fresh Rose Floral Toner* (£31, fresh.com) contains calming rosewater; *Omorovicza Queen of Hungary Mist* (£48, omorovicza.com) has neroli and apple pectin to hydrate; *Amy Silver Rich Facial Mist* (£42, amybotanicals.com) uses the natural healing properties of silver-rich water from beneath an East Sussex wild-flower meadow.



NATURE'S MEDICINE CABINET

Figs Up until relatively recently, the only figs we were able to taste were dried or tinned. So it's a boost for our taste buds and our health that fresh figs are now so readily available at this time of year in many supermarkets and farmers' markets. Fig syrup was, and still is, given to ease constipation, and eating the fruits, which are very high in fibre, can help maintain a healthy digestive system. Both fresh and dried are rich in potassium – important for regulating heart rate and balancing fluid levels in the body. They are also a good source of calcium, important for bone health. Although dried figs retain many of the nutrients of fresh, they are much higher in sugar – so opt for the fresh ones while the season lasts.*



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health notes



NEW FAVOURITE

Capture the essence of late-summer afternoons with a range designed by artist *Marthe Armitage* for Jo Malone London – try the soap collection (£30), *Nectarine Blossom & Honey Bath Oil* (£16) and *Green Tomato Leaf Candle* (£44, jomalone.com).

countryliving.co.uk

Boost your wellbeing the natural way with our round-up from the world of health and beauty

A SUMMER SPENT IN THE GARDEN CAN TAKE ITS TOLL ON SKIN.

Help soothe little scratches and scrapes, and soften dry, chapped hands with *Ouli's Ointment* (£13, ouliis-ointment.com). Made using the healing properties of camomile and nourishing olive oil, it's the perfect gardener's companion.

WHY NOT BREW UP A HEALTHIER INFUSION THAN A STANDARD CUPPA?

Infuse - Herbal Teas to Cleanse, Nourish and Heal (Octopus, £12.99) contains recipes to help you sleep, clear your skin and even calm the mind.

FOR A DAIRY-FREE ALTERNATIVE

on your cereal or in your cappuccino, try the delicious nutty taste of *Plenish Cashew Nut M^{ilk}* (£3.49 for 1 litre, from Waitrose). It's not sweetened with sugar or packed with preservatives – it contains only cashews, water and a dash of Himalayan salt.

For more tips and products, visit netdoctor.co.uk.