

nature's way

Hop into herbs and other alternative remedies with our naturopath, Gillian Kerr

Some of the traditional Native American remedies are really worth investigating and resurrecting. When possible, using natural substances makes more sense than forking out those extra dollars on chemical substitutes.

The Native Americans showed the English settlers in North America the worth of one powerful remedy which was enormously important in their culture – slippery elm. The bark was soaked in water and applied to wounds, forming a natural healing bandage, and was also made into a soothing food for children and the sick. In fact, over the centuries

bathe me beautiful

Bathing has cleansed and restored calm to people for centuries.

So, fill your tub, submerge and prepare to revitalise mind, body and soul. Just add water! By Nikki Yazxhi.

bliss-out your bathroom

keep your cool



water temperature of your bath around 37°C. "Overly hot water will dry out your skin, drained, and can raise blood pressure and blood capillaries. A cool bath can still relax you. Use water around 28 to 30°C and add a lifting essential oil, such as melissa, neroli or

beat boredom

If the thought of sitting in the bath bores you senseless, try these relaxing Ki Yoga moves (a Japanese form of yoga based on energy fields which run through the body) developed by Ki Yoga instructor and personal fitness trainer, Janie Larmour.

■ **bath yoga move 1** "This opens heart energy to bring compassion, joy, and creativity into your life," says Larmour. "It's also good for relieving tightness between the shoulder blades and blood pressure."

■ **how to** Hold hands in prayer position, with your entire hands pressed together, elbows level with wrists and heel of hands in line with heart. Exhale and push the elbow to one side, keeping it forward of the other one (don't let it come back toward shoulder). Inhale back to centre and exhale to other side. Repeat side-to-side 10 to 20 times.

■ **bath yoga move 2** "Developed to bring power and strength to the body, mind and soul, this move relieves mental fatigue, weakness and the feeling of powerlessness – especially if overworked," she says. "It's also great for floppy upper arms and regulates blood pressure and circulation."

■ **how to** Sit sideways in bath and push palms out straight at shoulder height, with fingers pulled back towards shoulders. Imagine you're pushing two walls away sideways, pull fingers back strongly and exhale as you push the energy out the heel of your hands. You'll feel a dull ache through the arm. You can extend this further by making small circles from the shoulders as you exhale. Repeat circles in both directions.



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■ The Body Shop Bath Pillow, \$11.95.

■ The Body Shop Cactus Bristle Brush, \$17.50.

stockists

- **Gucci, Phytomer, Clarins & Boots** Call 1800 801 527 for stockists
- **The Body Shop** Available from The Body Shop.
- **Bloom** Call (03) 9421 0200 for stockists.
- **Stur.** Call (03) 9529 4799 for stockists.
- **Dermologica** Call 1800 659 118 for details.
- **Revlon** Available from pharmacies, variety and department stores.
- **L'Oréal** Available from pharmacies, variety and department stores, and supermarkets.
- **Estée Lauder & Clinique** Available from department stores nationally.