

LIFE & STYLE WEEKEND



Award for Dalvi

Cheltenham cosmetic surgeon Dalvi Humzah has been named Training Provider of the Year in the third annual national Aesthetic Awards 2013.

Dalvi, whose private practice Plastic and Dermatological Surgery (PDS) is based at Nuffield Health Cheltenham Hospital, was also a finalist as Speaker of the Year.

Dalvi, pictured on the right, was presented with his award by Julian Pople, from dermatology company Galderma.



Wonder of science

If you're in your Fifties, there's no escaping the fact that your skin becomes dry and less supple with the menopause. Now a new skincare range, endorsed by Linda Barker, has been launched – the first designed to help menopausal skin. Stratum C™ cream, £85, and serum, £49, were developed following research at the University of Reading and are available from www.stratumc.com

Shopping, wrapping, cooking . . . you can

Just a week to go and the pressure's on to get everything done for a perfect Christmas. **LUCY PARFORD** got some tips on how to keep calm

Survive the Christmas STRESS



Clare Galpin, director of Nutrition Centre

HAVE you wrapped all your presents, decorated the house from top to toe and baked some homemade mince pies? No, neither have we . . .

For many, the pressures of Christmas can bring major tension, anxiety and fatigue making the festive season more of a challenge than a time of celebration.

Leading natural health store, Nutrition Centre, which has shops in Cheltenham, Cirencester and Tewkesbury, has teamed up with Pukka Herbs, the UK's largest supplier of ayurvedic herbs, to produce a Christmas Survival Guide to help us all manage stress and enjoy Christmas to the full.

Director Clare Galpin explains: "There's so much to do at Christmas – all the shopping, presents, wrapping, decorating, the Christmas tree, making extra beds, cleaning, cooking – and all amidst a whirlwind of partying.

"And Christmas brings so many additional pressures and stress triggers – from worries about costs, who to invite and where everyone is going to stay, to lack of time and help, overexcited children and stressful family arguments. Our Christmas survival guide outlines simple measures you can take

Sebastian Pole, director of Pukka Herbs, ayurveda expert and author of *A Pukka Life: finding your path to perfect health*, adds:

"Ayurveda sees stress as a disturbance of the nervous system, which is mainly regulated by vata (one of the three doshas of ayurveda). "Vata has the natural qualities of being light, subtle, erratic, sensitive and it is easily upset at Christmas time by too much sensory stimulation, too much food, too much time pressure and too much to do.

"So the guide includes some good ways for managing this disturbance to vata and helping prevent stress."



Pukka Ashwagandha supplement, Pukka night time tea and Rhodiola Complex can help you cope

1. Get plenty of sleep

In times of stress, good sleep is vital for our body to repair itself and produce natural killer cells, assisting our immune system, so avoid too many late nights.

A cup of Pukka Night Time tea is an ideal way to unwind before bed. But if insomnia is a problem then try Ashwagandha, a supplement which generates inner calm and helps the body cope with and adapt to stress.

2. Keep calm

Amid all the rushing around trying to get everything organised and perfect for everyone else, be sure you take time for a rest yourself. Even just sitting quietly for 20 minutes with a relaxing herbal tea reflecting on all the good things in your life can be a great way to re-energise.

Shopping in the Christmas rush can be stressful. If you're prone to feeling overwhelmed, Bach Rescue Remedy is a fantastic calmer. If you're feeling like Christmas could push you over the edge, try Solgar Balance Rhodiola Complex, a blend of herbs and nutrients which will help to restore your balance and harmony.

3. Take plenty of exercise

Keeping your regular exercise routine or yoga/pilates practice

going over the festive season can be challenging. But by keeping in shape and releasing mood enhancing endorphins, you'll look and feel great.

Finding someone to work out with really helps, but otherwise why not try a dance or fitness class like Zumba or Bokwa as a fun way to keep fit? And if nothing else, be sure to get out for some walks.

4. Avoid excess drinking

While Christmas is the time to eat, drink and be merry, most of us are all too familiar with the downside of excess, so aim for moderation. Try to alternate between a glass of wine and a non-alcoholic drink or glass of water (by rehydrating the body and brain, water helps you cope better with stressful situations).

If you do overindulge, milk thistle herb is an effective way to relieve the symptoms of excessive drinking and overeating.

5. Try not to be a perfectionist

Christmas is meant to be for fun and celebration, so if things don't always go according to plan try not to let it bother you.

It will at least make for an amusing anecdote you can laugh about next year.

■ Visit www.nutritioncentre.co.uk

More fashion, health and beauty in **WEEKEND** on Saturdays, only in the Gloucestershire Echo and The Citizen