

AMANDA BYRAM

BODY BEAUTIFUL

Every month our healthy living guru brings us her bite-sized tips

To quote CS Lewis, “You are never too old to set another goal, or to dream a new dream”. Well CS, I concur! I recently struck up a conversation with a taxi driver who said he was just back from Brazil where he had closed the deal on his new beach house. He had discovered a beautiful village there years ago and fallen in love with it. He went back on holidays but because he had a child he could never fully realise his dream and move there. Once his son became old enough he started to join his Dad on these adventures. One day the taxi driver decided that, though society may frown on him leaving his job, he really was happiest in Brazil. He decided to live his dream. It’s a great lesson for us, to know that even if something is holding you back now, as CS says... you are never too old to chase that dream!

helps maintain the structure of collagen fibres.

I’m loving

I’m a big fan of Weleda products. It’s one of the world’s largest green beauty brands and like me it’s committed to all things natural, organic, eco-friendly, sustainable and fair trade. The brand’s philosophy is what goes into the body is just as important as what doesn’t – and they avoid the use of synthetic fragrances and dyes, preservatives and mineral oil-based ingredients. Personal favourite of mine are the Citrus or Wild Rose deodorants which are free from aluminium salts and the Birch Body Scrub, Wild Rose Cream or Birch Body Wash, and Pomegranate Firming Day Cream.



soothe whatever issues or “dust” you’re experiencing. Ayurveda views illness as an imbalance of these elements, which is why this treatment is so special and unique. Having left the spa walking on air, I have to agree with thousands of years worth of Indian practice! ayurvedapura.com

Sweet disposition

Palmyra Jaggery is known in India as “sugar for diabetics”. It’s all natural and the only plant-based source of vitamin B12 in the world, low-GI and rich in iron, potassium, magnesium and other essential minerals vital for maintaining good health and vitality. But what’s perhaps most exciting is that researchers have found that it may help to break down the opiate-like addiction caused by processed sugar, which in turn curbs that desire to nibble. Sweeeeet!

Trainer tip

Dalton Wong of 22 Training says, “Want to get stronger, have endless amounts of energy and achieve your physique goals? Get enough sleep! Our body grows and repairs while we’re sleeping and not when we’re in the gym. Aim to get enough sleep and follow the seasons. In the spring and summer months when the sun is shining we need less sleep than in the cold, dark autumn and winter months.”

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Oh-mio-my

MIO Skincare is delicious for the active woman, and the brand even has a line for mums-to-be called Mama Mio. The philosophy is simple and one I try to adhere to in every day life – small daily improvements give long term results. My faves are The Activist – a firming body oil full of antioxidants for restoring elasticity; Workout Wonder – a fabulous gel for tired muscles; and Boob Tube which helps with the vulnerable skin around the boobies – it’s got CoQ10 which

Ancient discovery

Ayurveda Pura is one of only two established Ayurveda spas in London and it’s where I went to experience my first traditional Ayurveda massage. Ayurveda is an ancient holistic system that came from India and is about 3-4000 years old. It focusses on three main body types and how they are combined – Vata, Pitta and Kapha. Depending on your combination, this ancient technique of specific massage and oils can help



Tweet Amanda @amandabyram1 and @byrambod