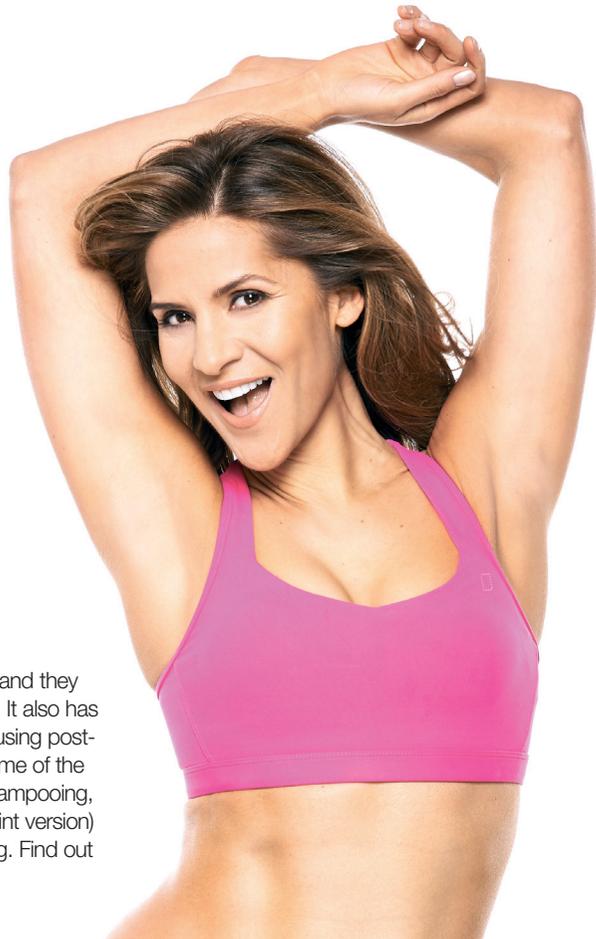


AMANDA BYRAM

BODY BEAUTIFUL

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



It's that time of year again when we all give in to the fact that we will probably overindulge and gain weight. We tell ourselves that we'll work it off in January. So this time around, why not try a mindful approach to Christmas indulgence? With some careful planning and a little bit of will power you can have lots of goodies – just make sure they're the right sorts of treats. The last thing you want to do in the new year is regret all the fun you had over the holiday. Ho ho ho!

Massage magic

For about a year now I've been suffering from a painful piriformis (a muscle deep within the glutes) and no amount of massage or therapy seemed to help. Enter the ancient art of visceral manipulation. 'Visceral' refers to the internal organs of the body such as the stomach, liver and kidneys, and the

ingredients, no animal testing, and they are mostly 100 percent vegan. It also has eco-friendly packaging made using post-consumer recycled plastic. Some of the 18 suggested uses include shampooing, breath freshening (using the mint version) and even fruit and veg washing. Find out more at drbronner.co.uk

Workout of the month

I'm a big believer in raising and lowering your heart rate for short intervals, several times during a workout. I'm also a big fan of lifting weights, so discovering that the workout I used to attend daily in LA had moved to UK last year made me a very happy girl. Barry's Bootcamp delivers all of the above in one knockout workout. Think treadmills and weights and then imagine switching back

super eyelash grower works wonders on weak eyelashes. You have to commit to it though and use it every night for at least a month. Once you start to see your lashes flutter seductively, you won't forget to apply it! Also try the highlighting pencil and volumizing primer for plump juicy lashes.

Facelift at home

So we know that it is collagen and elastin fibres that make our skin look young and bright, but the older we get the amount of collagen and elastin in our skin diminishes. Imagine my delight when I discovered The HoMedics Nawa at home system, which stimulates the natural production of collagen and elastin by using harmless radio waves. Your skin makes new collagen, which makes skin look plumper and reduces fine lines. Nawa is available in Boots stores and on Boots.com, priced at £199.99.

This time around, why not try a mindful approach to Christmas indulgence?

manipulation of these is a hands-on therapy that focuses on the points of tension within and around the organs that are affecting the body's ability to function optimally. Because this technique is relatively new to us (though it actually dates back to pre-recorded times), therapists are few and far between. Graham Stones is one that I highly recommend. He's already made an impact on my annoying piriformis! Find him at brokenyogi.com

Is there a doctor in the house?

Dr Bronner is famous for his magic liquid soap. The 'magic' stuff is 100 percent true pure-castile (meaning vegetable-based), has certified organic

and forth several times during the class. This isn't for the faint hearted, however you can take it at your own pace while you get used to it. Barry's is definitely worth trying if you are serious about getting in shape. Head to barrysbootcamp.com

Give it a lash

I first discovered lash conditioner years ago in the US and having used it for a few months noticed that my lashes were so long they were touching my sunglasses! When I moved back to the UK it hadn't quite hit the market but Revitalash have since brought their brand to the UK. This

Thought for the month

"To live is the rarest thing in the world, most people just exist"

Oscar Wilde



Tweet Amanda @amandabyram1 and @byrambod