

Retail therapy



Silent night

If you're one of the 54% of Brits who experiences a restless night at least once a week, try a cup of Sleepy Slurp to send you off. This hot chocolate with health hit is a this delicious, herbally enhanced formula that is low in sugar and boasts soporific ingredients such as valerian and passiflora to promote a natural sleep pattern.

RRP £3.95 T: 0121 444 6585
www.mycariad.com



Treat your tresses

Super-sleek hair, wherever you are, can be easily achieved with the new ceramic cordless straighteners from Slikit. As loved by top celebrity stylist Robert Hallowell, Slikits are nine-inch long de-frizzing, digital wonders that are an essential for any ladies night out or mini-break abroad. With variable temperature control and inter-changeable plug heads, this is one handbag companion that you won't want to leave home without.

RRP £89.50 W www.hqhair.com



Listen up!

Keep it personal and make music on your mini-break this spring with the new I-StationTraveller from Logic 3. Surprisingly small but powerfully loud, these super-light 156g portable systems are what MP3 players have been waiting for. Boring hotel tunes be gone...

RRP £19.99 W www.logic3.com



Perfect skin

You might spin regularly, eat your broccoli and shun non-organic skincare, but there is another way to achieve gorgeous skin from within. Perfectil Platinum is tipped to be the age-defying beauty pill for 2007, a powerful blend of marine collagen, amino acids and anti-oxidants renowned for their skin-plumping benefits. For those on the go and reluctant to give up all their vices, these are a must.

RRP £39.49 for 60 tablets.
In Boots stores nationwide.

Alpha vibes

Need something serene to help you achieve relaxation? Australian composer John B Levine has pioneered the concept of Alphanumeric: calm, soothing music that is used to help with various health-related issues.

Orange Grove Siesta uses Alphanumeric principles to relieve tiredness, stress, lack of concentration and to create a feeling of escape into a more peaceful state of mind.

Praised by health guru Patrick Holford, Alphanumeric uses the premise that certain sounds trigger the brain to produce alpha waves. Such waves have a slower, more relaxed frequency than the beta waves that the brain normally produces.

Many of us find it hard to switch off these buzzing beta waves, which is where Alphanumeric comes into its own: stimulating the longer waves that aid relaxation, rest and concentration – just as they do during massage or meditation.

T: 08451 302854 CDs can be ordered from the Alphanumeric website. W: www.silenceofmusic.com

