



tubs from the chemist. I add a few handfuls to warm baths once or twice a week. The high magnesium content in the Epsom salts is so relaxing, resulting in the best night's sleep ever and wonderfully soft skin. I often add **Seavite Revitalising Bath & Shower Gel** which smells wonderfully of the sea. Despite me using it regularly for 15 years, it still makes me think "I love that smell" every time I use it. **Human + Kind Anti-Ageing Cream** is a fantastic, all natural, moisturiser. It really has made a difference to my skin since I started using it at the beginning of this year. **Burt's Bees Lip Balm** which I always carry in my handbag. It's moisturising and soothing without being too greasy and cloying. **Regular deep tissue massages** with my osteopath, which have seen me through nearly 20 years of various life events, including having three children, and getting used to standing for long hours doing cookery demos.

*Your Health Show, RDS September 14th-15th*