



# Healthy HOME

Make your space happy and healthy with our favourite new products for the home.

while retaining all the healthful minerals you want to keep.



## TopSanté PROMOTION

### Boost your bathtime

If you're feeling achy and sore, add a few drops of **SOiL Arnica Athletic Massage and Body Oil** to your bath ([soilorganics.co.uk](http://soilorganics.co.uk) £13.20). The soothing, organic oil is formulated with arnica to relieve joint and muscle pain, rosemary and black pepper essential oils to promote circulation, and lavender to relax body and mind. You can also simply rub it into aching limbs before bed to help relax.



WORDS: LILY SMITH AND KATY SUNNASSE. \* GUTTER CREDIT: YOUNGVOU

Sign up to our newsletter at [topsante.co.uk](http://topsante.co.uk)

HEALTH | GREEN LIVING

## GENTLE ANTIBAC

Leave your hands clean and moisturised with the new **Babington Soap Co Plant-based Moisturising Hand Sanitiser** (from £18, [babingtonsoap.co.uk](http://babingtonsoap.co.uk)). Made from just six natural ingredients, including alcohol and organic lemongrass oil, the antibacterial formula kills 99.9 per cent of bacteria without drying out your delicate hands.



**90%** ...that's how much of our time we spent indoors in 2020 - unsurprising

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**TOP Santé**  
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23 ways to keep your heart healthy!

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FEBRUARY 2021 £5.99

PERFECT FOR CHINESE NEW YEAR