

HELLO

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**FULL ALBUM AND
EXCLUSIVE INTERVIEW**

'It was a fairytale... Nick melted my heart'

**YOUR INVITATION
TO THE YEAR'S MOST
COLOURFUL WEDDING**

**PRIYANKA
CHOPRA
AND
NICK
JONAS**

- **INSIDE THEIR TWO ROMANTIC CEREMONIES IN INDIA**
- **DRESSES, DANCING AND ALL THE DETAILS**



HELLO! JOIN THE DUCHESS

**KATE
PLAYS
SANTA
FOR
CHILDREN
AT THE
PALACE**



Louise loves



I love this grandad shirt: superb quality from ethically sourced material and I find it regulates my body's temperature as I sleep. **Luxe + Hardy grandad shirt, £95**; visit luxeandhardy.com



My new find is this divine body scrub: all natural ingredients with vitamins and minerals that will nourish and cleanse your skin. **The Base Body Co Blood Orange Himalayan Salt Body Scrub, £15.99**; visit thebasebodyco.com



This mask takes five minutes. I pop it on once a week as the bath is running. **Sanctuary 5 Minute Thermal Charcoal Detox Mask, £10**, from boots.com

WELLBEING

GET THE
BALANCE
RIGHT

Health *intelligence*



Take care of yourself at this indulgent time of year, says Louise Parker, with preparation and a little maintenance between parties

And goodness, I'm happier, leaner and stronger in mind and body than I ever was following restrictive diets and plans.

We're not health bores at Louise Parker – in fact, our entire team loves a good party. All we want for our clients is for them to learn how to live a really healthy life most of the time and still enjoy celebrations some of the time.

It sounds so simple – and it is. I advise clients to think of our method as they would breathing: don't give up! At this time of year, if you keep taking

"shallow breaths" – small bouts of exercise, for example – your motivation won't come to a grinding halt, you'll keep up your energy levels and, as a happy consequence, your clothes will still fit beautifully afterwards.

The smallest acts will sustain you through the holiday season until you can breathe deeply again and there'll be no need for bootcamps in January – how lovely will that be?

Here's how you can pay your rent over the festive season:

- ◆ Start each day with a nourishing breakfast – a simple porridge with cinnamon, nutmeg and grated apple will set the right tone for your day.
- ◆ Plan your meals for the week and don't skin any just to balance out

batch a big casserole for the week. Omelettes also take less than five minutes. I like mine with a bit of feta cheese and a simple salad with oil and vinegar. If you're prepared, you're more likely to nourish yourself well.

◆ Don't forget to snack before you go out, especially if you know you won't be eating until after eight and it will be a boozy night. You'll line your stomach and likely drink less, helping to swerve a hangover.

◆ Commit to 20 minutes a day to stretch, strengthen and keep your workout habit going. Consistency is

more powerful than extremity – we just want to keep the habit alive.

◆ If you're going to a real knees-up, alternate each glass of alcohol with a mineral water. You'll halve what you drink, avoid a disrupted night's sleep and wake up grateful.

◆ After a party night, I always have a warm bath, cleanse my skin and make myself a tablespoon of Enterosgel to ward off any grogginess.

◆ If you feel overwhelmed, say so. Don't make up a fib to wiggle out of something. People will understand if you're honest. Suggest something lovely to do in

"The smallest acts will sustain you now and there'll be no need for bootcamps in January – how lovely will that be?"

After my tips on navigating all the festive get-togethers, this week it's all about remembering to pay your daily rent to your wellness in the moments when you can.

What you do between parties matters more than what you consume at them, so squeeze in quick, efficient workouts that give you a burst of energy and a lovely glow. It's these in-between moments that will make a difference to how you feel when the new year kicks in.

Some people have an intuitive sense of balance when it comes to living well, eating considerately and exercising as part of day-to-day life. But for most of us, we benefit from a bit of rewiring.

I remember when I used to view everything as good or bad. It took me a good decade to work out that no food, drink or event is healthy or unhealthy and that your wellness lies

