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SUMMER SIZZLE



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Glossy

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SUMMER SIZZLE

The much needed sunshine is here! With temperature breaking record levels, we have quite a treat for you. This issue is packed with great fun stuff, activities for all to enjoy and great useful topics.

Our wellness feature: 'Natural Oils For A Healthier Body', offer top tips on how to enhance your skin naturally, whilst our beauty feature; 'Boost Your SPF From Within' offers useful suggestions beneficial for the season,

Difficult lifestyles sometimes comes with pain that might require an holistic approach, 'Ace It With Acupuncture' is a feature that gives an overall insight on acupuncture.

With cost of living crisis off the roof, it's always handy to review finances especially if you have holiday plans in future. 'DIY Debt Reduction' is topic with great tips that could help you build extra funds that you simply overlooked. Remember, every little helps as the saying goes.

No matter where you are, put your feet up, relax with a fantastic cocktail and have fabulous summer.

Enjoy the issue.

Deborah Thomas

Deborah Thomas
Publisher

LONDON ROCKS

EVELYN CHAMPAGNE KING

10 July 2025, 19:00

The Jazz Cafe 5 Parkway London NW1 7PG

Evelyn “Champagne” King is the Grammy winning vocalist who’s without question one of the disco world’s true icons.

Throughout her storied career she’s notched up hits including 1978’s ‘Shame’, which was inducted into the Dance Music Hall of Fame, and ‘Love Come Down’ and ‘I’m in Love’, both of which are perennial favourites on the dance floors of the world.

BILLIE EILISH

11 - 14 July 2025, 19:00

O2 Arena London, Peninsula Square, London, Greater London, SE10 0DX



American singer-songwriter and musician, Billie Eilish first gained public attention in 2015 with her debut single “Ocean Eyes”, written and produced by her brother Finneas O’Connell, with whom she collaborates on music and live shows. she’s taken the internet by storm with her haunting vocals and eerily beautiful lyrics and genre-defying production that was poised to breakout

HERBIE HANCOCK

Until 26th July 2025

The Barbican Hall Barbican Centre, London, EC2Y 8DS

The GRAMMY award-winning legend Herbie Hancock returns with three ex-



clusive UK shows to celebrate his 85th birthday and 51 years since his first ever London show.

This special residency at the Barbican marks a historic milestone—51 years since his first London show. Expect a thrilling journey through his pioneering catalogue, from the hypnotic grooves of Chameleon to the genre-defying energy of Rockit. Hancock’s visionary performances remain as fresh and electrifying as ever.

ALANIS MORISSETTE

Sunday, 27 July 2025, 18:00

The O2 Arena, Peninsula Square, Greenwich, London SE10 0DX

Seven-time GRAMMY® Award-winning singer/songwriter Alanis Morissette will be headlining at The O2 in London for her final date of the European leg of her 2025 World Tour.

Since 1995, Alanis Morissette has been one of the most influential singer-songwriter-musicians in contemporary music. Her deeply expressive music and performances have earned vast critical praise and seven Grammy Awards.

OASIS

25, 26 & 30 July - 3rd August 2025

Wembley Stadium, Stadium Way, London, HA9 0WS



The wait is over—Oasis is back! After more than a decade apart, one of the most iconic bands of the 1990s is reuniting for a highly anticipated reunion tour. Fans around the world have been longing for this moment, and now, Oasis is finally returning to the stage to relive the magic that made them legends of Britpop. Experience the raw energy and timeless anthems of Liam and Noel Gallagher live as they make their return to the spotlight.

HORRIBLE HISTORIES

31 July - 31 August 2025

Apollo Theatre, Shaftesbury Avenue London

Celebrating the 20th anniversary of Horrible Histories Live on Stage, and an incredible 14 years in London’s West End, this brand-new show brings together the greatest hits from the Barmy Britain series for a riotous month-long run at the Apollo Theatre. From Thursday 31 July to Sunday 31 August, families can enjoy a “horrible” holiday like no other – before school sneaks back in!

From Boudicca’s battles to the notorious Nightsoil Men, get ready to laugh, learn and squirm through Britain’s barmiest history. Will you survive the plague, stand and deliver to dastardly Dick Turpin, or escape the clutches of Burke and Hare? It’s a wild ride through the past that’s packed with facts, fun, and fabulous figures.

JOYCELYN BROWN

8 August 2025, 14:00

Morden Park, London Road, SM4 5QX, Morden



RnB legend Jocelyn Brown returns to her spiritual home for an intimate matinee show of hits from across her incredible career. Spanning not just RnB but soul, funk and jazz as well, we can’t think of many other artists that embody the spirit of The Jazz Cafe as well as Jocelyn Brown.

THE LIBERTINES

9 August 2025, 13:00

Gunnery Park, Popes Lane, London, W3 8LQ



The Libertines are an English rock band, formed in London in 1997 by frontmen Carl Barât and Pete Doherty. The band was part of the garage rock revival and spearheaded the movement in the UK. In spite of their critical success as well as decent commercial success, the band broke up but reunited to write their third album Anthems For Doomed Youth, in 2015.

COLDPLAY

18 August - 8 September 2025, 17:00

Wembley Stadium, Stadium Way, London, HA9 0WS

British rock band, Coldplay will be returning for another fantastic concert in Wembley Stadium this summer. Coldplay is a British rock band, formed in 1997 by Chris Martin, Jonny Buckland and Guy Berryman, along with drummer Will Champion.

The group’s hooks, sharpened by frontman Chris Martin’s ability to pull heartstrings, and the their willingness to evolve their sound, gave Coldplay staying power. Grammy award winning songs such as “Clocks”, “Viva la Vida” and “In My Place” are expected to be performed live. Coldplay also proved they can use truly rock sounds in their albums and have become one of the most commercially successful acts of the last two decades.

THE STATESMAN

10 - 27 September 2025

Theatre Technis, 26 Creowndale Road, London NW1 1TT



In New York-based writer Joel Marlin’s new absurdist comedy about the importance of laughter itself, The Statesman tells the story of a humourless village and the bitter old man whose job it is to teach them how to be funny.

In this novel six-hander, a small village stands defiantly apart from its neighbours as a place where humour is outlawed. A dull, harmonious peace reigns – but when a boy is exiled for the forbidden act of laughter, his case catches the eye of the Queen. Intrigued, she dispatches a representative to uncover the truth.

BRAD KELLY

23 September 2025, 18:30

Union Chapel, 19b Compton Terrace London N1 2UN

One of music’s most extraordinary, inspiring and freethinking talents, Brad’s career has taken off since he was named the winner of Channel 4’s The Piano by superstar pianists Lang Lang and Mika. He appeared at Classic FM Live at the Royal Albert Hall and performed his own sell-out show at Liverpool’s famed Philharmonic Hall.

LADY GAGA

THE MAYHEM BALL

29 - 30 September 2025, 18:30

O2 Arena London, Peninsula Square, London, Greater London, SE10 0DX

MAYHEM marks a return to Gaga’s pop roots, reaffirming that she is a master of reinvention, crafting an album that is as bold and eclectic as it is deeply personal. A declaration of artistic freedom, it embraces the fractured pieces of oneself and how they come together to form something unexpected and beautiful. The album mirrors this concept with its diverse sonic palette and thematic layers, combining elements of chaos, defiance, and vulnerability into a cohesive artistic statement. Gaga describes this process as assembling a shattered mirror: “Even if you can’t put the pieces back together perfectly, you can create something memorable and whole in its own way.

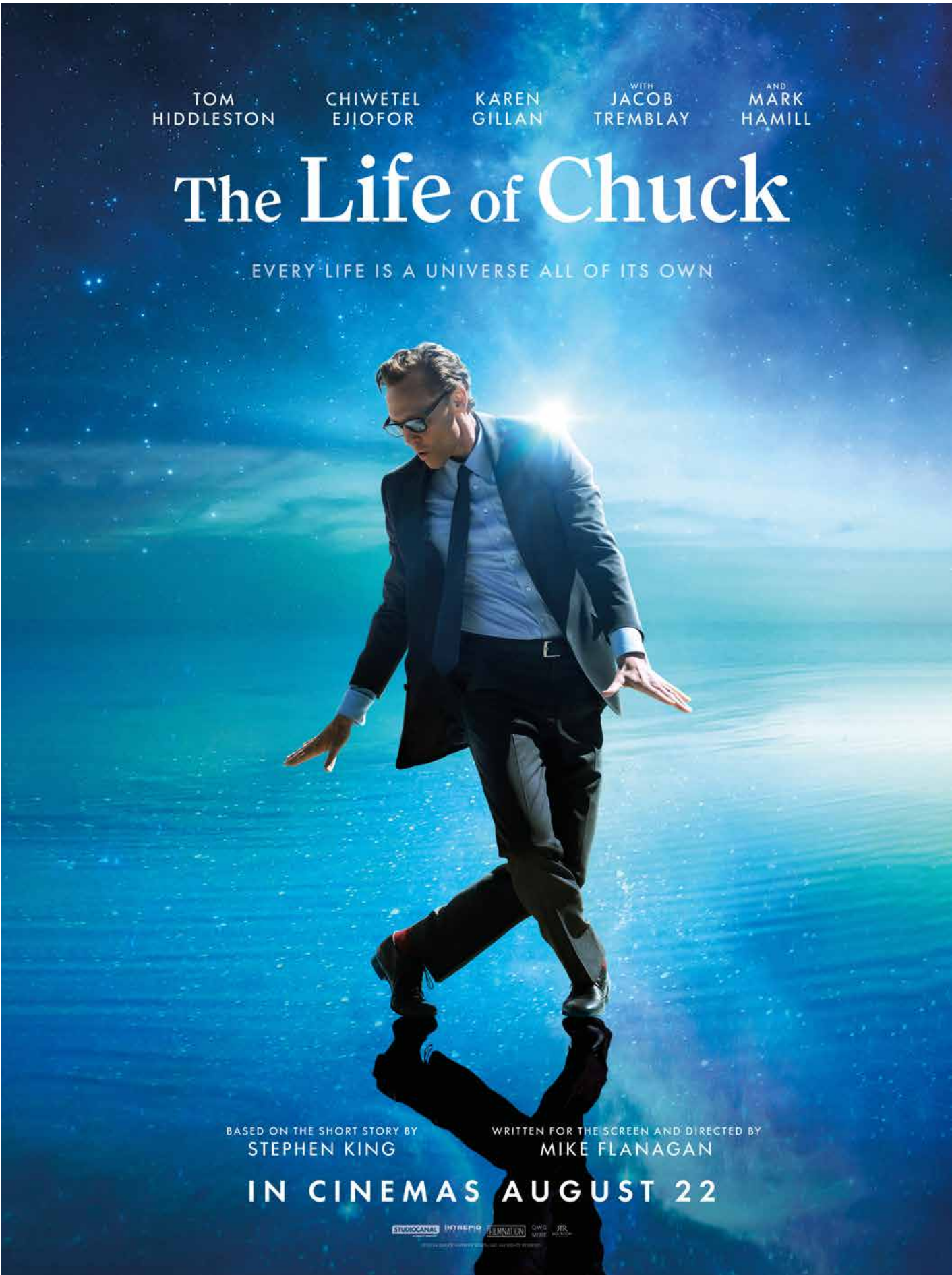
MOULIN ROUGE

THE MUSICAL

July - 31 December 2025

Piccadilly Theatre, Denman Street, London, W1V 8DY

Set in Montmartre Quarter of Paris, at the turn of the century, a world of indulgent beauty and unparalleled extravagance, of Bohemians and aristocrats, of boulevardiers and mademoiselles, Moulin Rouge! The Musical tells the fictional story of an ambitious, lovesick writer, Christian, and a dazzling, entrancing chanteuse, Satine. Their lives collide at the Moulin Rouge with its many characters, including the host Harold Zidler, the brilliant and starving artist Toulouse-Lautrec, the greatest tango dancer—and gigolo—in all of Paris.





Support Our #creatives® is an organisation founded by Producer, Alan Greenstein with a mission to level the playing field for under-represented creators. With a wealth of experience in arts and entertainment, his award winning podcast covers a wide genre of topics ranging from arts, creatives and entertainment.

PODCAST NAME:

SUPPORT OUR #CREATIVES.

HOSTED BY: ALAN GREENSTEIN

LIVE STREAMING:

Live streams of episodes are typically on Mondays at 8pm ET.

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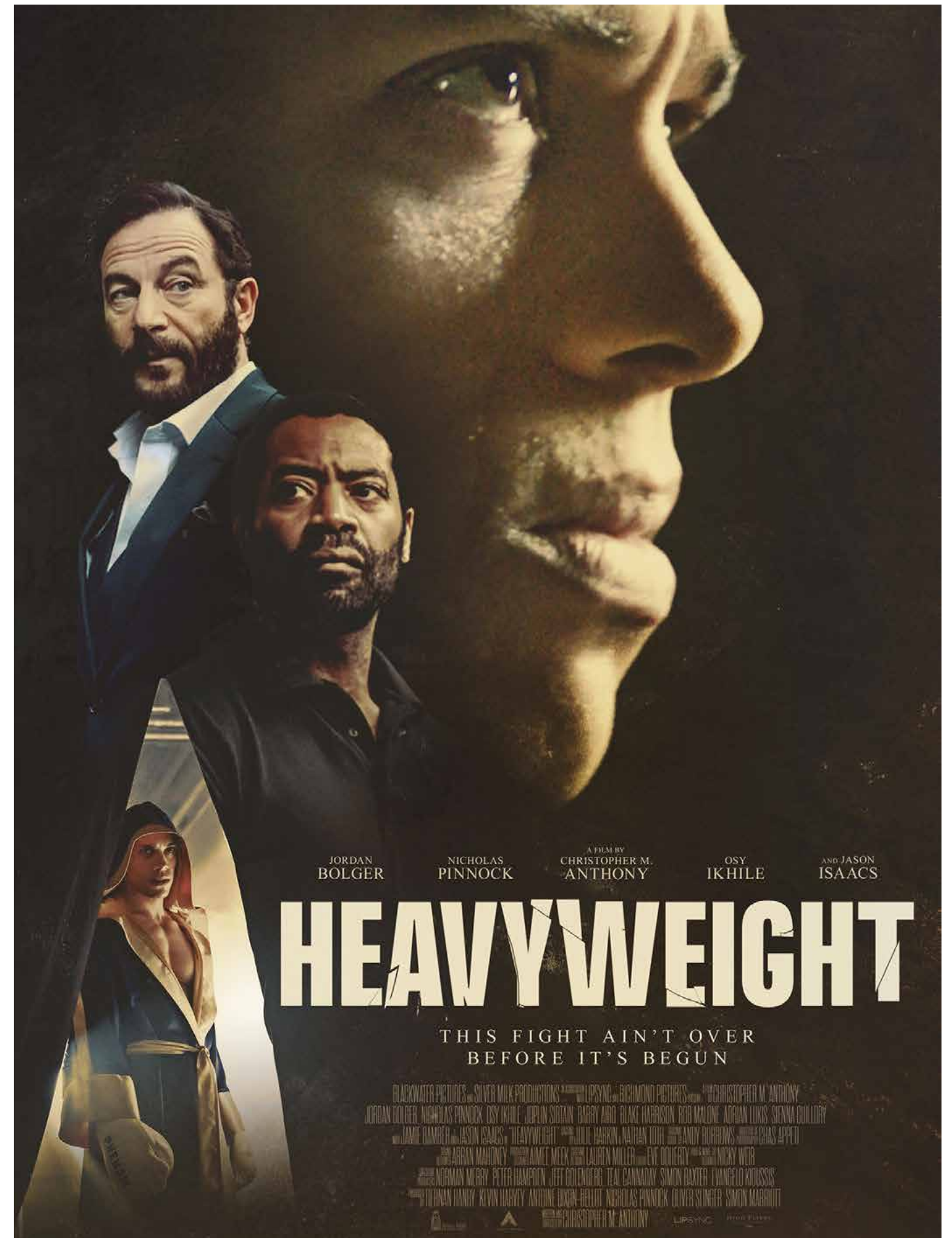
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SIZZLING SUMMER

LEGO® COLLAB FORMULA 1 BRITISH GRAND PRIX

6 July 2025

Power Station Park, Battersea Power Station, London, SW11 8DD



The LEGO® Group has partnered with Formula 1® to celebrate the FORMULA 1 BRITISH GRAND PRIX 2025 with a fun family event at Battersea Power Station on Sunday 6th July.

Families will be able to watch all the FORMULA 1 BRITISH GRAND PRIX 2025 action live on the big screen, as well as take part in a whole host of fun LEGO activities. The full-sized LEGO F1 McLaren car driven by Lando Norris and Oscar Piastri in the Miami Driver's Parade will also be on display for the first time.

Free Event

O2 PRESENTS BURNA BOY FREE GIG

Weds 16 July 2025

O2 Forum Kentish Town, London.



GRAMMY® Award-winning superstar, Burna Boy, will play an exclusive Priority gig for fans

O2 presents... Burna Boy is a rare chance to see the icon perform to an intimate crowd of approximately 2,000, and one of his first live performances following the release of forthcoming album No Signs of Weakness.

Widely credited as a trailblazer in the Afro-fusion genre and for bringing its music to a global stage, Burna Boy's 2019 album African Giant propelled the artist to superstar status and its successor, fifth studio album Twice As Tall, won Burna Boy his first GRAMMY® Award. Paving the way for a generation of artists has come naturally to Burna Boy ever since. In 2023, the Nigerian star became the first African artist to headline a stadium in the UK after selling out London Stadium. The same year, he became the first ever international Afrobeats artist to secure a UK number one album with; 'I Told Them' album.

SUMMER ROCKS AT WEMBLEY

Until August 2025

Wembley Park London



Wembley Park is set to welcome another blockbuster summer, smashing last year's record which saw the Underground station bearing its name rank the 5th busiest in London across the entire 434 TfL-operated network. With more than 2 million ticketed fans alone expected to attend the Gallagher brothers' long-awaited Oasis gigs, Coldplay's record 10 night run, Lana Del Rey, Dua Lipa, Guns N' Roses, Linkin Park and others in concert at Wembley Stadium this summer, 2025 is set to be one for the history books for the North West London neighbourhood. Expect a packed programme of live bands performing the hits of the era, food, drink and outdoor seating.

Summer Rocks at Wembley Park's free season of music, art, wellness and family fun. From June to August 2025, enjoy over 200 hours of events, including orchestral Coldplay and Lana Del Rey tributes, outdoor yoga and Pilates, life drawing with Laxmi Hussain, weekend markets and more. No tickets needed, open to everyone and free of charge.

Info: www.wembleypark.com/summer-rocks

SKEPTA'S BIG SMOKE FESTIVAL

9 - 10 August 2025

Crystal Palace Bowl, London

Big Smoke Festival returns to London this summer with two massive days of music at the historic Crystal Palace Bowl. Today, the Phase One line-up for Sunday 10th August is revealed — and it's a heavyweight showcase of global dance talent and underground energy, curated by Skepta under his



Más Tiempo imprint. Plus, a very special guest that will send shockwaves through the dance world would be announced soon.

Headlining the Sunday programme is Skepta himself, returning behind the decks for an exclusive Más Tiempo set, following a sold-out run of events at venues like Fabric, The Cause, and Drumshed all between a packed summer schedule for Más Tiempo, with a residency at UNVRS, Glastonbury, a US tour and more. Joining him is genre-defying techno legend Maceo Plex, the dynamic and globally renowned Ilario Alicante, and grime pioneer Jammer, stepping into dance territory in signature Big Smoke style.

Big Smoke Festival is part of South Facing Festival, London's leading open-air summer series. Past headliners have included Grace Jones, Damian Marley, Bombay Bicycle Club and Noel Gallagher's High Flying Bird

Ticket Info: www.bigsмоkefest.london

RALLY FESTIVAL

23 August 2025

Gomm Rd, London SE16 2TX

Returning to Southwark Park on the August Bank Holiday weekend, RALLY's third edition promises a stacked bill of underground heroes and sonic innovators, co-curated by NTS Radio, GALA, and Bird On The Wire. The festival lineup



include Moin, Bassvictim, AMORE, and DJs OK Williams, Sophie McAlister, and FAUZIA.

Fresh from a sold-out Barbican show, Moin will play their only London festival appearance at RALLY. Known for fusing post-punk, noise rock and experimental electronics, the trio are set to deliver one of the weekend's most daring sets.

Curated by GALA and Bird On The Wire, RALLY is a one day music and arts festival inspired by DIY culture, celebrating the importance of community.

Tickets Info: www.ra.co./events/1995528

OSCAR AT THE CROWN

Until 31 August 2025

The Crown, Tottenham Court Rd, London W1T 7TS



New Oscar Wilde musical, LGBTQ+ club and party OSCAR at the Crown has made its London premiere after sold-out, hit runs in New York and Edinburgh.

The 360 degree pop musical takes place in a custom-built bunker on Tottenham Court Road, complete with burnt-out tube carriages, walls of TV screens, dystopian CCTV cameras and disco bathrooms.

The immersive experience explodes around guests, who are encouraged to join the party in the Orwellian future, where the only things to survive are reality TV, glitter balls and the complete works of Oscar Wilde.

The exiles ignite the fiery embers of a cultural revolution, propelled by the story of the flamboyant literary icon, while guests sing, dance and enjoy cocktails from disco balls.

Event Info: www.oscaratthecrown.com

CHELSEA ARTS FESTIVAL

19 - 21 September 2025

Cadogan Hall 5 Sloane Terrace, London SW1X 9DQ



Chelsea Arts Festival announces the first wave of talent for its inaugural celebration, taking place in iconic Chelsea venues from 19-21 September 2025.

A starry array of talent from across page, stage and screen will feature in an extensive programme of talks, debates, workshops and live performances.

Starring in the literary lineup with her brand-new novel is celebrated author and broadcaster Elizabeth Day, who will take to the stage for a special event at Cadogan Hall, alongside a roster of events featuring literary heavyweights, including award winning William Boyd with his latest novel.

Ticket Info: www.chelseaartsfestival.com/whats-on

COPACABANA

3 July - 27 September 2025

London Cabaret Club, Victoria House, Bloomsbury Square
London WC1B 4DA



The London Cabaret Club, London's longest-running cabaret, turns up the heat this summer with the return of Copacabana - a fan favourite party bringing the rhythm of Rio to the heart of Bloomsbury.

This colourful, high-energy production transforms the 1920s art deco Bloomsbury Ballroom into a sun-soaked playground of samba, feathers, and spectacle.

In three scintillating acts, audiences will be transported

from the golden sands of Rio to the bright lights of New York, blending tropical beats, flamboyant costumes, and bold, Brazilian spirit. Expect high-energy dance numbers, live music from an electrifying Latin band, and breathtaking moments under swaying palms and pulsating strobe lights.

Tickets Info: www.thelondoncabaretclub.com/copacabana

NOTTING HILL CARNIVAL

24 - 25 August 2025

Notting Hill & Kensington, London W11

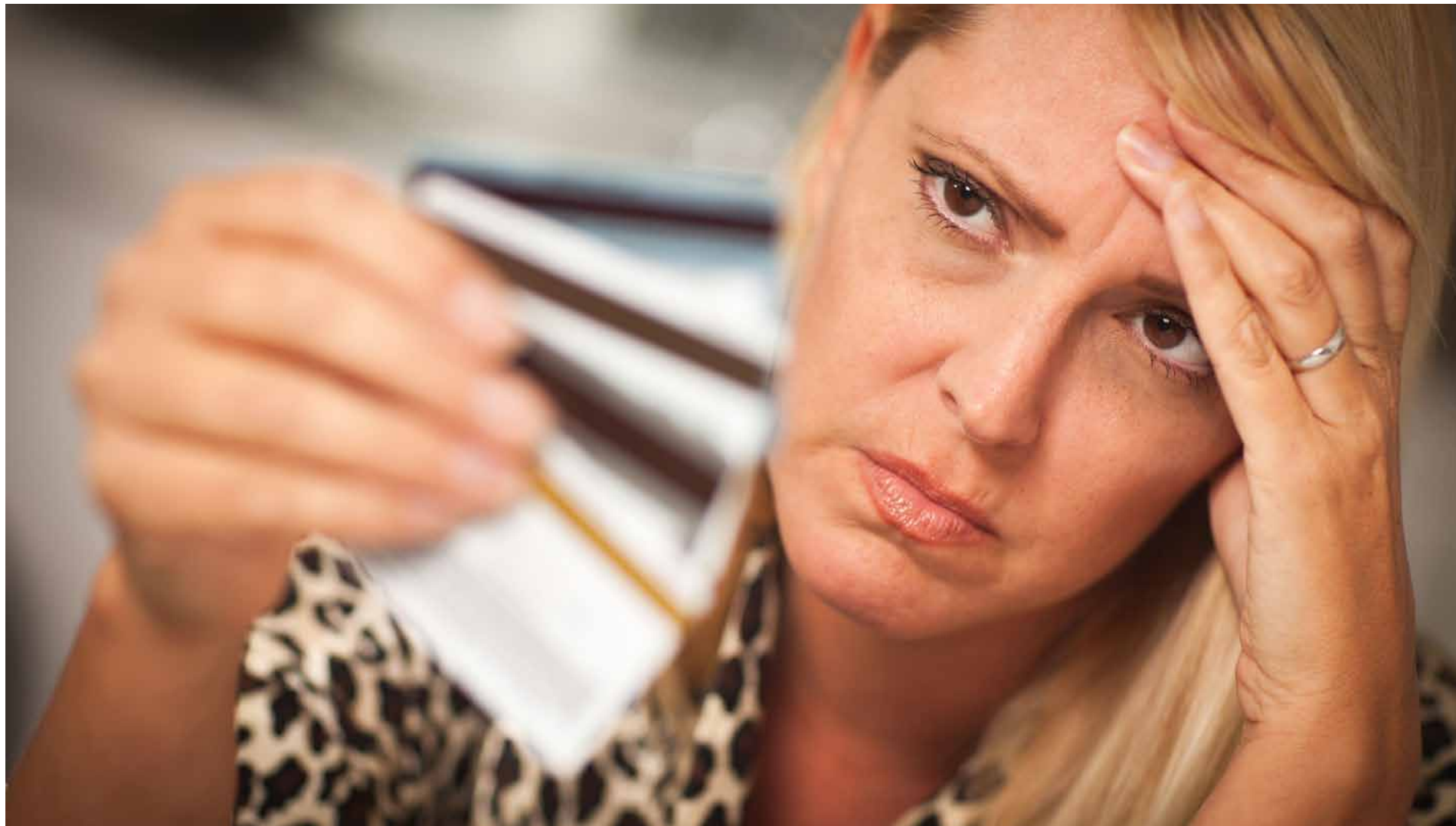


The Notting Hill Carnival is an annual Caribbean Carnival event that has taken place in London since 1966 on the streets of the Notting Hill area of Kensington, over the August Bank Holiday weekend.

Carnival traditionally commences on the Saturday with Panorama, a competition between steelpan bands. Sunday is designated family and children's day, with a shorter parade route for young people. The main adult parade takes place on Monday. Notting Hill Carnival represents the the "five disciplines of carnival: masquerade, calypso, soca, steelpan and sound systems.

This huge street festival attracting about two million people every year to Notting Hill and highlights Caribbean and Black diasporic cultures. Carnival uses influences from many other festivals around the world. Authors.

The festival uses influences from the Jamaican dancehalls and British clubs, and the music is made loud enough for participants to feel the beat.



DO IT YOURSELF DEBT REDUCTION STAY DEBT FREE

By The Business Team

IF YOU'RE DROWNING IN DEBT BUT CAN'T AFFORD PROFESSIONAL FINANCIAL HELP, DON'T WORRY—THERE'S STILL HOPE. MANY PEOPLE SUCCESSFULLY DIG THEMSELVES OUT OF DEBT WITHOUT PAYING FOR EXPENSIVE DEBT REDUCTION PROGRAMS. WITH THE RIGHT MINDSET, DISCIPLINE, AND STRATEGY, YOU CAN DO IT YOURSELF. THE ROAD MAY NOT BE EASY, BUT IT'S CERTAINLY POSSIBLE. WITH TIME, PATIENCE, AND CONSISTENCY, YOU CAN BECOME DEBT-FREE—AND STAY THAT WAY FOR LIFE.

HOW DEBT CREEPS IN

It happens gradually. You start with a car loan, a mortgage, maybe a student loan. Then life throws in unexpected expenses—medical bills, home repairs, job loss, or simply day-to-day living costs that outpace your income. Credit cards

become the go-to tool for bridging the gap, and before you know it, you're juggling multiple payments, high interest rates, and increasing anxiety over your financial future.

The good news? It's never too late to take control.

1. CUT UP THE CREDIT CARDS

Let's start with the toughest—but most impactful—step. If you're serious about eliminating debt, credit card use has to stop. Credit cards make it easy to overspend because they create a false sense of financial freedom. That \$50

dinner or \$200 pair of shoes may seem harmless, but when added to a revolving balance with a 20% interest rate, they can cost you far more over time.

Cutting up your cards removes the temptation. If you need a payment method, use a debit card or cash. Once your cash is gone, you're done spending. It's a hard reset—but an effective one.

2. OR...FREEZE THEM (LITERALLY)

Let's start with the toughest—but most impactful—step. If you're serious about eliminating debt, credit card use has to stop. Credit cards make it easy to overspend because they create a false sense of financial freedom. That \$50 dinner or \$200 pair of shoes may seem harmless, but when added to a revolving balance with a 20% interest rate, they can cost you far more over time.

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3. CREATE— STICK TO—A REALISTIC BUDGET

Budgeting isn't glamorous, but it's essential. A budget helps you track your income, fixed expenses, and variable spending so you can see exactly where your money is going. Most people are surprised to learn how much they spend on non-essentials like takeout, streaming services, or unused subscriptions. To build a basic budget:

- Start by listing your total monthly income.
- Subtract your fixed expenses (rent/mortgage, utilities, insurance).
- Set aside amounts for variable costs like groceries, gas, and savings.
- Whatever is left should go toward paying down debt—not entertainment or luxury spending.

Budgeting isn't about punishment. It's about making informed choices so you can reach financial freedom faster.



4. ELIMINATE

IMPULSE SPENDING

Impulse purchases are debt's best friend. That \$5 coffee or spontaneous online order might seem trivial, but it adds up. One way to curb the habit? Implement a 24-hour rule. Whenever you want to buy something non-essential, wait at least 24 hours. Chances are, the impulse will fade, and you'll realize you don't need the item after all.

For larger purchases, extend the waiting period to 72 hours or even a full week. This gives you time to reflect and prioritize your financial goals.

5. PAY MORE

THAN THE MINIMUM

Minimum payments are designed to benefit the lender—not you. They keep your account current, but do very little to reduce the principal. On credit cards, making only the minimum can keep you in debt for years, or even decades.

Instead, aim to pay at least double the minimum payment. For other debts like car loans or mortgages, try adding 10–20% more each month if possible. These extra payments reduce interest costs and shorten your payoff timeline significantly.

If you're managing multiple debts, consider using either:

- The Snowball Method: Pay off the smallest balance first, then roll that payment into the next smallest debt.
- The Avalanche Method: Focus on the debt with the highest interest rate first, then move down the line.

Both strategies work—it's just a matter of which keeps you motivated.

6. AVOID LATE FEES LIKE THE PLAGUE

Late payments not only cost you money—they damage your credit score. Even one missed payment

can stay on your credit report for up to seven years. Make it a rule: never be late again. Set up automatic payments or reminders to ensure bills are paid on time.

Avoiding late fees can save hundreds of dollars per year—money that can be applied to your debt instead.

7. TRACK YOUR PROGRESS

Paying off debt can be a long and frustrating process, which is why tracking your progress is so important. Whether it's a spreadsheet, an app, or a notebook, document your starting balances and update them every month. Celebrate small milestones, like paying off a single card or reducing your total debt by 25%.

Seeing your progress in black and white can be incredibly motivating and helps you stay committed when the journey feels slow.

8. BUILD AN EMERGENCY FUND (EVEN A SMALL ONE)

One of the most common reasons people go back into debt is unexpected expenses. A broken appliance, a surprise medical bill, or even a car repair can derail your entire plan. That's why it's important to start building an emergency fund, even while you're paying down debt. You don't need thousands of pounds right away. Start with a small goal. Keep it in a separate savings

account, and don't touch it unless it's truly an emergency.

CONCLUSION

Getting out of debt without professional help isn't just possible—it's empowering. You learn better money habits, develop financial discipline, and gain the peace of mind that comes with knowing you're in control. By creating a budget, cutting back on impulse spending, avoiding credit card traps, and paying more than the minimum, you're not just reducing debt—you're building a sustainable, debt-free future.

Disclaimer: This article is for informational purposes only and does not constitute financial advice. For personalised guidance, consult a certified financial advisor or credit counsellor.





MINERAL WATER BENEFITS

A NATURAL WAY TO SUPPORT YOUR HEALTH

By The Editorial Team

In today's world, achieving optimal health requires more than just taking a daily multivitamin. While supplements can help fill nutritional gaps, the body doesn't always absorb nutrients from tablets and capsules efficiently. Instead, many experts recommend getting your essential vitamins and minerals from whole foods and natural sources whenever possible. One often-overlooked yet incredibly effective source of minerals?

MINERAL WATER.

Drinking mineral water is a simple, natural way to support your health without swallowing pills. It offers a range of wellness benefits and can be a valuable addition to your daily routine—especially if your tap water lacks the minerals your body needs.

THE PROBLEM WITH TAP WATER

Most municipalities treat tap water to remove harmful contaminants, using methods such as chlorination, sediment filtration, and chemical disinfectants. While these treat-

ments make water generally safe to drink, they often strip away beneficial minerals during the purification process. As a result, the water that reaches your faucet is usually clean—but not always nourishing.

Even more concerning is that trace levels of pollutants like heavy met-

als, pesticides, microplastics, and pharmaceutical residues can still make their way through treatment plants. Over time, exposure to these contaminants may impact long-term health, especially for people with compromised immune systems or chronic conditions.

WHY PURIFIED

BOTTLED WATER

ISN'T ENOUGH

Many people turn to bottled or filtered water as a perceived safer alternative to tap water. However, purified bottled water (such as reverse osmosis or distilled water) is essentially “empty” water. These forms of water are stripped of nearly all minerals, leaving behind nothing but H₂O. While this water may taste clean and refreshing, it lacks the essential electrolytes and trace minerals your body relies on for everyday functions.

So where does that leave you? The answer may be found in the very thing most of us take for granted—*natural mineral water*.

WHAT IS

MINERAL WATER?

Mineral water is water sourced directly from natural springs or underground reservoirs rich in naturally occurring minerals. Unlike purified water, mineral water is not chemically treated to remove these beneficial elements. Instead, it's typically bottled at the source and retains its original mineral composition.



Mineral water is water sourced directly from natural springs or underground reservoirs rich in naturally occurring minerals. Unlike purified water, mineral water is not chemically treated to remove these beneficial elements. Instead, it’s typically bottled at the source and retains its original mineral composition.

Some of the most common minerals found in mineral water include:

- **Calcium** – Essential for strong bones and teeth, as well as healthy muscle function and nerve signaling.
- **Magnesium** – Supports heart health, muscle relaxation, nerve function, and even helps with stress and sleep quality.
- **Potassium** – Crucial for maintaining proper hydration, blood pressure regulation, and muscle and nerve activity.

- **Sodium** – Assists in fluid balance, electrolyte regulation, and energy production.
- **Bicarbonates and Chloride** – Aid in digestion by maintaining pH balance in the stomach and intestines.
- **Sulfates and Silica** – Promote detoxification and support healthy skin, hair, and nails.
- **Iron** – Vital for oxygen transport in the blood and preventing iron-deficiency anemia.

Together, these minerals serve as the body’s natural “messengers,” supporting cellular function, hydration, and overall vitality.

Health Benefits of Drinking Mineral Water

Regularly drinking mineral water can support the body in a variety of ways:

IMPROVED BONE HEALTH

With its natural calcium and magnesium content, mineral water contributes to the maintenance of strong bones, especially for people at risk of osteoporosis.

2 BETTER DIGESTIVE FUNCTION

Bicarbonates and sulfates can soothe the digestive tract, support healthy gut flora, and reduce acid reflux symptoms by balancing stomach acidity.

3 HYDRATION WITH ELECTROLYTE SUPPORT

Unlike plain water, mineral water

provides a natural source of electrolytes, making it ideal for replenishing the body after exercise or during hot weather.

4 CARDIOVASCULAR SUPPORT

Magnesium and potassium are known to support healthy blood pressure levels and cardiovascular function.

5 DETOXIFICATION

Minerals like silica and sulfates can help cleanse the body by promoting waste elimination and supporting kidney function.

6 NATURAL ENERGY AND MENTAL CLARITY

By helping the body efficiently transmit electrical signals between cells, mineral water can promote better mental alertness and sustained energy levels throughout the day.

Choosing the Right Mineral Water



If you’re looking to add mineral water to your routine, you have options. Over 3,000 brands of bottled mineral water are available globally, sourced from natural springs in Europe, the Americas, and beyond.

Some of the most popular include San Pellegrino, Gerolsteiner, Evian, and Vichy Catalan—each with a distinct mineral profile and taste. When shopping, check the label for a breakdown of the minerals included and their quantities. Not all mineral waters are created equal—some contain higher levels of calcium or magnesium, while others may be rich in sodium or bicarbonates. If you’re watching your sodium intake, for example, you may want to select a lower-sodium option.

Filtered Water at Home: A Balanced Approach

If buying bottled mineral water daily isn’t practical, consider investing in a home filtration system that allows you to remove harmful contaminants without stripping out beneficial minerals. Some advanced

filters are designed specifically to retain or even re-mineralize water during the purification process. You can also purchase mineral drops or powders to add to purified water if you’re looking for a more sustainable and budget-friendly alternative to bottled options.

Conclusion

Drinking mineral water isn’t just about hydration—it’s a way to naturally nourish your body with the trace elements it needs to thrive. With benefits that range from digestive health to bone strength and cardiovascular function, mineral water offers a refreshing, pill-free path to better wellness.

So the next time you reach for a glass of water, consider going mineral. Your body may thank you.

Disclaimer:

This article is for informational purposes only and is not a substitute for medical or nutritional advice. Always consult with a healthcare provider or dietitian before making significant changes to your diet or health regimen.



NATURAL OILS FOR A HEALTHIER BODY

By The Editorial Team

Oils have been used since the ancient times for beauty care. The Ayurvedic system contains thousands of prescriptions using oil. Here we are referring to pressed oils, like olive oil, sesame seed (til) oil, mustard oil, coconut oil, almond oil, sunflower oil, castor oil, etc. They have been commonly used as oils to nourish the skin and hair. According to Ayurveda, sesame seed (til) oil is said to be good during all seasons. Sesame seed oil is light, free of odour and is easily absorbed by the skin. It is rich in nutrients and has healing properties too. Sesame seed actually has natural sunscreen properties of SPF 6. Applied on the skin, it can soothe sunburn. It is also rich in Vitamin E, minerals, protein and lecithin. As far as the face is concerned, sesame seed oil can be massaged on the face to relieve dryness.

Here are some must-use oils this season to treat skin woes. Here are a few, simple tricks with natural oils which are gentle and you can try them at home to restore youthfulness.

OLIVE OIL

Pure olive oil is popular for body massage, mainly to soften the skin and provide nourishment. Olive oil contains many vitamins and minerals. It is also an antioxidant. An antioxidant helps to prevent oxidation or free radical damage and degeneration, caused by

exposure to the sun and chemical pollutants. Like sesame seed and sunflower oils, olive oil can provide protection from the sun's UV rays. The action is so gentle that pure olive oil can be used to massage a baby's tender skin. For the hair too, olive oil is useful. Since it helps to restore the normal acid-alkaline balance of the scalp, it can be useful for oily hair with dandruff.

ARGAN OIL

Argan oil is effortlessly absorbed by the skin and hydrates it from within. It's rich vitamin E and A qualities prevents damage caused

by free radicals, nourishes the skin and improves skin's elasticity besides also helps reduce the appearance of wrinkles, promotes renewal of the skin and revitalizes the skin. The oil is excellent for fixing dry, damaged skin or even stretch marks. So dab a few drop of the liquid gold onto your face for a diva-esque glow this season. Massage your hair and scalp with little Argan oil for shiny, sleek and growth of healthy hair or manage frizzy hair, remain split-end free and basically transform your hair.

**ALMOND OIL**

Almond oil is particularly beneficial for very dry skin and helps to relieve itching, soreness and dryness. It is soothing, healing, lubricating, softening, revitalizing and nourishing. Almond oil can be added to face packs for dry skin. Or, it can be mixed with egg yolk and applied on the skin to nourish it and soften skin texture. It can also be massaged into the hard skin of elbows and knees. Almond oil is also very nourishing for extremely dry hair. For the nails, heat almond oil and massage the nails and cuticles (skin around the nails).

MORINGA OIL

A fairly new entrant in the beauty world, but the goodness of this beauty oil has been tried and trusted since ages. The oil is extracted from mature seeds of the Moringa tree or drumstick tree. Due to its immense hydrating qualities, Moringa oil has been beneficial in treating rough, dry skin, dull, tired, blemished and ageing skin. It promotes collagen in the skin, rejuvenates, helps prevent wrinkles, reduces visible fine lines, removes spot or pigmentation and removes daily wear & tear from pollution. As for the hair, smooth over a few drops of Moringa oil on your hair frequently to tame the frizz, acts as a hair nourisher, controls dry

hair, adds shine besides being an emollient and fabulous conditioner. This is basically your go-to hair oil for healthy, shiny and soft crowning glory!

COCONUT OIL

Coconut oil is probably the most popular oil for the hair. It strengthens the hair and makes it thick and shiny. The application of oil with a light massage helps to stimulate blood circulation to the follicles and also softens hair texture. The hair should not be rubbed vigorously. Only the finger tips should be used, to actually move the scalp with small rotary movements. Hot oil therapy with coconut oil is said to be very beneficial. Heat coconut oil

and apply it on the scalp at night, leaving on overnight. It is said to restore health to damaged hair and prevent split ends. Coconut oil is also said to be beneficial for the skin, as it soothes sun-damage and has a healing effect. It softens the skin and gives it a smoother and more youthful appearance.

In cases of excessive dryness, mix one part of castor oil with two parts coconut oil. Heat and apply. Remember to apply on the ends too. Massage the scalp gently, using only the finger tips. Move the scalp in small circular movements. This helps to stimulate blood circulation to the follicles. Keep the oil on overnight and wash the hair the next day, using a mild herbal shampoo. Avoid very hot water.

CASTOR OIL

Castor oil is used mainly for hair conditions such as dry, brittle and damaged hair. It is also said to darken the hair. It will not turn white hair into black, but it will darken hair that has become brownish due to sun-exposure or nutritional deficiencies. It is a thick and sticky oil, so after application of the oil, shampoo the hair and rinse well with water, so that oily residues do not remain on the scalp. Castor oil is said to encourage the growth of eyelashes and eyebrows. For eyelashes, very little castor oil should be applied with a cotton bud. It should be applied only during the day on the lashes. Do not apply castor oil on the lashes at night and go to sleep. It can lead to puffiness of the eyes.

CALENDULA OIL

A great skin tonic for skin dryness or chapping, it soothes inflammations or eczema during winter months. Frequent use also imparts a youthful glow to dry or sensitive skin. It also helps heal damaged or ageing skin and scars. As for the hair, calendula works on dandruff and hydrates the scalp effectively. This is not all, it also helps in hair growth giving way to thicker mane. Apply fresh calendula oil on your face or scalp and hair for desired results.

APRICOT KERNEL OIL

Apricot kernel oil can be used for skin care. It is rich in Vitamins A, C and E. It also contains fatty acids and is a source of unsaturated fats. As it is easily absorbed by the skin, it is used in many cosmetic products and also in direct external applications on the skin. It is gentle on the skin and is easily absorbed. It helps to nourish and moisturize the



skin and thus relieve dryness. It also helps the skin to retain moisture. It contains antioxidants, which delay ageing signs and degeneration, keeping the skin soft, smooth and youthful.'





PLANT YOUR WAY TO A HEALTHIER YOU

By The Editorial Team

IT’S OFFICIALLY SUMMER TIME, THE FLOWERS ARE IN FULL BLOOM, THE TREES ARE GREENING AND THE BIRDS ARE CHIRPING AND OF COURSE THE DAYS ARE LONGER AND WARMER! IT’S TIME TO HIT THE NEARBY NURSERY AND GET YOURSELF SOME FRESH PLANTS FOR A SUMMER DETOX AT HOME (AND THE AIR) WITH PLANTS WHICH WILL HELP YOU IN THE HOT SUMMER CRISIS AND AFTER SPRING REJUVENATION. BESIDES, BLOOMING PLANTS ADD A WELCOME TOUCH OF COLOUR TO INSIDE SPACES.

We crack the various plants which help us detoxify the air at home, act as natural air fresheners or filters and what really goes on when we include them in our house. Needless to say, ditch the harmful chemical loaded air fresheners or chemically scented candles, instead a little change can have a big

impact in your house. Here are a few favourites to liven up your decor and help clear the air!

Your house could be a holding tank for home toxins, from the laundry powder, cleaning solutions, heating system, your shoe to the good old carpet! Indoor plants make a significant chem-

ical reduction, especially when it came to benzene and formaldehyde. The plant roots and their associated microorganisms are help in organic chemical removal from indoor air.

POT A PLANT

A few plants that help remove the indoor pollutants.

1 Peace Lily filters benzene, formaldehyde, trichloroethylene, xylene, toluene, and ammonia. This lily absorbs pollutants such as formaldehyde found in carpeting, trichloroethylene found in plastics, benzene found in paints, and xylene found in adhesives.

2 Aloe Vera plant filters benzene and formaldehyde. It’s also a wonderful air purifier. Aloe actually absorbs chemicals from cleaning products and even gives you a warning sign by developing brown spots if the chemicals reach a high level.

3 English Ivy filters benzene, formaldehyde, trichloroethylene, xylene, and

toluene. This glossy, easy to grow hanging plant comes in numerous shades excellent at removing benzene from the air and minimizes airborne particles of fecal matter.

4 Florist’s Daisy/ Pot Mum filters benzene, formaldehyde, trichloroethylene, xylene, toluene, and ammonia.

5 Mass Cane filters benzene, formaldehyde, and trichloroethylene.

6 Gerbera Daisy: filters benzene, formaldehyde, and trichloroethylene.

7 Weeping Fig: filters formaldehyde, xylene, and toluene.

8 Purple Waffle Plant. is one of the best detoxifiers. A low-maintenance spreading plant is an excellent choice as ground cover in a terrarium or to drape over a cupboard.

9 Areca palm pumps out loads of oxygen during the day and removes



10 Golden Pothos plant is a fast-growing vine absorbs formaldehyde, benzene and xylene. Ideally this can be placed near the garage is good choice since as engine exhaust is a huge source of formaldehyde.

11 Red-edged dracaena plant adds an attractive pop of color to your interiors. It removes airborne

chemicals from lacquers, varnishes and gasoliner.

12 Spider Plant with long leaves and tiny white flowers, has the ability to destroy benzene, formaldehyde, carbon monoxide and xylene a solvent found in leather and rubber.

13 Bamboo Palm one of the best plants to

have in your home thanks to its ability to remove toxins like benzene, formaldehyde and trichloroethylene.

INVESTING IN INDOOR PLANTS

Indoor air quality is a huge concern today. From Vinyl flooring to air fresheners, there are a hell lot of toxins in the air. And leaving the windows open all

the time isn't an option, so there are plants which help detoxify the air. My go-to is the rubber plants, the thick, deep green leaves of rubber plants help filter formaldehyde, benzene and ammonia from the air besides helps improve the aesthetic of your living space. The plant requires high light and frequent deep watering. Moth Orchid is another favourite, especially good at removing xylene and toluene, two chemicals that find their way into homes due to the large number of household items



like fingernail polish to glues, paint to paint thinner could have xylene and toluene in them. Beware if you have pets at home,

or children keep these plants out of reach from them as it is poisonous or toxic if consumed.'





ACE IT WITH ACUPUNCTURE

By The Editorial Team

Would you stick needles in your face to get perfect skin or remove migraine? Acupuncture- Alternative holistic healing is a mind and body practice as old as 100 years, which has always been around but widely used or prominent today.

With strips of headache tablets locked in our bags or desks at work, the science of healing without medicine is still sluggish in its pace but has a larger audience. Alternative healing practice Acupuncture has helped many achieve a stable, physical and mental being, which may not be possible with the use of heavy machines or medicines. Acupuncture is a technique in which practitioners stimulate specific points on the body. This is primarily done by inserting thin needles through skin. Although needles are used in acupuncture, treatments are relatively pain-free. Acupuncture reduces chronic pain throughout the body naturally, without medications that can cause unwanted side effects, with lasting relief.

Acupuncture is considered safe when performed by an experienced, well-trained practitioner using sterile needles.

WHY ACUPUNCTURE

Acupuncture points, acupoints are precise positions on the body that are the focus of acupuncture treatments, it is a technique for balancing the flow of energy or life force and that energy can be reached by stimulating tiny channels on the body. Acupuncture points are located where nerves enter a muscle, the midpoint of a muscle, or at a point where muscle joins with bone.

There are 14 major energy-channel meridians on the body, with hundreds of points located along each meridian where acupuncture needles are inserted, including 360 different points on the hands, arms, feet, head, back besides over the major organs. By inserting needles lightly into certain points, the chi flow can be tapped into and the patient's energy is re-balanced besides the body's system is stimulated by the needle prick itself and triggers the body to begin the healing process and discharge endorphins which prevent pain.

ACUPUNCTURE

PROCESS

Acupuncture is done by hand, wherein the proficient practitioner carefully inserts about 10 to 20 thin needles into precise points in the body very superficially into the skin. And the needles are tiny enough to fit inside of a normal-sized needle that would be used to take blood, making the process

almost painless for people.

The acupuncturist would check for pulses on the body by gently placing their fingers or hand on the patient's body to feel how the patient's energy is flowing. A word of caution, there might be redness around the needle site, and this is a sign that energy is not balanced in the area. The needles stay in for a short time while the patient's energy is altering and balancing itself. After the needles are removed, the patient can lead a normal life and is advised to drink a lot of water to aid the detoxifying process.

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Also in vogue are types of acupuncture that use light electrical stimulations flowing through the needles, or no needles at all with massage techniques to stimulate energy in the

body by pressing on certain points.

Acupuncture facelift, acupuncture for Migraine, anxiety or depression, hot flashes or arthritis are very common.

Acupuncture Expert, Dr. Jasmine Modi says, 'As an acupuncturist serving the ailing humankind in the most compassionate and non-invasive manner. The choice of alternative healing was the most obvious considering all other methods have reached their saturation in bringing true and lasting relief to patients.

Acupuncture as most of us know is a form of traditional Chinese medicine that has been practiced

for centuries. Acupuncture improves the body's functions and promotes the natural self-healing process by stimulating specific anatomic sites known as acupuncture points. These acupuncture points are stimulated by insertion of fine, sterile needles into the skin. Acu-pressure, electrical stimulation, moxibustion, cupping, massage etc. may further enhance the effects.

Traditional Chinese medicine is based on ancient philosophy that described the universe and the body in terms of two opposing forces namely yin and yang. These forces manifest themselves in the form of five energies namely WOOD, FIRE, EARTH, METAL and WATER.

Energies flow in the body along specific pathways called meridians. When these forces are in balance, the body is healthy. This perpetual and healthy flow of energy keeps the yin and yang forces balanced. However if the flow of energy gets blocked or imbalanced, the disruption can lead to pain, lack of function or illness.

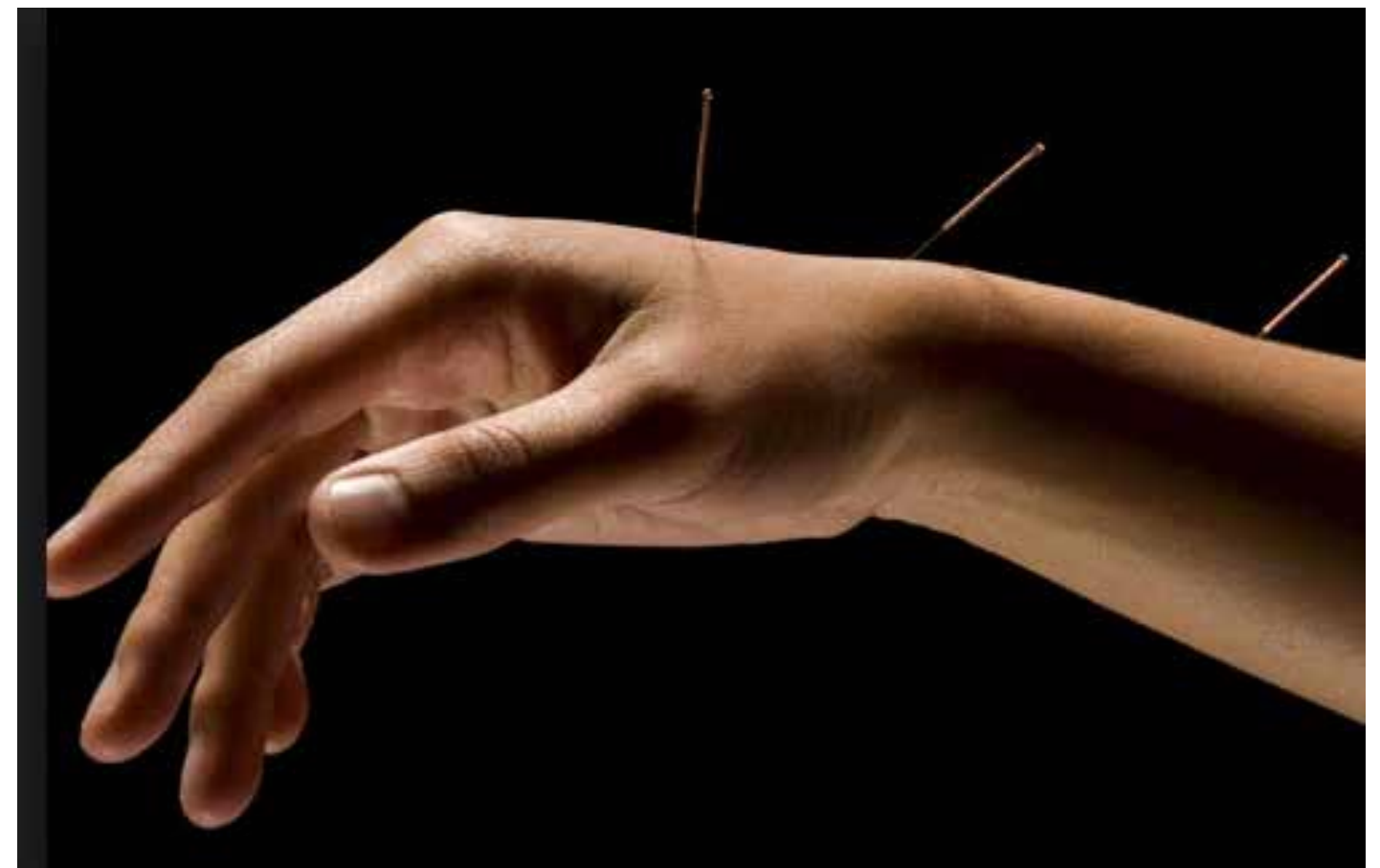
The process of curing the imbalance is a multi-step process no different yet more thorough than a visit to the doctor. First visit at Acupuncture center involves detailed history taking, every minute detail of the patient observed - like scars, skin discoloration, voice tonality, gait and attitude in carrying the body,

emotional response, skin and hair texture. Tongue diagnosis, Pulse diagnosis etc. also help to come to the right conclusions. All of the above gives information about energy flow through the body. This information gives the

Acupuncturist an insight into the energy constitution and imbalances of the patient. According to the gathered information treatment protocol is decided. According to accomplished teachers - An ideal treatment plan should constitute minimal needles maximum cure. After the correct diagnosis follows the treatment stage. Here, needles are inserted at various acupuncture points. Many a times, along-with needles moxibustion or electrical stimulation is given.

Needles are to be retained by the patient for 20 minutes.

All this helps in achieving balanced energies thereby curing the ailment. Needles are never reused for optimum patient care. There are many diseases that can be treated successfully by Acupuncture. The most common ailments currently being treated are: Infertility, lower backache, Cervical Spondylitis Arthritic Conditions, Headaches Reactions; Acupuncture is successfully used in treating anxiety disorders and depression. Likewise, very high success rates have been found in treating addictions to alcohol, Smoking, tobacco etc.'





BOOST YOUR SPF FROM WITHIN

By The Editorial Team.

WHILE PERIPHERAL PROTECTION IS VITAL, SUN PROTECTION ALSO HAS TO BE AN INSIDE JOB. JUST APPLICATION OF A GOOD SUNSCREEN IS NOT ENOUGH, THERE ARE PLENTY OF EDIBLE SUNSCREENS TOO! BY VIRTUE OF THE FOODS THAT WE EAT CAN AID AND PROTECT THE SKIN AGAINST UV RADIATION FROM THE INSIDE OUT. SUMMER IS A GOOD TIME TO VISIT THE PARKS, BEACH OR JUST SUN BATHE IN YOUR GARDEN BUT JUST BE CAREFUL AND MINDFUL OF THE SKIN TAN WITH NATURAL SUNSCREENS OR NATURAL FOODS TO MAKE YOUR SKIN STRONG ENOUGH TO WITHSTAND THE HARSH SUNRAYS.

SUMMER INTERNAL SPF WITH EDIBLE SUNSCREENS

ANTIOXIDANTS

Plant based ingredients can be full of antioxidants, from fruits and vegetables, nuts, leafy greens, extra virgin olive oil and legumes. These help save the skin and boast sun protective properties. The antioxidant phytonutrients found in plant foods remove free radicals, reducing the oxidation done by sun exposure which may hurt our skin's DNA. Not just that it may break down collagen and elastin from our

skin. Go organic when choosing your food as they contain more antioxidants. Fruits and vegetables tend to also be rich in skin-loving minerals and vitamins, which help maintain healthy, well-nourished and protected skin.

EAT THE RAINBOW

We must have heard this a million times from our grandparents or teachers. Eat the rainbow of plants, simply due to the fact the vivid hued fruits and vegetables have plenty of antioxidants and other nutrients. Each individual food boasts its own exclusive group of these protective plant compounds, hence when you eat assorted coloured plants you get a broader range of benefits. This includes the green herbs, leaves and such components.



Think reds (tomatoes, radishes and watermelon) for lycopene, greens (broccoli, cabbage, Brussel sprouts) for sulforaphane, orange colours (carrots, sweet potatoes and oranges) for betacarotene and purples (blueberries, cherries, beetroots, pomegranates and red cabbage) for anthocyanins.





VITAMINS C, E & PRO-VITAMIN A

Eradicating free radicals, Vitamin C helps boost our levels of protective glutathione which is an antioxidant for the body to protect itself against free radical damage. You can get plenty of Vitamin C from kiwi fruits, leafy greens, red capsicum, rosehip, papaya, strawberries, oranges, grapefruits and watercress. Acerola cherry, completes our intake of vitamin C to help protect our body against inflammation and cellular ageing.

Vitamin E helps our body to recycle glutathione and the fine sources would be almonds, avocado, extra virgin olive oil, wheat germ, soy and sunflower seeds. Asparagus is another rich food source of powerful antioxidant glutathione

which aids in fighting inflammation, quite the bad guy when it comes to premature ageing of the skin and body.

Tocotrienols compounds found in oats, barley and rye is from the vitamin E family which gives way to neutralise free radical activity and absorb some UV radiation.

Scout for sources which are rich in a powerful antioxidant, betacarotene, or vitamin A. This skin-loving and health-giving powder is also a rich source of protective phytonutrients.

MATCHA, CACAO & TEA

Lets give a big round of applause to our daily cup of anti-inflammatory green tea or matcha green tea powder as good as 10 cups of green tea, which helps to counteract the damaging effects of free radicals

triggered by exposure to pollution, UV rays, radiation, and chemicals, which can lead to cell and DNA damage. Tea consumption also means reduced skin cancer.

Cacao or dark chocolate has antioxidants called flavonoids which helps protect the skin from sun damage. It is believed a lemon peel may have a protective effect against skin cancer cells.

OMEGA-3S & HYDRATION

A diet rich in Omega 3 essential fatty acids decreases inflammation and helps protect your skin from free radical damage. Good sources of Omega 3's include salmon, sardines, mackerel, algae, flax, hemp and chia seeds.

Drink plenty of water and stay

well-hydrated, especially after sun exposure to maintain healthy natural moisturising factors to keep the skin from getting dehydrated.

You can apply aloe vera gel, coconut oil, macadamia oil, avocado oil, red raspberry seed oil, carrot seed oil, wheat germ oil, hemp seed oil, sesame seed oil, almond oil on your skin as they have hints of natural sunscreen if the sun is not too harsh. Of course eat well to nourish yourself from the sun damage naturally. Include citrus fruits, carrots, strawberries, pomegranates, red grapes, almonds, watermelon, greens, tomatoes, turmeric, flaxseed, juices- vegetable or fruit, coconut water. Voila, watch the summer sizzle and glow sans the tan.

REMEMBER:

PREPARE YOURSELF BEFOREHAND

One mistake a lot of people make once the sun starts shining is to immediately begin sunbathing for long periods without preparing themselves first. Living in an area with long winters limits your sun exposure and will make your skin much more sensitive and you may burn more easily.

Start sunbathing slowly so your skin gets used to the rays. Avoid spending hours lying outside in direct sunlight or you may end up

with sunburn, premature wrinkles, and perhaps skin cancer. A golden tan takes time, so be sure to do it correctly.

CHOOSE THE RIGHT TIME

While it would seem smart to sunbathe when the sun is strongest, this is actually the worst time to do it since this is when the rays may do the most damage. Instead, choose to work on your tan before 11am or after 3pm.

Take Breaks

Rather than lying in the sun for hours at a time, take a break once every hour or every half-hour. Take a swim or go indoors and have a cold beverage, allowing your skin to cool down and give it a break from the constant rays of the sun. You



may also want to sunbathe one day then take a day off if you're very fair. After a week or two, take a look at your skin and see if you like the color it's at or if you'd like a deeper tan. You may want to start tanning daily if you'd like to be more golden, or might need to sunbathe every other day if you find your skin becoming too dark. Whichever you decide, always protect yourself and your skin.





BENEFITS OF MATCHA

FACE MASKS

- Antibacterial, antifungal and antiviral
- Helpful in protecting your skin and decreasing damage done by too much UV light
- Treatment for skin wrinkling
- Reduction in atopic dermatitis
- Soothes the skin to improve the appearance of anti-aging signs
- Protects from tissue damage
- Moisturises dry skin
- Reduces signs of fatigue

Matcha is the perfect option for a quick face mask, to give you smoother and more nourished skin.

Another fantastic compound found in matcha is epigallocatechin-3-gallate, or EGCG for short. It gives matcha great antibacterial and antibiotic properties that can help acne prone skin. Aside from helping with blemishes, EGCG promotes smoother and more supple skin due to its ability to support skin structure and rejuvenate skin cells.

MADE IN MATCHA

By The Editorial Team.

MATCHA IS NOT ONLY A NICE BEVERAGE TO HAVE IT ALSO HAS GREAT BENEFITS FOR THE SKIN, WITH MINERALS, NUTRIENTS AND ANTI-OXIDANTS FOR HEALTH AND YOUTHFUL LOOK. ARE YOU LOOKING FOR DO-IT-YOURSELF OPTIONS FOR A SMOOTH, RADIANT AND TIGHT SKIN? THEN MATCHA FACE PACK HAS YOU COVERED!

WITH THE GLOBAL WAVE OF WELLNESS, INDULGE IN A HEALTHY UPGRADE, IT WAS MOVED FROM THE KITCHEN CABINET TO BEAUTY DRAWERS TO REAP ITS SKINCARE BENEFITS. WE KNOW THE SUPERFOOD SKIN FAIRY CAN POTENTIALLY REDUCE MILD REDNESS, IRRITATION, DRYNESS, SUN DAMAGE, OILY OR ACNE-PRONE SKIN AND DETOXYFIFY TOXINS. NO WONDER THE SKIN ENTHUSIASTS ARE THRILLED TO BE CREATE HIGH ANTIOXIDANTS FACE MASKS TO LEAVE YOUR FACE CLEAN, HEALTHY AND NOURISHED, MAKING YOU WONDER HOW YOU SURVIVED THE WEEK WITHOUT IT! SO DRINK IT, WEAR IT, SPRAY IT ON MATCHA BENEFITS ARE TOO GOOD TO MISS!

MATCHA FACIAL MASKS – THE ULTIMATE SKIN FOOD

USEFUL TIPS AND TRICKS TO GET GLOWING THIS SEASON.

‘Skin products have come a long way, now being able to treat a huge range of different issues. They can be expensive, but you don’t have to





Matcha face masks help fight against puffiness and skin inflammation, as well as dark eye circles (although remember to get plenty of sleep, too!) because of its high vitamin K content, a vitamin that helps improve blood circulation.

So if you have matcha at home and nothing else, you can already make a highly beneficial face mask to nourish your skin!

Here are some easy to make face masks that use matcha and other natural ingredients to give your skin the boost it needs.

When using matcha in face masks, we don't recommend using low quality matcha with a dull green or yellowish colour. Avoid using the highest quality ceremonial matcha, too, as that's intended for drinking on special occasions.

We find the best matcha to use is a high quality culinary grade or an everyday grade. Look out for colour, the greener the better.

HOME MADE

MATCHA RECIPES

1 MATCHA + WATER

Just mix 2 tsp of Matcha + A little bit

of warm water. (1:1 ratio).

Seriously, that's all you need!

Blend with a whisk until you have a thick, smooth paste. Then apply to a clean face. Leave it for 10 – 15 min, until it is completely dried. Then rinse it off.

2 NOURISHING MATCHA MASK

- 2tsp matcha
- 1 tbsp warm water
- 1tbsp honey
- 2tbsp ripe mashed banana

Honey works wonders on our

skin. It has antibacterial, anti-inflammatory and antioxidant properties. It helps heal wounds and nourishes the skin. The banana is a very complete fruit in nutrients. Applied to the skin, it can also nourish, moisturise, repair and enhances glow.

This is one of the best masks you could give to your face after a long stressful day.

3 ANTI-AGING MATCHA MASK

- 2tsp matcha
- 1tbsp lemon
- ½ ripe avocado mashed
- 1 tbsp olive oil

The lemon is a great source of Vitamin C so, just like matcha, it has great antioxidant properties. It can also soothe and reduce wrinkles as well as provide anti-aging benefits. It also helps even out the skin if you have blemishes.

Avocado is another amazing fruit that has Omega3, vitamins A,D E. So it also helps, when used with antioxidant-rich ingredients, fight signs of aging. On top of that, the Olive oil can repair sun damage and premature aging.

4 HOMEMADE MATCHA EYE MASK

Specially useful on the days you

are not getting much sleep, the caffeine present on Matcha along with the Rose water will help reduce puffiness and dark eye circles.

- 1 tsp matcha
- 1 tsp warm water
- 5 tbsp rose water
- Cotton Make-up pads

Cut the pads into 2 semicircles. Mix the matcha with the warm water first. Once it's fully dissolved, pour in the rose water. Add the cotton pads into the mixture and let it soak for a few seconds. Wrap them in cling film and store in the freezer.





AMP UP YOUR FITNESS WITH ACRO YOGA

By The Editorial Team

ARE YOU READY TO TURN UP THE HEAT THIS SPRING? IN THE WORLD OF FITNESS CRAZES, WHERE PEOPLE COME UP WITH CREATIVE NEW WAYS OF STAYING FIT FASTER THAN YOU CAN UTTER THE WORD FITNESS, THERE ARE A FEW TRENDS THAT ARE GAINING TRACTION. ACRO YOGA IS ONE OF THE NEWEST TRENDS TO GAIN GROUND! IT IS A BLEND OF YOGA AND ACROBATICS, AND REQUIRES A GROUP OF TWO OR THREE PEOPLE TO PRACTISE. IT CAN RESULT IN CERTAIN IMPRESSIVE-LOOKING, SELFIE-FRIENDLY

POSES, FOR INSTANCE THE SUPERMAN POSE, WHERE ONE IS FLYING IN THE AIR WITH HIS ARMS AND LEGS SPREAD OUT, WHILE THE PARTNER LIES ON THE GROUND AND SUPPORTS THE OTHER IN THE AIR USING HIS/HER LEGS ON THE OTHER PERSON'S HIPS. WHAT BETTER WAY TO FEEL LIVELIER, POSITIVE AND GET FIT THIS SEASON THAN TO PRACTICE YOGA THAN WITH YOUR FRIEND OR PARTNER. PUT ON YOUR GEAR, PLONK ON THE YOGA MAT AND GET, SET, BREATHE! SO LET'S CRACK THE ACROYOGA THEORY!

ACE IT WITH ACRO

The trust and strength building movements with the essence of Thai massage and yoga asanas. The essence of being in the moment and in balance with another person defines AcroYoga. Gaze, internal locks, synchronized movement with breath are vital practices of this form of yoga. The basic exercises of AcroYoga involve the base, the flyer and the spotter. The person who positioned with his/her back on the ground is the base and acts as a base. The base is the foundation, so it's essential to have strong limbs to provide support to the flyer. A flyer has to move into various positions, involving balancing and core strength. The flyer must be confident enough to move above the ground and trust the base. Spotter is a guide who ensures the safe landing of flyer after a position and helps to improve their movements. The session starts with an opening circle wherein the participants breath and move together, followed by warm up sessions involving a structure of yoga poses. Next are some stretches, then is inversion pose and then the session is concluded with a Thai massage that stimulates the energy balance. In these sessions, partners provide support to each other to perform challenging poses, share a connection and confident of each other. Some of the poses of acroyoga

include Child Pose, Triangle Pose, Downward Facing Dog. The practice improves mental, physical and spiritual aspects, ranging from improving concentration, one's personality, confidence, trust, and kindness besides helps lose weight and makes the skin glow, improves digestion and relieves stress.

IMPROVE LIFE WITH ACROYOGIC POSE

Acroyogic positions, are performing poses in pairs, with one of you acting as a stabilising base, both partner's core muscles have to work extra hard just to maintain a position. The power of gravity and natural resistance play their part in enabling both bodies to achieve a greater range of flexibility than from yoga performed on mats.

AcroYoga Expert Pradeep Mehta says, 'AcroYoga elevates the connection between you and others through movement, connection, and play. Acro in Greek means high, or elevated. Yoga in Sanskrit commonly translates to notions of union, or joining. The experience of taking flight with AcroYoga instantly dissolves fears and invites practitioners to tap into new and infinite possibilities of communication, trust, and union. With benefits spanning across

the realms of mind, body, and spirit, the practice of AcroYoga is well worth looking into. As a teacher & practitioner of Acro yoga, it seems that a week can't go by without someone saying and of course it is fun loving. In a traditional Yoga class, we practice syncing our movements with our breath. Mindfully connect the breath and the body, and you can unlock higher states of consciousness that ultimately move you toward "the oneness. In the practice of Acro Yoga, the aim is much the same. Only rather than simply unifying your breath & your movements, you add the unpredictable element of partnership. This raises the stakes. Essentially, Acro Yoga is Yoga, and it's just as valid as any other adaptation. Acrobatic workouts are still new to the mainstream fitness and that's why acroyoga is more popular.

AcroYoga, a blend of acrobatics, yoga and healing founded by Jenny Sauer-Klein and Jason Nemer in 2003. The workout has since exploded in popularity, with celebrities like Ashley Judd, Gisele Bundcheng lee and Lena Dunham, and use the workout as a chance to get comfortable with your partner. The practice of AcroYoga can mold the overall personality of the participant by improving mental, physical and



spiritual aspects. Its athleticism, discipline, and concentration improve one's personality, confidence, trust, and kindness. It also helps to lose weight and the Thai massage makes the skin glow. Benefits of acroyoga include trio combination results in a stronger immune system and

improves the overall quality of life. It makes for a happy, satisfied and content life. It helps ease various chronic health conditions such as insomnia, anxiety, depression, pain, etc. It improves digestion, boosts elimination of toxins, and improves blood circulation, thereby building stamina. It improves

memory and capacity to recall as well. Overall, Acroyoga promotes mental and physical health and a positive attitude towards life. The practice consists of three persons, one taking the role of a so-called flyer, the other functions as a base and a third person is the spotter. The base assists the flyer

in various poses and the spotter supervises the movements and can help if the base and the flyer are unstable. The base can assist the flyer in stretches and can knead him or her – these practices are used during Thai massage. Primarily, the base's legs, core and arms get strengthened and depending on the flyer's position their back is released, muscles are stretched and strengthened. There are no as such best moves or time, all the poses you do is best and you can do it every day. There is no time limit for the workout. It's always good to work out more and more with your partner which creates a lot of Trust, communication and playful ness.

Acroyoga is for everyone and for any size of person with any level of physical experience. One does not need to be a professional acrobat or fitness professional. Yes as long as you are physically active in some way and have no grave medical conditions.'

DO'S

- Skillful Spotting for safe flight
- It's all Bone Stacking
- No Experience or Partner Required
- Yoga Made Social
- Fitness Made Fun

DON'TS

Like any form of physical activity, it can be dangerous when not done correctly. There can be pulled muscles, falls, even head injuries if you're not careful. Learn from an expert and practice under supervision.

- Lousy Balance
- Poor Judgment
- Delayed Reactions
- Distraction
- Dizziness



FAT BURNERS & ENERGY BOOSTERS

By The Editorial Team



DON'T WE ALL LIKE NATURAL FAT BURNING FOODS WHICH ALSO DOUBLE UP AS ENERGY BOOSTERS? WELL, THERE ARE PLENTY OF FOOD AND HERBS WHICH ACT AS ORGANIC CALORIE BURNERS AND METABOLISM BOOSTING SOURCES. WHEN IT COMES TO SHEDDING WEIGHT YET REMAINING ENERGETIC THERE IS NO SHORTCUT OR MAGIC PILL OR MAGIC SOLUTION RATHER THERE ARE WHOLE FOODS OR HERBS IN SUPPLEMENTAL FORM. HENCE WE CANNOT SIMPLY BE A COUCH POTATO, GORGE ON SINFUL FOOD, SLEEP FOR HOURS TOGETHER OR REMAIN

SLEEPLESS, AND IN RETURN EXPECT TO LOSE WEIGHT BY THROWING IN HERBS INTO THE MENU. THE HERBS OR WHOLE-FOOD ACT AS A SUPPLEMENT TO A HEALTHY AND DISCIPLINED LIFESTYLE ALONGSIDE GETTING JUST ENOUGH SLEEP, EATING QUALITY FOODS, AND REMAINING ACTIVE! HERBS WORK WONDERS IN FAT LOSS, ENERGY OR HEALTH BOOSTING, BUT THEY WORK IN TANDEM WITH A HEALTHY LIFESTYLE. ARE YOU READY TO EMBRACE HERBS IN YOUR DAILY REGIME? YES PLEASE, BRING IT ON WE SAY!

MAGICAL FOODS FOR YOUR DAILY DIET

1. MATCHA

Matcha is powdered traditional green tea, you consume the entire

chlorophyll filled leaves that are handpicked, steamed, dried, and made into a fine green powder. It contains epigallocatechin which is a very potent antioxidant which inhibits fat cell development, increases fat excretion, turns up metabolism and boosts energy. It even relaxes the body.

2. GINSENG

Ginseng is a common and renowned herb, since it is subtle it takes a little while to show results. It boosts energy levels, speeds metabolism, and increases weight loss and insulin sensitivity besides regulates blood sugar levels.

3. CINNAMON

Cinnamon is readily available in our kitchen shelves, it is beneficial for reducing or regulation of blood sugar levels, diabetes and bad



cholesterol in the body. Add it to your smoothies, fruits, desserts, soups, salads or even a glass of water.

4. CAYENNE PEPPER

Cayenne pepper is tremendously beneficial, as is a good source of vitamins A, B, and C alongside potassium and manganese. It contains capsaicin, which gives pepper heat, helps the body in digesting and using proteins, adapting body temperature, helping in arthritis, weight loss, boosts metabolism, melts fat or calories, helps in pain or discomforts and improves blood circulation. Add a sprinkle of cayenne into your dishes or a glass of water.



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5. COCOA

Cacao is a seed or bean, when in its organic, natural form. It is not only tasty, it is a healthy super food which has health benefits as PMS symptoms, keeps the heart healthy, eases depression besides the magnesium in it boosts heart and brain health, alleviates muscle cramping and alkalinity, improves bone strength. This is not all, it has vitamin C which is great for the immune system, and its zinc improves immunity, boosts the liver, pancreas, and skin, kills appetite,

and enhances the mood.

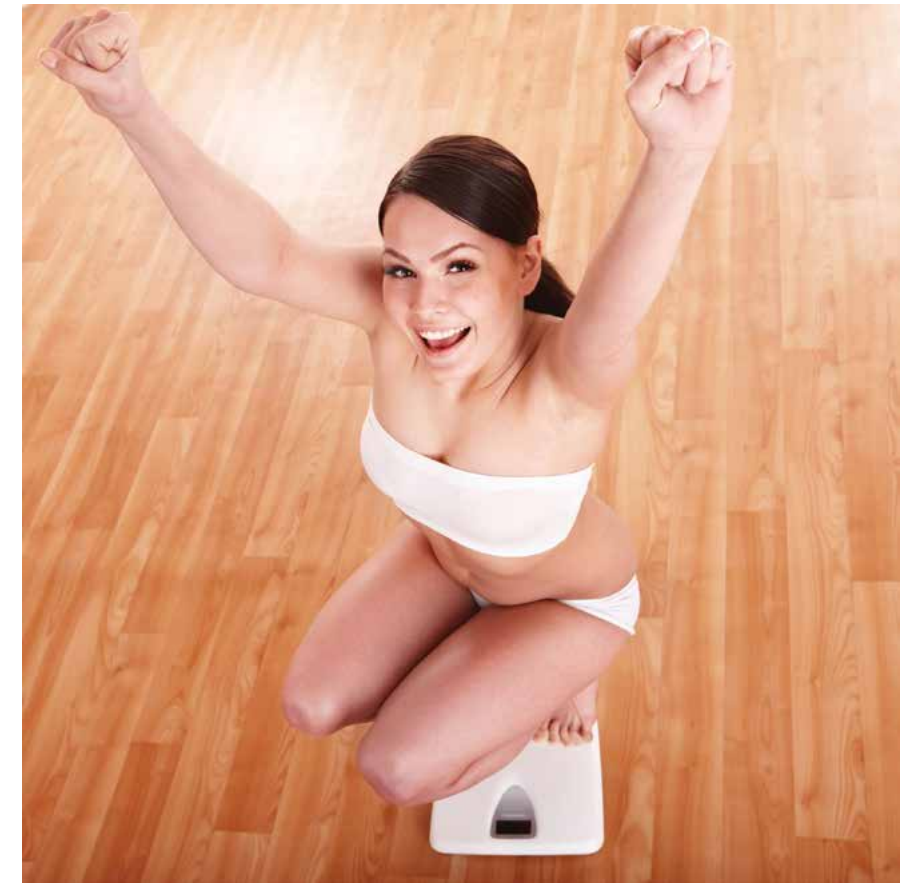
6. CORDYCEPS MUSHROOMS

Cordyceps mushrooms are medicinal mushrooms which springs from the body of dead caterpillars in the wild. This herb is gaining popularity as a pre-workout supplement also used by athletes. Cordyceps



improves oxygen circulation, and oxygen intake is vital for supplying nutrients to the muscles, avoiding fatigue, or accumulation of lactic acid. Cordyceps proficiently increases stamina, endurance, removes excess belly fat and helps the body adapt to environment or stress better.

Health Expert Gautam Ghosh says, 'Herbs complement a healthy lifestyle. For instance, if you not getting enough sleep, your hormones will feel tired, you'll have food cravings and an increased appetite or if you are not getting quality foods, your metabolism won't work properly, similarly if you aren't working out or active you are making your body weaker and susceptible to sickness and disease. Lifestyle is what makes all the difference. I'd recommend three fat burners cum



energy boosters which are easily available in your kitchen. Chia seeds have fat burning hormones, ideal for shedding weight and pumping energy into your body.

Turmeric is a wonder food, it reduces inflammation in the body, and reduces fat cells. Tamarind decreases appetite, body fat and increases immunity.



Simply Summerlicious

By The Editorial Team

It's sizzling hot this summer and nothing beats having a fabulous break with a gorgeous mouth-watering treat that will hit your palette with an outburst of flavours. This delightful eye popping chocolate raspberry cake is an excellent treat for your guilty pleasure. The dark chocolate is rich in minerals, loaded with antioxidants and sits on a grand layer of fresh raspberry.



CHOCOLATE RASPBERRY CAKE

INGREDIENTS

1. 300 Grams Dark Chocolate
2. 12 Tbsp Unsalted butter
3. ¼ Tsp Salt
4. 6 Eggs
5. 1½ Cup sugar
6. 1 Tbsp Coco powder
7. 200 Grams Fresh raspberry
8. Whipped cream to serve

DIRECTIONS

Step 1. Place the chocolate, butter & salt in a large microwave safe bowl and melt the chocolate for about 2 minutes. Stir well and heat for another 2 minutes till the chocolate & butter is completely melted set aside.

Step 2. Beat the egg and sugar till thick and fold in the melted chocolate in the egg mixture.

Step 3. Pour the batter in a 9inch prepared nonstick baking pan, place the pan in moderate hot oven and bake for 1 hour on 180 degrees or till the Inserted tooth pick in the center comes out clean.

Step 3. Removed the baked cake from the oven and allow it to rest on a wired rack for at least 8 to 10 hours. Dust coco powder and garnish with fresh raspberry on top and serve with whipped cream.

Chefs tips: you can add some chopped dry raspberry in the cake just to enhance the taste.

Serves 6 portions

Preparation time 10 minutes

Baking time 1.20 hours



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Baroque Keshi Pearl Endless Necklace

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