freshliving

Get happy. Quick!

Try just one of these today, and you'll feel the good vibes spread throughout your body, I guarantee.

- Before your morning shower, brush your skin. Use a dry brush with medium bristles to sweep your body just before you hop in the shower. Start at your toes, and work up to your neck, always brushing towards your heart. You'll feel an instant tingle and a warm glow.
- Quit the multitasking for one moment. Put everything else down and drink a cup of tea in the sun.
- You can get to the calming acupressure points on your scalp by massaging your scalp as though you're shampooing your hair. Wait until your boss pops out to the photocopier, or to get their morning latte, and get shampooing at your desk!
- Phone a friend who makes you laugh.
- Give your feet a few minutes of pampering with a mini reflexology treatment. You don't need to be a pro, and some simple massage can ease uncomfortable symptoms elsewhere in your body. To relieve headaches gently pinch and massage your big toe, concentrating on the part below the toe joint. If you're blocked up with a summer cold or hayfever, press the top of each toe to ease congestion in your sinuses.
- Try a fast meditation technique that is instantly calming. Close your eyes and focus your mind on the middle of your forehead. Breathe in slowly through your nose for three counts, hold your breath for another three counts then breathe out noisily and very slowly. (If you don't want to upset the guy sitting next to you on the train, just breathe out slowly for six.) Repeat this three times for maximum effect.
- Look at something blue or pink. These colours have a magical way of soothing an overworked mind. Green can help, too. Nothing available to gaze dreamily? Visualise a pink sunset. It works, try it.
- Add a drop or two of rose oil to massage oil and gentle rub the back of your hands with your thumb towards your wrist. Then use small circling movements on each of your joints and gently pull your fingers to ease tension. Your hands will smell deliciously summery and you'll feel happy and relaxed.
- Give someone a compliment. Their appreciation will bounce back to you.
- Don't keep all your cream for your strawberries. Try this recipe for your face. Mix two heaped teaspoons of fine oatmeal and two teaspoons of double cream and rub into your face to exfoliate your skin gently. This natural combination has a magically softening, soothing effect on skin.
- Nearly bedtime? Drink a glass of milk. It's rich in calcium, which helps relax muscles, and in the amino acid tryptophan, a natural sedative.