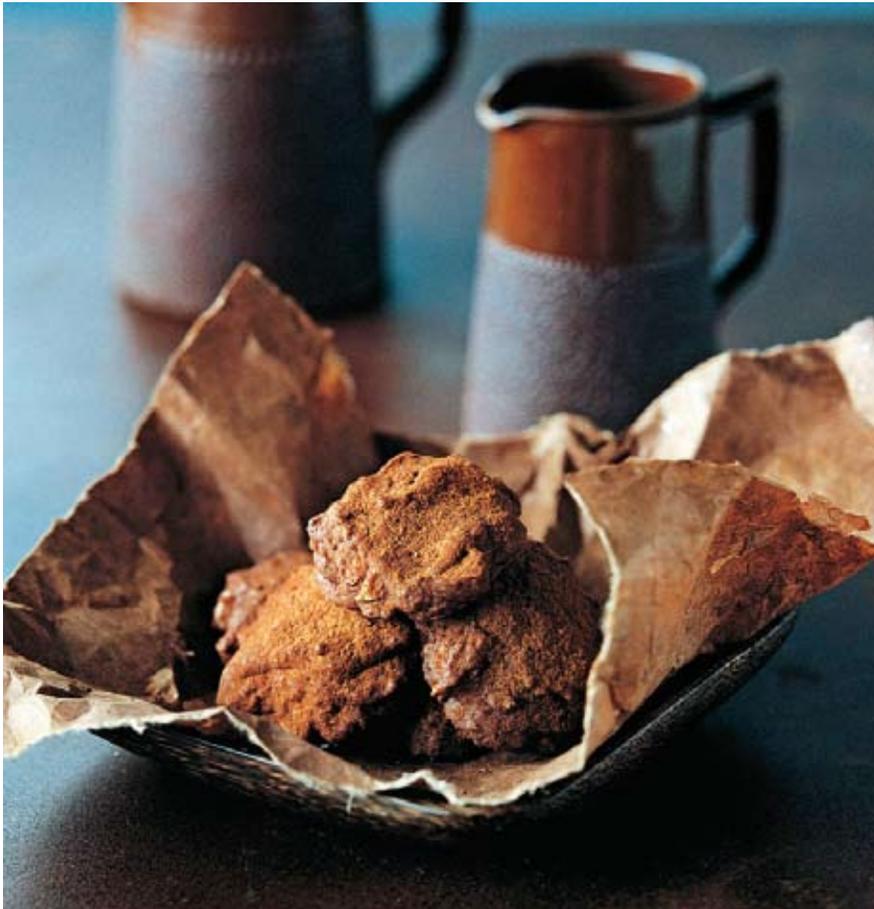


# Living news

Things to make both you and your home feel great

Edited by HELEN BROWN



## A LITTLE OF WHAT YOU FANCY

Hold the diet. Despite those new year's resolutions lists you might have been scribbling, or an expanded waistline post-Christmas, now is not the time to embark on a detox, according to the principles of Traditional Chinese Medicine. 'People often make the mistake of detoxing in January,' says Five Element acupuncturist Ross Barr ([rossbarr.com](http://rossbarr.com)), who takes a seasonal approach to keeping the body full of vitality. 'Detoxing often leaves you running on an empty tank when you need to be at your strongest, keeping illness at bay and staying insulated from the cold, which demands more of your energy. The best advice is to eat good-quality seasonal food and celebrate (within reason). Save the detox for spring.'

While upping your quota of warming soups and stews and bug-fighting berries, we reckon you don't need to bin your leftover festive chocolates just yet. 'A few extra pounds will serve more as a winter coat than a hindrance,' says Barr. It's all the persuasion we need to keep enjoying some treats beyond advent.

**Dusted Strawberry Truffles**, £11.95 for 135g, Charbonnel et Walker ([charbonnel.co.uk](http://charbonnel.co.uk))

**Stop press!** The Moroccan hammam is all the rage on the international spa scene. Now you can try it closer to home thanks to the Hammam Ritual at the new Dolphin Square Spa in London's Belgravia, where skin is softened with a eucalyptus-infused black soap before being thoroughly sloughed. An ideal winter treat (£37 for 25 minutes; [dolphinsquare.co.uk/spa](http://dolphinsquare.co.uk/spa)).

## MADAGASCAN MAGIC

*For a home spa ritual, stock up on the new Decléor 'Relax Intense' body range, which is brimming in Madagascan plant extracts. Buff skin with the granules of the Fruits Seeds Scrub (£25), apply a coat of jojoba-oil-laden Relaxing Shower Oil (£22.50), then rinse with water and quench the skin with Relaxing Dry Oil, £43 ([decléor.co.uk](http://decléor.co.uk)).*

## CREATIVE GENIUS

Inspired by designer Donna Wilson's cutesy cushions and offbeat cuddly toys? Then snap up one of her new craft kits and create your very own monster or magpie toy.

**'Make Your Own Magpie Kit'** by Donna Wilson, £16, SCP ([scp.co.uk](http://scp.co.uk))