

SPA OF THE MONTH

Tucked away from the hotel, limited guest numbers give **Berkshire's Vineyard Spa** an exclusive, private feel. We loved the **award-winning restaurant, wine cellar** with 30,000 bottles, and treatments from French brand **Darphin**. There's a steam room, sauna, Jacuzzi and pool with a current, but the signature treatments are the true treat. Our tester had the Darphin Deep Harmony Body Massage, £70 for 55 minutes: 'It melted away my knots and aches but was so relaxing that I struggled to stay awake!' From £240 per person, including five course dinner, breakfast and 55 minute spa treatment. See thevineyard.co.uk to book.



Get set for the day with a calming morning routine

GOOD MORNING!

Set the right tone at the start of the day, and you'll have a reserve of calm to draw on when you need it later, says nutritional therapist and stress expert Charlotte Watts, author of *The De-Stress Effect*. She suggests:

- 1 Pause before you get out of bed (even just for 30 seconds) to take a few deep breaths which boost oxygen flow to the brain.
- 2 Have a gentle, full-body stretch as soon as you get up to wake your muscles and nervous system.
- 3 Take at least 15 minutes to eat a nutritious breakfast, such as poached eggs with grilled tomatoes, and sit for five minutes afterwards to ease digestion. Try to resist checking your emails or watching TV while you eat – put on a calming radio station instead.

BODY & SOUL

Our round-up of tips, news and advice to boost your wellbeing

CLEAR THE AIR

A room's scent can instantly change your mood, but air fresheners aren't always the best option. Sofia Belcadi, founder of aromatherapy brand 1001 Remedies, swears by organic essential oils, which purify the air rather than masking stale smells. Her Purair Air Purifying Spray contains 19, including cinnamon, oregano and ho wood, which possess anti-bacterial and anti-viral properties. 'A recent study found that essential oils can destroy microbes resistant to antibiotics,' says Belcadi. The spray also contains eucalyptus, which can kill dust mites. £29 for 100ml (1001remedies.com).



THE SECRET OF HAPPINESS

Ever felt flat after finally catching that film everyone was raving about? It's all down to expectations. According to a recent study from University College London, what makes you happy isn't how good a film, book, meal or other experience is, it's whether it is better than you expected. So to maximise your enjoyment, ignore the hype. □