

# Beauty Pretty Good Thinking

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So you like a bit of personal grooming, with a nod to the naturals. I wonder what you tend to read besides this column.

I guess some of you check in through HuffPo or WakeupWorld lifestyle posts on Facebook; others might subscribe to LoveLula emails or the Big Green Smile newsletters for great discounts. Twitter is heaving with blogposts and juicy links.

Others might prefer to catch a paper read like Natural Health magazine to participate in the reader survey and recommend products and services like champion brands, hotel spa experience, best department store, and favourite online retailer, and so on.

Industry insiders vote for hotly-tipped personalities behind the scenes via the Natural Beauty Yearbook ([www.thebeautyshortlist.com](http://www.thebeautyshortlist.com)). The 2015 list will be announced today (Friday), so good luck everyone and thanks for all the hard work.

There has never been an easier time to get smart about what goes on your skin; you can access free

tips all around. Knowing what to avoid is only half of the battle and the competition at all price points can make choosing products exquisitely hard. Specialist retailers such as The Organic Pharmacy can't even get me out of the door once I cross the threshold.

One eagerly-anticipated delivery to the Pretty Good Thinking postbag has been a new paperback by Charlotte Watts, a long-term Brightonian. I will always owe Charlotte a debt of gratitude for spotting my thyroid disorder before the GP picked up the deficiency years ago. Her latest book is *The De-Stress Effect - Rebalance Your Body's Systems for Vibrant Health and Happiness* (Hay House, £12.99).

The book aims at delivering a new revolution in eating, exercise, and relaxation that will return you to vibrant health by gently bringing balance back to your body and your life. There is a free six-week plan to support your journey, with well-timed daily tips plus weekly emails, podcasts, and other tools.

Charlotte says: "My aim has been to offer a resource that can take you through a transformative process to find new relationships with your body, food and health attitudes."

I sometimes fall short of my health goals and can't wait to try the recipe advice inside. I'll let you know how I get on in a few weeks.

For more information about Charlotte Watts, visit:  
[www.charlottewattshealth.com](http://www.charlottewattshealth.com)

