

spirit

Liftyour spirits with these great finds and useful insights



AIRFIX

Try this quick tip from Eminé Ali Rushton

'If I can't get a chance to leave my desk, I spray 1001 Remedies purair Air purifying Spray, £24 – it reminds me to breathe, sit up straight and shake off stress. Or try Mio Liquid Yoga Stress-Free Space Spray, £19.50 – with cypress to calm and rebalance, and lavender to boost self-esteem and mental strength, it offers a window of calm, in situ. plus, it smells amazing!'



JUST bECAUSE...

If you feel it, just go for it, suggests Eminé Ali Rushton

'Allow your answer to at least one question a day to be "just because". Whether that's treating yourself to a new journal, wandering out in the middle of a working day to sit on a bench for five minutes or dancing around the living room to your favourite disney song – if you feel it, go with it. Just because!'



Happiness Journal: Inspiration, £21, Kikki K

OILwell

Liftyour mood with a bath

A deep soak in oil-laced water is a proven spirit-lifter, but some oils are definitely better than others. Good-quality blends that include rose, jasmine, lavender or lemon are a good place to start – we love Aromatherapy Associates, Neom, Lola's Apothecary, and new find, Olverum.



Olverum Bath Oil, £48 (250ml/50 baths), House of Fraser

'Striking a powerful posture – feet grounded, arms raised, chest open – has been shown to change our brain chemistry, making us feel more confident. So, when confidence is flagging, stand tall to reboot' Catherine Turner, yogi, @Catherineyogi



15%

is the increase in an individual's likelihood of feeling happy when having social contact with someone else who is happy, a study from Harvard Medical School and the University of California has discovered. So, it really does pay to pay it forward... see if you can spread a little happiness today.