

## SUPP SPOT

### Plant Profile

*The Federation of Holistic Therapists (fht.org.uk) examines the health benefits of pine*

If Christmas preparations have left you feeling fuzzy and fatigued, or you're struggling with the early symptoms of a cold, then it might just be time for a little pine pick-me-up! Scots pine is fast becoming one of the nation's most popular Christmas trees because it has strong branches and holds on to its needles for much longer than other varieties, but its essential oil also offers lots of health benefits that are particularly useful during the winter months. First and foremost, it's an excellent remedy for respiratory complaints such as coughs, colds, sinusitis and bronchitis. And for those whose joints suffer in the colder weather, pine is said to relieve rheumatic and muscular pain, including aches arising from over-exertion. Want the fresh smell of pine in your home? Add a drop of the essential oil to some pine cones gathered on your woodland walk.



*"Everything you thought you knew about eating sustainably could be wrong..." - p24*

## WHAT'S THE BUZZ ABOUT...

### ...CRYO-FACIALS

Most people have heard of cryotherapy, a complementary therapy during which you are shut inside a pod at -110°C. Cryofacials are a much scaled down version, focusing on the face. We got the lowdown on how they impact the skin from celebrity facialist, Ada Ooi. "The extreme cold temperature will cause rapid constriction of blood vessels, leading to immediate skin tightening. It will also trigger a temperature increase and call blood to supply the affected area, causing a stable dilation of blood vessels and lymphatic capillaries. Afterwards, skin will feel revitalised and firm. You'll notice a new lift, just like post-workout, you'll have a healthy glow and, if you suffer from acne, eczema or other skin conditions, you'll also find redness and itchiness has calmed down." Sounds great to us!



## Amazing aspirin

Women who take aspirin daily have a 23 percent lower risk of developing ovarian cancer compared to those who never take it, found a new study.

## Houseplant heroes

A study has shown that having a 'thirsty' plant, like ivy, indoors could be beneficial to health as the process of sucking up CO2 and releasing water vapour improves air quality. This can make skin and airways less likely to dry out.

## Healthy homes

Research has shown that a healthy home with more fruit, vegetables and less time spent watching TV can cut children's risk of obesity by half.



## The BAROMETER

### Sore sleep

The world's largest sleep study has shown that people who sleep between seven and eight hours per night perform better than those who have less, or even more, sleep.

### Toxic fumes

A new study has shown that the release of vapours from petrol station vent pipes has emissions which are 10 times higher than previous estimates, which took into account locations of parks, schools and other public buildings.

### Depression diet

An experiment has found that the amount of fish and processed food eaten is linked to people suffering from depression, although more research is needed.