

Natural mother

The best natural health and beauty products for you,
plus alternative remedies and the latest spa treatments

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Summer colour

Greek natural skincare company Korres has just launched Korres Colour, a fabulous cosmetics range formulated with vegetable oils and waxes, herbs and vitamins. The colours are inspired by the variety and intensity of nature's own.

Among the products on offer are Shimmering Eyeshadow with sunflower oil £11 and Botanically Coated Blush £15

TEXT: JUDITH EAGLE, JANE ANDERSON



Post-birth essentials Restore yourself

Here's a treat of a trio: **Body Firming Serum**, **Moisturising Hand Sanitizer** (for all those nappy changes) and an **Eye Brightening Cream** to help you look refreshed and rested. **Belli Life After Baby Skincare Essentials** £19.95.



Fresh as a rose

For days when you are hot and bothered, a spritz of Jurlique's **Pure Rosewater Freshener** £20 will help to rebalance you. A favourite of Cate Blanchett, the extracts of organic rose petals and pure essential rose oil revitalise and soothe at the same time.



To the rescue Look after your feet

To revive flagging spirits, try dunking your feet in a bowl of cold water; or massage with a blend of clove and sesame oil (one teaspoon each), which works wonders if they are sore. For feet prone to puffiness, gently massage with Weleda Foot Balm £5.20, a blend of calendula, myrrh, lavender, sweet orange and rosemary. The massage will help improve circulation; the anti-inflammatory calendula will help to reduce any swelling.



Mother- to-be SPAS



Half a day in heaven

The Temple Spa at **Baillifscourt Hotel**, in Sussex offers the perfect half day's pampering. The package includes a **New Beginnings Massage** on a hydrothermal, or heated, waterbed. It starts with a cooling foot balm and hot towels and an inhalation of lavender and tea tree oils. This is followed by a **Mediterranean Marinade Facial** and finally a **Leg Energiser** treatment. And if you want to enjoy a romantic night away with your loved one, the bedrooms have log fires, oak beams and four-poster beds.

Baillifscourt Hotel, Climping, West Sussex. Tel: 01903 723511; www.hshotels.co.uk. The half-day Nurturing mother-to-be package costs £165; rooms from £240 per night.



The Poha series

You'll love the **Essential Comfort Programme for Mums-to-Be** at the **Sanook Spa**: a bust-firming treatment at five months, body polish at six, facial at seven, reflexology at eight and at nine months, the heavenly **Head to Toe Treatment**—foot bath, manicure, pedicure and Indian head massage.

Courthouse Hotel Kempinski, London W1. Tel: 020 7297 5555; www.courthouse-hotel.com. The course costs £450 and includes a Welcome Baby hamper