

combination of Ivy,
hilla, which boosts collagen



Patchouli Luxury Handmade Soap, Bellingham Soap Company, £3.95, The Original Aromas Room, Hebden Bridge. www.bellinghamsoapcompany.co.uk

Nouveau hippies will also adore this wonderful heady soap with organic nettle leaves that contain anti-inflammatory properties and a cool retro whiff coupled with contemporary creamy lather. Wrapped in handmade paper then finished with an "Elle Poo" band.

Chakra body mist, £24 Aveda, Selfridges

Here's one way to overcome the dispiriting effects of mid-winter and smell rather delicious too. These new Chakra body mists are an authentic fusion of pure essential oils blended to balance certain chakras according to Ayurveda, the ancient healing arts.