



7 OWN YOUR HORMONES
Believe it or not, there’s a way to capitalise on your hormonal mood swings so they don’t hamper your work or relationships. ‘By understanding your monthly cycles, you’re able to give mood changes a context and be aware of other hormone impacts such as food, sleep and stress,’ says Amy Thomson, co-founder of wearemoody.com, a website that offers advice on diet, supplements and how to balance cycle symptoms. Did you know, for instance, that the week after your period is the perfect time to book in for a peel, as the spike in oestrogen causes pain-quashing endorphins to kick in? Also interesting: ‘The reason you feel so sluggish and downbeat during the third week of your cycle is because lower levels of oestrogen can affect your serotonin and dopamine levels – one very good reason to hit the gym and boost these feel-good chemicals in the body,’ says Thomson.

HAIR BY KOTA SUZU AT CAREN AGENCY USING ORIBE. MAKE-UP BY CLARE READ AT CAREN AGENCY USING ELEMIS. MODEL: FANNY FRANCOIS AT HAKIM MODEL MANAGEMENT. THE TEAM SHOT AND STAYED AT SHANGRI-LAS LE TOUJESSROK RESORT & SPA IN MAURITIUS. ROOMS START FROM ABOUT £293 PER NIGHT (SHANGRI-LA.COM/MAURITIUS/SHANGRI-LA; 0800 028 3337). THE TEAM TRAVELLED WITH AIR MAURITIUS. RETURN FARES START FROM £785 PER PERSON, INCLUDING ALL TAXES AND CHARGES (AIRMAURITIUS.COM; 020 7434 4375)

8 SAY YES TO SALT
Can salt be healthy? Well, not exactly, but according to Lee Mullins from Workshop Gymnasium, supping on a tonic of warm water, lemon and Himalayan salt will help to increase your immune function, decrease uric acid to fight inflammation and pull toxins from your cells. Doesn’t sound all that appealing? Bathing in Maui Himalayan Healing Salts, which contains 84 of the 92 trace minerals found naturally in the body, claims to have a similar detoxifying effect.

9 SEEK OUT CELESTIAL SKINCARE
Many beauty companies, including Dr Hauschka, extol the benefits of growing plants at carefully chosen times in accordance with lunar cycles. ‘We sow the seeds according to the moon’s cycle because the gravitational pull of the moon creates more natural moisture in the soil,’ says Bernhard Ehrmann, head gardener at WALA, the manufacturer of Dr Hauschka products. ‘The plants are then harvested at dawn when they are filled with vitality and the ingredients are at their most potent.’



10 TRY THE NEW HYGGE
After embracing the Scandi way of living – spending inordinate amounts of time luxuriating in bubble baths, lighting pine-scented candles and snuggling under hand-knitted blankets – get set to adopt a new Eastern mindset in 2018. Sounding like a cross between a Pokémon character and something you’d put on your sushi, wabi-sabi is the Japanese art of appreciating beauty in a ‘naturally imperfect world’. Rooted in Zen Buddhism, wabi-sabi is gaining velocity and moving into the realm of skincare. It’s about authenticity and simplicity; ensuring your beauty regime is more focused on ‘appreciating’ than ‘perfecting’, so you’re less likely to fall down the Instagram rabbit hole of extreme makeovers. The embodiment of that ethos is YourGoodSkin, Boots’ first own-brand launch in 20 years. Scientists spoke to over 2,500 women before developing the product line based on their needs. The result? Fuss-free buys such as the Balancing Skin Concentrate, designed solely to keep skin healthy. ►