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HELP YOUR HEART

You're probably used to tracking your heart rate during exercise, but what about when you're chilling in front of Netflix?

Tracking your RHR (resting heart rate) is just as important, because your parasympathetic nervous system takes over when you're asleep or at total rest, ensuring your heart avoids any undue stress. (Between 60-100 beats per minute is considered normal.) Monitor your RHR with the Myzone MZ-3 heart-rate monitor (£129, Amazon), a fitness tracker that also provides real-time feedback on your heart rate and calories. ■

BALANCE YOUR BODY

9 Stress can show up on your face as dark circles and dry, dull skin, but it can do even more harm to the inside of your body by stopping it from being in its optimum alkaline state. 'Stress, and the digestive problems that come with it, can prevent your body from properly processing foods that are alkaline so you may not reap their full disease-fighting benefits,' says Dr Claudia Gravaghi. 'This means cells can still become acidic and cause everything from acne to cardiovascular diseases.' Ramp up your intake of broccoli, spinach and avocado as they contain alkaline minerals, such as sodium, potassium, calcium and magnesium, and cut back on acid-forming foods like grains, caffeine, meat and those containing sugar and yeast.

HAIR BY MARK FRANCOME PAINTER AT CLM HAIR AND MAKE-UP USING TIGI BED HEAD. MAKE-UP BY GINA KANE AT CAREN USING SENSAL. MODEL: TES LINNENKOPER AT STORM MANAGEMENT. DRESS: ALTUZARRA. THE TEAM STAYED AT LONG BEACH MAURITIUS (LONGBEACHMAURITIUS.COM/EN). DOUBLE ROOMS COST FROM £224 PER NIGHT HALF-BOARD, BASED ON TWO PEOPLE SHARING. AIR MAURITIUS OPERATES A DIRECT LONDON HEATHROW TO MAURITIUS SERVICE. FROM 4 APRIL, IT IS INTRODUCING THE A330-900NEO AIRCRAFT ON THIS ROUTE, WHICH INCLUDES NEW ECONOMY-CLASS SEATS, FULL FLAT BUSINESS-CLASS SEATS AND A STATE-OF-THE-ART ENTERTAINMENT SYSTEM. BOOK AT AIRMAURITIUS.COM OR CALL 020 7434 4375