

body & beyond

EXERCISE YOUR ENERGY

These days many of us want something more from our exercise routine. We want to know that we're burning fat, but we also want to feel like we're nurturing mind and soul so as to achieve balance in our lives. We've discovered a fresh form of exercise that combines these elements: chi cardio. 'Chi is our intrinsic, vital energy that allows our bodies to regenerate strength for constant use and harmony,' says Dr Michael Lan, founder of chi cardio and owner of the Cape Town wellness studio Jing-An. 'It is stored in our core area and around our lower back in our kidneys. Chi can be cultivated, enhanced and guided in chi cardio training.' Chi cardio incorporates the best elements of external and internal martial art forms. It is designed to strengthen your chi and help you achieve maximum fitness, endurance, strength, flexibility and balance. R60 per class; for more information contact Dr Lan at Jing-An: The Asian Wellness Experience on 021-422-5608 or visit Jing-an.co.za.



SHOPPING BASKET SWEDISH ACUPRESSURE SPIKE MAT



Say what? Based on the concept of the Indian 'bed of nails', this mat has 600 plastic spikes that massage your muscles and stimulate the release of endorphins and oxytocin. The result? Comfort for aching muscles, relaxation and a better night's sleep.
Use it if you suffer from... Back pain, sciatica, stress, chronic aches, headaches, sleeping problems, whiplash and fibromyalgia.
How do I use it? Lie on the mat for 20 to 40 minutes at least twice a week. And don't worry about it being painful - there is a 'soft' model for those who are more sensitive, plus you can cover the mat with a towel until you get used to the sensation.
Where to buy From R349 (the one pictured above is a Combo mat, R599) from Swedishspikemat.co.za or call 021-813-6444. A 30-day money-back guarantee is offered.

MENTAL GETAWAY MOUNT GRACE COUNTRY HOUSE AND SPA, MAGALIESBERG

Why we love it This mountain retreat is perfect if you like to balance your escape from the madding crowds with some serious pampering.

Body beautiful This month, *Marie Claire* is all about the body - and so is Mount Grace's award-winning spa. On our wishlist is the detoxifying cellulite seaweed bath followed by a Hawaiian massage.

Exclusive summer special* Stay overnight for R1 499 per person sharing and you'll get breakfast and a R500 spa voucher. Quote 'Marie Claire' and you'll receive a room upgrade. Valid from 1-30 November 2011. Call 014-577-5600 or visit Mountgrace.co.za.



THE SWEET LIFE

November is National Diabetes Month and what better time for the launch of a diabetes lifestyle magazine? Bridget McNulty, co-founder of *Sweet Life*, describes the free quarterly publication (as well as the website and mobi-site) as 'a way of looking at diabetes from a fresh perspective. We want to show people that if they're in control of the condition, there's nothing they can't do. That life can be sweet, without (too much) sugar.' Sign up at Sweetlifemag.co.za.



630

The average number of calories burnt during an hour of Bikram yoga (similar to an hour of jogging!). Compare this to 300 calories burnt during an hour of Ashtanga or Power yoga.

Source: Elysiumyoga.com

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