

body & beyond

NATURAL BOTOX: ANTI-AGEING ACUPUNCTURE

Like the idea of Botoxing away wrinkles, but not the 'I have no facial expression left' result? Cosmetic acupuncture is the alternative.

How does it work? It involves inserting minute needles into age-affected points on the face. Based on the concept that your external appearance reflects your internal state, acupuncture works to enhance this state by unblocking chi, the body's natural energy flow, and improving blood circulation in the skin.

The benefits? Fewer lines and wrinkles, less puffiness, evening out of blotchy or discoloured skin tone, tightened facial muscles and enhanced elasticity.

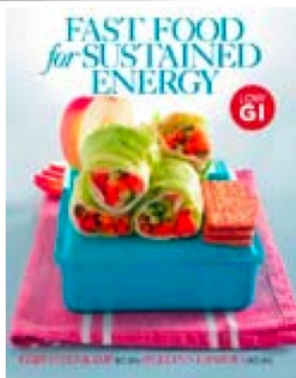
Try the Anti-ageing Facial Treatment (10 sessions, 45 minutes each, R4 000) at Jing-An: The Asian Wellness Experience in Cape Town. Call 021-422-5608 or visit Jing-an.co.za.



SHOPPING BASKET

FAST FOOD FOR SUSTAINED ENERGY
BY GABI STEENKAMP AND CELYNN ERASMUS (TAFELBERG, R250)

How often have you found yourself saying, 'I need to eat more healthily but I just don't have time to prepare.' You might love your busy schedule, but you probably don't enjoy feeling tired and sluggish - which is often the result of eating an unbalanced, on-the-run diet lacking in nutrition. This realistic and practical guide takes care of all these challenges, providing tips on portion control, snacking, food for office meetings and shopping lists to ensure you always have the right food available. No more samoosas on the boardroom table!



IF YOU TRY ONE NEW THING THIS YEAR... LAUGHTER YOGA

WHY IT'S GOOD FOR YOU It's a great cardio and muscle-toning workout, and also helps reduce stress, improve immune function, boost energy levels, stimulate creative thought and enhance mood. 'In laughter yoga you exercise your body and mind and connect with the world around you through positive energy,' says laughter facilitator Charmaine Sparrow.

WHAT TO EXPECT Pioneered by Dr. Madan Kataria of India, laughter yoga combines Pranayama, the ancient art of yogic breathing, with activities designed to prompt laughter. 'A typical session includes laughter-stimulating tasks, often incorporating eye contact and touch, interspersed with guided breathing exercises,' explains Sparrow.

WHERE TO GO Contact Charmaine Sparrow at the Valley Laughter Club in Durbanville on 083-454-0865 or e-mail her at valleylaughter@gmail.com. For info about other classes in SA, contact Janine Grobler on 082-516-7047 or at laugh@laughsa.com.



SPECIAL READER OFFER: THE ONE & ONLY



It's the month of love and we are lavishing it on ourselves at the One & Only in Cape Town. What with the indulgent rooms, yummy Reuben Riffel munchies and proximity of brilliant shopping, you may not find time to take to the spa. Do not miss the spa - it is heavenly! Especially the pedicure designed by foot guru Bastien Gonzalez. Your feet will feel like cupid has dealt with them on a one-on-one basis. **MC readers get 15 per cent off Bastien mani and pedi treatments as well as ESPA treatments until 29 February 2012. Just bring in a copy of this article.**

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Percentage more abdominal fat lost by women who lift weights for an hour twice a week compared to those who don't.