

Tried and tested: Mint nails

Rimmel Lycra Pro Nail Polish in Peppermint, £4.59 (Boots)

This pale green shade suited olive skin perfectly but we found that three coats were needed for really even coverage. A good topcoat is also required to avoid excessive chips.

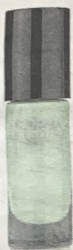
3/5



Andres Fulerton Nail Boutique Colour in Jade, £4.99 (Superdrug)

A lovely dusty matt green that goes on easily and manages to look fashionable and retro at the same time. Be sure to apply two coats as it can look patchy with just one.

4/5



Nail Inc Limited Edition Little Miss Splendid, £12 (www.nailsinc.com)

This super-shiny mint green is pearlescent with a subtle hint of shimmer. Long-lasting and summery, this Splendid polish made us feel more like Little Miss Happy!

4/5



Tried and tested: 3 More Inches Haircare

Any product that promises longer, thicker, stronger, glossier locks is worth trying in our book. Michael Van Clarke has devised the 3 More Inches Life Extending Haircare range to do just that.

Start with the pre-wash treatment (£29), soaking clean, dry hair from roots to ends and leave on for at least an hour. Rinse well then wash and condition with 3 More Inches shampoo (£17) and conditioner (£17).

The 3 More Inches system contains a blend of naturally derived cashmere proteins and amino acids that penetrate the hair follicle and repair damaged molecular structure.

After the first treatment, our hair felt noticeably softer and glossier — and better still, the range is also paraben, silicone and fragrance free.

The complete treat, cleanse and condition set with free comb (worth £14.50) includes the pre-wash treatment, shampoo and conditioner, priced £63.

For more information visit www.3moreinches.com.



WIN

We have five sets of 3 More Inches by Michael Van Clarke to give away. To be in with a chance of winning simply email your name, address and contact number to promotionsep@bepp.co.uk. Entries must be received by noon on Friday, August 5. Please mark the subject of your email as 3 MORE INCHES.

Terms and conditions apply, visit www.thisisbristol.co.uk/houserules.

Mobile yoga

Summer sessions in city parks for office stress relief

Its exercise studio and new treatment room already attract clients who believe in keeping healthy. Now Bristol City Yoga is going mobile to ensure that even the busiest workers look after their bodies. Rachel Avery reports

It is a dilemma faced by many office workers. You need a break from the computer screen, but even when you do get away from your desk there's not much you can do to ease the tension in your neck and shoulders before you have to return to work.

This summer, however, office workers in Bristol city centre will be able to enjoy a solution that can fit into a short lunch break — or even the cake run. Bristol City Yoga (BCY) is bringing its new mobile clinic to College Green, to provide 15-minute sessions aimed at relieving symptoms such as aching backs and tense shoulders resulting from the stresses and strains of office life.

Therapist co-ordinator Marinella Benelli says: "Our aim is to give support and relief to office workers and provide them with a special break away from the office. "As people don't always have the time or the space to go out and get a treatment we are making it easier for people to bring balance and wellbeing into their lives without too much disruption of their day. "This clinic allows workers to have some personal time right in the middle of their working day and gives them an opportunity to rest and recuperate."

Office workers are known to suffer from ailments ranging from stiff necks and tense shoulders to repetitive strain injury and carpal tunnel syndrome, all of which could benefit from regular treatments.

Marinella says: "Complaints of pain in the right-hand side of the body are common in right-handed people, and stiff shoulders are very common."



As well as bringing relief from persistent aches and pains, Marinella believes that massage can provide "a feeling of immediate happiness".

The mobile clinic has been set up as part of a pro-active approach at Bristol City Yoga, which has also resided in a home-visiting service being set up.

"Customers can attend the clean and tranquil space at BCY, or they can opt for their therapist of choice to pay a house or office visit," says Marinella.

The mobile clinic started earlier this month in Portland Square, St Paul's. It has



now moved to College Green and will be running every other Monday, weather permitting, until the end of September.

There is no need to make an appointment, although slots can be arranged with the therapists if needed. Treatment times vary from 15-30 minutes and a minimum donation of £5 is required.

Follow-up appointments can be made at Bristol City Yoga on Backfields Lane, near Stoke's Croft, which has a spacious yoga studio and the Bristol Therapy Room, offering a variety of different treatments, from massage and acupuncture to homeopathy and sound healing. Different massage



techniques include deep tissue massage, full body massage, holistic massage and even professional sports massage.

Sound therapy involves combinations of different instruments from across the world being used in order to relax the mind. Bristol City Yoga customers can also take advantage of combined deals, whereby they can receive a discount on massage when they sign up for one of the studio's many yoga workshops, including pregnancy classes, birth preparation, and mother and baby yoga.

Marinella adds: "The centre is very family orientated and we run a family yoga class once a month on a Sunday."

Also popular are yoga retreats for enthusiasts of all levels. There has already been a trip to Cornwall and a trip to Dorset is planned for August.

In November, there will be an opportunity to travel to Morocco for a yoga break with a chance to practice yoga twice daily and explore traditional villages.

The Bristol City Yoga mobile clinic will be at College Green on Monday, August 8, and Monday, August 22, from 11.30am to 2.30pm, weather permitting.

For further information go to www.bristolcityyoga.co.uk or call 07582 425237.

Buy it now

Originally a limited edition, the popularity of Jo Malone's Dark Amber & Ginger Lily has earned the fragrance a permanent home in the Cologne Intense family. It joins Amber & Patchouli, Oud & Bergamot, Rose Water & Vanilla and Iris & White Musk, all available from July, priced £30 each for 100ml Cologne Intense (www.jomalone.co.uk).



CLOCKWISE FROM ABOVE: City Yoga director Laura Gilmore; oils are warmed to a gentle heat in the therapy room; therapist Marinella Benelli; a mother and baby group led by Frankie Duggan, left; Helen Kharana massages Sophie Bolton at the mobile clinic in Portland Square. Pictures: Steve Roberts and Dan Regan

When your body's hot and achy from a scorching summer, give yourself a lift with this refreshing cucumber for an extra boost, pop the eye gel in the fridge to impact on puffy eyes. Yes to Cucumbers Soothing Facial Kit, £19.99 (www.victoriahealth.com).

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