

DECEMBER is the month to...

KEEP YOUR FINGER ON THE PULSE AND FIND OUT WHAT'S NEW THIS MONTH

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Ensure your skin stays party perfect with Occo's Dalmacija Radiance Boost Mask, £30, which uses the healing benefits of sacred sage sourced from the Adriatic Sea. Apply a thin layer for a few minutes to nourish stressed complexions.



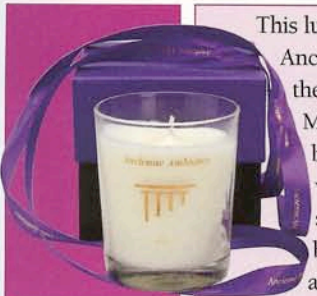
Get some seasonal party inspiration at the Clothes Show Live at Birmingham NEC from 3rd to 8th December. With some of the UK's top fashion and beauty brands plus celebrities and insider experts, it's the perfect place to go and get up to date on all the new trends. For more info go to clotheshowlive.com



Burn winter herbs such as juniper, pine, cedar and rosemary to boost your energy on the winter solstice on 21st December



These pretty wish cards would make a perfect Christmas gift. Ask And It Will Happen, £12.99, by Joanne Gregory contains illustrated cards with intention focusing techniques to make all your dreams come true over the coming year!



This luxurious candle from Ancienne Ambiance, £28, is the perfect festive treat. Made with slow-burning beeswax and lead-free wicks, the Assyria range is scented with orange blossom to calm stress and restore energy.



Don't let too many festive late nights ruin your looks. Take a tip from the masters of maintenance and get your hands on French favourite Melvita's Bio Excellence Eye Contour Gel, £20. The cult certified organic brand opens its flagship store in Covent Garden this month.



Legendary facialist Antonia Burrell has launched her own bespoke beauty range so now everyone can benefit from her plant-powered magic. Her Radiant Light Facial Serum, £31.50, contains frankincense, rosewood and sea buckthorn to beat pigmentation and boost cell renewal.



Spread a little happiness this month and log on to Irish law student Niamh Joyce's blog This Thing Called Life which aims to bring a bit of light and positivity into everyone's life. Hear, hear! For details go to thisthingcalledlife-missunshine.blogspot.com



Make sure your lips are ready for those mistletoe moments with Louise Rednapp's favourite gloLip Ritual, £13.25. The cult SOS lip product is rich in essential oils of anise, clove, peppermint and thyme to prime lips.



Do you know someone who's dotty about dogs? We all know Dogs Trust's famous slogan 'a dog is for life, not just for Christmas' so why not consider a Sponsor a Dog gift? It costs £1 a week and your friend will receive regular poochy updates. Go to dogtrust.org.uk for more info.

Don't let Xmas shopping get on top of you. Press the acupressure point on the crease of your inside wrist below your small finger to reduce stress