

SAVE £££'s ON A NEW HAIRSTYLE

# essentials

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## A good choice



If you're heading for the menopause – and many of us in our 40s are – you'll want to get your hands on some clear cut info. So with all the confusion surrounding HRT, it's timely that *Your Change Your Choice*, by consultant gynaecologist Michael Dooley and health journalist Sarah Stacey (£10.99, Hodder Mobius), has just hit the shelves. Full of up-to-date research, the book decodes 'doctor speak', so it's easier to make informed choices. Risks and benefits of HRT are described, along with safety guidelines, as well as alternative ways to manage the menopause and essential information on planning ahead to minimise the likelihood of difficult symptoms.



Get to know the facts – then you can make the menopause as relaxed as possible

3 OF THE BEST

at the pharmacy this month...



1 Soothe summer snuffles with Olbas for Children, a naturally-based decongestant, specifically formulated for kids. From pharmacies, £2.19.

2 For tired, sore and dry eyes, try Brolene Cool Eyes. Available from chemists and supermarkets, it costs £3.99.



3 Cover cuts with Nexcare plasters, which are waterproof and really efficient – they 'stick' brilliantly, even when applied to damp skin. From pharmacies and supermarkets, £1.99 for 20.

Compiled by Andrew Simmons

WE LOVE...

The Mio Petite Personal Aromatherapy Diffuser. Invented by aromatherapist Eve Taylor, this dinky gadget uses a battery system to diffuse aromatherapy oils. As it's so small, you can carry it around in your bag. £11.99, call 01733 321 101 for stockists.



## HEALTH

What's on the shelves this month to keep you – and your family – in peak condition

WHEN SIZE MATTERS... A portable gadget for diffusing aromatherapy oils, the Mio Petite Personal Aromatherapy Diffuser is a dinky gadget that uses a battery system to diffuse aromatherapy oils. As it's so small, you can carry it around in your bag. £11.99, call 01733 321 101 for stockists.

### Chart your health... feeling queasy?

Don't let travel sickness spoil your holiday – just use this guide to pick your remedy

TRY	HOW TO TAKE/USE	WHAT TO BUY
Ginger	In supplement or gum form, ginger nut biscuits, as a herbal tea or crystallised.	Ginger Gum, £2.99; Hofels ginger pearles, £3.95, from chemists. Good N' Natural Ginger Root, £5.99, Holland & Barrett.
Peppermint	Suck mints, drink a herbal tea, or inhale oil dropped on to a handkerchief.	Pure Japanese Oil of Peppermint, £5.25, from health food stores.
Acupressure	Press finger against middle of inner wrist, three finger widths above crease where wrist joins the hand.	Sea-Bands, £7.49, which help control travel sickness (and morning sickness, too!). Available from chemists.
Over the counter	Take before a journey to prevent sickness.	Stugeron 15, £2.90; Joy Riders, £2.19, both from chemists.



It did what it said...

Orly Abergel, from London, gets frequent mouth ulcers. 'Most treatments ease the pain, but the ulcer itself can take ages to clear up. Then I tried Frador – it comes with disposable applicators, reducing the risk of re-infection – and just two days' later, the ulcer had disappeared! Frador costs £2.49, and is available from chemists.

