

BEAUTY HEALTH

7 HYDRATION STATION

Kathryn Freeland, personal trainer to Cate Blanchett and founder of Absolute Fitness, has a simple tip to stay hydrated. 'Keep a water jug on your desk.' *Absolute Fitness* (020 7924 3311; www.absolutefitness.co.uk).

8 GET BRIGHTER

Daylight can be scarce in offices, but a Lumee light box simulates the sun's effects, upping concentration, energy and mood. *Lumee Brightspot*, £135 from *Vitality Health* (01628 898366; www.vitality-health.co.uk).

9 PEP UP TIRED LEGS

A leg toner can improve lymphatic circulation and stop that 'heavy leg' feeling. Dr Hauschka's Rosemary Leg and Arm Toner is non-sticky, can be applied through nylon tights, and is full of essential oils. *Dr Hauschka's Rosemary Leg and Arm Toner*, £21 for £100ml (01386 791022; www.drhauschka.co.uk).

10 DRINK YOUR A-Z

Boost your vitamin intake while at your desk with a fortified juice. Vitabiotics' Wellwoman Drink is full of vitamins and minerals for healthy skin and hair. *Wellwoman Drink*, 99p for 250ml, available at *Watsons and Holland & Barrett*.

11 SMELL TO GET WELL

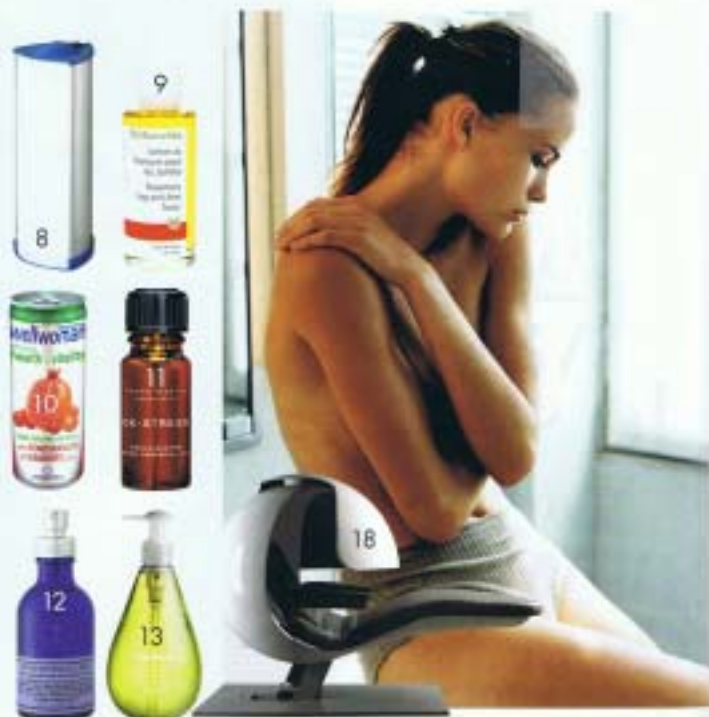
'To calm yourself before a stressful situation, use frankincense essential oil on pulse points and throat,' says Geraldine Howard of Aromatherapy Associates. 'And when you are under pressure, wash yourself with De-stress Mind Bath & Shower Oil.' *De-stress Frankincense Pure Essential Oil*, £18.50 for 10ml; *De-stress Mind Bath & Shower Gel*, £30 for 55ml, both from *Aromatherapy Associates* (0845 652 9582; www.aromatherapyassociates.com).

12 GET MISTY

Neal's Yard Remedies Organic White Tea Facial Mist is packed with natural antioxidants to protect and revitalise tired skin. *Neal's Yard White Tea Facial Mist*, £8 for 45ml (0845 262 3145; www.nealsyardremedies.com).

13 CLEAN PAIR OF HANDS

Keep your hands germ-free with Method's Green Tea and Aloe hand-wash; free from the known carcinogen triclosan, it's full of vitamin E and aloe instead. *Method Green Tea and Aloe hand-wash*, £3.25, available at major supermarkets.



14 SIT POSTURE-PERFECT

Poor posture causes bad backs, aching necks and tension headaches. The Guim Balance Ball Chair will ease your body into an ergonomic position. *The Guim Balance Ball Chair*, £59.99 (0870 241 5471; www.guimdirect.co.uk).

15 FIVE-A-DAY

Fruit for the Office delivers to addresses in the capital and home counties. Get your five-a-day by ditching biscuits for an Executive's Table fruit basket. *Fruit for the Office* (0800 019 4077; www.fruitfortheoffice.co.uk), *Executive's Table basket*, £39.99.

16 TOTAL BODY SCAN

Lay health concerns to rest with a full-body MRI scan. It can detect cancer and artery narrowing, and assess bone density. A GP consultation will explain the results. *Precision Total Body Scan*, £1,399 (0845 257 0012; www.precision.co.uk).

17 PILLOW TALK

Hunching over a keyboard can damage your back. The Tempur Lumbar Support pillow conforms to the individual user, fitting the spine's curve perfectly. *Tempur Lumbar Support*, from £54.95 (0800 011 1083; www.tempur.co.uk).

18 ZZZ IN AN ENERGYPAD

Take a power nap in a MetroNaps EnergyPod. It'll lift your mood, help you think, and keep you fitter. The EnergyPod cocoon you in a dome playing soothing music. A vibration timer will stir you awake. *MetroNaps EnergyPod*, from £7.250; or to rest, from £299 a month (0845 686 0022; www.metro-naps.co.uk).

19 CHECK YOUR HEALTH

Seek reassurance about women's health issues - Bupa's Wellwoman Health Assessment is a home-long check-up, available nationwide. It includes a cervical smear, blood analysis, breast examination, and a mammogram if you're over 40. *Bupa Wellwoman Health Assessment*, £265, or £322 with mammogram (0845 600 3458; www.bupa.co.uk).

20 STRETCH OUT

Finnish former dancer Marjo Pulkkinen has developed stretching and breathing methods that can correct the damage inflicted by bad desk posture. *Method Pulkkinen* (020 8878 7384; www.methodpulkkinen.com). *Introductory workshops*, from £99 for 125 minutes, including a copy of *'The Body Lean and Lifted: Stretch Yourself Slim in 30 Days'* by Marjo Pulkkinen (£12.99, ABC Black). □