



Udvertana massage

A relaxing treat for the New Year from London's Ayurveda Pura Spa. Finely ground Ayurvedic herbs and sandalwood powder are mixed with precious Ayurvedic oils and gently massaged into the skin, stimulating energy and lymph flow and aiding natural exfoliation. The massage leaves the skin soft and silky with a lustrous glow. **20% DISCOUNT** for readers of Y&H until 30th March 2012 by Tel: 020 8312 8383. Details from: www.ayurvedapura.com.

Organic Mini Facial Travel Packs

Herbfarmacy Organic Skincare have produced a range of beautifully packaged skincare gift packs containing infusions of plant and essential oils produced from its own herb farm. The range includes face packs and maintenance packs for men. Ideal for travel or class. RRP £15. For details or to order, visit: www.herbfarmacy.co.uk.



Organic Cinnamon & Orange Cream Soap

New from Sodasan, an aromatic creamy soap, safe for even the most sensitive of skins containing no synthetic additives or preservatives. Vegan friendly with Ecocert stamp. RRP £2.45 for 100g Details from: www.pravera.co.uk.



Chakra Cards

The Heart or Anahata Chakra is all about love - giving love openly and honestly and in doing so enabling love to flow back you. Yogastickmen's Chakra Greetings Cards are beautiful in their simplicity and direct in their message with a miniature inset detailing the main attributes of each chakra. RRP £3 from: www.yogastickmen.com.

Meditation Kit

Includes Jack Kornfield's classic, 'Meditation for Beginners,' with CD offering 6 guided meditations and a purpose made Yogamatters meditation cushion. £27.50 for both, **saving £12.99**, from: www.yogamatters. Offer subject to availability.



Junior eco toothbrush

Monte Bianco's clip-system toothbrush is now available for youngsters, designed with a shorter handle. Ideal for teaching youngsters to care for their teeth and the planet! RRP £2.95 with replacement heads £3.95 for pack of 3. Details from: www.pravera.co.uk.

Unless otherwise stated, send name & address for offers to: editor@yogaandhealthmag.co.uk