

Calming rituals

We all know how important it is to take a breather, but it's easier said than done when we're juggling a million and one other things. Upgrade your 'me time', whether you're indulging in a self-care routine or just taking a few moments to hit 'pause and relax' during a busy day.

BAMBOO SILK eye mask (£20) is for those taking their slumber seriously. The mask shuts out ambient light, is breathable and hypoallergenic. It's silky-soft with an adjustable strap for a perfect fit. Find details and stockists at www.bamboo-company.co.uk



ELVIE BLUE glass votive set (£39) on a thin wooden tray (L56 x H10.5 x W14 cm) has 10 different tealights to bring cosy light to a room. Mix them around, light at different times or add small flowers. Call 01202-707770 or visit www.beaumonde.co.uk for stockists



SOOTHING LAVENDER soap (£5) calms busy minds, relaxes the body and nourishes the skin. It's made in small batches in East Lothian and cut by hand. In beautiful packaging, find it at villagegreenhome.co.uk



TIME TO UNWIND with this wild rose fragranced gift set (£34). It includes Himalayan pink bathing salts (200g), bath oil (100ml) and body butter (100ml) in a keepsake wooden box. For stockists call 01444-415430 or visit www.frenchbedroomcompany.co.uk



ROSEMARY improves cognitive function and lowers stress levels. Blended with pure essential oils including rosemary, mint, bay and woody amyris the candle (£18 boxed) has a 35 hours burn time. Find it at www.urbee.co.uk

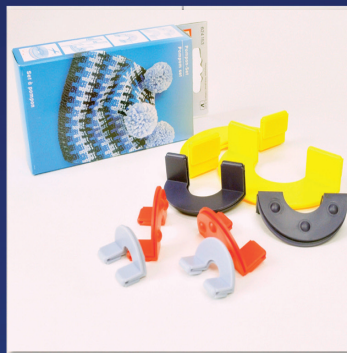


CLOUD BLUE diffuser (£38) with 10 lighting options and 2 diffusion modes is perfect for up to eight hours of calm. Simply add 5 to 8 drops of a favourite essential oil. Call 020-3935 900 or visit www.youngliving.com/en_EU for stockists.



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Pom Pom Set



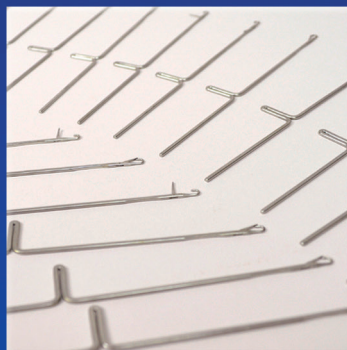
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