

## DE-STRESS YOUR LIFE WITH A LITTLE HELP FROM LUSH

**National Stress Awareness Day** takes place on **Wednesday 3rd November 2010** to highlight the importance of stress management. Never more relevant than it is today, according to recent research, stress levels have doubled in 4 years and the result of too much stress can be premature aging, sleep deprivation, spots and skin problems. To prevent the build up of too much stress in our lives, we continually need to find new ways to rid ourselves of anxiety and, offering a helping hand, **Lush Fresh Handmade Cosmetics** have a selection of rescue remedies to get you ready to take on another day.

The **LUSH Spa** offers a selection of totally natural and holistic treatments to not only work all your muscles and leave your skin looking and feeling fantastic – but also to nurture and nourish your mind, leaving you with an altogether better outlook on life and emerging like a totally new person.

Massage is medically proven to help reduce the levels of stress hormones and release endorphins, the body's natural feel good hormones. Choose from a selection of treatments, including the **Synaesthesia Massage (£125.00)** ... A one and a half hour, all-over body treatment (including hot and cold stones, depending on the chosen treatment) that stimulates all the senses to achieve a chosen state of mind. Choose from a menu of words, ranging from



*'Energised' or 'Perspective' ' to 'Mind Cleanser' –* which are states of mind that might ease or help overcome any feelings of stress. The treatment is fully choreographed to an orchestral piece of music with birdsong and sounds of the English countryside woven in and works to provide a little psychological nourishment.

Alternatively, if the budget won't stretch to spa treatments, then Lush has a whole array of bath and body products, all made with the finest essential oils and plant extracts, to help soothe and relax the body while clearing debris from the mind...

For top-to-toe stress relief why not give yourself, or get someone else to, a full body treatment in the comfort of your own home using Lush's *THERAPY* Massage Bar (£5.65 for 65g).

Allow the bar to melt in your hands to release skin softening cocoa butter and shea butter and calming lavender oil and neroli oil. Begin by gently massaging the big toes, which is said to help relieve headaches, then gradually work your way up the body.

Find the time to relax in a bath with this selection of calming and mind soothing products...

*WAVING NOT DROWNING* Bath Ballistic (£2.30) ... contains relaxing lavender and



soothing ylang ylang essential oils, along with warming cardamom and fennel oil. Just drop one under hot, running water for a blissful bath-time treat. Lavender is particularly suitable as it can be both stimulating and relaxing, depending on the need. (Vegan)

*DREAMTIME* Bath Melt (£2.90 for 30g)... A small, delicate, wonderfully effective bath melt full of the most soothing essential oils for the body and mind. Ginger oil is comforting and warming. Lavender soothes the spirit and relieves stress. Sandalwood is very relaxing. Jasmine is famed for its sedative, warming action. Chamomile is calming and skin will also be softened with cocoa butter and almond oil. (Vegan)

*THE COMFORTER* Bubble Bar (£3.95) ... A concoction of comforting essential oils such as bergamot oil and cypress oil have a calming action, making it the perfect way to end a hard, hectic day. Both of these oils act to dispel anger and frustration, so why not close yourself away from the world, layback and let your tension float away on the blackcurrant scented, luxurious bubbles. (Vegan)



Perhaps the ultimate indulgence is Lush's **RELAX TAKE A BATH** box (£9.95), filled with a trio of treats to dispel tension, leaving you feeling thoroughly serene, tranquil and cleansed. For



everyone with insomnia, stress, shift work or jet lag. *Relax Take a Bath* gift is a hint in a box; it respectfully requests that it's recipient slow down. Along with a ***Dreamtime Luxury Bath Melt*** and ***Waving Not Drowning Ballistic***, there is also a relaxing, stress-reducing, violet scented ***Bathos Bubble Bar*** to further calm a worried head. For workaholics, insomniacs and stress monkeys.

To pick up these and many more ethical, cruelty free cosmetics visit Lush shops nationwide. For shop details and mail order, please call 01202 668 545, or order online at [www.lush.co.uk](http://www.lush.co.uk)

**Customers wishing to book a LUSH Spa treatment should call 020 7376 8348 for the Kings Road / 0113 243 3626 for Leeds / 01202 672 217 for Poole / 0208 974 9929 for Kingston.**

For more information, images or samples for review, please contact Stephanie on 020 7434 3948 or [stephanie@lush.co.uk](mailto:stephanie@lush.co.uk)