

NATURAL HEALTH

HOMEOPATHY * REIKI * KINESIOLOGY * COLOUR THERAPY * REFLEXOLOGY * FENG SHUI

RESULTS YOU'LL LOVE!

SUN SALUTATIONS

Get bikini-fit the yogic way

395

WAYS TO LOOK & FEEL FABULOUS NATURALLY

DIET FREE FIXES

Holistic heroes to kick-start your weight loss

THE FAST-TRACK ROUTE TO PERFECT, RADIANT SKIN

Sexual energy

Harness your sensual power with dynamic breathing exercises

"I healed childhood trauma with the Hoffman Process"
see page 54

LYNNE FRANKS
How to find lasting love

BAREFOOT DOCTOR
6 sounds to mend your body

DR MARK ATKINSON
Combating the menopause

Soul Spritzing
Visualisations to inspire your creativity
see page 31

DIY HEALTH

Complementary therapies to combat:

- * eczema
- * hay fever
- * panic attacks



BE YOUR OWN GURU HOW TO BANISH ILL HEALTH WITH AROMATHERAPY

The pick of the Fest

It's festival season once again and whether you're into live music, healing or green issues, there's something to suit everyone says Liz Avis

Many people assume that festivals are just about live music – not to mention the mud, rain and dodgy toilets.

But in actual fact many festivals include a vibrant mixture of music, the performing arts, healing therapies and displays of green living.

Now, you can enjoy a shiatsu massage, learn about the latest eco developments and catch the hottest up-and-coming comedian – in between watching hundreds of live music acts.

So, arm yourself with wellies and a tent, and take a look at our guide to the hottest summer festivals around!



Glastonbury

When: 24th to 28th June at Worthy Farm, Pilton, Somerset

What's on offer: Situated in a 900-acre site in the Vale of Avalon, the Glastonbury festival is synonymous with mysticism.

Thousands flock there every year to see bands on its six main stages as well as entertainment ranging from jugglers to fire-breathers. The Green Fields offer the chance to sample healing, listen to poetry or just chill out in the famed stone circle.

Further info: glastonburyfestivals.co.uk

WOMAD

When: 24th to 26th July at Charlton Park, Malmesbury, Wiltshire

What's on offer: Now in its 27th year, this leading world music festival features music, arts and dance performances from across the globe, with acts at this year's event hailing from such diverse places as Ethiopia and Mali. The Drum and Dance Tent offers everything from early-bird yoga sessions to salsa classes, while the WOMAD spa offers treatments, spa pools and showers for some on-site pampering!

Further info: womad.org



The Green Man

When: 21st to 23rd August at Glanusk Park, Brecon Beacons, Wales

What's on offer: This year's festival will see over 100 acts performing on five stages. A multitude of other attractions include literature and film tents plus poetry performances, while the Nature and Nurture area will be offering healing therapies.

Further info: thegreenmanfestival.co.uk



The Big Green Gathering

When: 29th July to 2nd August at Cheddar, Somerset

What's on offer: Celebrating its 15th anniversary this year, this self-proclaimed eco-festival offers a mixture of new music, entertainment, art and sustainable living spread across several themed zones. The Big Green Gathering grew out of Glastonbury's Green Fields and offers a dizzying array of live and acoustic music, theatre, dance, poetry, solar-powered cinema, workshops, green markets and daily discussions with panels of eco experts. The healing fields provides respite from the hustle and bustle of the festival, where alternative therapies are offered and festival-goers can hang out in the spirituality area, tipi circle or sweat lodge. Meanwhile eco warriors will feel very much at home in the Campaigns field, the Green Futures Forum and the Green Crafts area.

Further info: big-green-gathering.com

Thousands of people attend Bestival in fancy dress



Bestival

When: 11th, 12th, 13th September at Robin Hill Country Park, Isle of Wight

What's on offer: Since its inception in 2004 this fancy dress-themed festival has seen thousands of people flocking to the Isle of Wight dressed as cowboys, pirates and even sea creatures. Festival-

goers are drawn as much to the big-name bands that perform on the main stage and big top, as the wide array of quirky events and activities on offer. There's the Time for Tease area, where you can enjoy a cuppa and a burlesque show, or the Come Dancing tent, where you can pick up a few ballroom moves. Other attractions include the Village Green, complete with its own pub and Women's Institute Tea Tent, or the Bollywood bar with its sumptuous interior and cocktail bar. If everything gets too much you can always retreat to the Heavenly Healing area offering everything from daily yoga classes and Lomo Lomi massage to energy balancing.

Further info: bestival.net



The natural guide to festival survival

Festivals are fun but they're not set in the most glamorous of surroundings. However, if you pack the right things you can make sure you still look your best no matter how much rain and mud there might be!

Faith in Nature 3-in-1 facial wipes, £3.50 for 25, beautynaturals.com

Rather than hauling around a cleanser, toner and moisturiser in your backpack, take a pack of these 100 per cent natural 3-in-1 wipes with you instead.



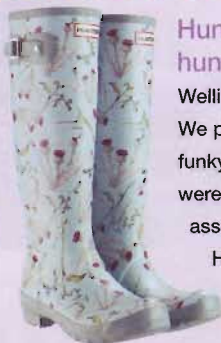
Lulu Organics Lavender and Clary Sage Hair Powder, £22.50, puresha.com

It's practically impossible to wash and style your hair when you're living in a tent for a few days, so refresh your mop with this non-toxic powder and you're good to go!



Green People No Scent Sun Lotion SPF22, £9.30 for 50ml, greenpeople.co.uk

It's essential to keep your skin protected if you're going to be out in the sun all day, so this handy pocket-sized organic sun lotion is ideal.



Hunter Wellies, £60, hunter-boot.com

Wellies are a festival essential! We particularly love these funky floral designs which were specially created in association with the Royal Horticultural Society.

Surya Organic Moisturising Hand Sanitizer, £3.50, liberty.co.uk

It's not always easy to wash your hands when you're hanging out in a muddy field all day, but fortunately this travel-sized hand sanitiser does the job perfectly.



Traidcraft Recycled Toilet Paper, £18.60 for 10 x 4 rolls, traidcraftshop.co.uk

Any seasoned festival-goer knows that it's important to bring your own loo roll as supplies run out quickly! So make like a boy scout and be prepared.



Bill Brown Sleeping Bag, £60, bynature.co.uk

This organic cotton sleeping bag will keep you warm at night. For extra comfort team it with a sleeping mat or inflatable air bed for a good night's sleep!



SunnCamp Solar Shower, £8.99, ethicalsuperstore.com

You can spend hours queuing for a shower at a festival, so why not bring your own? Simply fill with water, leave in the sun to warm up, and then get showering!



Pixi Must-Have Kit, £36, pixibeauty.com

Leave the make-up bag at home and pack this travel-sized kit in your rucksack. Perfect for livening up tired complexions!

