

29 JANUARY 2007 78p

WOMANS

THE LATEST NUMBER ON THE FIT AND FITNESS EXPERT
Joanna Hill

LOSE & TIGHTEN OFF YOUR WAIST!
Joanna Hall

3 of the best

MUSCLE RELAXANTS

Supersalve Recovery-Rub, £13.95 for 150ml

(0845 095 6505;
www.supersalve.co.uk)

This honey-based balm was developed by an ex-nurse to help relieve the symptoms of arthritis and rheumatism. It also contains the warming essential oils eucalyptus and rosemary, which help soothe stiff and aching joints and muscles.



Jointace Gel, £7.95 for 75ml

(major chemists or www.jointace.com)

Naturally occurring glucosamine and chondroitin, which repair cartilage, are contained in this gel, along with essential oils that warm the skin and relax tight muscles.



Higher Nature Special Sea Soak, £15.50 for 1000g

(0870 066 4137;
www.highernature.co.uk)

Relax in a hot bath with this sea soak, which contains 21 mineral salts that penetrate the skin, helping to relax tired, tense muscles. Perfect for washing away those after-exercise aches - or tired feet after January sales shopping!



READER TIP

I panic if I can't find my asthma inhaler...

