



## THE LOOK

Find out how to make health and fitness part of your lifestyle this New Year, plus I discover the celeb-approved natural alternative to botox and what we love this month, says **Emily Diamond**

**CONTACT**  
emily.diamond@archant.co.uk

[@EmilyJCFarley](#)

Instagram [@ejcfdiamond](#)

## WE LOVE



### LIGHT IT UP

'Hygge' your home this winter with this cosy Fireside scented candle by Birch & Brook. With top notes of leather and smoky base notes of cedarwood and musk, this warming candle is natural, eco-friendly and cruelty-free.

£38 at [abeautifulworld.co.uk](#)



### IN THE BUFF

Ashburton-based luxury body care company, Buff, create a collection of 100% natural handmade sea salt body scrubs. Available in five blends including Nuit for evening relaxation. Each scrub is microbead-free and environmentally friendly.

From £8 for 60ml at [buff-uk.com](#)



### SCANDI BEAUTY

Put an end to dry winter skin with this soothing Dark Rain Body Lotion by Scandinavian eco-luxury brand Bjork & Berries. With organic vitamin-rich witch hazel and calming aloe vera, this lotion protects against the wintry elements.

£24 at [cultbeauty.co.uk](#)

## WORK IT



Above: Spirit Crop in granite grape geo, £30

Left: Plucky vest in white, £42

Right: Jazzy leggings in pink geo granite, £65 by Boudavida at [boudavida.com](#) (01749 347303)

Maintain that New Year's resolution to get fit for 2017 by investing in some high-quality active wear pieces that not only look great but also make you feel good and inspire you to stay motivated towards your goals.

Shepton Mallet-based Anabel Sexton is the founder of new active wear brand Boudavida, and as a member of the Board of The England Golf Partnership, the England Golf's Women & Girls Advisory Committee and the Deputy Chair and Governor for Sport at Millfield School, Anabel is extremely invested in supporting female athletes, charities and grassroots women's sports to encourage all women to get active.

Conceived by real women for all women, Boudavida fuses function and fashion to create a luxe fitness wear collection;

from which, each piece is ergonomically designed to flatter the curves of the female form, enabling women to feel confident and move freely as they work out.

Anabel says; "The range has been a long time in development - it's something that I am incredibly passionate about. We need to encourage women and girls to get active and promote the benefits exercise has on our minds as well as our bodies. By providing a range of affordable, stylish and comfortable sports and active wear, we aim to inspire women to be brave and bold and achieve their own, personal goals."

Boudavida donate 5% of all sales to a range of customer-chosen causes, including female athletes, projects, charities and campaigns. [boudavida.com](#)

## CHI RUNNING

Certified Chi Running instructor and personal trainer, Hannah Kirkman, discovered Chi Running, after suffering from multiple marathon-induced running injuries. Developed by American ultra-marathoner Danny Dreyer, Chi Running utilises simple movement principles from t'ai chi, to enable users to run more efficiently; engaging the core muscles and minimising the impact of running on the body, thereby reducing the chances of injury.

Hannah says "Chi Running teaches you how to organise your body while



Chi Running teaches you how to organise your body while you run, to create a stable and supported foundation and to let go of tension"

you run, to create a stable and supported foundation and to let go of tension. The easiest way to describe it is that you learn to run like you did when you were a child, subtly falling forward. For me, it's been transformative. I've been able to get back into running marathons, and above all, Chi Running's mindful approach has helped me enjoy the experience of running again."

Train in Chi Running with Hannah Kirkman in Exeter at [blueskyrunning.co.uk](#) (07976 904033)