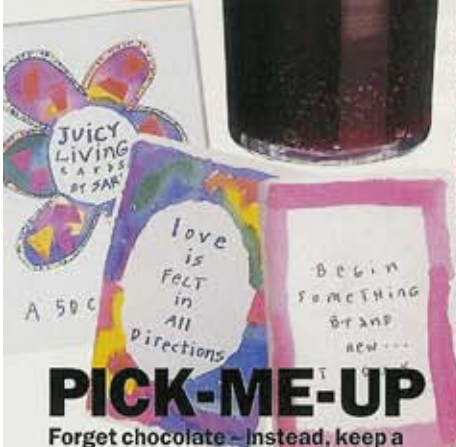


spirit

Calgary
Avansino
guide to y
Inner Vog

LIKE A PRAYER

This pure flower candle by Red Flower, topped with scented petals, promises ritual as well as romance. Place the loose petals in the traditional Hindu bowl for a simple ceremony before you light the wick to set the mood. Red Flower candle and prayer bowl, £34, at Harvey Nichols (020 7235 5000).



PICK-ME-UP

Forget chocolate – instead, keep a stack of inspirational cards handy to raise your spirits without the guilty calories. Hayhill cards, above, £12 a set, at selected bookshops.

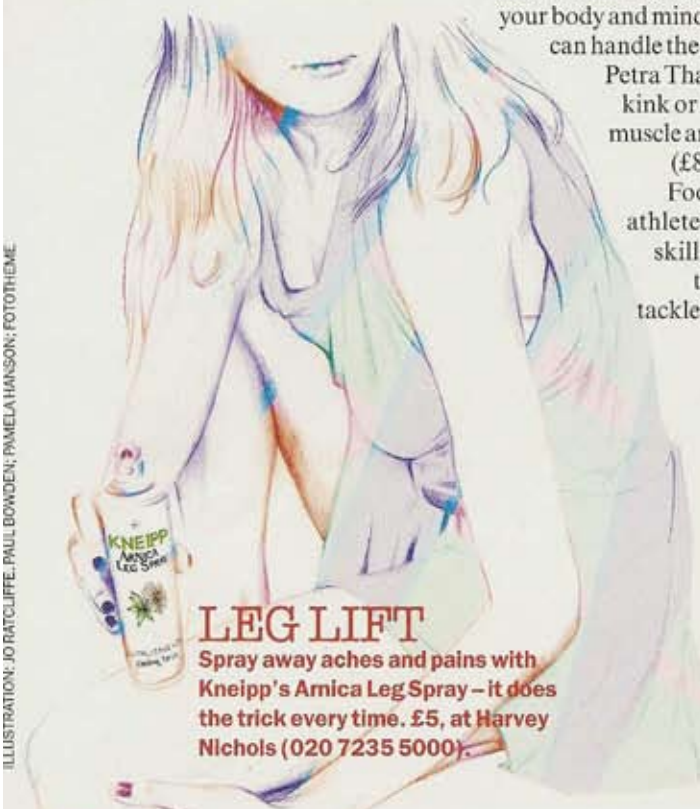
NO PAIN, NO GAIN

Call me a masochist, but I can't enjoy a treatment unless there's a little pain involved. Swedish dabbling feels more like a cat walking over my back than a massage. If I wanted *that*, I'd ask my husband when he was especially tired and save the money for a new pair of shoes. I want to feel energised and enriched, even changed, by the experience, not just relaxed. Few therapists mix skill with passion as well as the following three do, and a visit to them is entirely worth your blood, sweat and tears.

John Odel does an amazing Kiradjee massage (from £85, at Harrods' Urban Retreat spa, 020 7893 8333). This Aboriginal method includes an intensive 90-minute pressure-point massage, reiki and cranial sacral therapy, all from his very gifted pair of healing hands. Be warned: you will feel blissfully useless afterwards. John Yiannis Tsagaris' hemu massage (£100, at Vaishaly, 020 7224 6088) begins with a comprehensive health assessment as he identifies your physical and emotional needs. He then manipulates your body into balance with an intensive session of Zen shiatsu massage and acupuncture. Not for the fainthearted, this treatment challenges your body and mind for 90 minutes. If you can handle the strength of her hands,

Petra Thamm can work out any kink or tension with her deep-muscle and soft-tissue massage (£80, call 020 8340 9429).

Footballers and Olympic athletes regularly rely on her skills so if she can manage them, she can certainly tackle the average sore back.



LEG LIFT

Spray away aches and pains with Kneipp's Arnica Leg Spray – it does the trick every time. £5, at Harvey Nichols (020 7235 5000).

SOUL SHOE



I'm still not convinced about your shoes – bare feet have always seemed to me well. Stylish shoes to wear to class and after class are far more tempting. Nuala, the chicest of yoga clothing lines, has designed a new range of sports shoes with strategically placed magnets to focus your energy. It's the perfect excuse for a shoe purchase. Nuala trainers, £95, at Calmia (020 7253 1407).