

# SECONDNATURE Artspa

NEWSLETTER MARCH 2008



LOWER MILL ESTATE, SOMERFORD KEYNES, GLOUCESTERSHIRE, GL7 6BG



## SPRING OPPORTUNITIES AT ARTSPA

With spring rapidly approaching, Artspa is busy organising some great opportunities for its residents. If you have guests that would like a special treat this spring or summer, Artspa can offer you the choice of several dates where you and your friends can experience a full day of pampering and relaxation. The day will include a delightful lunch in the library, relaxing treatments such as a Full Body Polish, Reviver Facial, Back, Neck and Shoulder Massage, File and Polish and full use of all Artspa facilities. These days are strictly limited so please call either Emma or Laura on 01285 862846 for available dates and prices, but hurry, they won't last long.

For golfers there is still a great opportunity to play a wonderful round of golf at Wrag Barn Golf and Country Club. Membership cards can be obtained at Artspa. Just enquire at reception.

If your goals are health and fitness related we have some fantastic teachers and trainers waiting to help you achieve them. Whether you're looking for a personal trainer, swimming instructor or Pilates teacher, all you need to do is ask. If we don't provide it, we will do our best to help.

On behalf of all the team at Artspa, we look forward to seeing you soon.

*Emma Gallagher*  
Artspa General Manager



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### SWIMMING INSTRUCTION

Artspa now has a fully qualified swimming instructor available for residents at evenings and weekends.

For more information and bookings call Vicky Wright on 07713 161863.



### TENNIS COACHING

AVAILABLE NOW  
@ ARTSPA

If you would like more information contact Artspa on 01285 862846 or email [spa@lowermillestate.com](mailto:spa@lowermillestate.com)

### PILATES

Introducing one of the UK's leading Pilates Instructors **Ann Crowther**. She is now offering Pilates to residents at Artspa.

For further details and bookings call Ann on 07710 635915.

### PERSONAL TRAINING

Whether you're working out now or have yet to find the best way to get into shape, you already know the importance of being healthy and feeling good about yourself. The Elite team has over 15 years' experience and is at the leading edge of personal training.

If you would like more information contact Artspa on 01285 862846 or email: [spa@lowermillestate.com](mailto:spa@lowermillestate.com)

# AROMATHERAPY IN THE 21ST CENTURY

## *Aromatherapy – therapy through aroma*

Aromatherapy has been around for ages and like many ancient therapies, has found its way through the changing face of the world to become a staple of modern health and well being. A trip to your local chemist or supermarket will provide evidence of a whole host of aromatherapy products from scented candles to air fresheners. These products are very loosely based around aromatherapy, but the essential oils used in professional aromatherapy are more than just a fragrance. A good blend has the power to produce remedies for bouts of stress, aches and pains and many general skin and health problems. Also studies prove that your mood can be enhanced by as much as 40% when exposed to aromatherapy giving you a much more memorable spa experience.

One of the most versatile skincare oils of all is Lavender (*Lavendula Augustifolia*) because it has excellent antiseptic properties and is mild enough to be used directly on the skin. It also has excellent wound-healing properties and promotes tissue regeneration. It can prevent scarring when used to treat damaged or injured skin. It inhibits the bacteria which causes skin infections for acne sufferers as well as soothing the skin and helping to balance the over secretion of sebum.

Another of the most useful essential oils is Rose (*Rosa Damascena*). With its rich feminine scent, it has good wound-healing properties which help in the daily process of skin repair. Rose is especially valuable for a solution for broken capillaries, or thread veins, due to its astringent effect on the capillaries, which helps to diminish the redness.

Artspa now offers a new range of aromatherapy treatments with the Spalassium 100% organic aromatherapy oils from Pevonia. This range offers a bespoke aroma sensory experience with 19 different oils made from 100% organic essential oils, derived from wild or organically grown plants with 100% purity. We now offer a tailor-made aromatherapy treatment massage where our highly trained aromatherapists will run through a short consultation to find out what you are in need of most whether it's relaxation or rejuvenation, our therapists will formulate a personalised blend.

### Spalassium Wellness Collection (individual essential oils):

- Basil (stimulating)
- Cedarwood (anti-stress)
- Chamomile (calming)
- Cinnamon (anti-bacterial)
- Eucalyptus (decongesting)
- Geranium (revitalising)
- Grapefruit (detoxifying)
- Rosewood (uplifting)
- Sandalwood (soothing)
- Tangerine (re-energising)
- Lavender (healing)
- Lemon (tonifying)
- Orange Sweet (anti-fatigue)
- Patchouli (regenerating)
- Peppermint (invigorating)
- Petitgrain (anti-depressant)
- Rosemary (rejuvenating)
- Tea Tree (antiseptic)
- Ylang Ylang (sedating)

**We also have three new pre blended oils which will be used within our Swedish massage treatments. The Spalassium Massage Oils by Pevonia combine natural, pre-blended ingredients. Synergising pleasure and efficacy, these massage oils provide an oil base fully compatible with the skin for optimum absorbency and proven skincare benefits.**

#### **Serenity – Aromatherapy Massage Oil**

A pure concentration of Lavender extract to alleviate stress and induce relaxation, counteracting feelings of nervousness and apprehension.



#### **Recovery – Aromatherapy Massage Oil**

Therapeutic Eucalyptus and Camphor unite to deliver stimulating benefits while promoting warmth and healing, improving respiration and stimulating circulation.

#### **Vitality – Aromatherapy Massage Oil**

Energising and revitalising, Rosemary and Grapefruit extracts blend to uplift the spirit, stimulate alertness, and counteract lethargy, while clearing the mind and increasing concentration.

See below for our special offer.

## SWEDISH FULL BODY AROMA MASSAGE ONLY £35.00

NORMALLY £55.00

### **3 NEW Natural Massage Oils!**

***Vitality (Rosemary & Grapefruit)***

***Serenity (Lavender)***

***Recovery (Eucalyptus & Camphor)***

Choose from 3 NEW Pevonia Natural Massage Oils to ensure your satisfaction and utmost relaxation:

#### **VITALITY:**

Uplifts your spirit, stimulates alertness and counteracts lethargy.

#### **SERENITY:**

Alleviates stress and induces relaxation, counteracting feelings of apprehension.

#### **RECOVERY:**

Delivers stimulating benefits, promoting warmth and healing.

**Available throughout March Tues – Thurs only.**



## Don't necessarily assume that the most expensive training shoes are the best.

Splashing out on an expensive pair of trainers is a waste of money and may even damage your feet in the long term, researchers say.

A £40 pair of running shoes can be just as good in terms of cushioning impact and overall comfort, if not better, than a £75 pair, a study has found.

The British footwear market is estimated to be worth £3 billion, while shoe manufacturers Nike, Adidas, Reebok and Puma are among the world's most valuable brands, with celebrity endorsements and sponsorship deals.

Although the researchers refused to reveal the brands being measured in ongoing tests, the initial results suggest that, despite manufacturers' claims, no amount of built-in air bubbles, shock absorbers or other cushioning makes a difference to the overall pressure on the foot while walking or running.

Running can produce sizeable shock waves to the bones of the foot, which radiate to other bones in the body, with the force of the impact increasing with speed and distance, says the team from the University of Dundee.

Consequently, runners are prone to knee pain, stress fractures, muscle tears and osteoarthritis.

The type of cushioning in the soles of running shoes aims to prevent this damage, with expensive trainers often marketed as the most protective.

But a comparison of nine pairs of trainers – from three different manufacturers and in three different price ranges – found those at the bargain end of the market performed best in tests of comfort and cushioning.



The study, published in the *British Journal of Sports Medicine* measured 'plantar pressure', the force produced by the impact of the sole of the foot hitting the ground.

Researchers at Ninewells Hospital and Medical School, Dundee, analysed eight different areas of the sole in 43 volunteers using a special device called a pedar attached to the shoes.

The cheapest pairs tested were priced at £40 to £45 with the moderate range costing £60 to £65. The three most expensive pairs cost £70 to £75. The participants were not told how much any of the shoes cost as their steps were monitored while walking over a distance of 20 metres. Nine of the volunteers then tested the shoes while running on a treadmill, which produced comparable pressure readings to walking.

Different models performed differently for different areas of the foot but overall the shoes were similar, regardless of brand or price. In fact, plantar pressure was found to be slightly lower in the cheaper shoes. Rami Abboud, who led the study, said: 'Our advice is, when you are shopping for trainers, try them on, decide which ones seem to fit the best – and don't look at the price tag.'

The article concluded that there appeared to be a higher incidence of injury in users of expensive athletic shoes.

## THE FIVE-MINUTE HEALTH AUDIT



**Name:** PETER BIRD

**Age:** 57

**Occupation:** Creative Director

**Address:** Heron Island 78 Clearwater

**Favourite food:**

*Thai green curry made on the AGA at Heron Island by my wife, Hazel.*

**Favourite exercise:** *Swimming in the Artspa outdoor pool in winter; I love the cold air and the warm water in the morning.*

**Most decadent food pleasure:** *Anything with blueberries.*

**Favourite health food:** *Anything with blueberries.*

**How often do you exercise?** *Four times a week.*

**When will your next exercise session be?**

*Friday gym session at the Gymbox, St Martins Lane, London, with our youngest son Marcus, or Sunday, at the roof top pool at the Inter Continental Hotel Johannesburg, where we will be filming.*

**Favourite 'not today' exercise excuse:**

*Sorry, I do not have one. However, as I complete this 5 minute health audit and it is Valentines Day, I just might need an excuse this evening to go to the gym!*

**When were you at your healthiest and fittest?**

*When I was 10 years younger.*

**What would you like to be fit enough to achieve?**

*To have the health and stamina for our first grandchild due in May.*

**Which sports person do you admire most?** *Mohammed Ali.*

**If you could pass one law as health minister what would it be?**

*Free blueberries for everyone – if not, then maybe a calorie count on restaurant menus.*

# RECIPE OF THE MONTH



## Chicken and Bean Casserole

Number of servings: 4  
Cooking time: 30 minutes

A hearty and nutritious casserole for the family to enjoy on a cold day. The butter beans are low in fat but high in soluble fibre, which can help to lower your blood cholesterol levels.

### Ingredients:

- 1tbsp olive oil
- 4 lean chicken breasts, cut into bite-size pieces
- 1 red onion, peeled and chopped
- Small cauliflower, broken into florets
- 420g can butter beans, drained
- 400g can chopped tomatoes
- 100g kale
- 100g asparagus tips, halved

### METHOD

1. Heat the oil in a pan and brown the chicken all over. Remove with a slotted spoon and keep to one side.
2. Sauté the onion in the same pan then return the chicken and add the cauliflower florets, butter beans, chopped tomatoes and 300ml (1/2pt) water. Bring to a simmer and cook for 15 mins.
3. Add the kale and asparagus and cook for a further 10 mins.

## Artspa

March opening times:-

Sat 1st	08:00 – 20:00
Sun 2nd	08:00 – 18:00
Mon 3rd	08:00 – 17:00
Tues 4th	08:00 – 17:00
Wed 5th	08:00 – 17:00
Thurs 6th	08:00 – 17:00
Fri 7th	08:00 – 20:00
Sat 8th	08:00 – 20:00
Sun 9th	08:00 – 18:00
Mon 10th	08:00 – 17:00
Tues 11th	08:00 – 17:00
Wed 12th	08:00 – 17:00
Thurs 13th	08:00 – 17:00
Fri 14th	08:00 – 20:00
Sat 15th	08:00 – 20:00
Sun 16th	08:00 – 18:00
Mon 17th	08:00 – 17:00
Tues 18th	08:00 – 17:00
Wed 19th	08:00 – 17:00
Thurs 20th	08:00 – 17:00
Fri 21st (BH*)	08:00 – 18:00
Sat 22nd	08:00 – 20:00
Sun 23rd	08:00 – 18:00
Mon 24th (BH*)	08:00 – 18:00
Tues 25th	08:00 – 20:00
Wed 26th	08:00 – 20:00
Thurs 27th	08:00 – 20:00
Fri 28th	08:00 – 20:00
Sat 29th	08:00 – 20:00
Sun 30th	08:00 – 18:00
Mon 31st	08:00 – 20:00

\*BH = Bank Holiday.

## Diary Dates for March 2008

### 6-8 March – The 18th Bath Decorative & Antiques Fair

The Pavilion, North Parade Road, Bath. 01225 851466

### 11-14 March – National Hunt Festival (Gold Cup Week)

The World Famous National Hunt Racing Festival at Cheltenham racecourse. 01242 513014

### 15 March – Just Jewellery Craft Fair, in aid of Against Breast Cancer

From 10am to 4pm at the Corn Exchange, Witney. A wide variety of locally designed, handcrafted jewellery, cards, boxes and unique gift ideas on sale.

### 15-16 March – West Country Game Fair

Royal Bath and West Showground. Country pursuits with entertainment, education and shopping villages. 01884 250230

### 21-24 March – Great Blenheim Palace Easter Egg Challenge

Join in the family fun with the fifth annual Easter Egg Challenge at Blenheim Palace, including face painting and story telling. Follow the trail of clues around the beautiful Pleasure Gardens. Complete the hunt and you will receive a delicious chocolate Easter Egg. 08700 6020800 [www.blenheimpalace.com](http://www.blenheimpalace.com).

### 22-24 March – Chocoholics Weekend & Eastermania! at Sudeley Castle

The ultimate indulgence for Chocoholics everywhere plus Easter Fun for the kids!



## Website of the month

<http://www.sports-fitness.com/>

An all-encompassing website for all levels of fitness that can assist with coaching, motivation, purchases and finding a goal that suits you.

An ideal partner in your quest for a healthier, fitter lifestyle.