

Can't find time to fit wellbeing into your day, in between work, home, the school run and socialising? Welcome to the club! Sudeshna Ghosh gets the experts to share some simple and easy ways to incorporate wellness into your everyday life.

1 WALK RIGHT

That walking is good for you isn't really news anymore. But what about how you walk? Small changes in your walking habits can help you reap more benefits from it. So, next time you're taking the stairs, climb two at a time. "This will work your gluteal muscles as well as your hamstrings and thighs," says Marcia Kilgore, fitness and beauty expert and founder of Fitflops (see Tip 8).

Taking a walk in the park or on the beach? Get your shoes off and walk barefoot. "Spreading your feet out and making full contact with the ground will help energise you with the earth's energy," adds Marcia.

2 BE IN THE MOMENT

Say no to multi-tasking, and be totally present in whatever you are doing. "Never think, 'I should be doing something else'," says Marcia. So, if you're giving your kids a bath, don't let your mind wander off to pending emails, or while reading through a project report, don't divert your attention to the grocery list. "The biggest luxury is to experience each moment for what it is – this helps reduce stress and regret, and once you make it a habit, gives you peace," Marcia says. A natural corollary to this is to love what you do. Find your passion, and be motivated by what makes you happy, not by what other people expect.

3 BOND WITH YOUR BABIES

Not only is spending quality time with children good for your soul, in that their innocence can be enlightening, it can be good for your fitness too. Carry your babies on your body as long as possible, and when they get bigger, carry them on your back. There's nothing better for toning the stomach, back muscles, bum and legs.

4 DON'T DE-STRESS, JUST DON'T STRESS

If you haven't got time to de-stress, go a step further – learn not to stress. "Keeping things in perspective – knowing you have your basic needs covered – helps you do that," advises Marcia. "Learn from your experiences, be

humble and remember to stay close to the ground – because when you fall, it doesn't hurt that much!"

5 GO FOR NATURAL BEAUTY

Credited with starting the day spa trend of the Nineties with the Bliss Spa chain and founding the well-known beauty brand Soap and Glory, Marcia Kilgore knows a thing or two about beauty secrets. She recommends squeezing lemon juice into your face scrub or cream – it helps smooth out the skin a lot faster. "Citric acid is a natural smoothing agent, and reduces pigmentation. It also acts as a natural deodorant," she explains.

For another at-home beauty remedy, she suggests mixing together some brown sugar, squeezed limes, honey and olive oil until it becomes a paste, to use as a face scrub. "This will help stimulate new cell regeneration, circulation, and the lymphatic system. When blood flows faster, it helps the internal cleansing system which means it will detoxify your bloodstream and leave your eyes and body looking less puffy," she says.

6 DRINK SOME SUNLIGHT

Swap your daily eight-glasses-a-day for solarised water. Water exposed to sunlight in a special blue glass bottle is known as solar water, and it is billed to have several wellbeing benefits. Essentially, the water becomes energised by the sun's rays, and using a blue bottle is a simple way of applying colour therapy, with the colour being associated with sleep, regeneration and communication. Drinking solar water is known to help decrease the blood pressure and heart rate, and has a calming and de-stressing effect. It can also help with headaches and sleep disorders. Get your Solar Blue Bottle from Breath and Health Centre for Dh60, call 04-3489940.

7 HANG UPSIDE DOWN

We have 70 per cent less oxygen in our facial tissues when we are 30 than when we were 12. To help pump more nutrients into your face, try this quick technique: bend down to touch your toes, relax your body loosely like a rag doll and then breathe in and out

slowly ten times. "This will get more blood circulating to your facial tissue, and along with that, vitamins, minerals and other nutrients," Marcia says.

8 WEAR FITFLOPS

Slip on a pair of these 'flip-flops with a gym built in' the next time you're out and about on your errands, and let the shoes do all the hard work while you're just walking. Fitflops have been creating waves across the world, with their convenience and effectiveness. According to founder, Marcia Kilgore, "This is a shoe with a wobbleboard in it. Often used by physiotherapists for rehabilitation purposes, it works by strengthening the small muscles around the ankles which in turn activate the larger muscles, toning your legs and bum." They are also incredibly comfortable to wear, as they diffuses the pressure on your feet across a wider area and improves blood circulation. Marcia recommends walking in them for at least half an hour to 45 minutes every day. Available at shoe and sports shops.

9 STAND STRAIGHT

Your posture affects not only your health (less strain on your joints and ligaments, and prevention of lifestyle ailments like chronic backaches), but also the way you feel. Stand up straight, with your head and shoulders back and looking straight ahead – eye contact makes you feel connected to the world, and on top of things, rather than being weighed down.

10 CREATE A POSITIVE SPACE

According to feng shui consultant Shivani Adalja, you need to clean out and declutter to welcome positive energy into your home and office. "Clearing out clutter is the best way of letting go of the old and inviting the new," she says. "Get rid of unwanted items, and store all your shoes in a closed cupboard. Throw away dying plants and place a small glass bowl with a fish in it in your living area – you will instantly create positive energy." In your workplace, Shivani suggests throwing out useless items, placing a small plant on your desk and lighting a scented candle. **A**