

# Shape up body and mind this Christmas



Welcome to this month's Lifestyle page, where you will find features on health, including how your feet can reveal deep-seated problems and the best way to deal with stress at this time of year. There's a competition to win a makeover and our choice of fitness DVDs to get you in shape. Each month we have offers and competitions, as well as a chance for you to tell us about your experiences of life in Surrey. Look out for our online Lifestyle section for much more at [www.getsurrey.co.uk/lifestyle](http://www.getsurrey.co.uk/lifestyle).

## How feet can lead to heart of the matter

The eyes may well be the window to the soul but if you really want to know what makes a person tick, you should look at their feet, as **Rebecca Younger** discovered

THIS time of year we start to look forward and make plans for the next, pondering where we might be this time next year and wondering what direction we should take.

But it's often frustrating to know which path to follow.

Anne Scardarella, from Farnham, aims to help people with this dilemma simply by looking at their feet.

Feet reading has been practised in China and India for thousands of years, stemming from the belief that they act as a mirror to the rest of the body. According to Anne, they show everything about us - from the ailments we suffer from to the state of our relationships.

"People may be embarrassed if they have corns or bunions but this can reveal so much about a person's character."

she said. "Feet reading can be used to identify an emotion that is causing lumps and bumps on the feet and by doing so, the person starts to think how to rectify the situation.

"A verruca, for example, can be an indication of a deep-seated problem."

Anne's interest in feet started in childhood when she was paid sixpence by her mother to rub her feet. When she grew up she decided to study reflexology and her interest in feet reading stemmed from there.

Anne can tell by a person's feet what they are feeling and what the future holds, although she says feet reading is in no way linked to fortune tellers and palm reading.

"Feet reading looks at your personality, your emotion, your character. It's not to do

with lottery wins or tall, handsome strangers - it's more to do with you," she explained.

"It's quite a nice party piece because everyone loves to hear a bit about themselves but it can also be used as a therapy because if there is an area of your life that you know can probably do with a little bit of work, it will more than likely show up in your feet."

According to the rules of feet reading, the big toe represents thoughts and ideas, the second toe shows emotion, the third is work life or what we do on a daily basis and the fourth is private life.

Little toes are all about how we are thinking of moving forward and what is coming next for us.

"The top of the toe is what we are happy to show and share with the world but underneath the foot shows us what's really going on," Anna said.

"Hard skin below the little toe can mean you are shouldering a lot of responsibility or that responsibility has been



Feet reader Anne Scardarella can analyse personalities by studying the lower extremities. Picture: Alistair Wilson. (Ref: SA127295)

dumped on you. A corn relates to a specific problem and how it's impacting on that area of your life, depending on where it is on the foot."

Anna has studied the feet of various celebrities, from Victoria Beckham to Katie Holmes, and hopes to write a book about what their feet reveal about them.

"Victoria's big toe reveals

what strong visualising skills she has - no doubt useful when designing her collections," she added.

"Her little toes say she wants to fit in and cares what people think of her."

"Her bunions mean she is doing a lot for others and not enough for herself."

"Also, her tendons are visible - large toe tendons mean lots

of self control and setting high standards for yourself."

It's not just your skin and the shape of your foot that says something about you either. The choice of nail varnish is very telling, too.

Anna added: "Green nail varnish means wanting to attract more harmony and calm. This person tends to see the best in everyone but if the

choice is bright red, this shows ambition."

Anna does not claim to 'fix' people but she can give guidance as to the things you might want to change about yourself.

"I'm not really telling you anything you don't know already but it can be quite a shocker for me to come in and say 'whip your socks off' and immediately say 'maybe you

shouldn't be doing so much' or 'maybe you should curb that temper a little bit,'" she said. "It can just help to sow that little seed of change."

● **The cost of a feet reading session is £40. Anne organises feet reading parties for a maximum of eight people at £20 per person. For details, visit [www.feetreading.co.uk](http://www.feetreading.co.uk) or call 07770 511275.**

## Don't get stressed this festive season

If Christmas brings you out in a cold sweat, worrying about how you'll tick everything off the list, **Rebecca Younger** may have found the answer

CHRISTMAS is a time for fun and celebration but the holiday season is also one of the most stressful times of year for many people.

Cooking for large numbers, seeing members of the family you haven't seen for years or simply buying the right present can all cause anxiety.

Depression and anxiety are on the increase in the UK. According to the Mental Health Foundation, more than 12 million people see their GP with some form of mental health

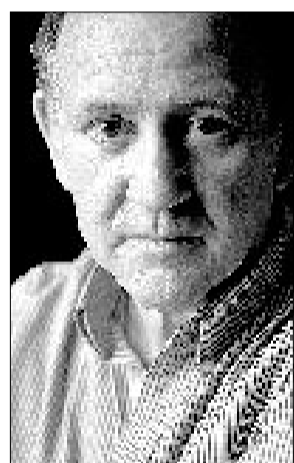
issue each year - and many more struggle on without any form of help.

For some, the festive season exacerbates existing symptoms while for others, depression and anxiety are quite specific to this time of year and they approach it with dread rather than excitement.

When everyone else seems to be getting ready for a merry time with their loved ones, for some people this time of year only worsens their feelings of isolation, depression and loneliness. For others, the struggle to cope with pressures associated with having a great time, managing finances, family and all of the associated stressors creates a tremendous feeling of anxiety.

Beau Honey, a hypnotherapist from Womersley, treats a lot of people suffering from anxiety in the lead up to the festive season.

"Typical sources of holiday



Beau Honey,

stress can include trying to balance the demands of family with shopping and social engagements, unrealistic expectations, financial worries and sometimes bereavement - this can be a very difficult time of year," he said. "Sometimes the

pressure of being with people (often family) that you would not choose to be with can lead to relationship tension."

Environmental factors can also add to the burden.

Seasonal Affective Disorder (SAD), when people become depressed during the colder and darker winter months, is now a well-recognised condition.

So it's not a great time for those who feel depressed or anxious. Symptoms can range from increased headaches, excessive drinking, comfort eating, insomnia and trouble concentrating to mood swings, fatigue, tearfulness - while everyone around seems so happy.

But what can be done to help?

Beau uses Solution Focused Hypnotherapy (SFH) to help people overcome negative thinking and make positive changes in their lives during a relatively short period of time.

"The term 'hypno' often conjures up thoughts of people being put to sleep and not having any control. I am not a hypnotist, I am not Derren Brown," said Beau, who is a member of the Association for Solution Focused Hypnotherapy (AISFH).

"Hypnosis is a natural state of mind that we enter into many times a day, for example when we daydream while driving. Our minds may seem elsewhere but our awareness is, in fact, heightened. Contrary to popular belief, you will not lose awareness or control."

AISFH therapists look at what the client wants to achieve rather than the problem(s) that prompted them to seek change.

The approach focuses on the present and future, not on the past, enabling the client to identify possible solutions themselves and work towards them.

Beau also teaches his clients the science behind anxiety and why we as humans feel it. This, he says, enables people to harness more control over their feelings.

"Hypnosis reduces anxiety and this is done very simply through relaxation and visualisation, allowing the client to focus on the positive aspects of their lives that encourages a shift in perspective."

"It is such a powerful and truly positive technique as we are able to work with what the client wants to happen rather than focus on negatives. It's great to know that we can work with people to pro-actively help them have a happier festive period."

Beau Honey practises at Neal's Yard Remedies, 2 Market Street Guildford GU1 4LB. Call 01483 450430 to book a free initial consultation or visit [www.beauhoney.com](http://www.beauhoney.com) for more information.

## Treatment of the month... Chocolate orange facial

**Treatment: Chocolate Orange Facial**

**Where: On Cloud Nine Treatments, 4 The Mews, Wharf Street, Godalming, GU7 1NN**

**Call: 01483 527306**

**Cost: £50**



Mmmmm, why not try a Chocolate Orange Facial.

WE all tend to over-indulge at this time of year, particularly on all those chocolates being handed around the office but there is a way you can treat yourself without worrying about piling on the pounds - and it may well make your skin look better, too.

Ronnie at On Cloud Nine Treatments, in Godalming, has created an array of unique treatments including the chocolate orange facial.

You might be used to getting a Terry's Chocolate Orange in your stocking but this treat is for your skin, not your tastebuds.

The one-hour treatment starts with a thorough cleanse before Ronnie applies a chocolate orange-scented exfoliation

scrub to eliminate any dead skin.

A chocolate mask, which has anti-ageing properties and mood-boosting endorphins, is then applied while Ronnie massages the neck and shoulders.

There is the worry, of course, that the cocoa-infused products will stimulate the senses so much you will want to break into the not-to-be-opened-until-Christmas-Day tin of chocolates a tad early.

However, scientific research has shown that if you smell chocolate for more than 30 minutes, it will put you off eating it.

Thus the benefits are twofold - fabulous-looking skin and an aversion to chocolate.

Your chance to **WIN** a fabulous makeover worth £1,000

On Cloud Nine Treatments has teamed up with aesthetic nurse Nicola Baker, Salon 44 hairdressers, Catwalk Fashion and photographer Dylan Fowler to offer one lucky person the chance to win a makeover worth £1,000.

Luxurious beauty treatments will include a 'face-lift' facial, gel manicure and HD Brows, plus full make-up. Hair will be restyled, cut and coloured and the winner will be dressed by a stylist before being captured on camera.

To enter simply pick up an entry form at On Cloud Nine Treatments or print one off at [www.oncloudninetreatments.co.uk](http://www.oncloudninetreatments.co.uk). Application deadline is Monday January 21.

## Three of a kind

Over-indulgence is inevitable over the festive season, with an average person putting on 4kg so it's no surprise that by January most people are looking at ways to shed additional weight. There is always an influx of fitness DVDs at this time of year but which should you choose? Here are three of our favourites...

**Zumba Exhilarate:** This seven disc 'Body Shaping System' is packed with contagious routines set to an exciting blend of global rhythms and featuring celebrity instructors. The pack includes two toning sticks, a workout planner and a 10-day weight loss programme and is available from [www.zumba.com](http://www.zumba.com) and DVD stockists, £49.95.



**Janyoga Sequence:** For yoga fans and beginners, this includes breathing techniques, tips on how to do postures and a 35-minute sequence. The DVD is available from [www.yogasequencesdvd.co.uk](http://www.yogasequencesdvd.co.uk), where you can also see a three-minute clip, and costs £13.99 including P&P.

**Roxy's Bite-Size Yoga:** From ex-Emmerdale actress Rokhsaneh Ghawam-Shahidi, this includes bite-size chunks that are perfect for busy lifestyles, featuring six 15-minute workouts and includes a recipe booklet includes easy to prepare slim-line adaptations of household favourites. Available from [www.imcvision.com](http://www.imcvision.com) and DVD stockists nationwide RRP £12.99.



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