



Milk thistle extract helps the liver recover from too much alcohol, so buy some before the party season starts or give it to guests as a stocking filler – they'll thank you for it later!

36

37-45

BOXING DAY BLISS

Save some treats for when the festivities are over and you can really kick back and relax.

Orange, Grapefruit & Clove **candle**, £28, Timothy Han. Como **wine goblet**, £4.50, Habitat. Berry's House Red **wine**, £4.95, Berry Bros & Rudd – for a great gift idea for someone special, try **Berry's Wine Club membership**, from £120, www.bbr.com. **Marron glacé**, £9.99 for 12, Selfridges. Ostrich-egg **bowls**, £24 for a set of three, Graham & Green. Silver-plated **nutcracker**, £18, Aasa & Kennedy. **Leather tray**, £183, Alma Home. **Decanter magazine**, to save 30% on a gift subscription, call 0845 676 7778 or visit www.giftmags.co.uk/iuf5 and quote AVQ5. *Other items*: roast pistachios, £3.49; organic walnuts, £2.49; both Waitrose.

“ 46

Serve chocolate truffles with 'digestifs'. Dark spirits have subtle similarities in flavour to rich, dark chocolate, and Cuban rum goes especially well with Godiva's apricot truffles.

BEN REED MIXOLOGIST AT IPBARTENDERS