

WELLBEING



SHORTS

Hannah Pool

A lovely cuppa

Green tea, white tea, herbal tea... the days of builders' tea being seen as a relatively healthy alternative to, say, vodka are long gone. These days being seen drinking regular tea is tantamount to admitting to a crack habit, and if you have your cuppa with milk and, heaven forbid, a little sugar, you might as well mainline right there on the floor. Even peppermint is a little passé. Randomly selecting a box of 'fruit teas'

from the supermarket shelf just doesn't cut it. Tea snobs will love the newly opened Tea Palace, in London's Notting Hill. Some might think a choice of 150 teas (three Assams, two Lapsangs, Earl Greys) is a little excessive, but then they're probably the sort who have a panic attack when trying to order a no foam skinny caramel macchiato espresso shot, and end up asking for 'um, er, a milky coffee please'. Tea Palace, 020-7727 2600 or teapalace.co.uk

Child benefits

With childhood eczema, asthma and dermatitis increasingly common, it is no surprise there's a big market for children's products with no harsh synthetic ingredients. Many new brands rise and fall without trace, but something tells me that Halos N Horns, a new range of

hair and body washes coming to a supermarket near you soon, won't be one of them. Is it Ivan Massow's backing? Is it the fact that the brand is the result of a sort of 'Entrepreneur Idol' that airs on Channel 4 in November? Or is it just that it smells of child-friendly things such as mangos and oranges? While Halos N Horns doesn't promise to be organic, its 'mission' – 'To remove chemicals linked to eczema, asthma and other health risks' – should guilt-trip parents all the way to the checkout. halogb.co.uk



Give it some stick

The next time you're in your local park, look beyond the runners and those silly 'fast walkers', and ignore those odd types doing 'military-style training'. What you're looking out for is people who resemble skiers who've been robbed of their skis. These people are enjoying a spot of Nordic walking, the current fitness buzz that, like every fitness buzz, promises to be 'the next step aerobics', or whatever. Launched in the UK earlier this month, Nordic walking is cross-country walking with poles – think of it as

the outdoor equivalent of using a cross-trainer. It started out in Finland as summer training for cross-country skiers and is said to be the perfect full-body workout. It's also said to burn 20% more calories than regular walking. The number of participants in this country is still in the low thousands, but in mainland Europe it's said to be reaching 4m. As with every good trend, it requires its own kit, which is where sportswear brand Venice Beach comes in, with its Nordic Walking range, which also launches this month, in Sweaty Betty. nordicwalking.co.uk



No smoke without fire

You may think lighting a candle is a sure way to balance your chi, but, says the US Environmental Protection Agency, some petroleum-based candles release almost as many toxins as a cigarette. That stash in your bathroom isn't quite so appealing now, is it?



Some 95% of candles sold in the UK are made of paraffin, artificial fragrances and often a host of unmentionables.

Once you know candles are as good for you as a smoke-filled pub, it's hard to relax. Switch to 'friendly' candles, such as Aveda's new Shampure soy wax candle, or this organic soy candle by Timothy Han (John Galliano's former assistant). £28, timothyhan.com



CAMERA PRESS

BALANCED?

Martin Clunes

Do you take any vitamins or supplements? Every day I take Berocca, omega-3 and, oh, what's that powder for the knees? We give it to the dog... Glucosamine sulphate – for my knees and my lower back. They're most affected, as I spend all day standing up. I also drink boiling water with a slice of lemon. I've no idea what it does, but my wife's mother drank it and lived to 99.

How do you chill out? I love to walk. We have a lovely garden, so I mow the lawn. A bit of carpentry. But it's difficult, because I start work at 7am and don't get home till 7pm. Then I have some tea, learn my lines, and go to bed by 9pm. And I have to read my daughter a story. She's 32.

What foods do you always have in your shopping trolley? Pulses. Lots of pulses. Mayonnaise. Bacon – English. Cheeses. Both types of milk, for adults and children. And chicken. If we're not eating it, the dog is.

Do you smoke? I used to, but I gave up five years ago. I just wish I could lay off the crack pipe so easily.

Do you drink? All the time. I used not to be able to drink wine because I suffered from reflux and hiatus hernia, but now I can drink like a bastard. I'm a big red wine fan.

Are you vain? I'm so vain I wouldn't want anyone to think I'm vain.

Martin Clunes is supporting Macmillan Cancer Relief's World's Biggest Coffee Morning on September 30 (macmillan.org.uk/coffee). Interview: Stevie Brown