



Evening Standard

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Tuesday, 6 December 2005 Evening Standard

Don't just sit there, get up

Christmas doesn't have to be all about eating, drinking and slumping in front of the TV. **Alice Hart-Davis** selects the healthiest presents for pockets of all sizes



£50
Aromatherapy gift set
Micheline Arcier's aromatherapy oils are hand-blended on her Knightsbridge premises. A scented candle and 75ml bath oil gift set costs from £50, depending on the type of oil chosen. 020 7235 3545; www.michelinearcier.com.

£469
Bambach Saddle Seat
In a normal chair, the curve of the lumbar spine becomes flattened; the Saddle Seat maintains the correct spinal curvature, thus relieving or preventing back pain. From www.bambach.co.uk; 0800 581108.



£1,399
Bowflex Treadclimber
The latest exercise machine from Nautilus claims to burn calories twice as fast as a treadmill — thanks to an exercise action that combines the movements of a stairclimber and a treadmill. For Nautilus stockists, call 01908 267 345.



£25
Wobble Deck
This electronic balance board will keep children challenged — and balancing. At branches of Early Learning Centre, Toys R Us, Mothercare, Woolworths and John Lewis (for details, call 0800 389 8591; www.winteractive.co.uk).

£250
Celebrity-style haircut
A new haircut from celebrity hairdresser Charles Worthington can be arranged by appointment only, at his Percy Street flagship salon. To book, call 020 7631 1370.



£17.99
Shakeawake alarm clock
Designed for the hard of hearing but equally effective for anyone who doesn't want to wake their other half, the Shakeawake attaches to the pillow and vibrates until you switch it off. From www.rnid.org.uk/shop or call 0870 789 8855 (textphone 01733 238 020).

£36.95
Pink boxing gloves
Fitness First's gift box contains a pair of pink Reebok boxing gloves, along with guest passes for the gym and Radox bath products. At Fitness First clubs (www.fitnessfirst.co.uk; 01202 845 125).



£149
Inspiration daylight alarm lamp
It's a dawn-simulator alarm clock that wakes you by gradually becoming brighter, a light-therapy box for SAD sufferers and a daylight reading lamp all in one unit. From www.allergymatters.com; 0800 052 8228.

£18
Hand cream
There's hand cream ... and there's Eve Lom hand cream, which contains sunscreens and moisturisers to help protect hands from the rigours of everyday life. At SpaceNK branches (020 8740 2085; www.spaceknk.com).



£75
At-home massage
Unlisted London will arrange for a masseur to come to your house; for £75 for a 60-minute session. www.unlistedlondon.com; 0870 225 5007.

YOU try it!
...but does it work
A new way to stop smoking

Del Gentleman, 39, a designer from South London, has been trying to stop smoking for 10 years.

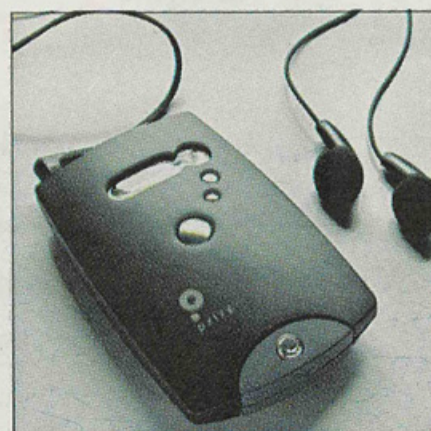
£25 off if you book before Christmas

“ My wife saw an article about Healthvibes, but as it costs £250 I was sceptical. Treatment only takes an hour and involves having an electromagnetic current passed through your body which is meant to remove nicotine and therefore your nicotine craving. Since then I've sat in a pub with chain smokers and never felt the need - and it's been 10 weeks now. ”

Healthvibes Smoking Therapy,
Telephone **0870 428 0287**



£2.50
Healthy oils
Not just beautifully presented, but extremely good for you, Vom Fass offers healthy oils such as sesame, pumpkin and even thistle, at prices from £2.50-£5 per 100ml. 0870 750 0962. Vom Fass (www.vomfassuk.com) has concessions at Harrods and Selfridges.



£99.99
Pzizz machine
The size of a Walkman, the Pzizz is a hi-tech creation that teaches you to catnap with a variety of different programmes designed to slow down brainwaves. From the Natural Health Advisory Service, 020 7631 4235 (for details, visit www.pzizz.com).