

# Boost! your positivity

## Stylish socialising

Check out these little designer numbers: The **Ted Baker Button** (bottom) is a sleek slider phone bearing the latest state-of-the-art features, with innovative colours and distinctive Ted Baker design.

The **Ted Baker Needle** (top) is an exclusive touch-screen handset, powered by HTC, opening up a world of media, communication and social interaction to you. See [www.carphonewarehouse.com](http://www.carphonewarehouse.com) or call the Carphone Warehouse Direct Sales on **0800 925 925** for more information.



Wrap up in style this winter with this gorgeous Per Una faux fur jacket from Marks & Spencer, £55.



Beat the winter blues, brighten up and ...

# treat yourself

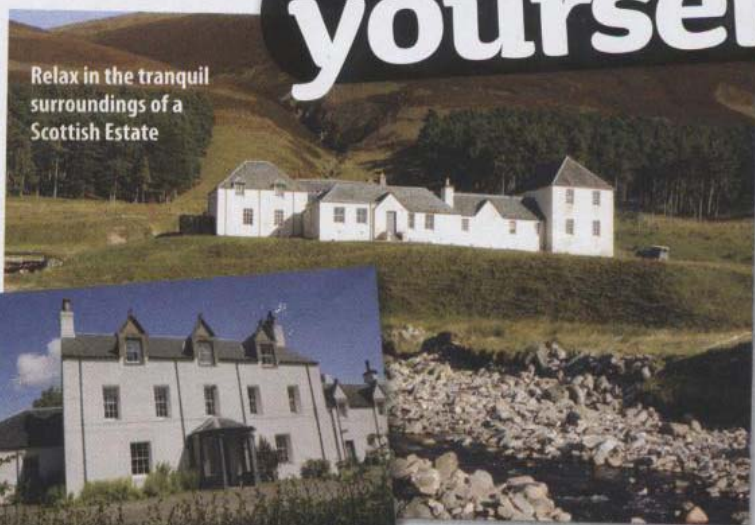
## RESURFACE & RENEW!

**E**lemis has a promotion running from 1st January until 11th February called Resurface & Renew. It contains a full size Tri-Enzyme Resurfacing Facial Wash and Liquid Layer SPF 30 and a travel size Tri-Enzyme Resurfacing Night Cream and Tri-Enzyme Resurfacing Serum. It retails at £45, offering a 50% discount. It's a great collection for the New Year to help to skin regain its glow after far too much festive partying! Available from Elemis spas, salons and selected retail sites. Call **01278 272 830** for more information.



## FOREVER FLOWERS

Treat yourself to something beautiful when the decorations come down – a little piece of unique art in your home. You'll love these from Scottish designer and artist Aileen Clarke. The floral abstract pictures measure 29½cm square and are £30 and the Hearts – 25cm square – are £30. Available from Aileen at [aileen.clarkecrafts@tiscali.co.uk](mailto:aileen.clarkecrafts@tiscali.co.uk) or **01337 831514**.



Relax in the tranquil surroundings of a Scottish Estate



Old Blair Lodge

## HIGHLAND FUN

**F**or a unique Organic Highland Experience, why not get some friends together for an Organic Break at the Atholl Estates, located at the foot of the Cairngorms in Highland Perthshire? With five incredible Highland Lodges available, visitors can experience a taste of Estate life at the same time as enjoying the Estates's organic beef, lamb and local organic fruit and vegetables. With a host of activities on the doorstep including 'talking and stalking', Highland Pony trekking or Land Rover

tours, Atholl Estates offers a spectacular backdrop in which to relax and forget the pressures of everyday life. Prices start at £1020 per week for a lodge sleeping 12. For further information and availability of Atholl Estates Organic Lodges visit [www.atholl-estates.co.uk](http://www.atholl-estates.co.uk) or call **01796 481 355**.

