

An event next month is set to give insight into a range of yoga styles, writes Melanie Wallwork



A CLASS ACT
A yoga session in progress. Below: Ayurvedic Yoga Massage

A HEALTH and well-being event will showcase a range of yoga styles — from boxing to ballet, as well as a little-known form used by a Westhoughton woman. The Manchester OM Yoga Show will be at Manchester Central on Saturday, May 10, and Sunday, May 11, the perfect introduction to the ancient Indian practice of yoga, renowned for relaxing the body and de-stressing the mind. There will be more than 40 free yoga sessions over the weekend, a yoga disco, a yoga monkey swing area, HotPod Yoga sessions, as well as Ayurvedic Yoga Massage, a rare and ancient fusion of massage and yoga.

Therapists use their hands and feet to walk on people and deliver deep pressure.

Sarah Nelson, lead therapist at Sarah Nelson Massage Therapy, carries out mobile treatments and also at Bolton Osteopathic Clinic, Deansgate.

She said: "I'm super-excited about walking all over yogis from Bolton and beyond at the Yoga Show — hopefully in a good way."

"Ayurvedic Yoga Massage is a unique fusion of Keralan warrior techniques and stretches based on yoga, using the power of Ayurvedic extracts to detoxify, de-stress and open the body, physically and emotionally."

"I know from my client-base around Westhoughton that there are plenty of stressed-out folk

who could do with a bit of gentle ironing, so if you are at the show and would like to experience the creme-de-la-creme of massage, I'd love to meet you."

More than 100 exhibitors will showcase a range of yoga, including Boxing Yoga — an exciting and challenging

discipline born originally to give fighters a competitive advantage through improved mental strength, physical power, flexibility, speed and control — and Ballet Yoga, a unique fusion of contemporary ballet and Vinyasa Yoga postures.

There will also be Pilates, complementary therapies plus a range of yoga accessories, clothing, jewellery, super foods and holidays.

As well as the Yoga Show, people will be able to visit the Mind Body Soul (MBS) Experience, featuring complementary health and spiritual awareness.

They can try out a variety of fun activities including Zumba, tai chi, Bollywood dance, hula hooping, belly dancing and salsa.

MBS organiser Julie Saunders said: "The MBS show offers an experience like no other with the aim of helping visitors to develop a positive mind, healthy body and enlightened soul."

Get ready to de-stress

MAKES GOOD SCENTS

Every month, manager of The Fragrance Shop in Crompton Place shopping centre, LISA KEOGH, recommends a different scent. This month: PACO RABANNE'S INVICTUS for men.



Invictus is a masculine fragrance with marine accords and grapefruit running through this manly scent which is energising and fresh. It is perfect for the man who is a champion at

everything and the hero in your life. It has been a big seller for men since it hit our shelves at the end of last year.



Here is some help to appear truly sun-sational

A FEW simple and inexpensive products can make all the difference between looking spring zingy or winter worn-out.

The problem is when you're bombarded with a plethora of beauty products which ones do you choose? Here are some of the latest products.

■ **Beat The Blues, Oyster Gold, £5.50.** www.mememe.cosmetics.co.uk This comes complete with a brush and just a couple of strokes of this pearlised highlighter liquid lifts the cheek bones or draws attention to the décolletage, in fact anywhere you want to draw

attention to. It can even be used on the eyelids. Looks amazing with a tan.

Value for money: 8/10
Effectiveness: 9/10

■ **Flawless Tinted Moisturiser, £9.99.** www.mememe.cosmetics.co.uk This silky touch tinted moisturiser is rich in light-reflecting pearlescent pigments. It contains jojoba oil and has an SPF 15 to protect and moisturise the skin.

Value for money: 7/10
Effectiveness: 8/10



■ **Miracle Oil, Aldi, £3.29 50ml** If you have dry or flyaway hair, chances are you've probably heard of Moroccan or Argan oil. It strengthens, smoothes and seals in shine, but can be pricey. Aldi's Miracle Oil, left, works perfectly. It's not over greasy and is a great disguise for split ends.

Value for money: 10/10
Effectiveness: 8/10

■ **Neutrogena Nourishing Body Lotion with Nordic Berry, £4.99 400ml, Superdrug** If you have dry skin, it's non-sticky and clinically proven to enhance moisture levels by three

times for seven hours after application. The scent features hints of apple, red fruit, rose and bergamot.

Value for money: 9/10
Effectiveness: 8/10

■ **Simple Kind To Skin protecting moisture cream, SPF30, £6.99, 50ml, Boots** After cleansing the face, apply this moisturiser to face and neck. It soaks in instantly and leaves no residue on the surface. After a while skin is left feeling fresh and hydrated.

Value for money: 9/10
Effectiveness: 8/10
DIANE COOKE

BEAUTY STYLE
with **NOGGI's**



Give these super hair shades a try

SPRING is always a colourful time, especially in the gardens and parks of Bolton, with all the beautiful flowers forming a carpet on the ground.

Noggi's have something new for you this spring which is an exclusive and colourful new range of colours for your hair.

This is the Silky Colour Range and it has already going down a storm in the fashion-conscious cities of Italy and a huge success in the land Down Under — Australia.

This is Silky colour premium crème colouration system, which delivers brilliant results, a high gloss finish, great vibrancy and with long-lasting pigmentation.

The colours are infused with natural ingredients to help keep your hair in fantastic condition and leaving it strong, supple and silky after every application.

With 95 colours in the Silky range, there are an endless number of choices for you, from rich golden browns or for a really bold statement go for the intense violet?

There has to be a colour for you and we are here to help you choose one that will match your complexion.

Hate to mention this, but for the older lady the

Silky range has many great benefits and one of them being that Silky is excellent for grey coverage.

The natural finish means it has gentle and subtle



GREAT The Silky look

colouring and therefore classed as a unisex treatment and can also be used for our gentlemen customers, perfect for covering silver flecks.

No one says you have to live with greyness but the last thing you want is an unnatural look that makes it too obvious you are covering up.

Silky adds depth and warmth and leave it to us to find that perfect colour without it looking too obvious that you have actually added some colour to your hair.

As always if you're undecided on what colour to choose from, come down to see us at our Bank Street studios for a complementary consultation with one of highly experienced stylists.

We offer the full range of hairdressing for ladies and gents, so pop in and have a look around the ladies section on the ground floor.

The gents, downstairs, and above us are the beauty lounges with Sophia offering some great beauty treatments.

She has some great news for the ladies who like to have your nails painted, using Jessica Geleration nail products.

Jessica is launching a great range of six new beautiful soft pastel colours, that will go perfectly with the new Silky colours and perfect for a new Spring look.

■ Contact Noggi's on 01204 365411.