

A woman with long blonde hair, wearing a brown and white plaid winter jacket, stands in a snowy forest. She has her arms raised in the air, and snow is falling around her. The background is a soft-focus view of snow-covered evergreen trees.

.24 HOURS TO
*increased
energy*

Face the festive season feeling full of beans with this rejuvenating, one-day boost for your body and mind.

DECEMBER CAN BE A busy time of year when it comes to socialising, with office parties, family get-togethers and social gatherings to enjoy. At times, all that fun, food and drink can leave you feeling tired and drained.

Our one-day energy booster is designed to be used whenever you feel you need a lift throughout the month. Using a combination of nutritious food, energising exercise and beauty boosters, it will leave you glowing from head to toe. To get started, choose a day, preferably at a weekend, when you can devote as much uninterrupted time as possible to yourself. Avoid scheduling in lots of tasks, especially any outside of the home, and try turning your mobile phone off for most of the day to free your mind and give your thumbs a rest!

Do your prep

Get ready in advance for your energy-boosting day by buying the following:

- A bunch of orange and/or yellow flowers. Put these in a vase in your bedroom so you'll see them when you first wake.
- Bach Natural Fatigue Remedy (£12.89, nutricentral.co.uk).
- Two lemons, three apples, a large piece of fresh ginger root, two cloves of garlic, two onions, three sweet potatoes, five carrots, two courgettes, three celery stalks, two beetroots, kombu seaweed, a bunch of fresh parsley, a bay leaf, a red chilli, watercress, a selection of green vegetables, long grain brown rice, 100g turkey mince.
- Spirulina powder.
- Epsom salts.
- Plain/cheap ground coffee.
- Lavender oil.

RISE AND SHINE 7-9AM

Awaken your senses

Orange and yellow are both uplifting, invigorating shades. Colour experts say painting your bedroom walls yellow helps you wake feeling bright and chirpy. However, a bunch of flowers is a much easier way to achieve that, even on the dullest of winter mornings.

As soon as you get out of bed, use more flower power to invigorate yourself. Spray some Bach Natural Fatigue Remedy onto your tongue. It contains essences of clematis, which is said to help you focus, as well as olive, which helps to restore vitality.

Give yourself a squeeze

To help you feel energised faster, use a massage technique to get your blood pumping. Self-administered acupressure can help boost your mood and mental alertness in the morning, according to a 2014 study published in the *Global Journal of Health Science*. 'Try massaging the pressure point between your index finger and thumb,' says acupuncturist Tamzin Freeman. This spot is known as Large Intestine 4, and helps to move energy around your body. 'Using your left thumb, feel down the bone of your right index finger into your hand where it meets the thumb bone. Use your thumb to massage the fleshy area just below it.' Massage one hand for five seconds, then do five seconds on the other one.

