

# Nutrition and Body Care – bought from the Shop - or do-it-yourself

Three Steps for better wellbeing



**In the fourth part of our series on the “Wellness Jungle”, we offer you tips and suggestions on the best ways to incorporate wellness products for nutrition and body care into your daily life. “Wellness” products crowd the shelves in supermarkets, drug stores, health and health food shops, but just because the word “wellness” is on the label doesn’t mean the product’s quality will heighten our body’s well-being. We would like to shed some light on this murky topic where you too can mix up your own wellness cocktails with little effort. We’ll show you some great recipes so that you can give your body what it needs.**

**Ibiza NOW**

Just because “wellness” is printed on the label, doesn’t mean that the quality is guaranteed. Anyone who has tried this route to be attuned to their body will reach this conclusion at one time or another. It’s hard to control all of the myriad of products out there on the market as the instructions on the labels are often misleading and the promises of the manufacturers exaggerated. One look at the ingredients often helps. You can, however, stay on the safe side if you mix wellness products yourself. Then you know exactly what’s in them, since as the law stands there are some ingredients that the manufacturers are not forced to specify.

#### **Tip Number One: Tasting good - and healthy?**

Very much in vogue right now: wellness and “vitalising” yoghurts, enriched with aloe vera, synthetic vitamin additives and bifido bacteria: compare name brand yoghurts with the generic competition from the back of the shelf. Yoghurt with a high percentage of sugar and flavour additives and a minimal percentage of aloe vera is not a promising candidate for helping the body to cleanse itself.

In addition, artificial aromas and preservatives weaken our immune system and can cause allergies. Unfortunately in Spain it is not obligatory to list such substances.

Homemade Wellness yoghurt: use natural yoghurt with a 3.7 percentage of fat and mix in the pulp from fresh seasonal fruit or naturally pure fruit juice. Not only does it taste wonderful, the natural vitamins will strengthen your body’s natural defences and help in the production of antibodies. Just as yummy: mix in homemade jam—for example, from the croissant store in Jesus. Not as good as the variations mentioned above, but just about.

Rule of thumb: 75 mg of Vitamin C per day are a must! For example, one orange contains around 100 mg of Vitamin C.

ACE juices, ice tea, juice based beverages: Here too, when shopping pay attention to the amount of sugar added and the percentage of fruit. Each occurrence of added sugar, such as several apple juice drinks throughout the course of the day, causes our pancreas to produce more insulin, which increases the risk of diabetes if continued over a long period of time. If a juice’s fruit content is 50 percent or less, it doesn’t deserve the name health drink. After all, the biggest favour you can do for your body is to make your own juice. Buy the fruit of your choice in season, e.g., watermelon or oranges on Ibiza. It’s as simple as that.

Our special recipe tip: squeeze two lemons, add one litre of water and the juice of one large aloe vera leaf in a mixer. Sweeten with honey. Add ice and enjoy your own personal wellness cocktail! You can buy aloe vera gel in your nearest natural foods store. Nurseries and many florists stock aloe vera plants. Cut only the largest outer leaves right to the stem. Be sure to rinse the knife after every cutting since the outer portion of the leaf is very bitter and leaves an aftertaste on the gel. First make



long incisions to remove the prickly edges, then make fine cuts on both sides of the leaf in order to extract the gel substance.

Or “cool down” with a “mixed fruit lassi” like the maharajas: Behind this name is a simple combination of fruit and natural yoghurt, or buttermilk. In terms of traditional Chinese medicine, milk products lower the body’s temperature from the inside. Additional nutritional ingredients such as nuts and seeds from the health food store provide important B vitamins for better concentration, improved regeneration of skin injuries, ideal muscle performance and much more. One lassi will satisfy your appetite and makes a perfect snack in between meals.

#### Body Care:

“Because my body deserves the best”: body lotions with aromatic fragrances, shampoos with clinically tested vitamin combinations, face creams with rejuvenating active ingredients – the selection is overwhelming. But remember: our body doesn’t need everything the beauty product industry says it does. The most important thing is to be sure and buy body, hair and face cosme-

tics that are fragrance and preservative free.

Go by your chemist’s or to the natural food store and purchase jojoba oil, then mix 100 ml of that with two or three drops of pure ethereal orange oil. That way, you luxuriate your body with important vitamins for silky smooth skin and pamper your senses with a wonderfully relaxing fragrance at the same time.

A great hair care solution is a mixture of 200 ml sesame oil, with 2 drops of ethereal lavender extract and 2 drops of both geranium and juniper oil. That gives brittle hair gleam and silkiness. Combined with a scalp massage, this is also a wonderful way to relax.

Take it from me: sometimes the best results are achieved with the simplest means. □



Photos: Andreas Seuf