

# 6 wellness trends you should know about

DO YOU KNOW YOUR SEA MOSS GEL FROM YOUR SOUND BATH? THERE'S ALWAYS A NEW WELLNESS TREND TO JUMP ON. **ADRIANNE WEBSTER** BREAKS DOWN THE ONES MOST WORTH YOUR TIME.

## 1

### Sound baths

Sound bathing goes hand-in-hand with a yoga or meditation practice. It's a type of music therapy where you lie or sit down and are 'bathed' in music, traditionally from 'singing bowls' and gongs. Fans say it calms the mind, allowing you to go deeper into a meditation and release negative energies.

There's something in how music relates to, and affects, our bodies. A study by Professor Assad Meymandi at the University of North Carolina found that music could lower blood pressure, decrease pulse rate and assist the parasympathetic nervous system, which is responsible for digestion and our 'fight or flight' reflexes — often triggered by those suffering with anxiety. Thus, bathing in sound could prove helpful for those worriers among us.

If you're based in London, head to BYC Hot Yoga (bychotyoga.co.uk), where you'll find sound bath workshops for £20.



## 2

### Sea moss gel

Sea moss — also known as Irish sea moss — boasts a multitude of benefits, which can include helping to lower cholesterol, encouraging heart health, promoting weight loss with its fibre-rich content and supporting gut health and boosting immunity. The superfood has blown up on TikTok, with the search term #seamoss garnering over 234.7 million views at the time of writing.

Sea moss and sea moss gel don't look particularly appetising, but can taste great mixed into smoothies, or in noodle soup and stir fries. Or simply pinch your nose while taking a spoonful and reciting in your head, "Health is wealth!"



Millie's Moss Classic Golden Sea Moss, £13.49, [milliesmoss.com](http://milliesmoss.com)

## 3

### Liquid chlorophyll

Chlorophyll (the pigment that gives plants their gorgeous verdant green colour) is said to be good for our bodies due to how it can balance out internal pH, and provides minerals including magnesium, iron and calcium. We're not saying to go without your daily spritz of Sure, but it's also said to be a natural deodorant due to how it neutralises certain odours.

You can pick up some liquid chlorophyll drops then add some of the green stuff to your glass of water in the morning on an empty stomach. We love these ones that have a hint of peppermint to freshen and offset the earthy flavour.

Core Nutrition Liquid Chlorophyll Drops, £13.95, [wellness-factory.co.uk](http://wellness-factory.co.uk)



## 4

### Glucose tracking

We assume that keeping our glucose levels steady is an issue solely for diabetics, but Jessie Inchauspé (@glucosegoddess on Instagram) is leading a one-woman campaign to educate us all on the importance of glucose tracking for optimal health. She claims glucose spikes can lead to issues such as prediabetes and type 2 diabetes, weight gain and lack of energy, among other issues.

Her recommendations for keeping blood sugar levels steady include eating your meal in a certain order — veggies, then protein, then carbs — drinking apple cider vinegar before eating (which may reduce a glucose spike by up to 30%) and combining food well by making sure you're eating carbs and proteins together. For example, instead of eating an apple on its own, slice it and use the slices to scoop up some protein-rich peanut butter. Just make sure it's with no sugar!



## 5

### Slugging

Marilyn Monroe reportedly loved it, and while the name leaves a lot to be desired, it's said to help achieve lit-from-within skin and can be as cheap as £1.

So, what is it? Slugging is a Korean beauty trend that involves simply dousing your skin with a heavy-duty moisturiser to lock in the moisture underneath — usually as a last step in your nightly skincare routine.

Skincare experts extol the benefits (primarily hydration) of simple Vaseline for slugging — it's cheap and thick enough to work as a barrier to hold in moisturiser and serum underneath. You could use it all over, or apply to specific areas for targeted treatment. Jennifer Aniston loves the latter — she is said to put Vaseline under her eyes before she goes to bed to protect from wrinkles. Who knew!

COSRX Advanced Snail 92 All in One Cream, £27, [Beauty Bay](http://Beauty Bay)



Vaseline Pure Petroleum Jelly, 99p, [Bodycare](http://Bodycare)



TRY THESE!

## Reformers Pilates

It's official; 70% of people would now choose Pilates over yoga, according to one study. And there's one practice that's taking over social media and fitness studios. Reformers!

Haven't heard of it? Let us clue you in. It's a more intensive version of mat Pilates, where you perform exercises on what's known as a reformer bed, a carriage that moves back and forward with an assortment of weights you can attach to provide light, but effective

resistance to build

muscle tone and

strength. It was

originally designed

by Pilates creator,

Joseph Pilates to

help patients in

hospital build back their

strength after illness, so it's great for gym bunnies and those looking for a restorative workout alike.

It helps you build balance and strength as you work to hold yourself in different poses, balancing arms or legs in straps and moving the carriage back and forward. Take it at your own pace and enjoy getting a good ol' stretch. ■