



the bodyholiday

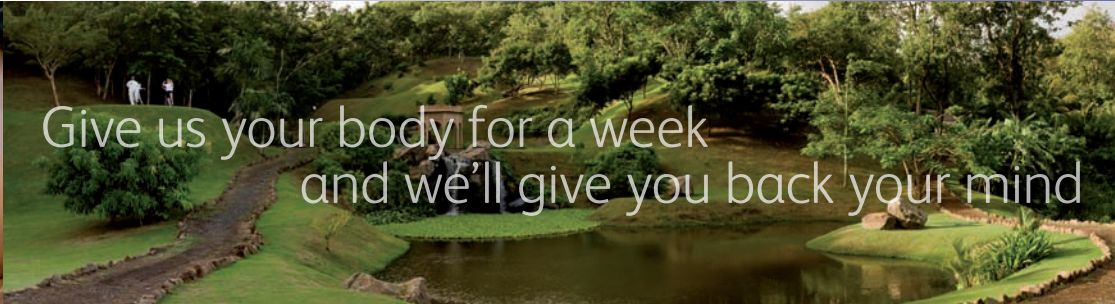
LeSPORT

THE OASIS

THE AWARD WINNING HEALTH AND WELLBEING EXPERIENCE
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TBH_UK_Winter09



Give us your body for a week
and we'll give you back your mind



Winter 2009

Yoga

From a host of authentic Ayurvedic treatments, to variations of Yoga and Oasis Signature treatments, we have something for everyone.

If you have an interest in Yoga but do not have the time to do the research, we've pulled this piece together for you, the first in a series of articles designed to give you a succinct view on a number of healthy choices.



Water

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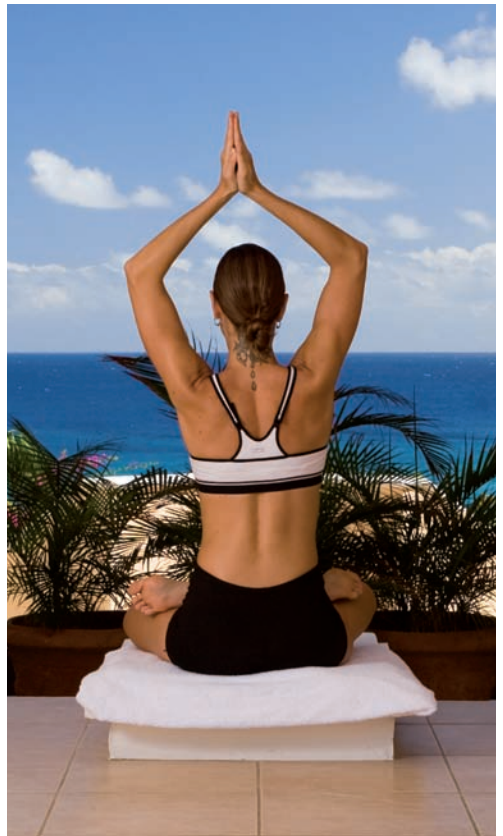
At least when it comes to proven health benefits, new reports indicate that there is no clear evidence of benefit from drinking increased amounts of water. On the other hand, there is also no clear evidence of lack of benefit.



Skin

The skin is not only the largest organ of the human body and important for non-verbal communication, but skin ageing processes are visible.

What is the key to healthy and preventative ageing or are there many factors involved in this complex matter?



Yoga – a choice for busy executives

The Oasis, located at The BodyHoliday LeSPORT is our font of Health and Wellbeing. We know that many of our guests lead busy frenetic lives because they tell us this. This is why we present such a spread of treatments for mind, body and soul renewal.

From a host of authentic Ayurvedic treatments, to variations of Yoga and Oasis Signature treatments, we have something for everyone. If you have an interest in Yoga but do not have the time to do the research, we've pulled this piece together for you, the first in a series of articles designed to give you a succinct view on a number of healthy choices.

Hatha Yoga is also known as the “science of hatha” yoga. The word Hatha comes from combining the two Sanskrit terms “ha” meaning sun and “tha” meaning moon. However, when the two components of the word are placed together, “hatha” means “forceful”, implying that powerful work must be done to purify the body.

Yoga means to yoke, or to join two things together, hence hatha yoga is meant to join together sun (masculine, active) energy with the moon (feminine, receptive) energy, producing balance and greater power in an individual.

This and other similar practices have been researched and mastered in other cultures from as early as the 15th century.

Concept

Traditional Hatha Yoga is a holistic yogic path, including moral disciplines, physical postures (asana), purification procedures (shatkriya), poses (mudra), yogic breathing (pranayama), and meditation. The Hatha yoga predominantly practiced in the West consists of mostly asanas understood as physical exercises. It is also recognised as a stress-reducing practice.

Hatha Yoga is one of the two branches of Yoga that focuses on the physical culture, the other one being Raja Yoga. Both of these are commonly referred to as Sadanga Yoga, or Yoga of six parts ('sad' meaning six and 'anga' meaning limbs). The six limbs of Hatha Yoga are defined as Asana (physical position), Pranayama (breathing exercises), Pratyahara (sense withdrawal), Dharana (concentration), Dhyana (meditation) and Samadhi (superconsciousness).

An important part of hatha practices is awakening of Kundalini (dormant energy). The signs of success in hatha yoga are slenderness of the body, cheerful face, hearing mystical sound, bright eyes, sense of well-being, control over the bindu, increase in gastric fire and purification of the nadis. Hatha Yoga utilises not only meditative postures but also cultural postures.

Hatha represents opposing energies: hot and cold (fire and water, following similar concept as yin-yang), male and female, positive and negative. Hatha yoga attempts to balance mind and body via physical postures or “asanas”, purification practices, controlled breathing, and the calming of the mind through relaxation and meditation. Asanas teach poise, balance and strength and are practised to improve the body's physical health and clear the mind in preparation for meditation in the pursuit of enlightenment.

If an individual has too much phlegm or fat then purification procedures are a necessity before undertaking pranayama.

A holiday at The BodyHoliday can easily set you on the path to this heightened awareness if that is what you seek at any time in your life. Contact us for more information and how best to customise your BodyHoliday, selecting the best treatments that will increase your equilibrium.

Yoga Tip:

The traditional Indian Hatha Yoga focuses on short relaxation after each pose or practice. It helps to build better awareness at Physical (the body), Pranic (the breath) and Psychological (the mind) levels. Utilising this awareness the Sadhaka (disciple) can pick up deep rooted tensions in the body, irregularities in the breathing and stresses in the mind to totally relax and rejuvenate.



Water – how many glasses to drink today?

The debate on the merits and demerits of drinking a specified number of glasses of water continues unabated. There are strong arguments both for and against the practice. Of course good sense will suggest that you understand your own body type, and proceed cautiously, always making choices that will give you the healthy edge no matter what.

The over-riding theory though still widely recommended for our health is that people should drink at least eight glasses of water a day. And while there is nothing magical about those eight glasses, (and just to confuse us a bit) at least when it comes to proven health benefits, new reports indicate that there is no clear evidence of benefit from drinking increased amounts of water. On the other hand, there is also no clear evidence of lack of benefit. There's a general lack of evidence either way. So what do we do – those of us who want to stay ahead of the game? We are in a quandary – and again we ask the question – How much water do you drink each day?

Well – ever the believer in sound health practices, I have now found new reasons why I will always drink plenty of water. You too will be amazed!

Health Tip:

Water intake with the meals should always be monitored. If you are following Ayurvedic treatments, water should be consumed at least 30 minutes before or after the intake of meals. Otherwise, it dilutes the digestive juices and may cause acidity and other symptoms of indigestion.



Top 11 Health Benefits of Drinking Water

- 1. Lose weight:** Drinking water helps you lose weight because it flushes down the by-products of fat breakdown. Drinking water reduces hunger. It is an effective appetite suppressant so you eat less. Calorie count – zero!
- 2. Natural remedy for headache:** Helps to relieve headache and back pains due to dehydration. Although there are many other reasons contributing to headaches, dehydration is the common one.
- 3. Look younger with healthier skin:** You will look younger when your skin is properly hydrated. Water helps to replenish skin tissues, moisturises skin and increase skin elasticity.
- 4. Better productivity at work:** Your brain is mostly made up of water. Therefore, drinking water helps you think better. It increases your concentration levels and helps you to be more alert.
- 5. Better exercise:** Drinking water regulates your body temperature. You will feel more energetic when doing exercises and water helps to fuel your muscles.
- 6. Helps in Digestion and Constipation:** Drinking water raises your metabolism because it helps in digestion. Fibre and water goes hand in hand so that you can have a regular daily bowel movement.
- 7. Less cramps and sprains:** Proper hydration helps keep your joints and muscles lubricated, so you will be less likely to get cramps and sprains.
- 8. Less likely to get sick and feel healthy:** Drinking plenty of water helps fight against flu and other ailments like kidney stones and heart attack. Water also helps to improve your immune system.
- 9. Relieves fatigue:** Water is used by the body to help flush out toxins and waste products from the body. If your body lacks water, your heart, for instance, must work harder to pump out the oxygenated blood to all cells; the other vital organs must do the same thing. They become exhausted and so do you.
- 10. Good mood:** Your body feels very good and your soul feels happy.
- 11. Reduce the risk of cancer:** Related to the digestive system, some studies show that drinking a healthy amount of water may reduce the risks of bladder cancer and colon cancer. Water dilutes the concentration of cancer-causing agents in the urine and shortens the time in which they are in contact with bladder lining.

Can you see the importance of water to your body after understanding the above benefits of drinking water? I hope you are no longer in a quandary over how much water to drink! As for me, I am having my eighth even as I write this...

How to make skin glow

There are a myriad of procedures to make the skin glow.

These range from anti-ageing creams, lotions, serums and potions, treatments, lasers, re-surfacing, fractional lasers, to botox, fillers, radio frequency energy, thermage, anti-oxidants, carboxytherapy to surgical techniques; but what is the key to healthy and preventative ageing or are there many factors involved in this complex matter?

The skin is not only the largest organ of the human body and important for non-verbal communication but skin ageing processes are visible. There is intrinsic chronological ageing and extrinsic, premature skin ageing. Intrinsic ageing can be found in constantly covered body parts such as the buttocks of elderly people. Intrinsic ageing is influenced by genes, hormones and cell metabolism.

Extrinsic ageing can be seen in chronically exposed skin such as the face, nape of the neck and the hands of people who work outdoors. Extrinsic ageing can be caused by a variety of factors such as UV exposure, smoking, alcohol, lifestyle factors, climate and pollution. Other factors include sleep loss, stress, lack of physical exercise, and a high carb intake.

What can we do consciously and actively to make our skin glow and look plump and renewed daily?

1. Dehydration is the most prominent yet easily corrected cause of accelerated ageing. Drink eight glasses of water daily.
2. Try and exclude or reduce caffeine and sugary drinks.
3. Daily use of an SPF Factor 30 and a high dose of Vitamins A, C, E and alpha lipoic acid act as a protectant to free radical damage.
4. Eat a diet rich in fresh fruit, berries, whole grains, nuts, seeds and vegetables.
5. Avoid fried foods and barbequed meats.
6. Limit the intake of alcohol to one or two units daily.
7. Eat foods rich in anti-oxidants, peppers, spinach, cabbage, cauliflower and broccoli.
8. EFP's, omega 3s, oily fish, walnut and hemp seed oil.
9. Try and have 20 minutes of sun light daily.

Hormones:

This is a hugely important and broad subject which is constantly being debated. However, to outline the basic premise of ageing in Post Menopausal women – there are Synthetic hormones and Bio-Identical hormones. Bio-Identical hormones are available in wild yam, soya, and black cohosh. As women age, all their hormone levels drop. Oestrogen levels can be increased through the intake of Bio-Identical hormone-enriched foods. Postmenopausal women who replace oestrogen and testosterone can increase the hormone production significantly and quickly.

Post-Menopausal women have a reduction of collagen. Oestrogen promotes the formation of collagen and hyaluronic acid. Women need to check hormone levels constantly.

Retinoic acid still appears to be the best retinoid for preventative ageing. This product is normally a prescription item in most countries and cosmetic companies use retinol in their formulations. Retinol is about one-tenth the strength of retinoic acid. It enhances collagen and clinical results are noticeable. Vitamin A-rich foods are rich in Retinol, which is available from your dermatologist or specialised skin clinics.

Start at a very young age with a good daily skin regime, as prevention is always better than dealing with skin problems in later life and should be considered as an investment in the future.

One other very important contribution is happiness. A huge smile and a positive attitude to life can significantly increase your healthy looking skin prospects.



the bodyholiday
LeSPORT

www.thebodyholiday.com

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