

GRAZIA HEALTH

Fitness >> Therapy >> Nutrition

www.graziemagazine.co.uk 8 May 2006

What's hot in health

Susan Clark, our award-winning natural health guru, answers your questions every week

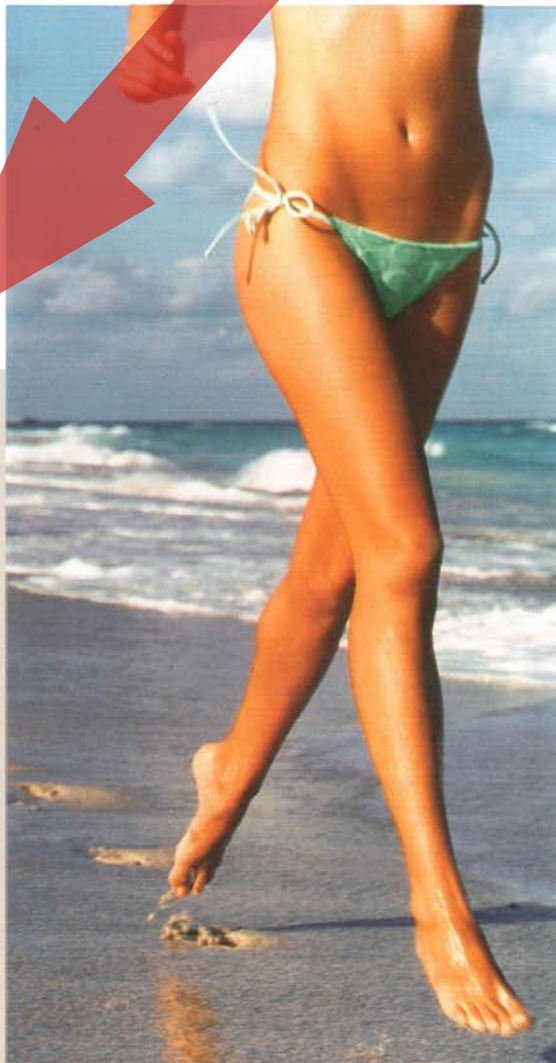
HOW CAN I GET RID OF STRETCH MARKS?

I'm so self-conscious about the purple marks that have appeared on my hips and thighs that I can't sunbathe. Will anything fade them completely?

ALICE, 31, WALSALL

Rosa mosqueta, an oil made from the hips of the Rosa rubiginosa plant, is a rich source of essential fatty acids (EFAs),

which the body needs to make the prostaglandins (hormone-like substances) that are crucial for skin regeneration. You find these same EFAs in other creams and lotions made from, say, evening primrose oil or vitamin E, but the concentration is many times higher in Rosa mosqueta. This remedy is also a good source of retinol – another key ingredient used for fading blemishes and scars. Just massage the oil into your stretch marks with your fingers, using a rotational movement.



WILL SPINNING GIVE ME AN ENERGY BOOST?

Spinning is a great way to burn calories and improve your cardiovascular fitness. It's also a great way to improve your balance and coordination. The spinning class is a great way to burn calories and improve your cardiovascular fitness.

EMMA WILSON