

# OM

YOGA & LIFESTYLE



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Develop your own  
grace and style

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Your shortcut to  
New Year vitality

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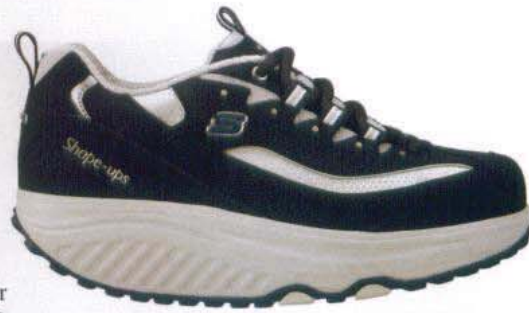
## High Street heels

### Shape Up

Skechers have been manufacturing and developing footwear for almost 20 years, and are pretty much synonymous with the High Street shoe world. Shape Up shoes are Skechers version of the MBTs, but perhaps a bit more affordable, and available online. Skechers claim that their Shape Up shoe will help you tone, and strengthn your legs, buttocks, back and abdomen, combining the look of a classic Skechers trainer with a dynamic rolling bottom for a more rewarding workout while you walk. Sounds good to us!

[www.skechers.com](http://www.skechers.com)

From £79.95



## Even happier feet!

If you really want to spoil your feet then try the Kansa Vatki foot massage, a beautiful and relaxing therapy to help balance body, mind and spirit. This unique treatment from India is steeped in centuries of ceremony and involves the use of ghee (clarified butter) or coconut oil. The treatment includes vigorously rubbing the soles of the feet with a small metal bowl to draw heat and toxins out, thereby inducing relaxation.

Narendra Mehta of the London Centre of Indian Champissage says it revitalises both tired feet and legs. As the feet contain key energy and nerve endings relating to internal organs, he also says it helps to rebalance tri-dosha (Vata, Pitta and Kapha).

"Kansa Vatki is great for tired feet, blood and lymphatic circulation, joint mobility in the lower limbs, eyestrain and tired eyes, muscles of the lower limbs and to detoxify the internal organs," Mehta says. The whole treatment takes around 45 minutes and begins with some relaxing foot and leg moves, followed slowly and methodically, with massage of the toes, feet, ankles and calves. It then continues with special moves performed with the small metal Kansa Vatki bowl. This is followed by a re-balancing sequence of massage. "All this special attention helps to detoxify and balance the body's energies," says Mehta.

For information: [www.kansavatkifootmassage.co.uk](http://www.kansavatkifootmassage.co.uk)

