

MISS ECO GLAM

Healthy Happy Mums + Kids = Healthy World



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Where to go for Mindfulness: India [Shreyas Silent Retreat](#)

Embark on a spiritual journey on a meditation retreat of self-discovery this New Year and learn how to fully unwind your mind, body and soul. Spend your days in tranquillity and escape the stresses of everyday life with private Pranayama sessions, yoga nidra and candle meditation, as you learn mindfulness and awareness on this wellness break in India. Discover deep relaxation with rejuvenating Balinese, Swedish and Thai massages at the luxury spa and enjoy group classes. An ideal meditation retreat for those seeking a renewing wellness break; return home ready to tackle the New Year head on with a new healthy mindfulness.

Health and Fitness Travel (0203 397 8891 healthandfitnesstravel.com) offers 7 nights at Shreyas from £2,085pp or £2,655 for single occupancy. Price includes full board, a wellness programme, return flights and transfers.

Cannabis infused into coconut oil TAG-TEAMS cancer (and other benefits)

You cannot help but wonder if the vilification of

Raw Glazed Sugar Cookies

My Grandma was a wonderful baker.

Although she would

Harmful Side Effects Of A No Salt Diet

Side Effect of a Salt-free Diet By Andre Delamere The

Can We Continue To Justify Injecting Aluminum Into Children?

By Sayer Ji Greenmedinfo A new report published in

"Five-a-Day" Health Product Could Keep New Year's Resolutions on Track

Xenca is proud to announce the recent launch of Five a



@Joecollectivee thank you!! Got some good things planned! Get Jeff to show you some of the stuff I am sending to you guys - Frequency bands!

18 hours ago

@Joecollectivee Hi Joel! I'm so excited to be writing for Collective-Evolution! what an honour! Anna :)

18 hours ago

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