

Lifestyle expert  
**chat it's fate**



Top  
EXPERT

Ruby Deevoy

### Beauty product of the month

**Egyptian Magic All-Purpose Skin Cream £30 from [egyptianmagic.eu](http://egyptianmagic.eu)**

The skincare secrets of the pharaohs have been revealed! And celebrities have been wise to it for over 20 years. This cult favourite is an all-natural blend of oils and bee ingredients, based on a formula that was created thousands of years ago in ancient Egypt. It's extraordinarily moisturising and nourishing for skin, hair, nails and lips. It's pricey but a little goes a long way.



# The chillout zone

Wellness and lifestyle guru **Ruby Deevoy** is here to answer your questions and help you feel beautiful inside and out!

Live  
well

## YOU GET WHAT YOU GIVE

*Dear Ruby*

I'd love to find a way to boost my overall health and happiness levels on a daily basis. Is there anything you can suggest?  
*Eleanor, 35, Bethnal Green*

*Dear Eleanor*

Giving – a gift, your time, your presence and attention – is one of the best ways to increase happiness in yourself and others around you. It may sound strange but many studies have shown that the more you give (particularly volunteering) the more your health and happiness will skyrocket, partly thanks to what's known as a 'helper's high'!

You'll also find that giving makes you feel more grateful, for what you have to give, and also for those you choose to give to. And further research has shown that expressing gratitude, especially to someone who deserved thanks that you didn't thank before, also provides a huge rise in happiness levels.



## Tea and sympathy

It's always such a joy to encounter someone who is quietly making a difference in the world. When I spoke to holistic therapist, Melissa Day, founder of Niroshini and creator of the revolutionary acupuncture facial, I did so to find out more about her treatments. What I came away with, and what I want to share with all of you, is all the more impressive.

Adopted at 8 weeks old from a convent in Sri Lanka, Melissa never knew her birth mother, but an incredible twist of fate led them to meet in 2009. Melissa discovered that her mother, grandmother and two full brothers lived in heart-breaking poverty on a Tamil

plantation. And she vowed to make a difference, not just to their lives, but to the lives of others.

Learning of the plight of Sri Lankan tea plantation workers and their children, the focus of Melissa's holistic work and women's spiritual retreats is now very much geared to supporting this community. She also fundraises for charity Tea Leaf Vision (having already raised an amazing £58,000) to help them continue their work providing free, life-changing education programmes to youth of the poorest tea estate communities in Sri Lanka.

A percentage of profits from her holistic therapies go directly to these causes, so indulging in a Niroshini treatment or retreat is a benefit to you and others. You can also support the plantation workers by purchasing some direct tea trade 'Black Velvet' Ceylon flower tea from Melissa's website [niroshini-acupuncture.com](http://niroshini-acupuncture.com).



**GOT A LIFESTYLE/BEAUTY QUESTION FOR RUBY? EMAIL [ITSFATE@SWNS.COM](mailto:ITSFATE@SWNS.COM)**