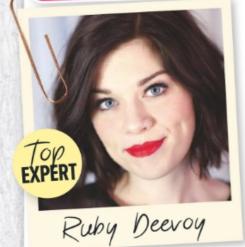
Lifestyle expert Chat it's fate



Beauty product of the month

Egyptian Magic All-Purpose Skin Cream £30 from eauptianmagic.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

The chillout zone

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

YOU GET WHAT YOU GIVE

Dear Ruby

'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 know as a 'helper's high'!

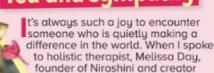
You'll also find that giving makes you feel more grateful, for what you have to give, and also for those you choose to give to. And further research has shown that expressing gratitude, especially to someone who deserved thanks that you didn't thank before, also provides a huge rise in happiness levels.

> 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

GOT A LIFESTYLE/BEAUTY QUESTION FOR RUBY? EMAIL ITSFATE@SWNS.COM



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



