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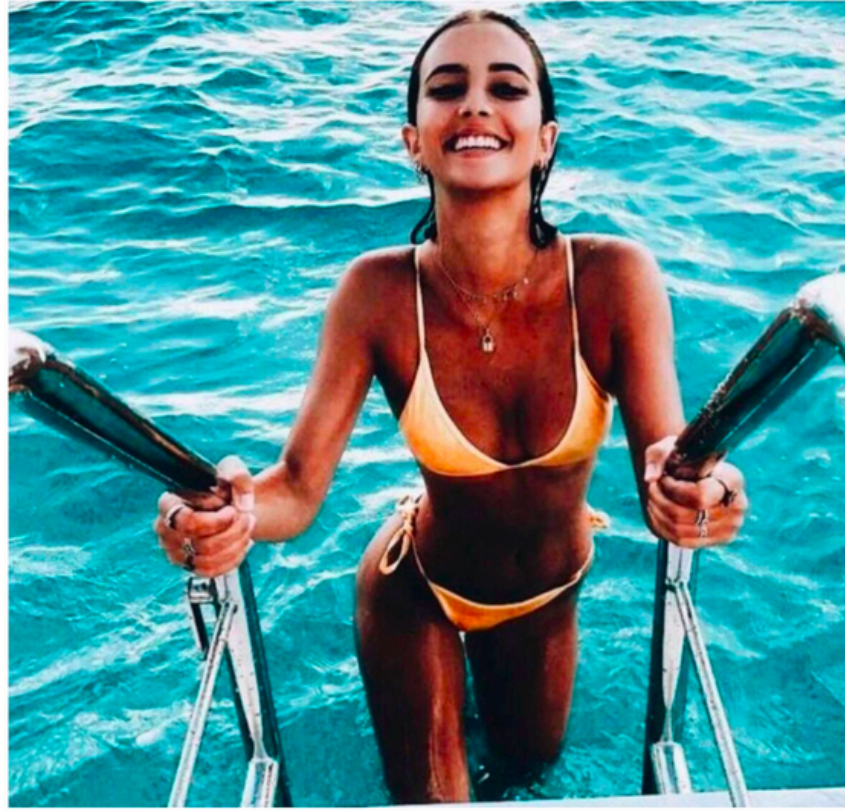


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Blog- Cold Therapy For Health



Throughout history, Cold Water Therapies have been used as a natural remedy to boost one's mental, physical and spiritual wellbeing. Starting with Hippocrates in Ancient Greece, to the baths of Ancient Rome, cold therapy involved heating the body to various temperatures, followed by cold water immersion. Even today, cold therapy remains a popular form of treatment in health spas all over the world.

Cold Water Immersion is known to wake up your body, improve your immunity and relieve symptoms of muscle pain and inflammation. In this article, we will uncover the scientific evidence behind this treatment, the benefits of cold therapy, and how to incorporate this practise into your everyday routine.

Cold Therapy improves Cardio Health

Cardiovascular circulation is one of the most critical components of our health. Without optimum circulation to your heart, not only is your blood flow compromised, but your heart can also become stressed. This can lead to fatigue, high blood pressure, muscle cramping, or even heart attack and stroke. A blast of Cold Therapy can stimulate blood flow. When you immerse your body in cold water, the blood rushes to surround your vital organs. Your heart then is forced to pump more efficiently, pushing blood through all your vessels and supplying every part of your body with the oxygen and nutrients it needs. This can improve circulation, boost the immune system and give ourselves more energy to live our lives. Do this on a routine basis and you can have healthy blood circulation and a healthy body.

Fashion

As seen in 'Sunday Life Magazine'



Some fashions may come and go, while others stay the same. Such as in the bold and playful leopard print that now and again, seems to reappear into our lives like a long-lost friend, and for a myriad of reasons. Firstly, this black-and-tan pattern can easily weave itself with almost any colour palette — including jewelled hues, neons, or neutrals of black or camel. Next, it can be dressed up or down depending on your *personnalité*. It flatters every single skin tone, and incidentally, began its ascent to the fashion masses as early as 1947, when this Leopard design was firmly imprinted and etched in the work of Christian Dior, on debut of his “New Look” collection, and later in the 1950’s, donned by Eartha Kitt to match her wild, ‘feline-inspired’ nature.

Fast forward half a century later, what is it about this famous leopard print that still manages to take us away from the humdrum of the everyday, whether appearing on a faux fur coat or on a draping georgette dress? Moreover, what does this powerful leopard print coat convey to women, that still lingers in our minds as the *premiere* fashion choice for the modern woman?

The answer takes us on location in Paris, as seen in ‘Sunday life Magazine’. Where we are transported to an ornate Parisian apartment, with an incredible creative team, including celebrated photographer Daniela Federici and stylist Penny McCarthy. Where in a single afternoon, we envisaged a *savoir-faire* so risqué and so sensual - exemplifying the lustre of quintessential ‘Boudoir Chic’. An ageless style so fashion-forward – and modelled so brilliantly by French actress and muse Dorcas Coppin. A photoshoot that embodies a woman on the hunt, using her wits and her sexuality to slink into her lair of luxury *à la Française*. Nowadays, for a woman of any degree, *n’est ce pas?*

Embrace your inner feline spirit with our two top picks for a dose of ‘*je ne sais quoi*’:

Editorial

Faux Fur

There's a new 'Fauxvolution' happening. Enter Unreal Fur, a cruelty-free, vegan fashion brand dedicated to the wellbeing of animals and the environment. This season, find your faux-fest in powdery hues of cream, sleet and white. Along with their array of furry jackets, puffers and long coats; plus our favourite mini-me item - 'the Fur-ever Coat'!



Colour Me Pretty

We have opened our Pandora's box of white winter hues. Think ivory, light grey and pearly pinks. Think purity, enchantment and soft tones. Think effortless chic. Think the Waterfall jacket - our style must have of the month. Match these looks with our Boho & Co Miniature Chandelier Earrings, and you'll be the vision of a modern day goddess.



Grey Goddess Earrings \$40.00



Cocktail Collection Earrings \$40.00

And ...This Season's Pick-Me-Up?

Some Va-Va-voom!

Get peachy whether at home or on-the-go, with Runway room's Peach Punch Mineral Stick! This elevated peach hue in a creamy texture is perfect for your cheeks, eyes and lips, for those 5-minute touch ups! Whether applied with your fingers or a brush, you'll look sun-kissed from morning til' night!



The history of bathing (and why we love it!)



When we think of the word ‘spa’, we usually envision a remote, tranquil bathing house: filled with integrative therapies, Romanesque baths, chimey music and trickling waterfalls infiltrating our mind and body. A place where we can simply lie back, close our eyes and breathe along with nature's elements – of air, water, earth and fire.

These days, a spa is more than just a building with baths. It is a restorative sanctuary, a sacred destination: home to a myriad of wellness treatments, mindful therapies and health and fitness offerings – balancing our mind, body and soul into a deep and restful new mode: of Zen.

Simply: a place of calm and peaceful surroundings, where we can reconnect with ourselves.

Historically speaking, spa culture has existed for thousands of years, and is considered to be one of the oldest health practices in the world. Keen to find out how this centuries-old indulgence originated from? Whether practised for harsh weather relief, a way to elevate the mind and body or a pleasurable way to catch up with friends or family – in this blog, we'll take you back to the beginning of time and across the globe: to discover the history and traditions of bathing culture all around the world!

The history of bathing (and why we love it!)

but first ... where does the word spa come from?

Since Roman times, the Belgian town of Spa was known for its hot mineral springs, whose baths were used by Roman soldiers at that time to treat aching muscles and wounds from their battles. Interestingly, the word ‘spa’ is also an abbreviation of the Latin phrase, ‘Salus per Aquam’ – which translates as ‘health from water’.

how did spa bathing come to be?

Culturally speaking, the bathing process was deeply connected to an ancient civilisation's religious practice, possibly developing a belief in the healing powers of mineral waters, particularly in Ancient Mesopotamia, in the Minoan civilization and in Egypt. In fact, one of the earliest bath houses traced back to 2500 BCE, in Mohenjo-Daro, in the lost city of the Indus Valley civilisation – in Pakistan.

Even in Ancient Egypt, the locals were extremely fond of their bathing tradition, washing themselves several times a day using an aromatic paste made from ash and clay –believing that cleanliness brought a person closer to the gods and was vital for entry to the afterlife.

Blog: How To Feel More Balanced

What is Balance?

Imagine living a life that runs smoothly, day after day, in a well-rounded way. A life where the important areas of your life – like family, work, and health, are all being met with your undivided attention, leaving you feeling centered and grounded. This is what it is like to feel balanced. Living life in a more balanced way keeps us on track towards our life goals and our purpose. It also has positive, long-term effects on our overall health and wellbeing.

What happens when we are feeling unbalanced?

Occasionally, and without warning, we can become engrossed in one particular element of our lives, while neglecting the others. For example, let's imagine you are overworked, leaving you feeling out of whack and overwhelmed. To compensate for your tiredness, you may work even harder, burning the candle at both ends. Before you know it, you are feeling burnt out - unaware how you got to this point, as you watch the other parts of your life begin to run dry. This results in feeling more unbalanced and off-kilter.

Are there areas of your life that may need more attention? Are you aiming to have more of a work/life balance? It's important to acknowledge and recognise how important it is to balance out the elements to our lives. What can you do to make them more of a priority to feel more in balance?

Family

Family gives us a sense of belonging and give us a tremendous amount of emotional support in our lives. Our parents, children and partners all deserve our loving attention. But when work, finances and other life stresses come into play, sometimes the very people who are most important in our lives can be left behind. When this occurs, it's important to press pause, and reflect on how we can prioritise and repair these relationships. Are you going to schedule in more family time? Or take stock and aim for more of a work/life balance? Prioritising family will make you feel more balanced and will make you feel more in control of your home and your life.

