

Water, water, everywhere

For me, water is the epitome of health and beauty. If I were asked which images the word 'beauty' conjures up, I would envision calm lakes, warm rain and azure seas.

Water is vital for the body, and for mind and spirit too; but although I am deeply aware of this, I still struggle to drink the recommended eight glasses a day – and I have found myself, in my mid-30s, risking 'prunedom'.

I have read that 70 per cent of our bodies is made up of water – so, in fact, we really are what we drink. Which makes me, worryingly, a Coca-Cola! No sniggering, please – after all, how many of you are bottles of red wine, or walking, talking café-lattes? Come on, girls, it's high time to hydrate.

One new brand is here to help us: Life pure water features such slogans as 'Drink well, be happy' and 'Pure water, healthy world'. This exceptional bottled water is of the finest quality and is bottled at its British source in Pembrokeshire – so it has no heavy carbon footprint. And that's not the best bit: not only is Life no more expensive than any other brand of bottled water, but for every litre that you buy, Life promises to deliver at least one litre of clean drinking water to a developing-world community, through an

independent charity called drop4drop. This concept is as pure and good as the water itself.

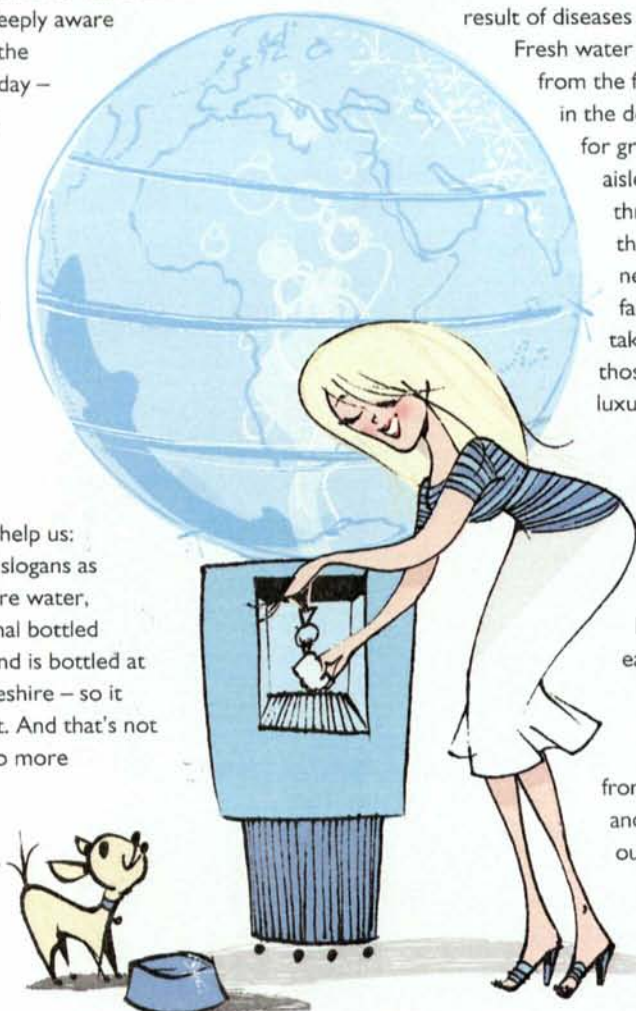
Shockingly, more than 15 per cent of the world's population do not have access to water that is fit to drink, and an estimated two million deaths a year are the result of diseases linked to unsafe water.

Fresh water from the tap, or bottled from the fridge, is something that we in the developed world tend to take for granted. I have cruised the aisles of supermarkets idly throwing in a few bottles from the wide selection, but I have never really considered the fact that each sip I casually take would be a novelty to those who have never had the luxury of purity.

Which is why I'm particularly grateful to Life water, as it has caused me to give more thought to the issue of water consumption. I realise I may be sounding unduly earnest here, but I am filled with hope for this great product.

The truest beauty comes from within (from our minds and spirits) so as we quench ourselves, let the radiance of good deeds and the glow of altruism surround us.

Normandie's column appears fortnightly. [normandie.uk.com](http://normandie.uk.com)



Contact

lifepurewater.com

Water boost

- Add a few drops of Dr Brandt's Anti-Oxidant Water Booster, £26, to your daily intake for a health-giving kick. Try Original, Lemon or Pomegranate, each packed with free-radical-fighting goodies. One dropperful is equivalent to 15 cups of green tea! [spaceuk.co.uk](http://spaceuk.co.uk)
- Bliss out and meditate on how to make the world a better place in one of Hydro Healing's float rooms, in London's Notting Hill Gate. This water-therapy spa is run by pharmacists Amo and Vim. [hydrohealing.co.uk](http://hydrohealing.co.uk)
- Get swimming – it's kind to the joints and is fantastic aerobic exercise. Once you build up enough stamina, why not test yourself with a sponsored swim?

Illustration  
BILL BROWN

**NEXT WEEK**  
**WENDY LEWIS**  
**NIP & TUCK**



Top tips for girls – advice from real women for real life

- How to take the redness out of a spot**  
You can temporarily take the worst of the redness out of a spot with whitening eye drops. It really works. *Olwen*
- How to stop worrying about your body image**  
Make a list of things that you

like about yourself – and not just the physical attributes. Are you just your body, or do you value your other assets? When you think of the things you don't like about your body, are they things that can be changed with diet and exercise? Think of three people you admire: is it only their bodies you find

attractive? Your body is always a work in progress; worry instead about keeping your heart open and your mind alert. *Masi*

**How to treat sunburn**  
Take an anti-inflammatory, such as ibuprofen, and then soak in a bath that has a cupful of baking soda in it. *Shirley*



Compiled by  
**Kate Reardon**

Illustration  
MOIRA MILLMAN

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