

Healthy YOU

With AMY PACKER



RETAIL THERAPIES

COVID-19 knows no borders. Neither should the vaccine.

Small text at bottom: Vaccines for everyone, everywhere.

[Small, illegible text, likely a list of names or brands]

While the UK's Covid-19 vaccine drive is going well, in lower income countries only 1 in 13 are jabbed. This Christmas, the Go Give One campaign (gogiveone.org), launched by the WHO Foundation is aiming to get 50m people to give £4 to buy a vaccine for someone who wouldn't otherwise have access to one.



Soothe away Christmas stress with British fine fragrance brand Noble Isle's Forest Bathing Gift Set (£49; nobleisle.com). Containing a stunning Pinewood Single Wick Candle and Scots Pine Bath & Shower Gel, you simply need to inhale deeply to be transported to Scotland's ancient forests without the need to climb a single mountain.

Psychologists believe there is a link between playing with soft toys in childhood and life-long empathy towards real animals. Snugglies brand



Living Nature has a range of very realistic 'pets' including this super-cute Golden Labrador Puppy (£29.99; uk.livingnatureworld.com). Plus the stuffing is recycled plastic, so they are eco-friendly too.



After bacon sarnies, decent hot chocolate is one of the treats vegans miss most. But with the Hotel Chocolat Velvetiser (£99.95; hotelchocolat.com) - the world's first hot chocolate machine - you can enjoy creamy, barista-grade beverages in two and a half minutes. Simply add your plant milk and a sachet of their decadent 45% Nutmilk cocoa (£13).

