



# Well-being

Feel your best with Health Editor, Janet Horwood

## Sore muscles?

Try this:

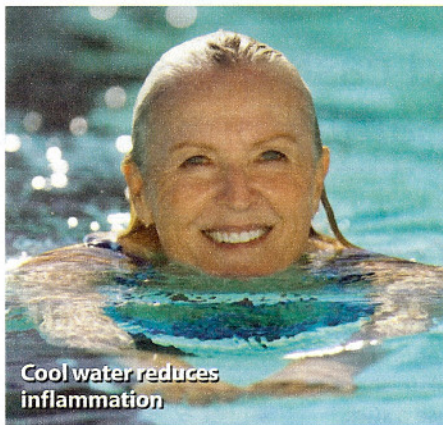
### Swimming

If you've overdone it and your muscles are protesting, swimming is a good remedy — the cool water reduces inflammation, and keeping the muscles moving gently in the water helps to ease away soreness. At home, a cool shower or bath can reduce the discomfort. If that seems a bit drastic, then place a pack of frozen peas wrapped in a tea towel on the sore area, for 10 to 15 minutes at a time, for the first 24 to 72 hours.

**Try:** Call 01509 618700, or visit [www.swimming.org](http://www.swimming.org) for information on learning to swim, or improving your technique and what your nearest pool has to offer.

### Massage

Gently massaging the sore areas can usually soothe aches and pains in arms and legs. Some essential oils are good for weary muscles. Black pepper oil, for instance, has warming properties. Rosemary and peppermint oils also work well together. Put a few drops of your chosen essential oil in a warm bath, or add ten drops of essential oil to 1oz of almond oil for a soothing massage.



Cool water reduces inflammation

**Try:** *Easy Massage Workbook* by Clare Harris (Duncan Baird Publishers, £10.99).

### Magnetic therapy

Studies indicate that applying a static magnetic field to the body can help dilate the blood vessels and improve circulation, and this may encourage healing and reduce pain.

**Try:** The Magna-Health Therapy range which provides both magnetic therapy and support for wrists, elbows, back, knees and ankles. Prices start at £9.95 for a wristband. Call 0845 388 7503, or visit [www.magna-health.com](http://www.magna-health.com)