

*Your life, your way*

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# PSYCHOLOGIES

MAY 2015 | £3.90 | UK EDITION

MAGAZINE

## MANKINDNESS

■ ROBERT DOWNEY JR  
on marriage and  
the meaning of life

■ NICK CLEGG  
on compassion

■ SIR DAVID  
ATTENBOROUGH  
on making sense  
of the world

*Create  
your own  
Happiness  
Club*

**LIFE HACKS**  
Manage  
your boss

Be loved for  
who you are

Let go of the  
life plan

## 18-PAGE SPECIAL

# Grown-up SEX...at last

THE NAKED TRUTH: HOW OFTEN ARE YOU DOING IT – REALLY?  
3 WOMEN BARE ALL: HONEST TALES FROM THE BEDROOM

➕ LUST TEST: WHAT DOES YOUR SEX LIFE SAY ABOUT YOU?







## RETREAT AND REGROUP

Running affordable, nourishing and hugely supportive retreats across the UK and Europe, Yoga Rehab is where it's at. Book at [retreatcafe.co.uk](http://retreatcafe.co.uk).

## GARDEN ROOM

Carnation, orange blossom, lily of the valley... the beauty of white and green meet here – sweet sensuality tempered with hints of spice and clean leaf tips. The ideal way to usher spring's light into the darkest room. Floris Stephanotis & Ylang Ylang Home Range, room fragrance from £25/100ml.

## It's time to... energise



I've given up on big ambition, having accepted that I am much happier with a simple life. When once I crowbarred something into

every spare moment, I'm now at peace with laziness, or flashes of it, once the workday is done. But laziness for too long becomes malaise. Not a good thing. So, where to draw that line?

For me, it's in movement. A friend went on a juicing holiday (which she hated), but fell in love with the walking – up to three hours a day, in the mountains. 'It's changed my life,' she said, as we marched back to the station after dinner, instead of taking the usual cab. We may not have the mountains, but we still have the day's to-do list to climb, and doing it sedentarily is at odds with how our bodies are made – to move, to dance, to skip! A still evening feels better when offset by a twilight yoga session. Forgoing the bus in favour of a stroll between work appointments means I may be a bit late, but I'll arrive in better spirits. The spring's back in my step, just in time for, well, spring.

*Emine*

Beauty and wellbeing director

## OIL'S WELL

A friend assumed that 'dry body oils' were for those with dry skin – they are, in fact, a byword for a non-greasy 'dry to the touch' oil. Aurelia Firm & Revitalise Dry Body Oil, £48, is wholly nourishing – and the rose, neroli and lavender scent is both supportive and uplifting.



## GOOD VIBRATIONS

This Works is a British beauty brand – the brainchild of health and beauty editor and yoga teacher Kathy Phillips, and it has always done aromatherapy brilliantly. The new range, Energy Bank, is exemplary. Like a good mood prescription, this delivers an immediate boost with its blend of ylang ylang, patchouli and geranium, from £15.

