

## WAVE WORLD

Health & beauty news, reviews & ethical living

### JEWELLERY FIT FOR A QUEEN

Anna Loucah may not be a familiar name to you (yet!) but the Brighton bespoke jeweller made waves on the red carpet at the recent Golden Globe awards. Livia, wife of *The King's Speech* actor, Colin Firth, has developed the 'green carpet' project where she aims to wear only ethically sourced items. Anna Loucah works closely with Livia to create special handmade jewellery using entirely ethically sourced materials. The result? Recycled 18ct white gold from Hoover and Strong, ethically sourced rubies and purple spinel from Ruby Fair, and South Sea pearls from the carbon neutral company Jersey Pearl and studded with conflict free black diamonds making up some stunning pieces of jewellery. Anna's pieces will be auctioned on behalf of Oxfam at the end of March. Until then they



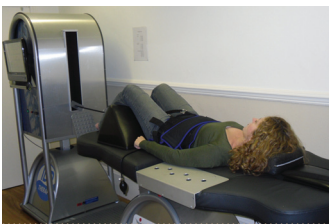
are on display at Baroque Bespoke Jewellery in Brighton.  
[www.annaloucah.com](http://www.annaloucah.com)

### MAC DOES WONDER WOMAN

Get in on the action as MAC cosmetics launches its Wonder Woman collection. Think bold eye shadows, larger than life lashes, oversized lipglass plus accessories including compact mirrors, application brushes and make-up bags. Bright, fun packaging to liven up your make-up bag for spring, plus the trusted brand MAC behind the wonderful cosmetics. Wonder-ful! Available exclusively at *Selfridges and Selfridges.com* now, and at all MAC counters and [www.maccosmetics.co.uk](http://www.maccosmetics.co.uk) from 3 March.

### WHAT IS... IDD THERAPY?

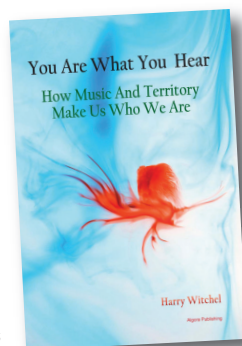
Intervertebral Differential Dynamics or IDD Therapy™ is an innovative back pain treatment new to the UK. Developed in the USA to treat slipped discs and degenerative disc disease, The Sussex Back Pain Clinic is one of



only five certified facilitators in the UK. Treatment is safe, non-invasive and extremely effective. The computer targets selected vertebrae on either side of a chosen disc. As the vertebrae are drawn apart pressure is relieved on the disc and on trapped nerves and pain relieved. This also promotes the flow of nutrients into the disc to promote proper healing. Essentially, it's a bit like gentle stretching. Sussex Back Pain Clinic started running clinics in November 2010 and already have a number of success stories. They provide monthly demonstrations on IDD Therapy, delivered by qualified practitioners.  
[www.sussexbackpainclinic.co.uk](http://www.sussexbackpainclinic.co.uk)

### WAVE READS

*You Are What You Hear* by Harry Witchel is a new book on music and the brain. Why do some people like rap music and others Beethoven? It's all explored in this new read. Witchel also gets behind the science of 'we are what we hear' in Brighton Science Festival. Catch him at the Big Science Saturday on 5 March and prepare to delve even deeper into the subject...



### MARCH'S MUST-HAVE PRODUCT

If you put up with those niggling aches and pains but they always persist then make sure you check out the new Phytodol spray. We've all heard of joint care supplements, but this spray eliminates the need for taking capsules, which may be a delight for many! The spray contains glucosamine hydrochloride. Glucosamine is a natural substance found in the body that helps the formation and repair of cartilage. It's ideal for the maintenance of healthy joints, and with fragrances of ginger and cinnamon, it's pleasant for the senses too!

The new Phytodol Spray is available from Holland & Barratt and all good health food stores, £14.49,  
[www.vitahealthcare.com](http://www.vitahealthcare.com)



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