In Partnership with philosophy

LOOK OUT FOR NUMBER ONE

Christmas is all about giving, but this year, philosophy is encouraging you to make room for some me-time...

Christmas – fantastic, the Most Wonderful Time Of The Year. But with all that expectation, a pages-long gift list to shop for, never-ending drinks parties and hassles of potentially troublesome family members on the horizon, it's not without its difficulties. That's why wellbeing experts philosophy are encouraging you to make a bit more time for yourself this festive season, starting off with refining your skincare regime.

Harnessing the power of dermatological science for visibly transformative results, the brand's purity range is all about making you comfortable in your own skin, but during party season, your soul could do with some similar TLC. We've pulled together some top tips on reversing seasonal stress and being a little bit kinder to yourself this Christmas. Read on and enjoy some much-needed self-care...

SHOP THE COLLECTION

Just Say No

If we can give you a piece of advice to get you through party season, it would be this: you don't need to go to everything. Making time for you is paramount if you're to keep your sanity. Equip your living room with this festively coloured houndstooth throw from M&S, slip into these cashmere bed socks from the White Company and fire up Netflix. You won't be missing anything crucial, and you'll definitely feel the benefit...

Treat Yo' self

Available from John Lewis, philosophy's gift sets make for excellent presents, but in the spirit of self-care, you should probably save one aside for yourself, too. Available in either amazing grace or pure grace fragrances, each set contains a shampoo, bath and shower gel, spray fragrance and firming body emulsion. Pretty much everything you need for some stress-busting relaxation. Bring on the festivities, friends. You are well and truly prepared...

Time For Tea

If the prospect of slogging up and down the high street laden with desperately selected gifts gives you palpitations, make sure to offset the drudgery by booking yourself in for a Christmasy afternoon tea. Many of the traditional institutions are booked up, but we have our eye on the more contemporary treats on offer at Skoosh(ch)'s Nibbs Cafe. Snowflake yuzu tart? Gingerbread ganache opline? Oh, yes please.

Easy On The Ears

Heaven knows, the prospect of a week's house-arrest with hickering relatives is strong enough to send the brain into rioting mode, but like the stresses of the season, is getting on top of you, there's a host of podcasts ready to help. We're big fans of *Sejfie*, a self-care ramble from blogger Sarah James and psychotherapist Kirsten. Meanwhile, while *Unwrapped* is good for anecdotes from people who've bucked societal trends.

REMARKABLE
WOMEN
AWARDS 2019
STYLIST philosophy

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