

Retail therapy

Say goodbye to shopper's guilt with these soul-soothing, eco-friendly and fair-trade treats

FASHION YOUR OWN

Create a unique set of bling with this fabulous Amethyst and Crystal Jewellery Making Box, £45, from Claire Aristides. The kit contains step-by-step instructions and all the materials you need to make your own jewellery. Call 020-7017 3590 or visit www.clairearistides.com



SOLE SENSATION

Treat yourself to some daily reflexology with Bio-Booster Massage Footwear, £15, from Opal London. Just slip these special sandals on as you potter about the house and the textured pads will stimulate reflexology points and support, massage and exfoliate your soles. Call 020-8208 0700 or visit www.opal-london.com



A Little Gift of Happiness

IN THE BAG

For a quirky pressie, try a Little Gift of Feeling bag, £5, from Share The Feeling. We love the Happiness bag, which contains keepsakes such as a pencil rubber to erase worries and a marble in case you lose yours. Others in the range include Love, Lust, Strength and Friendship. Call 020-7254 7588 or visit www.sharethe feeling.co.uk



SNACK TRAY TO HEAVEN

Be a party queen with this Recycled LP Snack Tray, £20, from The Green Apple. Nibbles go in the tray, and the pot of dip sits on the record label. Choose from a range of LPs from Led Zeppelin to Prince. Call 02476-511050 or visit www.the-green-apple.co.uk

WHAT A WIND-UP

This Eton FR350 Radio, £37.99, will be a faithful companion for years to come. Water-resistant, it has an inbuilt mobile phone charger, torch and siren. It also contains a battery that you can recharge with the hand-crank 'power generator', and comes in a choice of five colours. Call 0845-009 9016 or visit www.ethicalsuperstore.com

