

### 124. *A perfect running bra*

I needed a sports bra that would reduce breast movement by over 50 per cent for my running and after testing about twenty bras, Santa Monica based **Hilary Lambert's** new patented sportsbra was by far the best. 'Exercise can stretch the ligaments that support your breasts and once this happens, they won't recover', explains Hilary. In early life she remembers having to hold her chest while playing sport so she decided to solve the problem herself and created and patented the **American Sports Bra**, €48 at [www.americansportsbra.com](http://www.americansportsbra.com). It's two bras really which tie in front, have seamless cups, cushioned fastenings to prevent chafing and wide, non-stretch straps. It minimizes movement and doesn't make you look like you've one big boob. I love it!

### 125. *A bra for support after surgery*

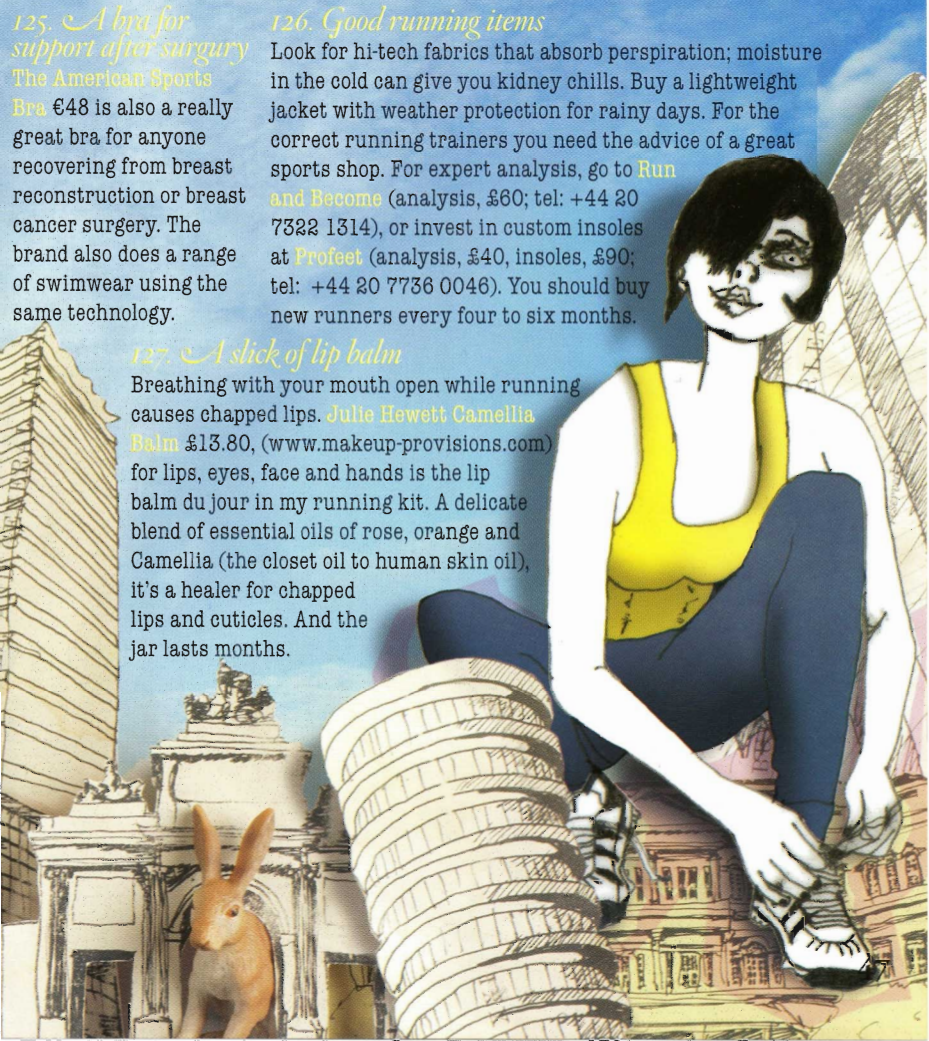
The **American Sports Bra** €48 is also a really great bra for anyone recovering from breast reconstruction or breast cancer surgery. The brand also does a range of swimwear using the same technology.

### 126. *Good running items*

Look for hi-tech fabrics that absorb perspiration; moisture in the cold can give you kidney chills. Buy a lightweight jacket with weather protection for rainy days. For the correct running trainers you need the advice of a great sports shop. For expert analysis, go to **Run and Become** (analysis, £60; tel: +44 20 7322 1314), or invest in custom insoles at **Profeet** (analysis, £40, insoles, £90; tel: +44 20 7736 0046). You should buy new runners every four to six months.

### 127. *A slick of lip balm*

Breathing with your mouth open while running causes chapped lips. **Julie Hewett Camellia Balm** £13.80, ([www.makeup-provisions.com](http://www.makeup-provisions.com)) for lips, eyes, face and hands is the lip balm du jour in my running kit. A delicate blend of essential oils of rose, orange and Camellia (the closet oil to human skin oil), it's a healer for chapped lips and cuticles. And the jar lasts months.





*Gisèle Scanlon*

# THE GODDESS EXPERIENCE

GODDESS GUIDE II

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