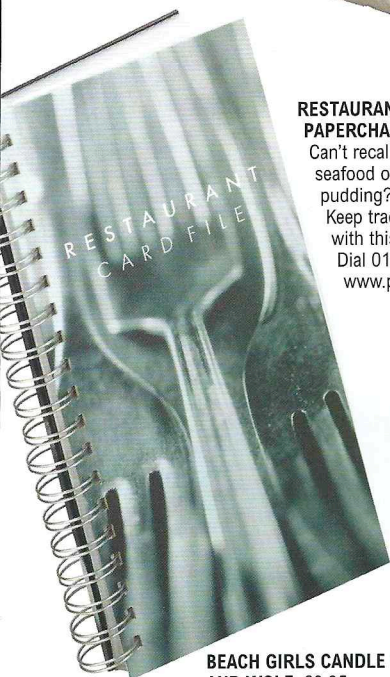


pack your bags

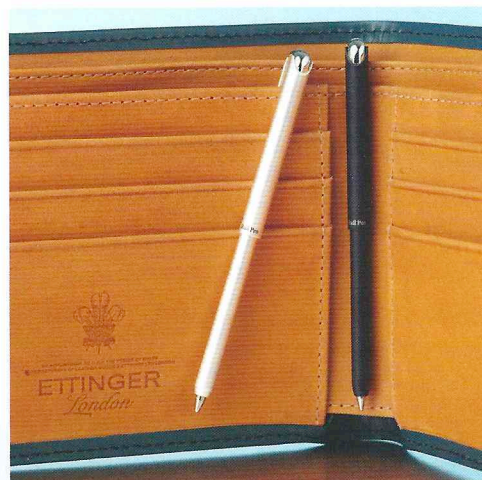
compiled by Annabelle Hood and Helen Parton



CHILLOW PILLOW by VITALIA HEALTH, £24.95
 Now you don't have to turn your pillow over for that comforting cooler side. Just slip this nifty invention in to your pillow case to maintain a cool temperature and get some quality shut-eye. Dial 01628 898366 or log onto www.vitalia-health.co.uk



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 If you're one of the millions glued to their I-Pod Nano, then this speaker is for you. Powered by three AA batteries, simply slot your beloved MP3 player in and let the music play for up to ten hours – a great driving companion. Log onto www.podzone.co.uk



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 Store your lotions and potions in this gorgeous holder, available in delft blue, rose fondant, patina and bitter chocolate, as shown. Dial 020 7361 0499 or log onto www.crabtree-evelyn.co.uk

ALTERNATIVES

Sleep Well Cones

A drug free approach to temporary sleeplessness

18 adhesive acupressure point plasters

DIAL TRAVEL TIP

Hoping to catch fortywinks on the flight?

- ▶ Skip the in-flight meal and eat foods rich in the sleep-inducing amino acid tryptophan (eggs, turkey and dairy products) before you board
- ▶ Try **Boots' Alternatives Sleep Well Cones** (above, £7.75), a set of acupressure point plasters that help you nod off without the sleeping pills