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Fake it till you make it

Thanks to the latest in fake tan technology, getting that two-weeks-in-Santorini glow has never been easier. James Read's Sleep Mask Tan Body boasts a colourless, fast-drying formula which works overnight for a fake bake that won't ruin your sheets, while St Tropez's in-shower tanning lotion lets you get your glow on while lathering up.

Lighten up

Dead on your feet? An anti-fatigue gel will put the spring back in your step. Mrs White's Legs Eleven gel contains a shot of vodka which evaporates on the skin for a cooling effect. JOMA's Soothing Gel for Legs is also a must for active types, helping to boost circulation and reduce water-retention after exercise. Mama Mio's Lucky Legs Cooling Gel is also a winner on hot days. It's technically for pregnant women, but we won't tell if you don't.

Smoothly does it

No matter how buffed

Can you kick it: get buffed and bronzed with leg treats by Caudalie, Decléor, Dr Dennis Gross and the Clean Beauty Co

and bronzed your legs may be, the effect is ruined by a smattering of unsightly lumps and bumps. If you're a Clarisonic convert, the new Smart Profile device comes with a Turbo Massage Brush Head to give your legs the same deep exfoliation as your face, while Dr Dennis Gross's Alpha Beta Glow Body Pads contain AHAs to smooth bumpy skin and BHAs to tackle any breakouts, along with minimising the need for shaving.

Accelerate the process

When the sun has got his hat on, boost your tanning efforts with an accelerator. Caudalie's Divine Legs activate your skin's natural tanning process while imparting a light, sun-kissed, wash-off glow, while Decléor's Aromessence Solaire offers a natural tan activator scented with rose and geranium oils.

And don't forget your feet

Keep your hooves in check with a daily hit of Margaret Dabbs's Intensive Hydrating Foot Lotion and a weekly once-over with her Exfoliating Foot Mousse.

@standardfashion



#Posers

Body

London yogis are bending over backwards to become Instagram's most flexible stars. **Rachael Sigee** salutes the 10 best asanas

TANNED limbs, impossible contortions and envy-inducing backdrops: Instagram is the ultimate place for yoga inspiration.

There are hundreds of hashtags and handstands that most of us could only dream of trying (even though we've got the jazzy leggings so we look the part).

London's top yoga teachers are world leaders when it comes to showing off their best standing splits. And it's on their feeds that you'll hear about the latest workshops and retreats and find the freshest gear. What better inspiration?

Here's our round-up of the capital's hottest teachers 'gramming their backbends – they know their stuff so you can follow their advice with confidence, but they also know how to take a great photo.

1. Steffy White – dancer's pose

Teaches at Frame Shoreditch
"My top tip is to press the brightest button. I don't have someone walking around with me taking photos on a

proper camera. Just me, randoms on the street and sometimes my boyfriend – nothing too fancy! My favourite pose at the moment is hanging out in caterpillar pose."
@steffywhiteyoga

2. Zarouhi Grumbar – wheel pose

Teaches at iLumi Power Yoga, Yoga West
"I have made real friends through the Instagram yoga community. One friend travelled from Sweden so that we could meet and go to a yoga retreat together. At the end of my personal practice, or after teaching, I may set up my iPhone and simply take whatever poses I feel my body needs or what I want to express at that time."
@yogawithzaz

3. Natasha Sherikhora – tiptoe pose

Teaches private classes
"I love seeing people from all over the world enjoying yoga on Instagram, regardless of their experience or body type. I get ideas and inspiration while teaching and I try to capture all facets of yoga in my photos – its grace, beauty, fun and challenges."
@soluckyogreen



Shape-shifting: above, Frame Shoreditch yogi Steffy White Instagrams the dancer's pose

4. Calli Popham – forearm stand

Teaches at Stretch
"My shots are done by me on my iPhone timer or by friends and some are from professional shoots. Unless it's a professional shoot the light is always natural light. I tend to take them in the studio after I've taught or if I am somewhere particularly beautiful I

might get inspired to do something upside down – it tends to be quite spontaneous."
@calliyoga

5. Naomi Absalom – side plank variation

Teaches at Triyoga, Indaba Yoga, Union Station Yoga
"I don't plan what I post at all; I just

post what I feel like, when I feel like it. I like that I'm in charge of what I say and how I communicate – it's very much my voice."
@naomiabsalom

6. Sarah Highfield – mermaid pose

Teaches at Bodyism, Form Studios
"It's not too difficult to photograph the

poses but I do need to warm up before the deeper stretches. I don't have a dedicated photographer – it's pretty much anyone who is with me at the time, so usually my friends or boyfriend."
@sarahhighfield

7. Charlotte Wellfare – eight angle pose

Teaches at The Refinery, Shoreditch House, Frame, More Yoga

"The best Instagram pictures, in my opinion, are a balance of amazing yoga poses but also some fun and not-so-serious pictures to capture who you really are in life."
@charyogi

8. Adam Husler – pendant pose

Teaches at Equinox, Yotopia, Stretch, Hot Yoga Society, KX, Yogahaven, Indaba, Trippspace
"Though it's not necessarily what I teach in my classes, naturally, people love to see the more flamboyant poses in cool settings. But beware trying to copy these poses: don't get drawn in by the aesthetics and focus on the integrity and alignment of the pose, not the prettiness!"
@adamhusler

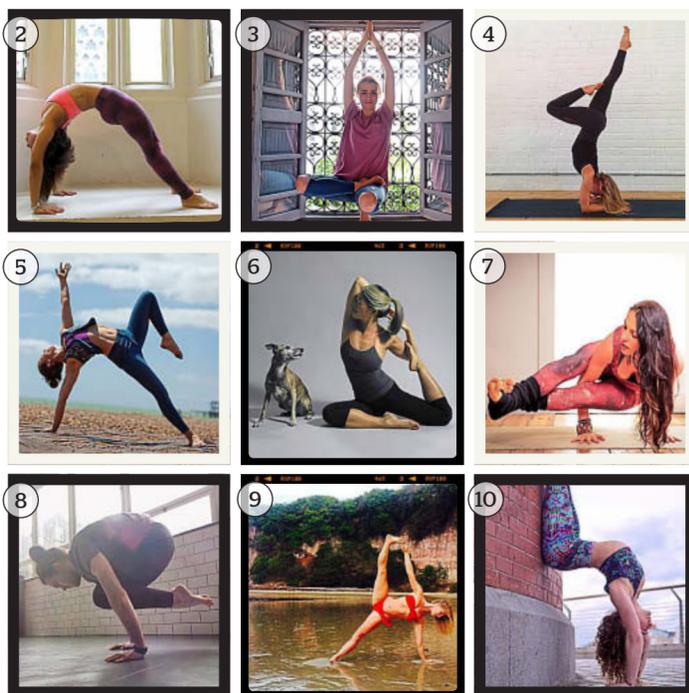
9. Nell Clough – side plank

Teaches at Third Space, Fitimbody, Alex Fitness
"A quick browse of Instagram and I'm always itching to get back on my mat (it also makes me want to book lots of holidays). It's not all about crazy handstands or arm balances, although it's good to be encouraged to safely develop your practice with more difficult poses."
@daniellesfreedomyoga

10. Katarina Rayburn – hollow-backed supported headstand

Teaches at Frame, Dragonfly Yoga Studio, The Power Yoga Company
"I enjoy looking at poses on Instagram as it gives insight into variations that I may not have discovered so I am inspired to try and explore new poses and transitions within my practice."
@katarinarayburnyoga

@littlewondering



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Mind

Enlisting a little help from your friends will kick-start your workout regime.

Frankie McCoy joins the pack

FRANTICALLY gasping for air through pouring perspiration; glutes numb with lactic acid as you pedal – the desire to fall off your exercise bike and crawl out of the spin class has never been so strong. Except your team is falling behind in the race and if you quit, you and they will lose. The competitive drive kicks in, and somehow you manage to pedal on...

Forget about the loneliness of the long-distance runner, the new exercise classes are all about fostering a pack mentality. Exercisers are grouped into teams who work together to work out harder than the rival gangs. Competition has never been healthier.

Leader of the pack is Virgin Active's new spin workout called, er, The Pack. It uses "gamification strategies that immerse you and your team-mates in healthy team competition". Classes are split into three teams – the yellows, pinks and blues, or "packs" – who compete against each other in various speed, strength and endurance challenges. Those who suffer from performance anxiety needn't worry: although each rider's

Squad goals



Team work: main, group exercise in action. Below, The Pack class at Virgin Active

individual speed, distance, RPM, power and calories are monitored, screens at the front only show the combined effort of the whole group. If you're slacking, only you know – but do you really want to let your team down?

Sports psychology consultant Jo Davies – avid fan of the highly competitive British Military Fitness workouts – suggests that pack



mentality can be hugely motivating, leading to increased physical performance and motivation. "Switching focus and re-energising," she says, means you move away from "feeling tired" and on to "doing your best for the team". Even lone wolves can tap into the pack mentality, given the drive to "up your game due to competing against stronger or faster exercisers".

Transition Zone gym founder Claire Finlay is a true believer in "competitive teamwork". Brave visitors to the gym's HiPer Zone strap on heart monitors, the results of which are displayed onscreen at the front for all to see. Depending on the class, the aim is to keep your ticker pumping above 70-80 per cent of your maximum heart rate. If you're not challenging yourself to maintain that, the screens mean there's no hiding. David Lloyd's Orangetheory and Fitness First's BEAT classes are also publicly heart rate-monitored, and although Fitness First insists that "the only competition is with yourself", it's impossible not to glance at fellow sweaters' scores and try to push yourself harder.

Finlay insists that by publicly displaying results, "not only are you more motivated to skip the pub but there's the motivation to improve your current fitness level and silently 'compete' against your team-mates". She points not only to the group camaraderie but "sense of accountability" that competitive exercise evokes: "Team buddies develop a sense of not wanting to let the side down and not wanting get a hard time for not showing up."

Fundamentally, though, social bonding is the main benefit of joining the pack. Claire says: "Nothing brings people closer quite like the physical suffering of a gruelling session."

After all, once you've spent an hour screaming encouragement while soaked in each other's sweat, how can you not be baes for life?

@franklymccoy

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