

Dates for your diary

March



Holi

This Hindu festival gives us a chance to embrace colour. This joyful event reawakens our spirits in a vibrant way. If you can't get down to one of the big Holi colour throwing parties happening across the country, honour the festival by wearing a coloured scarf or placing a vase of bright flowers in your home.



Cybele's annual festival

From 5BC onwards, mid-March has marked the celebration of Cybele, The Great Mother of the Gods. It's believed that this ancient Oriental and Greco-Roman maternal deity is mother to gods, humans and animals. You can take part in this ancient worship (and be blessed with great bounty and fertility in return) by laying offerings of violet flowers and pine around your home.



Ostara

Ostara occurs during the point of balance when day and night are of equal length, before tipping into the return of the sun. In Celtic tradition we celebrate the Spring Maiden and Horned God during this time and ask that they bestow us with abundance, fertility and new beginnings throughout the year. Perform your own ritual by planting a few seeds and caring for them as they grow.



With my mother

an integrated, holistic and completely natural approach to beauty.

Melissa is no stranger to self-empowerment, having begun life in a Sri Lankan convent, before being adopted at eight weeks old and raised in East Anglia.

Thousands of miles from her birthplace, Melissa's only link to her biological family was an old photo and a piece of paper with her mother's name on it.

Then in 2009, at a Sri Lankan slum plantation, Melissa was reunited with her birth mother who had kept a copy of that very same photo.



Rising star

Let your inner beauty shine

Acupuncturist **Melissa Day** uses her business to transform lives in Sri Lanka

At 32 years old, Melissa could pass as a fresh-faced teenager. Does she have a special secret? Yes! But it isn't something you can put in a jar.

Melissa launched her Niroshini Cosmetic Acupuncture salon in 2009.

'I combine Eastern and Western therapies, using facial and cosmetic acupuncture and massage to create a non-surgical face lift,' Melissa says.

'My unique approach to beauty therapy provides not just physical benefits

but mental, emotional and spiritual as well.

'The beauty we see in a face, in the smoothness of the skin and the brightness of the eyes, is a reflection of something spiritual, something that pervades the physical, mental and emotional.'

In traditional Chinese medicine (the root of acupuncture), spiritual healing is considered to be just as important as physical healing, and is believed to be brought into alignment through acupuncture treatments, such as Melissa's face lifts. Her signature acupuncture facial is

Family connection

'Since then, my focus has been the plight of the Tamil tea plantation workers of Sri Lanka and finding ways to alleviate their poverty,' Melissa says.

Melissa's business success enables her to send money to the plantations, as well as contributing £58,000 to charity Tea Leaf Vision, which provides education to the children of plantation workers.

She has also set up a direct tea trade, as part of her brand 'Niroshini', dealing directly with her brothers who work on a small plantation, with all profits going to the plantation community.

✦ **More info** and to buy the Flowering Black Tea, visit niroshini-acupuncture.com