

angels & urchins

SPRING 16

Indispensable to London parents

What's On
this spring



Best of the Balearics

Getting There
Planes, Trains and
Automobiles

Taking the Grandparents

Cornish Summers

Holidays on a Budget

the family
HOME

**FITNESS & WELLNESS
IN PREGNANCY**

Choosing
a first school
adventure
PARTY TIME

Escaping the
11+ Pressure Cooker

More exclusive content at
angelsandurchins.co.uk

HEALTH news

Screen Clean

My kids love their electronic devices; so much so I am sure their screens must be full of bacteria. Yuck! WHOOSH! Screen Shine is a non-toxic, streak-free cleaning solution that gives screens a protective layer that amazingly resists fingerprints.

From £4.99 staples.co.uk



100 BRUSHES ...

Our little tester Jasmine (aged 7) found this brush to be just the right size and it didn't hurt on tangles wet or dry! Choose from five colours.

Wet Brush Squirts £6.99

lookfantastic.com



ECZEMA ALERT

Watch out for Skinfix, a brand new eczema treatment, which launched this month in the UK. It's organic, steroid-free and does not need a prescription.

Our tester Saffron (who suffers from eczema) found it really calmed her skin, stopped itching in its tracks and she really liked the fact it is totally fragrance-free and not at all greasy. Magic ingredients include shea butter, beeswax, coconut and sweet almond oil. Skinfix Eczema Balm £14.99 for 60g

boots.com

Banish Scars

We just love this new topical treatment for scars, from bumps and scrapes to burns and itchy chicken pox scars. Solution for Scars by Science of Skin is scientifically proven to 'shrink' scars by as much as 40%. It was co-developed by one of Britain's foremost plastic surgeons using a specific green tea extract. Apply as soon as the wound or spot is closed, or on existing scars that are still symptomatic (red, itchy, hot). Fragrance and paraben free, it also includes microalgae and seawater minerals to keep skin hydrated and moisturised. £18.99 for 30ml scienceofskin.com



BARRIER BALM

Be armed and at the ready for the hay fever season with this fab organic, drug-free nasal barrier balm. Fights allergies to dust and pets too.

HayMax Kids £6.99 Holland & Barrett and supermarkets



Flush Away!

We're sure children (and parents) will love this new gadget, which makes flushing the loo fun and easy. The large, colourful flush button fits over the traditional push button, ensuring a flush every time. £9.99 kidsflush.com



OSTEOPATHY & AUTISM

Dr Ioná Bramati Castellari, a prominent osteopath practising at IBC Care, Harley Street, has worked with autistic children for many years. Her ground-breaking research suggests that osteopathy could have a significant and important impact on both the behaviour and gastro-intestinal symptoms of autistic children. Ioná uses cranial, structural and visceral osteopathic techniques, which are non-invasive and can be used on children of all ages.

At least 1 in 100 people in the UK have autism. We think it's great that the first ever School's Autism Week runs 14-16 March, which will aim to equip children with the knowledge to accept and empathise with autistic people. World Autism Awareness Week starts Saturday 2 April 2016.

Find out more at autism.org.uk

Doctor-on-Demand

Have you ever wished you could actually have a doctor visit your family at home? Well now you can with the new GPDQ app. I tried it out. It's as simple as ordering an Uber. Set your location and request a visit any time between 8am to 11pm and a doctor will be at your door within 60 minutes. The doctor was lovely and saw two of my children at a time which suited me. It was refreshing to have time to discuss my concerns. All doctors are GMC (General Medical Council) registered and rigorously screened by GPDQ. The doctor behind the app, Dr Anshumen Bhagat, a North London GP with 15 years' experience in the NHS and private healthcare sectors, says: "Our 25-minute appointments allow for a more in-depth consultation and our two-hour prescription delivery service offers an extra level of convenience." A 25-minute consultation costs Monday-Friday £120, Saturday/Sunday £150, Bank holidays £200. GPDQ.co.uk

