

The GOOD LIFE

What *Alice B-B* saw while she was trapped in the loo



'M LOCKED IN A LOO. It's not the first time, but unlike the experience in the motorway garage, I could live in this loo forever. A cosy driftwood hut on an island in the middle of the Great Bear Rainforest in British Columbia, with a panoramic window overlooking a bay filled with humpback and fin whales. I'm in Canada with elite travel operator

Henry Cookson, known for conjuring up life-changing trips thanks to his curious, wise but boyishly fun sensibility (cooksonadventures.com). We're sailing through fjords on a hundred-year-old boat, the Pacific Yellowfin; spotting whales bubble-net feeding, kayaking through seal-filled waters, hiking into the world's largest temperate rainforest and watching black and grizzly bears scoff salmon before the long winter ahead. And today, a perfect blue sky day, we're at a whale research centre. Marine biologists play us recordings of whale songs, some believed to be love songs rehearsed before heading to Hawaii to find a mate. Then the researchers play a very different recording; the ear-splitting noise of shipping tankers, soon to infest these pristine waters due to a new liquefied natural gas plant in the heart of the Great Bear Rainforest. Who knows how the whales will react. Whether they will disappear from these waters. So when someone came to let me out of the loo, part of me longed to stay and fight for the whales. For now, I'll be supporting from across the oceans (pacificwild.org).

HELP! It's easy to forget that we can ask, or pay, for help. But this year there are things I REALLY want to do. So I've started working with accredited life coach, Anna Miller, who aims to 'help women reach their full potential using my practical and transformational method.' I've been having both online and in person sessions every two weeks and so far, so great. She has helped change, improve and super charge aspects of my life. No more procrastinating with Anna holding me to account. (annamillermethod.com)

BZZZZ goes my new favourite bit of wellness tech; a band strapped to my wrist emitting soundwaves according to the various states I want to encourage; energy, focus, calm, sleep etc... It's called Apollo Neuro (healf.com) and was invented by neuroscientist and psychiatrist Dr Dave Rabin. Working with US army veterans with PTSD, Rabin discovered this novel 'touch therapy' that signals safety to the brain. 'Soundwaves to stimulate the vagus nerve allow us to feel safe and during sleep enables the nervous system to enter REM or deep sleep and a higher level of heart rate variability (HRV),' explains Rabin. It's the first scientifically validated device that enhances performance and recovery while improving the body's resilience to stress. When I first started wearing the Apollo Neuro, my boyfriend Mr Love declared me to be a lunatic. One month later and guess who wants one? ■

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THIS MONTH I'LL BE...

PICKING out enchanting lampshades by Rosi de Ruig (rosi-de-ruig.myshopify.com) **REFUSING** to go digital for another year thanks to my watermelon-coloured leather Smythson diary (smythson.com). **OBSESSED** with Sisley's Supremya Night cream – it costs a small fortune but worth it for the power to stimulate melatonin in the skin for overnight regeneration (sisley-paris.com).

