

ALEXANDER THE GREAT

People with lower back pain can benefit significantly from lessons in the Alexander Technique, a self-help system of realigning the body, according to research at the University of Bristol. Find a local teacher at stat.org.uk.

GET YOUR MITTS ON THIS

A colleague's 75-year-old father swears by Gloves In A Bottle - a non-sticky hand lotion that has transformed the painful, cracked, dry skin near his knuckles. The 'Gloves' bond with surface skin, creating a protective layer and preventing moisture getting out. 'My dad won't go out in the cold until he's applied it,' says my colleague. Anyone constantly washing their hands (ie, health professionals) may find it useful; it's also fine for face and body - and especially great for swimmers. £9.78 for 240ml, from Victoria Health, tel: 0800 389 8195, victoriahealth.com.