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The summer of self-care: 10 health and wellness tips for a vibrant July

Ad Feature by Checklist

By MAILONLINE REPORTER

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July's clear skies and toasty temperatures tend to bring happiness and renewed energy, making this a wonderful time to work on healthy habits.

With useful pointers on everything from oral hygiene to skincare, here are **Checklist's** top tips on health and wellness this month.

Boost your pleasure in the bedroom



Lasting longer during sex can prolong pleasure for both partners. Virility Medical is a consumer healthcare company that has developed in2 - the world's-first wearable patch to delay ejaculation.

The in2 patch is clinically proven to help men last longer, perform better, and delay ejaculation using cutting-edge muscle stimulation technology that enhances pelvic floor contraction.

The in2 patch is small, discreet, flexible and drug-free. Once turned on, it has an immediate effect, allowing for sexual spontaneity, and doesn't cause genital desensitisation*.

Curious about how the patch feels? Men who have tried the patch report they felt 'internal muscle contraction' and a 'gentle tingling pleasant sensation over the skin'.

If you're interested in trying the product, the brand's starter kit includes high-intensity and low-intensity patches so you can find out which intensity is right for you.

The info: Click [here](#) to shop the starter kit and get 20% off all products.**

*Unlike other existing methods for delaying ejaculation, such as numbing creams/gels or drugs, which requires application at least 30 minutes before intercourse, or it may be transferred to the partner.

**Offer valid until 31/07/23.

Refresh yourself with a spa break



Who doesn't love a spa break? Some much-deserved pampering never goes amiss and we've found just the place for it.

Alexander House & Utopia Spa, the only five-star hotel and spa in West Sussex, is the ultimate relaxation destination. Established in 2006, the property continues to win awards and has been recognised in this year's prestigious Good Spa Guide.

The Utopia Spa offers next-generation treatments using OSKIA products, as well as treatments inspired by the travels of the hotel owners and Jennifer Young 'Beauty Despite Cancer' treatments, designed to be enjoyed at any stage of cancer treatment.

Outdoors, there's an iconic outdoor hot tub and barrel sauna, along with private hot tubs available to book for special occasions. While indoors, you'll find our Romanesque therapy pools, with a series of hydrotherapy options, along with saunas and sensory showers.

And all of this is set in 120 acres of West Sussex parkland, so you can reconnect with yourself among the beauty of nature.

The info: Click [here](#) to find out more.

Unlike traditional nose pore strips which may cause skin abrasions and damage, Breakout Patch Classic Nose works by gently absorbing impurities from the pores. It's formulated with hydrocolloid technology that helps keep excess oil at bay while also smoothing the skin on the nose.

The patch is designed to adapt to the contours of the nose with flexibility and peels off without leaving any adhesive residue. Plus, the formula is vegan-friendly and deemed safe for all skin types having been dermatologically tested.

The info: Click [here](#) to shop now and get 15% off with code 'PATCH15'.

Look after your legs



Did you know that wearing compression can play a key role in the prevention and management of leg conditions, such as tired achy legs, varicose veins, dry skin, and eczema, and support everyday healthy living?

Compression can also play a role in deep vein thrombosis (DVT) prevention for those at risk, including long haul flyers.

Activa Compression Socks provide light compression to support you to alleviate and prevent further progression of symptoms, helping your legs feel healthier.

One wearer comments: 'I used to experience pain in my lower legs when walking for long periods of time. Activa Compression Socks have been amazing at keeping the pain at bay.'

The info: Click [here](#) to shop now and get 10% off your first purchase with code 'Activa10'.

*If you are new to wearing compression therapy, changing the type or Class of your garment or have any existing medical conditions we advise that you are assessed and measured by a suitably trained healthcare professional. Always read the in-pack information leaflet prior to commencing use of the product.

Book a rejuvenating facial



While some people turn to surgery to look younger, you can combat ageing skin without going under the knife.

Visible Age Reverse is a new facial that has been developed by pioneering French aesthetician and doctor of pharmaceuticals Dr JDM. It aims to obtain visible results in 30 minutes on the signs of ageing.

The treatment is non-invasive and follows a three-step process that is designed to develop new skin by increasing blood flow to the surface, improve epidermal thickness by 10% and re-sculpt the complexion for a more youthful, plump and defined appearance.

Visible Age Reverse is currently exclusive to Guinot salons (Ascot, Bramhall, Bromley, Celbridge, Earlsfield and Gosforth) but will be available across a wider network of Guinot stockists nationwide from July 19.

The info: Click [here](#) to find your nearest salon and book an appointment.

Take control of your hair loss



It is normal to lose some hair every day as part of the hair's usual growth cycle. However, illness, hormonal changes, stress, ageing and inherited conditions can interfere with the hair's growth cycle and new strands don't always grow back.

Fortunately, there are specialists who you can consult for guidance, like Dr Javed Mohungoo.

Dr Mohungoo MBChB (Leeds) FRCP (London) is a consultant dermatologist with over fifteen years' experience in dermatology. His interest of study is hair and scalp disorders which has led him to co-author a chapter on female pattern hair loss. He has also been involved in research projects including finding new mutations in patients with hair disorders and has published articles on hair loss in medical journals.

Dr Mohungoo specialises in non-surgical hair loss treatment to reduce the need or delay hair transplantation. He carries out initial consultations online via video link and then if suitable will provide a medical treatment plan.

The info: Click [here](#) to find out more and book a consultation.

Make oral care a top priority



You brush your teeth at least twice a day - but what about all of the other stuff, like regular dental check-ups?

At Boutique Dentalis, they take pride in delivering personalised dental treatments while prioritising wellbeing, patient journey and aftercare. Schedule a free consultation for any of your dental needs and you won't be disappointed.

The info: Click [here](#) to find out more.

Kick start your weight loss



Developed by expert nutritionists, Celebrity Slim is a flexible, great tasting and nutritionally balanced meal replacement programme designed to help you manage your weight and improve your health.

The Celebrity Slim range includes delicious meal replacement shakes, smoothies, soups and porridges. Each meal replacement is high protein, low calorie and packed with 25 essential vitamins and minerals with no artificial colours or flavours. What's more, the products come in single-serve sachets so can be enjoyed on the go.

If you're looking to kick-start your weight loss journey, the 2 Week Holiday Pack is an easy-to-follow plan bursting with 28 delicious and nutritious meal replacement shakes and smoothies. Think flavours like Vanilla, Chocolate, Caffe Latte, Caramel and more.

Celebrity Slim meal replacements contain a nutritionally balanced combination of protein, carbohydrates, fats, vitamins and minerals, to sustain your energy while you manage your weight.

The info: Click [here](#) to get 25% off with code 'Summer25' and free shipping.

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