

# Swimming is good for you!

Submitted by: Pepperfit

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Swimming is good for you! And now that pepperfit have released the swimmers essentials collection you can keep fit and not worry about the drying effects of chlorine or salt water.

For a low-impact, effective and fun workout there is little to beat swimming. Whether it's lengths in the local pool or a dip in the sea - it's appealing for all ages and abilities and recent studies have shown that swimming can have a beneficial effect on mental well-being, helping to lessen tension, depression and stress.

But as with any activity there are the downsides and for most people, men, women and children, it is the drying effects of salt or chlorinated water. The pepperfit zest range of naturally active skin care products with essential oils of Tangerine, Lavender and Chamomile has been designed to be gentle on the skin of the whole family from the 5's to 95's at the same time as supporting you in maintaining good physical condition.

pepperfit have created a unique zest swimmers essentials collection of three key products to give an extra lift to your swimming activities:

zest wash is a great way to wash away any lingering smells of chlorine without stripping the skin of precious natural oils.

Follow this with an all-over application of zest body and massage oil to replace lost moisture and prevent dryness and itching. Finally, zest multi balm is a go-anywhere product for extra care of dry patches, chaffing, on the spot massage for those who experience cramp, or even for protecting the ends of the hair before you dip.

As you would expect from the name, zest has the citrus fragrance softened by Lavender and Chamomile that appeals to everyone. But the benefits aren't limited to the feel-good fragrance. Based on naturally nourishing plant oils such as grapeseed and sunflower, formulations also include time-honored extract of arnica for everyday bumps and bruises. And with soothing and refreshing essential oils at the heart of the blend, these are products that naturally complete your healthy, active lifestyle.

Each item may be purchased separately: zest body & massage oil 100mls £15.60; zest multi balm 30gs £10.80, zest wash 250mls £15.12, or save by buying the pepperfit zest swimmers essentials collection at RRP £40 – also makes a thoughtful gift with a difference for keen swimmers.

pepperfit is a natural 100% active sports body product range - combining the healing properties of essential oils with modern scientific sports knowledge to:

- maintain health
- optimise physical and mental performance
- prevent injury
- support recovery

pepperfit takes into account the whole person, understanding and supporting their physical, mental and emotional state. The body won't perform at its best if the mind is not with it!

pepperfit recognises the importance "feeding" our bodies natural and therapeutic ingredients via the skin and the need to avoid the use of products containing harmful chemicals or additives.

pepperfit ensure that our products are manufactured, and our business is conducted, according to the following set of values:

- We believe in drug free sports
- We believe in the beneficial and restorative properties of natural plant extracts.
- We believe in the right of every individual to participate in sport regardless of race, social class and sex.
- We believe in the protection of the world's resources and of our environment.
- We believe that everyone should be treated with fairness and respect.

our directors

Catherine Milne the founder of aromasporttherapy.com is a qualified Aromatherapist and Sports Massage Practitioner with more than 20 years' experience.

Catherine also has a commercial background in HR, Training, Sales and Marketing.

She has a practice in Surrey, runs workshops in AromaSport Therapy and consults in AromaSport Therapy for other practices and organisations.

Catherine is a very keen sports person. Originally a competitive swimmer and trampoliner, she currently enjoys jogging, walking, swimming, golf, skiing, gym, cycling, yoga and pilates.

Catherine's clients are involved with many sports and active hobbies and include cyclists, dancers, gardeners, golfers, netball players, hockey players, rugby players, runners, skiers, swimmers and tennis players to name a few!

Germaine Rich qualified as an Aromatherapist in 1968 and has worked in every aspect of the therapy from private practise to the formulation of aromatherapy products for well-known high street brands. A Founder and Fellow of the IFA, Germaine regularly teaches and lectures on aromatherapy in the UK and Japan.

Originally a dancer, Germaine's main exercise now revolves around gardening and walking whilst family activities including cycling and sailing offer plenty of scope for observing the effectiveness of essential oils for the inevitable bumps and bruises.