



**GIDDY UP**

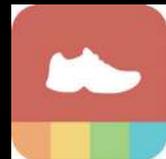
Inspired by the action at the recent Discover Ireland Dublin Horse Show, we're sprucing up our equestrian style. Net-a-sporter's new edit is fast becoming our fit fashion fix. With everything from grained leather chaps to cotton-blend jodhpurs, the collection is hot to trot. See [net-a-porter.com](http://net-a-porter.com).

**'CAUSE WE'RE APP-Y**

Let your smartphone shape you with these athletic applications.



**PACT** Sign a virtual contract, committing to workouts and healthy eating behaviours, then watch as your wallet expands and your waist shrinks. Stick to your goals and get paid by those who don't. Genius. Free, at the App Store and Google Play.



**MILE MAPPER**

Running around in circles? Try this homegrown app on for size. Input your desired distance and the clever programme will generate random routes around your area. Don't forget to wave to neighbours as you speed by. Free, at the App Store.



**TABATA TIMER** The old chestnut, "I don't have five minutes to exercise", is now redundant; we actually only need four. Eight intervals of high intensity activity for 20 seconds followed by ten-second rest periods equals insta-results. Free, at the App Store and Google Play.

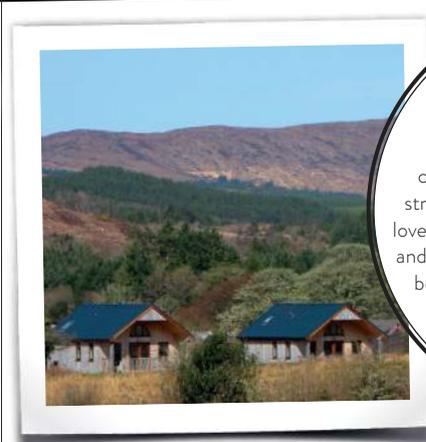
# Health UPDATE

Look good and feel great with a little help from this month's health tips and trips, by **MICHELLE O'BRIEN**.



**KEYS, PHONE, JUICE?**

The accessory du jour still has the power to make our skinny say latté sound potent. And while there is no denying the antioxidant punch fresh juices deliver, some are processed more delicately than others, meaning more goodness per gulp. Look for the cold pressed variety by Sprout & Co, our current health convenience crush. At Avoca stores, from €4.65, [sproutfoodco.com](http://sproutfoodco.com).



**WE ARE THE OMEGAS**

In supplement land, there are few that can rival the omegas for complexion-enhancing kudos. Begin strengthening your skin barrier now, we love Nordic Naturals Complete 3-6-9-D, and come the colder months, there won't be a flakey schnoz in sight. At leading health stores and pharmacies, €25.65, [nordicnaturals.com/ie](http://nordicnaturals.com/ie).



**JUST SAY YES**

**WHAT** A healthy hen party for brides who want to kick back before the celebrations kick off. Start the day with yoga, break for a massage, and finish with a detox sauna and the best kind of bubbly – a steaming hot tub. **WHERE** Ard Nahoo, Mullagh, Dromahair, Co Leitrim **WHY** Tired of the traditional hen night hijinks? Gather your pals and flock *en masse* to the award-winning eco retreat for a memorable weekend that will send you up the aisle with a spring in your step. Packages start at €155 per person, [ardnahoo.com](http://ardnahoo.com).