

Tina Dunne



Delight, it is December



THIS IS the season to smile and be silly. If this is your favourite time of year you will have no trouble running around and being sociable, action orientated, energetic, generous, fun loving, and Santa Claus friendly.

Delight in December and take on a new and refreshing outlook this season to help boost your festive celebrations. Give your heart a little exercise and allow it to open up to the brilliant treasures that await the December adventure.

Post a card or send an e-mail to a friend/family member you have lost contact with in recent times. December is the month to feel connected again with those we have cared for, not meaning that we have to become best friends but healthy to send good wishes!

Send someone you love or fancy a great big bunch of fresh flowers along with a sincere message- December can be a flirty time for singles, a loving time for those in love.

Book your-self a special treat - a day at a rejuvenating spa so that you look gorgeous this holiday.

Indulge in decadence, this is the time to really enjoy pleasure and plenty, sharing it with everyone you meet.

Exercise a little, it will help your body cope with the change in lifestyle over the holidays.

Decorate your home with some fantastic colours. Red is one festive hue that never goes out of style. This year mix it up with others colours apart from green, red and purple, red and black will look great. Black is back not only on the catwalks but mixed with gold and white will create a zippy contemporary look.

Use fresh berries and ivy to embellish table settings and fill your haven with natural aromas and scents. Stud fresh oranges with cloves and add additional powdered spices like cinnamon.

Get out the party games and a deck of cards, and allow the child in you to have fun.

Relax and make some quality time to chill quietly so that you can enjoy this time to smile and just let the world roll on.

MAKE SOME TASTY TREATS

MULLED WINE SORBET

Serves 8
2 oranges
12 cloves
2 cinnamon sticks
1 bottle red wine- a good wine
1 teaspoon mixed spice
100g light brown sugar
4 tablespoons port

Cut 1 orange in half and stud each half with 6 cloves. Place in a saucepan with the cinnamon sticks, wine, mixed spice and sugar. Stir over a low heat to dissolve the sugar, bring to the boil, cover for 10 minutes, and stir occasionally. Cool completely, strain and stir in the juice from the other orange and the port. Place in the fridge for several hours to chill completely. Pour the mulled wine mixture into a shallow container and freeze until frozen at the edges. Remove from the freezer and beat with an electric whisk to break up the ice crystals. Repeat this twice. Scoop the sorbet into glasses and serve to your happy guests.

DUBONNET ROYALE

A 1970's classic, Dubonnet is back in vogue. Dubonnet rouge is a red wine based aperitif flavoured with spices and hints of quinine that is delicious over ice.

To help shake up the Festivities pour 30ml of Dubonnet into a flute and top up with Champagne or sparkling dry white wine for a rich and spicy cocktail.

ANCHOVY STRAWS

Makes 12
 Preheat the oven to 220degreesC or Gas Mark 7.

Unroll a 375g sheet of ready rolled puff pastry. Fold the pastry in half lengthways and cut along the fold. Cut each piece into 30x1cm strips and brush lightly with beaten egg. Drain a 115g can of anchovy fillets in extra virgin olive oil. Cut each anchovy into 4 slim lengthways strips and put 1 on top of each piece of pastry. Twist each anchovy and pastry strip and space apart on 2 baking sheets lined with baking paper. Sprinkle with 2 tablespoons of black mustard seed or poppy seeds. Bake for 12-15minutes and serve with Dubonnet royale.

Get into the Festive Spirit



SHOPPING LIST

MUM, DAD, SISTER who is a teenager, brother who is 20, auntie BRIDIE and RAPHAEL the dog

SOLUTIONS AND GIFTS -

Well my first shop is Sam McCauleys Chemist in Redmond square.

Mum - Facial and Pedicure hamper. She will love that and I can get all the products that she uses.

For Dad I will get him a digital camera, that will keep him busy over the holidays and he can snap shots and get them printed in the Redmond Street branch before our big family New Years Party.

After shave for super stud Dave the brother. Armani or Hugo Boss? - I do not know. But sure the staff at Sam Mc Cauleys can fill me in on the latest scents this season - perhaps a splash of David Beckham!!!!

My sister is getting a voucher from Only Natural, she loves the stuff in there. She is so hard to buy for I just know that a voucher will be so fantastic. Cos then she can choose her own. She will be well pleased with that one.

Auntie Bridie - I know she adores Westgate Design so I am going to get her a brilliant gift in there. A mega product from the L'Occitane range. May some gloss for the lip stick chic that she is.

As for Raphael - I'll get him a bone from the butchers.

Some other ideas

Change someone's life with an **ONLY NATURAL GIFT VOUCHER** Select a specially made hamper to suit any taste, size or purse.

(sugar free, dairy free, gluten free, body care, fair-trade or luxury hampers) With a voucher they can choose any gift they like!

Learn the joys of meditation - books and CD's

Learn how to overcome ailments: books, herbal remedies or hampers suited to individual needs

Relaxation: beautiful bath or body oils; relaxing music

Pain-relief: massage-balm; heat wraps
 Pampering with PURE beauty products

So until next week - live a lot and have a laugh

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 LIFE STYLIST.**

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