

## The Wellness Room magazine – Autumn 2022 References



### Page 14 Colourful Carotenoids

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**Page 34** Slugging: Is it a trend we should get behind?

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**Page 46** Balneotherapy: a Holistic Approach

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**Page 66** Research in Brief

Happy, healthy and drinking tea

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Is high self-esteem beneficial?

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Vitamin D and young children

<https://www.hindawi.com/journals/ecam/2022/8097035/>

Ayurveda practices boost beauty and health

<https://www.thehealerjournal.org/healer/index.php/healer/article/view/105>

Lavender aromatherapy on anxiety and depression

<https://sciendo.com/article/10.2478/fon-2022-0022>

**ENDS.**