



## PURIFY AT HOME

If you can tackle a solid(ish) commitment, Blackmore's 10-day Detox Program is supposed to be unbeatable.

Supplements include a good, strong dose of milk thistle tablets (to help nurse those exhausted livers back into shape) as well as digestive bitters that tone the digestive system and laxative granules to get rid of excess waste.

An exfoliating glove, meal plans and a motivational CD are also squeezed into this wonder program that's priced at \$64.95. See [www.blackmores.com.au](http://www.blackmores.com.au).

The Lemon Detox Diet is another popular DIY-detox. It's been around for more than 30 years but celebrities such as Beyonce Knowles (right), Angelina Jolie and Madonna are reported devotees. The blend of lemon juice, pepper, water and Madal Bal Natural Tree Syrup is said to be a sure-fire detox winner.

Six to nine glasses a day will give you stronger nails, shinier hair and improved digestion. See [www.lemondetox.com.au](http://www.lemondetox.com.au).



# For the real thing

*Our quick fixes aim for short cuts to detoxification – but nothing beats the old-fashioned way.*

Naturopath and clinic director of Soultonik in Woollahra Vanessa Sinclair says you need to set aside weeks, if not months, for maximum results: "The optimal detox should be done under supervision by a health-care practitioner and will last six to 12 weeks, depending on your current health status. People with chronic illness should always consult their health-care practitioner before commencing a detoxification program."

Sinclair gives the following tips:

- Eliminate sugar, caffeine, alcohol, processed foods and soft drinks;
- Start each day



with a nice tall glass of warm water with a squeeze of lemon juice added in;

- Drink at least two to three glasses of water first thing in the morning to flush out toxins.

- Replace coffee with roasted dandelion root (great for the liver) and black tea with either peppermint, ginger or chamomile herbal options;

- Take liver herbs regularly to enhance the effects of your detox;

- Exercise regularly;

- Detoxify your environment by limiting the use of computers, mobile phones and microwaves;

- Before your morning shower, dry brush your skin;

- Indulge in some spa treatments to reward yourself for your hard work.



## BODY WRAPS

Popular in the past for eliminating cellulite, body wraps are quickly becoming a popular detox method, too, and loads of day spas are cottoning on. Plus, they're a hit with the stars – supermodel Heidi Klum (far left) and rapper Sean "P. Diddy" Combs are said to be fans. Zen Day Spa offers a fantastic Power Recovery Wrap that draws out toxins in just one hour. The thermal wrap (that feels more like a big, snuggly quilt) also helps to feed the skin with the nourishment it's been lacking – a blend of wheat protein and honey helps to hydrate the skin while a mix of wasabi, ginger and white tea assists your blood in circulating as it should. You'll walk out of there feeling a million bucks and, as a bonus, your skin will be silky soft and positively glowing. Zen Day Spa, 116 Darlinghurst Road, Darlinghurst; (02) 9361 4200.



## LYMPHATIC DRAINAGE

A light and rhythmical massage is all it takes to fight off metabolic waste products, excess fluid and a build-up of bacteria. The session lasts for between 40 and 60 minutes and is said to be a lot lighter than your average massage. Lymphatic drainage stimulates the lymph vessels that are just beneath the skin's surface, so all it needs is the lightest pressure. The effects will kick in later that night, when an overwhelming feeling of exhaustion or heaviness will hit you. It's all good, though; the body is working hard eliminating toxins (which it probably isn't used to doing). Clearer skin and boosted vitality are other probable side-effects. Test it out at Soultonik, 42 Grosvenor Street, Woollahra; (02) 9389 6000. Prices start at \$70 a session.



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