

# The lazy girl's guide to detox

*Sure, we know that the only road to true purity is the full detox, but who has the time? By KRISTIE LAU.*



## FOOT THERAPY

With more than 60 acupuncture points located on the soul of each foot and because most of the body's toxins travel downwards throughout the day, it's worth directing attention to your feet. An AOK Ion Cleanse is a good start. For 30 minutes, your feet are submerged in a foot spa filled with millions of ions that travel all the way around your body and attach themselves to toxins. They're then lured back into the water through your feet, turning tap water into a murky mess of hideousness. A water-colour chart helps to decipher what exactly is seeping out of you; whether it's heavy metals, blood-clot material or liver and gall-bladder waste.

Clients have experienced higher energy levels and muscle relief after just one session. Give it a test-run at Foothaven, Shop 3075, Level 3, Westfield Bondi Junction. Phone (02) 9386 9969. Prices start from \$35 and a set of 12 sessions costs \$360.

Foot detox patches are another quick-fix option. Attach the dry packs to your feet before bedtime and in the morning awake to reveal a sticky, brown, pungent patch, reportedly due to the toxins drawn out. A seven-day pack of patches is available from Pennington Cleansing Foot Patches for \$39.95. See [www.penningtoncosmetics.com](http://www.penningtoncosmetics.com) for stockists.



## THE DETOX BOX

They're not kidding – it really is a wooden box. For 30 minutes, you are invited to strip off and sweat out roughly the same amount of perspiration that you would on a 10-kilometre run – and all you've got to do is sit there and soak it all up. Infrared rays help to eliminate clogged-up toxins and any traces of heavy metals are also wiped out. It also claims to improve skin tone and assist in weight management while calming the mind. It's a scorching 47 degrees inside so you can't lean against the walls but you're given two huge glasses of water with electrolytes to drink while you're in there. A colleague claimed to be feeling full of energy and sporting plump, fresh skin straight after a trial run. One session will set you back \$35 and you can pick up a package of 10 for \$300. Try it out at Beatrixe Contour Clinic, Suite 6, 710 New South Head Road, Rose Bay; (02) 9388 2355.

