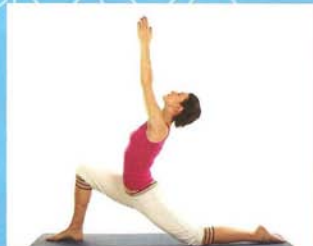


beauty & wellbeing 10 ways to detox

cleanse

detox



purify

NEW YEAR NEW YOU

10 WAYS TO DETOX FOR SUMMER

Chances are you've overindulged during the party season, with mountains of rich food, countless snacks, and of course one too many glasses of bubbly. You may also be feeling tired and sluggish, sure fire signs your body is overloaded. Sound familiar? You just might need to detox.

STORY Lisa Reynolds
PHOTOS some photos
supplied by Paris Skye
Beauty & Spa



to encourage the removal of toxins, and is washed off with a massaging 'Vichy Shower'. Suddenly detoxing never sounded so enticing!

9. TOP TO TOE MASSAGE

There is no denying that massage is essential in assisting the elimination of wastes during a detox, but it also serves as an important way to nurture ourselves during this often stressful time. The power of touch can bring us back to a state of balance and well-being.

"Massage is one of the best tools for detoxification. The kneading, pressing, stroking and percussive actions manually squeeze out and flush away toxic build-up and improve local circulation," says Toni from Vital Beauty.

There are a plethora of massage styles to choose from, but certain techniques have more benefits than others during a detox. "Swedish Massage is an excellent means of improving circulation, Lymphatic Drainage utilises different methods to assist lymph cleansing, and Abdominal Massage can greatly assist cleansing of the bowel," explains Toni. Other styles also support the purification process. "Trigger Point Therapy removes muscular toxins and the 'inching' of Reflexology can break up and release deposits in the feet such as uric acid or inflammatory chemicals."

10. DETOX IN A BOX

Ok, so convinced you need a serious body overhaul but are not sure where to start? A detox kit could be the solution. "By using

a kit, you're getting a step-by-step guide to effective detoxing. Essentially, it's taking the guesswork out of giving your body a rest," says Pam Stone.

Most kits come with informative diet plans and herbal medicine to assist with cleansing the main detoxification organs. "Supplements help your systems to work effectively so that you get the most from your detox. Natural herbs and nutrients can support digestive, liver and bowel function as well as elimination of wastes," says Nature's Own Naturopathic Communications Manager, Dr Fay Paxton.

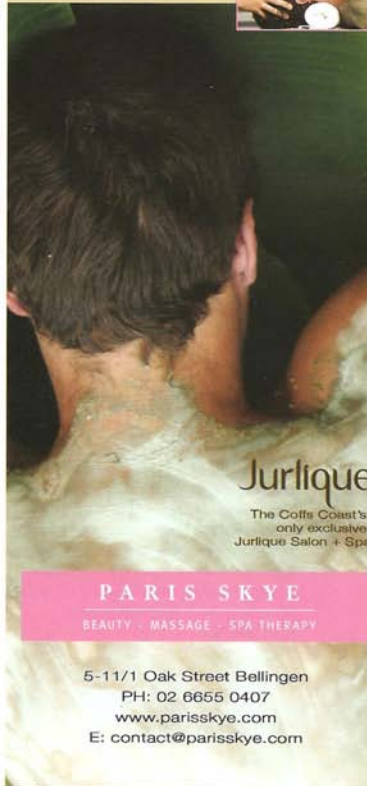
Try Blackmores '10 Day Detox Program', Nature's Own 'Rapid Cleanse 10 Day Detox Plan', or Brauer Natural Medicine 'Elimitona 20 Day Detox', which include everything you need to start your cleanse. If you feel up for a challenge, look into the hugely popular Madal Bal 'Lemon Detox Diet' where you substitute solid food for a specially formulated drink rich in essential minerals.

And finally, although detoxing may improve your health significantly, it is wise to talk to your doctor or healthcare professional before commencing any restrictive program, and essential if you have existing health conditions, are pregnant, breastfeeding or taking any medications.

So, no more procrastinating - make a commitment to take control of your health and be rewarded with bright eyes, glowing skin, renewed vitality and boundless energy. Happy New Year, happy new you!



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