

Bedazzling Beauty

Want to look svelte and stunning this festive season? Add a sparkle to your overall appearance by following these top 10 health and beauty tips.



1. Eat yourself beautiful

Beautiful skin is a reflection of a healthy digestive system. You are what you eat, absorb and eliminate. Therefore, ensure you eat plenty of colourful vegetables, especially green leafy ones, quality protein such as fish, lean meat, beans, lentils, and drink plenty of water. Drizzle walnut or flaxseed oil over your salad. Snack on berries and almonds. Add a prune smoothie to your breakfast to keep your digestive system clean.

2. Get into shape

Since you will be indulging in your favourite sweets and foods, it is important to burn off those excess calories consumed over the festive season. So step up your fitness activity. A good daily workout will keep you looking svelte and stunning!

3. Flatten the tummy

Go for a colonic! You will feel lighter, leaner and happy to flaunt a beautiful flat tummy.

4. Minimise weight gain

Avoid going for a party hungry to prevent overeating. Always eat something before going out or have a starter at the venue. Have a spoonful of different dishes instead of piling them up. Enjoy your favourite sweets but remember to cut them into small pieces and share them!

5. Support the liver

It is easy to overdo the alcohol and food during the festive season. Prevent any damage by taking a good liver support supplement before the party season starts. Try BioCare HEP 194 and Bio-Antioxidant 2000. (www.biocare.co.uk)

Note: Always consult a doctor before taking any supplements!

6. Reveal your crowning glory

Look after your tresses by using hair oils and lotions to keep the scalp stimulated and the hair



moisturised. Weleda Rosemary Hair Lotion is perfect for anyone with problem hair or scalp. This non-greasy lotion dries quickly, leaving a light pleasant fragrance. The result is a natural shine and satin smooth hair.

7. Boost radiance

The party season can leave your skin looking dull and drab. Elemis Visible Brilliance is a double-action serum, packed with multi-minerals and botanicals to brighten and re-energise the skin giving it a fresh glow.

Elemis Pro-Intense Eye and Lip Contour Cream is designed to redensify, plump and firm the delicate eye and lip area and hydrate evenly throughout the day.

For the morning after or before your evening beauty routine, try Elemis Pro-Radiance Cream Cleanser. Its natural fragrances and essential plant extracts of sweet Brazilian orange, lavender, ylang ylang and patchouli purify the skin, whilst Noni and Assai fruit feed it with antioxidants to reveal youthful radiance. (www.elemis.com)



8. Opt for healthy drinks

Alternate alcoholic drinks with water. Order alcohol-free cocktails. Prevent a hangover by drinking plenty of water and boosting your antioxidant levels before and after a party. Try CherryActive Juice. Just 30ml of the juice diluted in 250ml of water is equivalent to 20 portions of fruits and vegetables! (www.cherryactive.co.uk)

9. Pamper yourself

Book a rejuvenating facial and a luxurious massage for some serious indulgence. You deserve it!

10. Discover gorgeous skin

Exfoliate, tone and moisturise is the mantra for a glowing complexion. The same applies to your body. Use a soft-bristle dry brush on your skin every day before a shower to stimulate circulation and exfoliate the whole body. Always brush towards the heart. Follow with an invigorating shower, using the antioxidant-rich, super moisturising Weleda Pomegranate Creamy Body Wash (www.weleda.com). Finish with the divinely scented Elemis Exotic Island Flower Body Balm for a truly exotic experience! □



■ With a flourishing private practice on prestigious Harley Street in London, Akcelina Cvijetic is Nutritionist and Life Coach to the royal family, celebrities and business people

