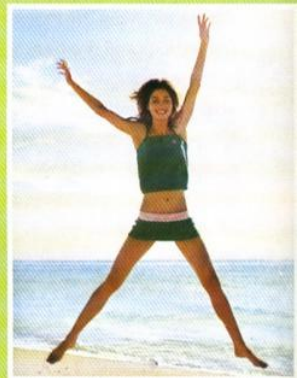
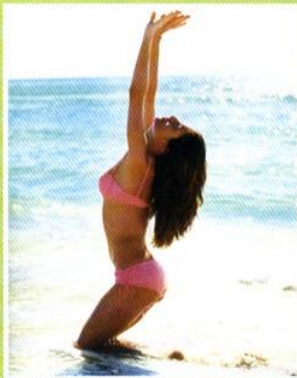


YOUR NEW YEAR VITALITY PLAN

All those Christmas indulgences can leave you feeling sluggish once the festivities are over. But follow *Red's* three-step detox, reshape and re-energise plan and you'll be feeling fantastic – and looking amazing – in no time.
Photographs Joseph Montezinos

THE RED TEAM STAYED AT THE RALEIGH HOTEL, 1775 COLLINS AVENUE, MIAMI BEACH, FLORIDA 33139. CALL 001 305 534 6300. RALEIGHHOTEL.COM. ROOMS FROM £225. HAIR FRED VAN DE BUNT FOR REDKEN. MAKE-UP TRACY CRYSTAL. MODEL CARLYE NABERS AT T MANAGEMENT. DRESS (LEFT), JUICY COUTURE



A detox is the bodily equivalent of a giant wardrobe overhaul: getting rid of the rubbish to leave you feeling fresh, fit and fabulous. Sophie Forte leads the way

WHY DETOX?

Every day our bodies are exposed to polluted air, pesticides, food additives and chemicals. And every day they work to expel them. But today's toxic burden is heavier than our bodies are designed to handle. Holistic health practitioners believe that the toxins our systems can't shift are stored in our bodies, resulting in everything from headaches, lethargy and stomach problems to arthritis, allergies and even cancer. A regular detox can not only give the body a break, it can also help fortify it against the daily toxic grind. And while it is mostly about denial (yes, takeaways and Pinot Grigio are off the menu), it shouldn't be about feeling deprived. Follow our starter menu, treatment suggestions and product guide for around four weeks, and you'll not only feel positively pampered and toxin-free, your body will be better equipped to fight off chemical onslaughts in the future – and the odd Friday night re-tox!

DO dry skin brush, drink hot water with fresh lemon juice every morning, eat raw and lightly steamed organic veggies and drink herbal tea and fresh juices. DON'T smoke, eat fried or refined food, have any caffeine, drink alcohol, eat wheat, meat, dairy or sugar.

DETOX: THE TRUE STORY

Confused by all the conflicting messages about detox? We separate the myths from the facts to get you started

MYTH

Wheatgrass is a miracle

REALITY Yes, it tastes dodgy. But a shot a day is the single most detoxifying thing you can put in your body. And no, you don't need to grow yourself an edible lawn or spend a fortune on a complicated machine. Wheatgrass (enough for five days) is £10 a tray, including p&p, at fresh-network.com, where you can also get an Easy Health Juicer for just £24.99.

THE BOTTOM LINE Your friends might laugh – but only until they see how clear your skin becomes.

MYTH

Salad is healthy

REALITY To increase its shelf life, prepared salad is washed in chlorine and packed in modified-atmosphere packaging with reduced oxygen levels. According to nutritionist Amanda Griggs, this depletes the salad's nutritional value and means you're eating leaves that have been immersed in chlorine levels 20 times higher than that found in the average swimming pool. Non-organic

grapes, lettuce, carrots, mange tout and strawberries are heavily treated with chemicals. To minimise toxins, wash fruit and veg thoroughly and choose produce that can be peeled. Try to buy organic root vegetables, as the pesticides applied to the soil end up in the veg and can't be rinsed off.

THE BOTTOM LINE Buy lettuce whole (not in bags) and wash leaves thoroughly. With root vegetables and produce that can't be peeled, choose organic where possible.

MYTH

Detoxing = diet only

REALITY Since 60 per cent of what you put on your skin is absorbed into your blood, highly chemical skin preparations can toxify the body. But it also means you can detox via your skin, too. Add six to eight drops of essential oil to a bath or mix into a carrier oil, such as sweet almond, and massage on to the skin. Try sweet fennel, or lemon, for their diuretic properties, circulatory stimulants such as black pepper or ginger, and rosemary or peppermint to stimulate lymphatic circulation.

THE BOTTOM LINE Most beauty products contain chemicals, so minimise exposure by using those that are as close to nature as possible when treating the largest area, ie, body moisturisers (our favourites are REN, Green People, Dr Hauschka and Jurlique).

MYTH

It needs exercise

REALITY You've gotta move it to lose it, as they say. Light exercise gets your circulation pumping

and works up a sweat, both key in shifting toxins. At The Ashram in California and at The Complete Retreat in Spain, two of the world's hottest detox destinations, hiking and yoga are as much a part of the programme as the strict vegetarian detox diet. So, take brisk walks and try 20 minutes of yoga every day, particularly 'sun salutations' that get your circulation going. For inspiration, turn to *Ashtanga Yoga* by John Scott (Gaia Books, £12.99).

THE BOTTOM LINE While it's important not to overdo it (intensive workouts while detoxing are not advisable), light exercise will make you feel better quicker.

MYTH

Water is king

REALITY If it's from the faucet, the water you drink could be doing you more harm than good, says Elizabeth Montgomery, practitioner of natural nutrition for London's Urban Zest, (020) 7736 9111. 'British tap water is full of heavy metals, synthetic oestrogens and chemicals. So make sure your requisite two litres a day is purified.' Montgomery recommends a reverse osmosis water filtration system for purifying your tap water; try the one from Nutrigold, (01884) 251777. Of shop-bought waters, she prefers Volvic and Spa since 'they're lowest in minerals – water is for hydration, you get minerals from food!'

THE BOTTOM LINE A plumbed-in home water filtration system is ideal, followed by bottled water (preferably in glass) – but tap water is better than no water. ☛