

[focus on]

CLEAN SWEEP

Whatever your time, budget, or inclination, there's a detox solution to suit your requirements. **Annabelle Hood** outlines three of the most effective

THE FOODS WE eat and the air we breathe can cause a build up of toxins in our bodies, leaving many of us to feel tired and unhealthy. Some health experts also believe they also cause a variety of serious illnesses.

It's not surprising then that detoxing has become a way of life, not just an annual spring clean, according to Ilona Wesle, founder of BeautifulBreak a detoxification food, fasting and spa thermal wrap home delivery programme. 'More than ever, people want to cleanse their bodies through detox treatments to prevent obesity, diabetes and cancer.'

In order to prevent the build up of toxins, it's essential to avoid smoking; limit the consumption of alcohol, saturated fats, coffee and refined sugar; and eat plenty of vegetables and fruits that are high in antioxidants and free from pesticides. It's also important to help our bodies expel toxins. Serious detoxers swear by colonic hydrotherapy or herbal enemas and fasting with special herbal clay drinks, green tea infusions or organic juices. In the US, drinking 3% grade hydrogen peroxide ozonated water is popular, while in India, major dietary changes and oil-based treatments form part of the Ayurvedic Panchakarma detox.

Celebrities such as Beyonce Knowles and Gwyneth Paltrow attribute their youthful glows and red-carpet stomachs to detox diets. Beyonce follows a master cleanse diet of hot water, lemon juice, maple syrup and cayenne pepper, while Paltrow fasts twice a year without fail.

So what are the benefits of flushing unwanted toxins and chemicals from the body? Not only can a detox help your organs work more efficiently, it can also help us maintain a healthy weight and put some lustre back into dull skin, eyes, hair and nails. The following pages suggest a range of detox plans, but anyone looking for a gentle introduction to detoxification can start by increasing their cardiovascular exercise, sweating it out in a sauna and booking a lymph-circulating body brush and massage. Be warned, as these treatments can leave you thirsty, you should drink plenty of water — the most detoxifying elixir of all.

THE SERIOUS DETOX

The Lemon Detox

Naomi Campbell, Angelina Jolie, Madonna and Gwyneth Paltrow, all swear by it, but what exactly does it involve? The fully-fledged Lemon Detox is a cleansing fast where you abstain from solid food and only drink Madal Bal Natural Tree Syrup diluted with pure water, lemon juice and cayenne pepper or ground ginger.

The idea is you sip the mixture — hot or cold — whenever you get hungry, but ideally you should drink six to nine glasses a day. As Madal Bal Natural Tree Syrup is made up of four different South East Asian palm syrups and prime quality Canadian grade maple syrup — all rich in minerals — your body should get all the necessary nutrients. Meanwhile, the lemon juice has strong alkalisising properties, while ginger and cayenne pepper help to speed up metabolism, improving circulation and the elimination of toxins. The full detox can last five to seven days, but three days is sufficient for most.

As The Lemon Detox is available from health stores and online, you can follow it at home. However, if you are worried about feeling faint, or don't think you will have the willpower not to eat, it's worthwhile booking into a spa which offers the detox plan and vital support. Cliveden House's Pavilion Spa offers the Lemon Detox Retreat in conjunction with pampering treatments such as its signature 'Honey and Mango Wrap', an exfoliation and a body mask packed with essential oils to encourage lymph drainage.

Be aware this detox can cause skin to break out and that going 'cold turkey' on caffeine can cause headaches, tiredness, constipation or loose bowels.

> For more details on the Lemon Detox or to order Madal Bal syrup call 0825 370 1012 or visit www.lemondetox.com

> The Lemon Detox three-day retreat, from £444, Cliveden House spa. T: 01628 868361; www.clivedenhouse.co.uk >



THE BUZZ

It's no surprise these new treatments hail from the US:

- **BeautifulBreak:** Allegedly the UK's only home eco-detoxification delivery service.
- **Lemon Detox:** Sold worldwide. Similar to Beyoncé's Lemonade Detox, also known as the Master Cleanse Diet.
- **The Cooler Cleanse:** Launched this year backed by Salma Hayek. Celebrity trainer David Kinch's 48-Hour Detox lemonade mix is what Anne Hathaway downed four times a day for her 2009 Golden Globes red carpet moment.
- **Celeb favourite:** The 21-day detox plan in Dr Junger's 'revolutionary' book *Clean Diet* is allegedly another of Gwyneth Paltrow's favourites.