



EXCLUSIVE

HELLO! lifestyle

BABY JOY EXCLUSIVES

Belelli Bath Spa – don't see the spa as an indulgence, but a sort of your beach-body plan to banish jet lag.



detoxifying herbal poultices, plus three types of massage including lymphatic drainage. It is the ideal way to eradicate the woes brought on by travel.

DON'T OVERDO THE SUN
Stay sun safe – nothing will make you feel more uncomfortable or less likely to enjoy your holiday than sunburn.

DO STICK TO CLEAN AND LEAN EATING

The chances are you've been on a strict healthy eating plan in your holiday run-up, so don't ruin your efforts while you're away. "People go crazy on holiday – especially if there is a buffet," says James. Instead, see your holiday as a chance to eat lots of freshly prepared local food, particularly fruits and vegetables, freshly caught fish and lean meats."

DON'T EAT PROCESSED FOODS

The simple Bodyism healthy eating rule is to cut out the C.R.A.P. That is: Caffeine, Refined sugar, Alcohol and Processed foods. That can be hard on holiday, but give it a try and you will feel better for it. Sugar and processed carbohydrates are the most important foods to avoid. So opt for oatcakes rather than pastries for breakfast, choose fresh fruit over desserts and avoid the bread basket. You're on holiday so you do not want to feel deprived, but these simple steps can ensure your weight remains stable while you are away. Take inspiration from Bodyism client Rosie Huntington-Whiteley (right).



DO STAY HYDRATED

For every degree the temperature rises, it is advisable to drink one small glass of water every 15 minutes. Being on holiday also gives you the chance to indulge in lots of fresh fruit juices – but why not go one step further and make your juice extra healthy by creating a Bodyism Pineapple Detox. "It's very simple," says James. "So in a tablespoon of spirulina into a glass of organic pineapple juice, add some ice and it's complete."

DON'T DRINK TOO MUCH ALCOHOL

A cooling cocktail is often seen as an integral part of the perfect holiday, but excess alcohol will dehydrate you, leaving you prone to sunstroke, headaches and lethargy, while summery cocktails are also high in sugar and can scupper your healthy eating efforts in minutes. Follow Bodyism fan Elle Macpherson's example and stick to quality filtered vodka with soda and lots of fresh lime juice as your holiday tipple of choice. The soda water and the vitamin C in lime juice will help offset the walk.

• Available year-round, the Bodyism programme at North Kiosk includes personalised nutrition and exercise plans with added ESPA treatments.

From 22 December 2014 till 2 January 2015, Bodyism founder James Logan will be visiting to offer one-to-one advice, motivation and training. For more details, visit health.owenclaydon.com.

YOUR BEACH-BODY BOOSTING KIT



Espa skin brush, £16, tackles dry skin, cellulite and even helps to combat jet lag



Michi Barbados bikini, £100, bikini, £80, from net-a-porter.com, the ideal bikini for serious swimmers



bodyism.com

Bodyism exercise band in black, £11.95, visit bodyism.com, pack this and whatever your destination, you will be all set for a daily 15-minute Bodyism workout



Natures Organic Spirulina Powder, £11.99, from Holland & Barrett, the perfect food supplement to add to morning fruit juices on holiday or at home



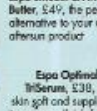
Zumba Flex Classic trainer, £84.75, visit zumba.com, great trainers will make you more likely to get moving while you are away



Bodyism Beauty Food, £24.95, a great supplement to help you stay nourished & healthy on holiday



Espa Smooth & Firm Body Butter, £49, the perfect alternative to your usual aftersun product



Espa Optimal Body Trisera, £38, keeps skin soft and supple with its omega oil-rich formula

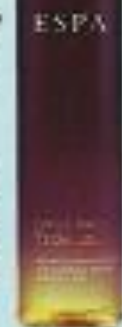
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PRINCE GEORGE A WALKABOUT IN HIS NEW NORFOLK HOME



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DARCEY BUSSELL ON STYLE AND HER 'STRICTLY' WISHLIST



ESPA