

HEALTH • FITNESS • NUTRITION • WELLBEING • BEAUTY

Bodyfit

EIGHT
FOODS
for
ageless
skin

Get in shape today!

Slim Down IN 15 MINS

with our all-over workout

THE *REAL*
CAUSES OF
CELLULITE

(and how
to banish it
for good)

Take up Running Today!

Stay motivated with
our training ideas

Resurrect your Skinny Jeans

Look hot from behind
with these 3 moves

EAT WELL ALL WEEK

Food to keep your heart healthy



SEPT 2013
£4.99

THINK
YOUR
WAY
FITTER

& learn to
love your
body

AMANDA BYRAM + CAMILLA DALLERUP + JENNI FALCONER



Tried & Tested!

The *Bodyfit* team gives the latest DVDs, therapies and a health products a try...

HOME workout

Fitness Fx: Fight Fx,
fitness-fx.com

Tester Holly Treacy says: "For those of you who love BODYCOMBAT sessions, this exercise DVD will be right up your street. The 30-minute fitness programme uses martial arts and conditioning techniques to provide a full-body workout. The instructors carefully take you through each



sequence, which incorporates punches, kicks and blocks, to ensure you master the correct form. And, there's even a partner workout, so you can buddy up with a fitness pal and reap the healthy rewards."



Mind body healing

3D massage and bespoke yoga,
£2,500 for five sessions. Visit
holistictherapiesbybenbarnett.co.uk,
or yogateacherinlondon.com.

Tester Katy Evans, says: "Celeb massage therapist Ben Barnett and yoga teacher Monica Mayassi have joined forces to offer bespoke, dual-therapy sessions for clients, which also incorporates Reiki, healing and guided visualisation.

"During my private consultation, we identified various issues, both emotional and physical, so the treatments could be tailored accordingly. Monica's yoga helped unlock tension in my legs and upper back, caused, she said, by 'fear of moving forward in life'. By the end I was so blissed out I wanted to sleep for a week! Next, it was on to my hour-long '3D massage', so called because it's performed on a warm water-filled 'mattress'. Throughout the session, Ben spoke positive affirmations based upon resolving the issues we had highlighted. I had a huge smile on my face by the end and felt as if I could conquer the world. This was one of the best holistic sessions I've had – I highly recommend it."

Must-have kit

1-DAY Acuvue TruEye contact lenses,
by Johnson & Johnson.
Visit acuvue.co.uk/uvprotection

Tester Katy Evans says:

"Sunglasses may not be enough to protect your eyes from harmful UV rays, as light can still penetrate the cornea around the side and beneath your sunnies when the sun bounces off the inside of the lenses, especially when you're on or near water or it's early or late in the day.

However, 1-DAY ACUVUE TruEye lenses offer UV protection by blocking 99 percent UVB and 90 percent UVA. "I trialed the TruEye disposable lenses for a week and they were sp great I almost forgot they were in my eyes! I taught a dance classe in them, and it was also good to know my eyes were getting UV protection when outside, too. I'd definitely use them again."



GIVE it a GO

3-day Juices till Dinner Cleanse,
£180, purifyne.com

Tester Flora Neighbour says:

"Having never signed up to a juice detox before I decided to play it safe with the Juice 'til Dinner cleanse, without the enema option! My diet is fairly healthy, so it was more of a health kick. The first day was by far the easiest, starting the morning with a cup of hot water and lemon before trying out my first juice, which tasted delicious. As the day progressed and I guzzled down a few more fruity beverages, the hunger pangs started to kick in. The second day, however, was tough. As my colleagues nibbled on biscuits with their mid-morning cuppa, I felt my willpower diminishing. By the third day I did feel lighter and cleaner, but also slower and short-tempered. Overall, I would recommend this detox, as I did lose a little weight, but I think it's best to do while on holiday instead of a busy office environment!"