

LONDON

MAGAZINE

ART OF CITY LIVING
MAY 2006 - £3.30

Keanu Reeves
MEET HOLLYWOOD'S
MOST ENIGMATIC STAR

Trophy life
THE CAPITAL'S WEIRDEST
AWARDS CEREMONIES

**Is it all over for
London's rebels?**
WE CHART THE RISE OF
THE NEW CONFORMITY

You've got the power

Stage a fashion takeover with this spring's
outrageously sexy suits and accessories

IS: A LETTER
FROM RUBY WAX
ZIBAR SHOWS
WILD SIDE
THE BAG THAT'S
GOING FOR GOLD
PORTUGAL'S
FINEST GRAPES



350 360021

THE PRODUCT

Dip and detox with a therapeutic bath treatment. Soak for 15-20 minutes and follow with a cool shower for best results.

Micronized Marine Algae Sachets, £22 for 10, by Thalgo, tel: 0800 146041. A potent-smelling mix of marine algae that tones, relaxes or refines the skin, depending on the water temperature. Leaves the bathtub very murky but has a powerful effect.

Cellutox Herbal Bath Synergy, £49 for 10 sachets, by Elemis, tel: 01270 727830. A cult cellulite treatment containing algae, sea salts and essential oils of lemon and juniper.

Oligomer Lyophilized Sea Water Bath, £40.50, for 10 sachets, by Phytomer, tel: 0800 1002204. White and odourless, these therapeutic sea salts help to remineralise the body and are also good for soothing sprains.



The forearm is the new erogenous zone, thanks to spring's crop of jackets with three-quarter-length sleeves. For fab forearms, trainer Kathryn Freeland of Absolute Fitness (tel: (020) 7834 0000) advises bicep curls with weights. 'Keeping the elbows still, flex the wrist and move the forearm slowly all the way up and all the way down. Repeat 10 times.'

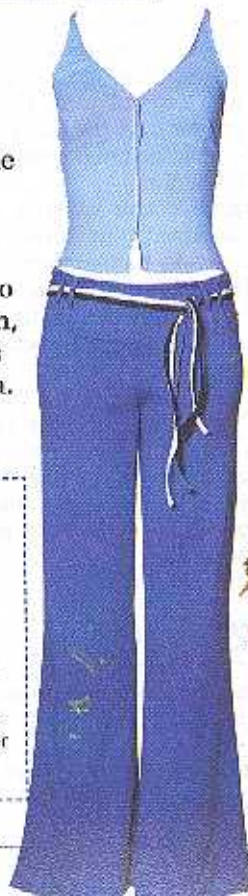


Fitness News

THE LATEST WAYS TO FEEL GOOD AND GET YOUR BODY IN SHAPE.

INTO THE BLUE

Blue is big news on the catwalk. The trend applies to fitness kit, too. We love this baby-blue camisole top, £29, and indigo flared pants, £39, by USA Pro (available from Sweaty Betty, tel: 0800 1693889). The high-tech fabric is designed to carry moisture away from the skin, and is ideal for the gym as well as less sweaty activities such as yoga.



CAUSING A STIR

In Africa redbush tea is well known for its health-boosting effects and now, thanks to Precious Ramotswa of The No. 1 Ladies' Detective Agency, it's about to catch on here. It's naturally caffeine-free with half the tannin of the regular variety and packed with anti-oxidants. Great for hangovers, it has an anti-inflammatory and anti-spasmodic effect. Available from The Redbush Tea Company, £1.79, tel: 0845 6012658.



SMART MOUTH

Clenzology Tooth & Gum Solution, £10.50 (tel: 01428 642266) is a natural toothpaste alternative containing essential oils of peppermint, clove, spearmint and myrrh (which is known for its antiseptic properties). We prefer it as a breath freshener – one to three drops on the tongue leave your mouth feeling instantly super-clean, no matter what you've been eating or drinking.

MIXED BLESSING

Scientists in Israel believe eating combinations of fruit and vegetables can be more beneficial than eating them on their own. Those that increase each other's anti-oxidant effects include tomatoes, garlic, rosemary, grapes and pomegranates. Combining any of these is said to be good for the cardiovascular system and slowing oxidation, the process that leads to high cholesterol and narrowing of the arteries.

