

HUGE NEW SIZE! PICK ME UP!

CLEO

AUSTRALIA

actual life-changing

SEX

it'll make you:
happier,
healthier,
hotter.

what makes a man fall in love.

(remarkably, we have the answer.)

health report:

no, you're not fat!
you just need to read page 191.

damn pretty!

four pages of beauty discounts.
Kenzo, Becca, Thalgo, Lush.

Invisible Zinc, Kenzo, Thalgo, Becca Cosmetics, and Palmer's discount offers exclude NZ. Conditions apply. See p214 for details.

why i stole your boyfriend.

the other woman talks.

108

new-season accessories

that'll quicken your pulse.

+ fashion royalty:

The Sartorialist
WhoWhatWear.com
Alexa Chung
& Nicole Richie

Scarlett

icon in the making.

october 2009 \$7.20 inc GST



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B&C magazines

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detox: would you? should you? could you?

Feel like Amy Winehouse is healthier than you? Joanna Barry road-tests three ways to cleanse and revitalise.

infra-red sauna

What is it? It's similar to a typical sauna, but has the added benefit of infra-red heat, which penetrates the body more effectively. No hot stones, no humidity, no water, but lots of sweat. **Best for:** Ridding the body of heavy metals, improving skin, and boosting circulation.

Ouch factor? No pain, but I was dripping in sweat the whole time. Eww. **Rate it/hate it?** It's quite cosy in there, but also really relaxing. Afterwards, you feel super cleansed and very clean. **Get it:** At Maya Spa in Dromana, Vic (mayaspa-dayspa.com). A 45-minute massage plus sauna treatment will set you back \$80.

colonics

What is it? To put it simply, a hose goes up your bum, water goes in, and bad stuff comes out. It's also a way to exercise the bowel. **Best for:** Boosting immunity, reducing bloating, and detoxifying the body. Many also think it aids weight loss. **Ouch factor?** A hose up your butt is never going to be

comfortable, but my therapist was so friendly that I was able to relax. **Rate it/hate it?** I felt totally cleansed, and a lot lighter. My skin glowed for a whole week afterwards and I've never had such a flat stomach. **Get it:** At Lily Room Cosmetic Medical Clinic, Sydney, (02) 9904 7000 (lilyroom.com.au). A 40min treatment costs \$250-\$400.

meal delivery program

What is it? A detox in a box. Nutritious, balanced meals - especially crafted for detoxing - are delivered to your door. **Best for:** Detoxing and generally eating better. It's especially great for the time poor. **Ouch factor?** Nil. What could be better than getting tasty, healthy meals sent to your place? **Rate it/hate it?** What's there to hate? The food was delish, plus the diet taught me about self-control. **Get it:** At eatfitfood.com.au. A 10-day program will cost you \$569.50. □

Have you tried a detox? Let us know how it went at cleo.com.au

Quick (and free) detox tips

- 1 Cut the coffee.** A good way to trim caffeine intake is to sip a cup of hot water with a squeeze of lemon - this will satisfy that warm-drink craving.
- 2 Take a break from the booze.** Abstaining from the vino can not only improve digestion and sleep, but also boost energy and lessen muscle pain.
- 3 Kick the sweet tooth.** Sugar uses up precious antioxidants that help the body remove natural by-products.
- 4 All fats are not created equal.** Stick with monounsaturated and polyunsaturated fats, which aid body function. Whenever possible, avoid saturated types, like in cakes.