

# Luxury detox

IT'S TIME TO DETOX YOUR THOUGHTS ABOUT DETOX. HERE'S HOW TO SELECT THE RIGHT PROGRAM FOR YOU. WORDS BY JANE SCRIVNER



as seen in bella beauty magazine



Another summer nearly over, another holiday gone, the credit card bill's yet to arrive and it's all looking a little gloomy... a detox could be just what's in order to lighten the load, freshen the outlook and cleanse our way to a new beginning.

But detox gets such bad press – just when we want to feel better about ourselves we are being told to 'give up', 'not have' and 'don't do'. As human beings we are much better suited to maintaining things if we've had a good experience. If it was positively Spartan, we ain't gonna embrace it as a lifestyle! Luxury detox is where it's at – 'having it all' is the new 'giving it up'.

*'Detox should be about giving back to ourselves and replenishing. It should give us an overall feeling of being back in the driving seat'*

Detox should be about giving back to ourselves and replenishing. It should be about delicious, healthy food that fuels our bodies. Detox should give us more energy, clearer and silkier skin, deep sleep, weight loss, better moods, better digestion, flatter stomachs and an overall feeling of being back in the driving seat and in balance with our lives.

Don't get me wrong – effective detox will not be all plain sailing, but learning how to change just a few things to make some huge differences is what detox is about. Working out what is best for our bodies, what suits us and how we can integrate that seamlessly into our busy lifestyles is how detox should be working for us.

So, when we're thinking of embarking on a detox, we should look for programs where we can learn sustainable detox habits that can be translated to our daily lives, not just a 'time where you are plucked from reality'. These will include delicious 'normal' foods, not starvation rations or difficult culinary skills, that are impossible to translate into long-term real life.

Programs with plenty of body treatments and product recommendations to accelerate (and enjoy) the detoxing processes are best.

These could include massage or lymphatic drainage; dry skin brushing; thermotherapy; hydrotherapy; relaxation and invigoration techniques and treatments; Kneipp therapy;

detox oils; and detox skin and body ranges that smell wonderful and feel great to use.

The most effective (and sustainable!) programs effectively detox our bodies while keeping us feeling pampered, looked after and indulged.

If our detox program can tick all these boxes, we are almost certainly going to get great results in a short time and feel like our hard work can continue quite easily – in fact, it may be the start of a life-long habit.

And don't think that detox is just for spring; it's like saying we only want to feel our best for one part of the year. Learning detox habits is a year-round program: jump into January, feel great for Feb, march into May, enjoy July, feel good for August, activate in October... I think you know where this is going!

Above all else, enjoy the process. Detoxing isn't just about kick-starting weight loss efforts – it can rebalance energy levels and promote optimal health and overall wellbeing. **bella**

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