

VOGUE

AUSTRALIA

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ylang ylang, bergamot and lavender. This ritual keeps my skin soft and glowing all year round. It's really so simple but I swear by it."

TREATMENTS THAT MAKE A DIFFERENCE: "I have colonics at Alkaline in Potts Point [far right] twice a year; pedicures at Paddington's Parlour B; and regular deep-tissue massages at Zen Day Spa in Darlinghurst."



Blueberries and mixed nuts are the perfect on-the-go snack.



The Alkaline spa in Sydney's Potts Point.

The health spa owner

Monique Bolland, owner and director of Alkaline health and detox spa in Sydney's Potts Point (www.alkaline.com.au).

Devonia Ligne Tropicale De-Aging Saltmousse, \$96.

The yoga guru

Sally Belmont, private yoga teacher and owner of the Restorative Yoga practice in Sydney (www.restorativeyoga.com.au).

BODY MANTRA: "We live in a fast-paced world, so find time to reflect and rejuvenate. Meditation and deep relaxation not only energise you, making you more productive, but also promote a deep sense of nurturing. When you are nurtured, everyone benefits."

FOOD PHILOSOPHY: "When I lived on the east coast of America I learnt to appreciate the ebb and flow of life with the seasons. I try to eat the best available seasonal local produce and vary it with the weather: warm for winter and cool for summer."

A TYPICAL DAY'S DIET: "For breakfast I like yoghurt with fruits, especially blueberries: they are great brain food. Lunch is usually sushi with miso soup: Japanese food is very cleansing. My favourite dinner is risotto funghi, always with a salad. I love strawberries, goat's cheese and avocado over lettuce with simple balsamic vinegar and olive oil."

SNACKING SECRETS: "It's best not to snack too much in between meals. After a class, if I do feel the need to snack, an apple or a nut mix is sufficient."

FITNESS OBSESSIONS: "With its stretching and strengthening properties, yoga is complementary to any sport. I combine my personal yoga practice with swimming. I swim a few times a week at my favourite Sydney swimming holes: Nielsen Park, Parsley Bay, Bronte Pool and the Andrew (Boy) Charlton Pool. The most beneficial and balancing of all the yoga sequences is *surya namaskar* [the sun salutation]. It's a beautiful flow of 12 *asana* [yoga postures] running together with the rhythm of your breath and is a complete workout, stretching, strengthening, opening and releasing through the entire body. Adding meditation and deep relaxation to this routine makes it a total holistic experience."

BODY PRODUCTS THAT WORK: "Every morning I complete an ancient Indian

ayurvedic ritual of self-massage with different oils. I use Subtle Energies Relief Blend and Young Living's Joy and White Angelica essential oil blends."

TREATMENTS THAT MAKE A DIFFERENCE: "I have facials with a close friend of mine, Sharon McGlinchey of MV Organic Skincare [MV Radiance Therapy, \$165 for 75 minutes]. She incorporates her knowledge of yoga and reiki into her treatments and they are just heavenly. Her organic products, especially the Gentle Cream Cleanser and Rose Soothing and Protective Moisturiser, are perfect for my sensitive skin. I also love to go to the Aveda day spa in Paddington to have a healing feet-relieving treatment [45 minutes, \$59] and massage."



Sally Belmont



Young Living essential oil blends Joy, \$80, and White Angelica, \$118; MV Organic Skincare Gentle Cream Cleanser, \$41.

BODY MANTRA: "Whatever you do for your body, enjoy it. If weights don't work for you, try yoga. If you enjoy eating meat, don't force yourself into a vegetarian diet. You just have to figure out what works for you. If you're not sure, see a naturopath or a personal trainer to help establish your goals."

FOOD PHILOSOPHY: "I exercise a lot and don't eat red meat, so I make sure I eat a lot of protein from eggs, tofu, nuts, legumes and so on. I try to eat gluten-free options, because too much wheat leaves me lethargic and bloated. It's also a good way to get a mix of different grains into your diet."

A TYPICAL DAY'S DIET: "Breakfast is coffee and a bowl of spelt cereal with yoghurt and fruit, or scrambled eggs. Lunch is a salad, sandwich or protein shake and I usually give in and have something sweet after lunch. For dinner on a good day I have sushi, salad or vegies and tofu; on a bad day, gluten-free pizza with lots of rocket and spinach on top to ease my conscience."

SNACKING SECRETS: "Keep mixed berries in the freezer: they're high in antioxidants, fibre and vitamins. They're great for meals on the go."

FITNESS OBSESSIONS:

"I try to exercise five to six times per week. A combination of running and yoga makes the biggest difference to my body. Running seems to be the quickest and easiest way to shed fat, but yoga firms, tones and strengthens. Once a week I do a



Monique Bolland