

TATLER

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Up all night

High jinks at Prince William's favourite club

Caviar society

How Ella Krasner's roubles are rocking London

Blonde bombshell

The amazing rise of Diane Kruger

The Botox king

Why does every girl love Dr Sebagh?

Wild!

Inside playboy Robert Hanson's raunchy party

Plus

Brittany Murphy
Max Wigram
Jade Jagger



How do the A-list party crowd stay so beautiful? With hi-tech detox secrets and diets, says Olivia Falcon

Happy
new you

For the sophisticated girl-about-town, keeping up appearances has become increasingly challenging. We all know that partying plays havoc with your skin (a point cruelly more apparent once you hit 30) – so how do you hold on to that radiant glow when your dance card is marked six nights a week?

Detox – it's a 21st-century necessity and a business that in the last year has skyrocketed from health-freak status to being considered rather chic. Sadie Frost and her former party partner-in-crime Kate Moss pioneered the trend when they were spotted leaving detox guru Dr Nish Joshi's Wimpole Street clinic – but more about that later. Where do we civilians start to clean up our act?

The first step to detoxing is to establish just how toxic you really are. As well as telltale signs – bad breath, bloatedness, flatulence and puffy dark circles around the eyes – there are now hi-tech machines that scan your body to detect chemical imbalances. At the Organic Pharmacy (tel: 020 7351 2232), an emporium of all things healthy at the bottom of the King's Road, is the QXCI machine, known as the Quantum – a futuristic-looking computer developed by an ex-NASA scientist. It scans the body for vitamin and mineral deficiencies and assesses organ function with an electric pulse, transmitted via a tentacled mass of wires that are wrapped around ankles, wrists and the scalp. The procedure is totally painless, and the machine takes just three minutes to deliver a comprehensive report on toxic trouble spots. Then one of the Pharmacy's excellent naturopaths prescribes homeopathic supplements to balance and cleanse overloaded systems.

Also worth a visit is the Chiron Clinic (tel: 020 7224 4622) for its antioxidant scanner, which can tell how healthy you are by scanning your hand with a laser. Antioxidants are the good guys in the crusade against toxins; they are important nutrients found in colourful vegetables and fruit and are crucial for keeping cells healthy. A low score red-flags an urgent need to make some serious changes to your diet.

Diet is the most important aspect of detoxing. Someone who knows a lot about healthy-eating plans is personal chef Alexandra Jamieson, who was inspired to write her bestseller *The Great American* >



< *Detox Diet* after her boyfriend Morgan Spurlock nearly poisoned himself to death when he embarked on a McDonald's binge for his documentary *Super Size Me*. After a month of eating only McDonald's fast food, Morgan saw a 2,000 per cent increase in the fat content of his liver. Afterwards he used Alexandra's healthy organic recipes to spring-clean his body and restore his health. Although Morgan was an extreme case, western diets in general are far too acid-forming, explains Alexandra. 'The body functions best in an alkaline state. We all eat way too much salt, or sodium, and not enough potassium, which we get from leafy green vegetables. Seventy per cent of the immune system is in the gut, so it's incredibly important to stock up on fresh, organic foods and to steer clear

Hollywood princesses have been spotted grazing on seaweed

of anything that comes in a packet or goes in the microwave. At least half your diet should be raw.'

If the idea of nibbling on carrot sticks leaves you cold, consider this: cooked food loses its nutritional value because vital energy-giving food enzymes are destroyed at temperatures over 48°C. Raw food is more fibrous and has a much higher oxygen and water content than cooked foods – essential for flushing out toxins.

The raw-food diet has already swept through New York and California, and now there are signs that it's taking root here. Business is booming for raw-food coach Karen Knowler (tel: 01353 723133), who makes no-nonsense, Trinny and Susannah-style home visits to purge kitchens of junk food and restock them with salad superfoods and the army of juicers, blenders and food processors needed to make her detoxifying recipes. Knowler is also director of the Fresh Network (freshnetwork.net), an innovative website that sources unusual and tasty raw ingredients such as mesquite powder, a spice with a toffee-like flavour that takes the edge off sugar cravings when added to food. Hollywood princesses Gwyneth Paltrow and Katie Holmes have been spotted grazing on seaweed salads and raw-food pizzas (walnut and flaxseed crusts topped with sundried-tomato sauce, rosemary, pine nuts and avocado) at the Little Earth Café, one of London's first raw-food restaurants, in Primrose Hill's trendsetting Triyoga centre. The humble vegetable stall has been elevated to lofty new heights, as urban farmers' markets, such as the glorious Borough Market, are fast becoming the hot Saturday hangout.

As well as eating well, celebrities have been busy endorsing a new health phenomenon: the detox guru. Current favourite is Dr Joshi (tel: 020 7487 5456), who has a six-week waiting-list at his clinic, which is regularly doorstepped by the paparazzi hoping to catch a glimpse of his A-list disciples such as Ralph Fiennes and Cate Blanchett. Dr Joshi prescribes detoxing lifestyle programmes, rather than diets, to curb cravings for naughty foods and wean patients off bad eating habits forever. Everyone has to follow a strict three-week initiation, eschewing red meat, alcohol, caffeine, dairy products, bread, yeast, sugar and chocolate for healthier alternatives such as >

HOW TO DETOX AT HOME

Aveda's detoxifier shampoo, £9, uses organic sage, a natural astringent that effectively removes chlorine, product build-up, and other hair hangers-on.

In Chinese medicine, eyes are considered the window to the liver. With this in mind, **Talika's Eye Detox Purifying Capsules and Contour Gel**, £45, offer a two-pronged attack on dark circles and puffy bags. The gel hydrates, decongests and tones the area, shrinking capillaries while the capsules act as an internal drainer.

Biotherm researched the effects of pollution on the skin in grimy Mexico City, and found that poor respiration and increased sensitivity in skin cells were big issues. So it launched **Hydra-Deto'x** to protect and regenerate skin. It helps circulation in the cells using a fluorine derivative, an ingredient previously used during heart surgery to maintain absorption of oxygen through the skin.

DDF Detoxification Mask, £30, uses clay to draw out impurities in the skin.

Supplements and tinctures from the **Organic Pharmacy**, from £11, are great for a thorough internal spring-clean. Blends include healing herbs such as burdock root – an excellent blood cleanser – and elm bark which coats the lining of the gut, letting it heal.

Things that are good for you usually taste awful – but finally hip, holistic wellness brand **Fushi** has come up with a tasty remedy. **Detox Herbal Tonic**, £13, is a healthy cordial packed with purifying natural ingredients – red grape, milk-thistle seed and dandelion root – to help vital organs to cleanse.

Decléor's Detox Kit, £40, brings the spa to your bathroom with detoxifying aromatherapy oils, balms and a seaweed bath to stimulate the body to break down fat reserves, where toxins are stored.

Ole Henriksen's De-Tox Tea Tree Oil Soak, £35, is one of the best hangover cures we've found. Poured into a steaming hot bath, the rich mineral and sea-salt formula soothes skin and delivers a strong citrusy aroma to clear befuddled heads, blocked noses and smoky lungs.

Paint over wintry grey skin with **Sen's Reishi & Shiitake Mushroom Detox Body Mask**, £20. Wrap yourself up in clingfilm for 15 minutes and then emerge, butterfly-like, with a blooming complexion.

The party-loving Sarah, Duchess of York, is a great fan of **Koyotakara Easy Nite Detox foot patches**, £25 (available at Selfridges). They are saturated with Japanese minerals and draw impurities out through the sole. >



< pulses, organic chicken, eggs, vegetable juices and brown rice. The aim is to encourage the body to break down fat cells which store toxins. Alternative cleansing treatments such as cupping – an ancient Chinese practice where hot glass jars are placed along the back, creating a vacuum-like pressure (a bit like getting a lovebite) and drawing out toxins from the major organs – are also prescribed for added effectiveness. As well as losing weight, Dr Joshi's patients report higher energy levels, glossier hair and brighter skin. Gwyneth Paltrow was so grateful she wrote a gushy testimonial for his book, *Dr Joshi's Holistic Detox*, the current bedside bible for over-indulgent socialites.

Approaching detoxing from the other end of the problem is revered colonic queen Margie Finchell (tel:

Colonics are still not appropriate for dinner-party conversation

020 7724 1291). Although colonics are still not deemed an appropriate subject for dinner-party conversation, Margie's discreet Marylebone address is the hot tip on the girlfriend grapevine. She is London's most trusted colonic hydrotherapist and has the royal seal of approval (Diana, Princess of Wales, was a regular). Margie believes everyone could use an internal spring-clean, as we clog up our systems with gooey dairy products and gluey, over-processed foods, forming impacted matter in the colon which can then cause auto-intoxication, where the body poisons itself. With her motherly manner and cosy treatment room (the water is even warmed to blood temperature), the whole process is surprisingly inoffensive and in only an hour great feats can be achieved: ash-grey complexions are restored to a healthy, glowing pink and gurgling acid potbellies deflate.

As far as miracles go, however, the most impressive and commendable guru of the moment is Brendan Quinn (tel: 08456 585729). A qualified psychiatric nurse who broke away from the NHS, Brendan specialises in providing hope for those for whom the excesses of a high-rolling lifestyle have become destructively addictive. His 1-1 Detox programme (1-1detox.co.uk) is a UK first and offers addicts a confidential home-based detoxification service. He is endorsed by rehab heavyweights such as Beechy Colclough (one of the country's top psychotherapists whose former patients have included Robbie Williams and Sir Elton John). Along with a clinical nurse specialist he'll travel anywhere in the world within 24 hours of receiving an SOS call, and will even move in and live with addicts 24/7, for anything up to nine months. The programme aims to teach people to live in the environment they used to abuse in (Brendan's even gone on tours with rock stars). The aftercare is also second to none. 'I've just got back from the Himalayas,' reports Brendan. 'I took a client to meet the Dalai Lama for some spiritual cleansing.'

Hanging out with His Holiness is not only spiritually uplifting – it also projects you into the cosmos of A-listers such as Richard Gere and Uma Thurman, the Dalai Lama's close personal friends. Clean living has never been so glamorous. □



Hippocrates Health Institute

Set in a stunning woodland park, the **Hippocrates Health Institute**, West Palm Beach, is the getaway for alternative, natural healthcare. Treatment focuses on positive thinking, raw-food diets (they're very keen on wheatgrass shots) and non-invasive therapies such as hyp-pit tsubo therapy, where magnetised metal balls are put on acupressure points to help suppress hunger and increase energy. Ring 001 561 471 8876 or visit hippocratesinst.com.

colonics. The island's celebrity residents, Claudia Schiffer and Catherine Zeta-Jones, are rumoured to have enrolled. Visit cleanbreaks.net.

Shrubland Hall Health Clinic, Suffolk, has an old-school approach to detoxing: half a grapefruit for breakfast, gallons of water, early lights-out and no mobile phones. Set in a charming old stately that's slightly frayed round the edges, Shrubland is run by Lord de Saumarez and

landscaped by Sir Charles Barry. Ring 01473 830404 or visit shrublandhall.co.uk.

London's **Hale Clinic** has a top-to-toe detox, including a meditation mind purification; Bioesthetics (a detox for the hair which involves scalp massage and acupuncture to stimulate hair growth); Tri-Immuno-Phasic periodontal therapy, which cleans bacteria out from the gums (improving systemic health and banishing bad breath) and colonics with therapist Ursula Gateley. Ring 020 7631 0156 or visit haleclinic.com.

Yohm (Your Own Health Management) organises weekend retreats in five-star hotels to educate people about healthier living. Ideal for stressed urbanites who don't have time to take a week off work but still want results. Yohm founder Heidi Meyer has assembled a truly excellent team of the country's top health practitioners, from yoga and pilates teachers to masseurs, nutritionists, reflexologists and naturopaths. Yohm will also organise personal schedules. Ring 020 7256 5353 or visit yohm.co.uk. □



Clean Breaks organises nine-day personal detox programmes in Majorca. Clients are sent for medicals in Harley Street before they leave. Once there it's a strict liquid diet of fruit and vegetable juices and daily

his family and has an unpretentious, truly relaxing vibe that keeps many guests coming back for more. You can pad around in your bathrobe, sweat it out in the beautifully tiled Turkish bath or lose yourself in a book in the beautiful gardens,