

Look good and feel even better: follow **Liz Newman**'s example, and gently ease yourself into the New Year



HEALTH Q&A

New Year motivation from diet and exercise guru **Joanna Hall**

What's your New Year's resolution?

Improve my time keeping - I'm always running a little behind schedule!

Dieting: good or bad?

Bad; life's too short. It's important to keep things in perspective and in balance - I strongly believe consistently depriving yourself distorts your personality!

What's new in fitness for 2011?

Walkactive is where it's at. Simply by addressing your walking technique and learning to move your body the right way so you use your muscles most effectively, you can lose up to 10 inches in just four weeks.

Top tip for weight loss?

Try my Carb Curfew: no bread, pasta, rice, potatoes or cereal after 5 pm - it reduces bloating and makes a significant difference to your waistline.

www.joannahall.com



WEAR THIS: KATHERINE THOMAS BESPOKE WINTERWEAR

As we write this, the mercury has dropped to unprecedented lows, and temperatures look set to stick at near freezing levels for the foreseeable future, so we've booked in for consultation with the queen of stylish outerwear, Katherine Thomas. Her bespoke ski and winter clothing is tailored to individual tastes and requirements, guaranteeing that each piece is absolutely one of a kind. More importantly, made from ethically approved fur and high tech cloth, everything is super cosy, too.

To arrange a private viewing, or consultation, call 07968 587144 (www.katherinethomas.co.uk)

WE LOVE... ANTONIA BURRELL

Having worked in the industry for 18 years, what skin expert and holistic facialist Antonia Burrell doesn't know about skincare, isn't worth knowing.

Now, in response to requests from clients, she has launched her own eco-lux range of 100 per cent natural skincare.

Our skin can't get enough of the gorgeous collection, which harnesses nature's most potent, nutrient-rich botanicals in a range of stress-melting serums,

cleansers and moisturisers. Better yet - for one week only - from 17 January, Antonia will be available for private appointments at the Urban Retreat in Harrods, performing her formally accredited bespoke facial treatments. Having

experienced her magic hands, we can't stress the importance of making sure you secure one of these appointments!

Prices from £31 for the Radiant Light Facial Serum. The bespoke facials will cost £95 for 75 minutes. Available from Urban Retreat, 5th Floor, Harrods, Knightsbridge, SW1 (020 7893 8333; www.urbanretreat.co.uk)



DRINK UP

If, like us, you're feeling decidedly toxic after the recent festivities, you'll want to get yourself on a Purifyne Detox Diet plan asap. As well as the obvious benefits, the combination of freshly squeezed fruit and vegetable juices, together with the naturally based supplements, will help to decrease cravings, reduce stress, and increase energy levels, too. Then there's the weight loss... on average, a staggering 10 lbs per detox. Each package is tailored to individual needs, and juices are delivered direct to your home, meaning it couldn't be easier. And with support on hand from the Purifyne team, you won't miss your normal meals one bit, we promise...

On-day plans from £79 (07793 561297; www.purifyne.com)

P Purifyne are offering *Fabric* readers an exclusive discount of 15 per cent on all plans booked in January and February. For full details, see www.fabricproperty.com*



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