



# BEACH READY IN 48 HOURS

Pre-holiday prep a bit lastminute.com? Relax... we have the toolkit to transform you from pale and unpedicured to bronzed beach goddess in just two days

We've all done it – booked a beach holiday months in advance and simultaneously made a pact with ourselves to hit the gym and ditch the biscuits; only to end up frantically working late in the run-up to departure, bikini diet and exercise regime not even started. Not to mention the Mani, pedi, waxing and fake tan appointments that

also somehow failed to happen. But there's no need to do a Nigella and start frantically googling burkinis. Our quick and simple detox plan can hone a flatter stomach in 48 hours, while our hotel room workout and handpicked quick-fix beauty products will buff you into bikini-ready shape – however late you've left it.

## BANISH THE BLOAT

Believe it or not, you can reduce belly bloat in just a couple of days. This 48-hour plan eliminates toxins and excess water, to leave your skin sparkling, hair shiny and belly flat before you even get on the plane.

### Tonight - Dinner Vegetable Stir-fry

You've no time to lose, so prepare for your detox with a cleansing mix of vegetables. Stir-fry pak choi, green beans, broccoli, ginger, garlic, tamar, soy sauce and Chinese five spice. Add some cashews and coriander to serve.

### 48 Hours to go - Breakfast Bircher Muesli

The night before, mix 40g of rolled oats (or buckwheat flakes if you are gluten intolerant), 1 tsp of golden linseeds and 50ml apple juice. Cover and refrigerate overnight.

To serve, mix in ¼ grated apple, 30ml natural yoghurt, ½ tsp cinnamon and top with a few berries.

### Lunch Salmon Salad

Poached or baked salmon fillet (or, if you are vegetarian, some tofu). Mixed salad including beetroot, ½ an avocado, watercress and onion.

### Supper Lentil and vegetable broth

Fry an onion, then add water, lentils and veg of your choice. Simmer until the lentils and vegetable are soft. Season and serve with a scattering of pumpkin seeds.

### 24 Hours to go - Breakfast Bircher Muesli (made the night before)

**Lunch**  
**Chicken and greens**  
Slices of baked chicken or turkey breast (or tofu), plus plenty of steamed green veg/ salad, carrots and a small baked sweet potato.

**Supper**  
**Miso soup**  
Boil up some crushed garlic, spring onions and green veg. Add miso paste and tofu cubes or a small amount of cooked chicken.

**Drinks**  
Boost your herbal tea and water intake to at least two litres a day.  
Nettle tea is a good choice as it helps eliminate toxins; while water

will flush out your digestive system and help you beat bikini belly bloat. Cut out the caffeine as well.

Alternatively, try a three day juice cleanse from Purifyne. Choose from a delicious selection of fresh juices delivered direct to your door.

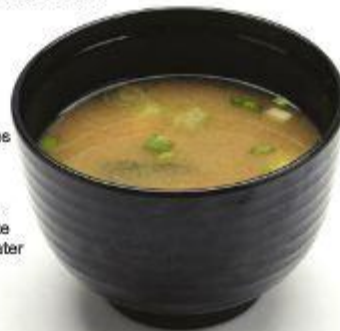
See [www.purifyne.com](http://www.purifyne.com) for details



**Get your beauty sleep**  
Be in bed by 11pm at the latest while you're on this detoxing diet. It will help moderate your appetite and reduce caffeine and sugar cravings.

**Snacks**  
Have a mid-morning and afternoon snack. Choose from

- ½ an avocado and four oatcakes
- Fruit – but stick to berries, apples, plums and peaches
- Nuts
- Seeds
- Carrot sticks



## LOOK POOLSIDE PERFECT

Want silky skin and pedi-perfect toes but due poolside in five? Think of it as preparing for a night out – you can pull off an amazing transformation with the right products.

**Buff up**  
Exfoliation is a sure-fire way to improve the look of your skin in no time. Polish your limbs to perfection with a good exfoliator, which not only rids your skin of dryness and flakes, it firms and detoxes too.

**Fuzz off**  
For a speedy fuzz-free look you can't beat a razor. Choose one with a built in gel bar to moisturise as you shave.

**Nail it**  
Use a foot file to remove any rough skin – exfoliate. And choose a long-stay nail polish to keep that spa-perfect mani-pedi intact. We love Bourjois 10 days Nail Enamel £5.99. The pro silicon formula goes on like regular polish but instantly sets to keep its shine while resisting chips.



**Shine on**  
Keep your hair looking glossy with the Aveda Sun Care range. Fend off drying UV rays for up to 16 hours with a spritz of the protective Hair Veil, £18, and boost beach-tired locks with After Sun Hair Masque, £17, which restores moisture to dry hair.