

It's pre-party season and you want to do a little pre-emptive detoxing. But when temperatures outside are vacillating around the zero-degrees mark, raw food and juicing hardly seem appealing. Instead, warming up your regime could be just the ticket. A wealth of cleanse companies have branched out into the more comforting realm of hot detoxes, which give the digestive system a break while keeping you full and amping up vitamin and nutrient levels.

• **Hemsley & Hemsley** has long been at the forefront of soup cleansing (many *Vogue* staffers are regular devotees of its two-week programme), but for winter, one half of the sibling duo, Jasmine, preaches the benefits: "When soups contain our magic elixir – bone broth – they become far more powerful as a detoxifier and flu-fighter. It's the new-age chicken soup." (Hemsleyandhemsley.com)

• **Nosh Detox**, the home delivery service, has gone all out on broths and immune-boosting soups bursting with spelt, tomato and chickpeas (Noshdetox.com).

• **Purifyne's** Winter Cleanse Plan is centred on hot veggie broths rich in nutrients and minerals.

So as to not alienate die-hard juicers, Purifyne has added cayenne pepper, turmeric, manuka honey, cinnamon and nutmeg to its traditional cleanses for extra warmth and flavour (Purifynecleanse.com).

• **Radiance** offers the best of both with its Winter Cleanse: three juices, plus a hot vegan cashew carrot soup with ginger, cinnamon and nutmeg for a protein hit, and a concentrated spicy ginger tonic to be diluted with hot water throughout the day. Both are designed to help keep the body temperature up (Radiancecleanse.com).

• Juice-maker **Plenish** has teamed up with the author of the *Clean & Lean* books, James Duigan, to create Body Defence, a warming elixir that he drinks in winter to make him "bulletproof" – ginger, garlic, lemon juice, turmeric and cayenne pepper. "It's hardcore but guaranteed

Hot PURSUIT

Winter's answer to the cleanse is here: think hearty soups, spiced tonics and warm workouts. Jessica Hogan turns up the heat

to warm your tummy and alkaline your soul," he says (Plenishcleanse.com).

Warm workouts are also on the up, and now go beyond Bikram. Take your pick from hula-hooping, ballet classes and even spinning – all in toasty environments. Why? In the colder months, muscles are tighter and more prone to injury. "Working out in the warmth maximises calorie burn but also increases circulation to the muscles to reduce the chance of injury," says James Osborn of Freedom 2 Train. So agrees Nahid de Belgeonne of Good Vibes, one of the first to offer "glow" (warm) yoga in London. She says benefits include "a stronger immune system – plus our seasonal-affective-disorder lighting gives a shot of sun to lift your mood even in the darkest winter." While it might not be as good a fix as a real dose of sunshine, we'll happily bask in its glory. ■



Sanctuary Spa 5-Minute Thermal Detox Mask, £10.50
Heats on contact with skin for a warming, deep cleanse



Teapigs Organic Matcha Super Power Green, £25
A mug contains 137 times more antioxidants than standard green tea

Warm up

Hot on the heels of hot cleansing comes the kit to match...



NIKE PRO PRINTED SPORTS BRA, £34



Vita Coco with Orange, £3.50

Electrolytes keep you hydrated both during and after a hot workout. Try this new flavour



Bliss Hot Salt Scrub, £29
A self-heating body scrub with rosemary and eucalyptus to invigorate and nurture muscles



SWEATY BETTY ASHTANGA YOGA SHORTS, £45



NIKE ICON WOVEN WOMEN'S TRAINING SHORTS, £28

ADIDAS WOMEN'S SLUR VITA SHOES, £90

