

12 COMBAT PESTICIDES

'Pesticides on fruit and vegetables can interfere with the thyroid, which regulates your metabolism,' explains nutritionist to the stars Vicki Edgson. 'This means it becomes difficult to

lose weight, or you could gain weight unexpectedly.'

BEST DEFENCE Try to eat organically, always peel fruit or buy from Good Natured Fruit, which is pesticide residue-free and available at Tesco, Asda and Morrisons.

13 LEARN TO LOVE FIBRE

The fastest way to remove toxins from the gut is by drinking plenty of water and eating a diet rich in soluble fibre, such as fruit and vegetables, grains and pulses. 'They bind to toxins and are removed from the body, rather than flooding our system,' says Victoria Cooper, head of colonics at EF Medispa. **BEST DEFENCE** Try Purifyne Beautifyne Cleanse, from £345, which clears the system in three days, or The Organic Pharmacy Detox Colon Cleanse & Gut Repair Capsules, £29.50.

14 GET AWAY FROM IT ALL

Book an annual detox break and discover cheekbones you never thought you had. 'A year of stress, stagnation and city smog can lead to toxic build-up, causing problems ranging from digestive to gynaecological,' says Dr Marina Silvia Castiglioni. 'It's about clearing your mind and throwing out your emotional waste, too'.

BEST DEFENCE Henri Chenot has been hailed as the king of Italian detoxing and his medical centre at Palace Merano has an almost evangelical following. Depending on your medical assessment, a week there includes allergy and blood tests, vitamin drips and treatments prescribed by a doctor. You can also find out just how stressed you are. Pamper yourself with hydrotherapy baths, mud wraps and massage, and you'll leave feeling energised and with a much flatter tummy. Rooms start from £190 a night and a week-long detox programme costs around £2,650. To book a break there, visit palace.it.



Make-up by Neil Arter using Liz Earle Colour Hair by Gow Tanaka using Kiehl's. Model: Lina Diaz of Select Model Management. Shot at Yaremuul Cenote, Mexico, with thanks to Alltours. The team stayed at Vicenya Riviera Maya, Mexico. Villas cost from £88 per night, visit vicenya.holidayrentals.com. Opening spread: top, stylid's own; leggings, Wo Are Handsome; bracelets, Succaria and Azuri. Second spread: swimsuit, Liza Binco. Following page: top, Krystof Stroszyn; briefs, Norma Kamali; necklaces, SweetTime; bracelets, Azuri. Previous page: swimsuit, Succaria and Azuri. This page: bikini top, Sportmax; skirt, Kirby Joseph; scarf, Jane Carr