

THE
POWERHOUSE
SUPPLEMENTSCOOK UP
A BEAUTY RECIPE

Kitchen cupboard beauty is having a huge revival – with natural brands looking to traditional foods and herbs to turbo-charge their products. Riding this trend, LA-based May Lindstrom uses cooking spices and raw cacao essence in The Good Stuff Radiance Body Oil, £85, and regenerating honey in her Mud Cleansing Silk, £64. NUDE Purify Deep Cleansing Mask, £38, also contains honey and propolis, a by-product of honey that protects the skin's microflora. Whereas, pink Himalayan salts (great for cooking and seasoning) are also cropping up in detox bath products like Roques O'Neill Therapy Himalayan Detox Salts, £37. 'They're like an upgraded version of Epsom salts,' says Imelda Burke. Beauty therapists are also getting in on the act. Skin specialist and holistic health practitioner Sherron Holder-Culver combines hi-tech anti-ageing methods like LED light therapy with old school food ingredients, often offering up homespun beauty recipes to her upmarket Chelsea clients for them to do at home. 'There's been a real return to using the clean organic foods we eat and using them to feed and nourish the skin,' she explains.

DO A DAILY DETOX

Naturalistas don't count calories – they count nutrients. Which is why they love the latest powerhouse supplements. Last week, Elle Macpherson, 50, tweeted a picture of herself in a bikini drinking her twice-sold-out The Super Elixir supplement, £96, with the caption 'Super greens... after a super swim'. Nutrition expert Dr Simone Laubscher says, 'The latest supplements offer a hit of green nutrients that give you a daily mini-detox that sweeps out impurities from caffeine, alcohol and environmental toxins.' The newly launched raw Aduna Moringa powder, £7.99, is from the same company that launched baobab, the African superfruit that sold out last year. It's made from moringa tree and can be used in juices. It contains more health-boosting nutrients than the goji berry and is dubbed 'organic jet fuel' for its ability to increase energy levels. Napiers Seagreens Hebridean Kelp, £19.99, is loved by Gwyneth, and contains organic seaweed to boost low iodine levels (studies show 65% of women don't have enough), and strengthen hair and nails.

SWITCH YOUR WORKOUT
WITH THE SEASONS

Just as you eat in season to get the best nutrients, the big trend in the US is for seasonal exercise to get the best out of your body. According to Rhian Stephenson, from the Beckhams' favourite workout, Psyche, 'Spring is a time to wake up your muscles with stretching and outdoor work, like cycling. Summer is when your energy peaks, so make the most of it with runs and high-intensity exercise. In autumn, do weights to build up strength for winter. And winter is when you should be doing yoga-style exercises to help stiff joints and muscles.' Lifelong yogis are well aware of the need to alter their practice with the seasons and our body responds to those changes. *Grazia* reported earlier in the year about the benefits of exercising *au naturel* (in the great outdoors, not in the nude, just to be clear), but those benefits don't stop when sunny mornings disappear and winter nights draw in. 'Taking your workout outside has a multitude of benefits,' says trainer James Duigan. 'It's free, studies show working out in nature increases feel-good hormones, plus the uneven surfaces and mix of things to do can mean your body works harder.'

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1. Roques O'Neill Therapy Himalayan Detox Salts, £37.
2. Napiers Seagreens Hebridean Kelp Supplement, £19.99.
3. WellCo The Super Elixir, £96.