

# My LIFE-CHANGING health tip

COMPILED BY  
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Diets that *really* work, spas that change your attitude, fitness tricks to transform your figure – we asked some of our favourite women to let us in on the discoveries that have made them feel fitter, happier and healthier

## THE HI-TECH TREATMENT by Elle Macpherson Model

"My light-bulb health moment came when I was introduced by a friend to The Luzmon Lifestyle Clinic in west London. There they use something called thermo-stimulation, which sounds very hi-tech, but is a combination of electro-stimulation and infrared heat, which can be used for a whole host of things. I think it works wonders if you are suffering from jet-lag or just want to detox. When I've been travelling a lot I always check myself in for a treatment. It leaves me feeling fresh and revitalised, but with blissfully little effort – all I have to do is lie there."

**Try it yourself:** Each session lasts 45 minutes and costs £80. Call 020 7937 3200; luzmon.com



## THE WORKOUT MACHINE

by Dame Kelly Holmes Athlete

"Believe it or not, my best fitness discovery has been the good old-fashioned Stairmaster. I had a bad injury in 1996 and couldn't run for six weeks, so started using one as a way of maintaining my fitness. It's brilliant for core strength and building cardiovascular fitness – as well as having the satisfying side effect of toning up your bum and tightening stomach muscles. It became my saviour whenever I had

an injury, and I would often exercise on it for an hour in the morning and an hour in the evening, five days a week, to keep in shape. Now I'm not competing professionally, I'll do a lot more 'social sports', such as squash or jogging with friends, which I love after so many years of intensive training, often alone. But I still have my trusty Stairmaster at home – it comes in handy when I can't face the great British weather."

**Try it yourself:** You'll find a Stairmaster at most gyms, or, if you're in it for the long-haul, invest in your own from £3,195, available at home-gym-equipment.co.uk. For more information on Kelly, visit doublegold.co.uk



## THE ROWING MACHINE by Anna Friel Actress

"If I need to blitz my fitness, my miracle worker is a rowing machine. I rent one to use at home when I want to get in shape quickly – the best ones are those that use real water. Use one every day for just one week and you'll feel totally in shape. I'm really not a fan of the gym,

but am a big believer in practical exercise which fits into your life. For example, don't jump in the car when you can walk somewhere – fast walking is much better than running and when you're carrying shopping bags, lift them up and down to tone your arms."

**Try it yourself:** You can hire a WaterRower from £9.90 per week at waterrower.co.uk



## THE HEALTH GURU by Ashley Ward Make-up artist

"My health turning point was visiting holistic health practitioner Dr Nish Joshi a few years ago. I was a size 14-16 and feeling pretty low. He put me on a strict Ayurvedic detox, which meant cutting down on sugar, wheat, dairy and alcohol. Now I'm three sizes smaller and much happier and healthier. At the same

time, I was going through some big emotional changes and went to see an amazing therapist called Mike Bengtsson, who specialises in injury healing and releasing your postural habits and emotions. Working on improving my health has left me feeling 100 per cent better about the way I look and feel."

**Try it yourself:** An initial one-hour consultation with Dr Joshi costs £130. Visit thejoshiclinic.com. Dr Joshi's Holistic Detox (Hodder Mobius, £12.99) is out now. A consultation with Mike Bengtsson costs £200. Visit mikesweden.com →

