



# Spring Detox.

As the summer holidays burn bright, we ask two experts how to do a little maintenance on the body

INTERVIEWS RACHEL FARNAY JACQUES



## DORINDA ROSE BERRY

Dorinda Rose Berry (inset left) is the founder of Roseberry New Age Center in Phuket, Thailand. She has worked in the field of natural healing, therapist training and luxury spa-destination consultation for more than 25 years — and specialises in energetic spirit and emotional healing, as well as aromatherapy.

### How does the warmer weather wreak havoc on us?

When the weather is hot, it's easy for our temperaments to become too hot — a term called "hot heart" in Thai, making us easy to anger. Keep a cool head by remaining grounded to the earth. A simple outdoor 10-minute meditation each day will do wonders.

### How can we prepare ourselves for summer?

Try a weekend of light detoxing to let your body expel the old winter energy and make way for the new summer energy. During your mini-detox, give up foods which aren't good for you — alcohol, caffeine, refined and processed foods, and switch to a vegetarian diet.

### What are your favourite super foods for summer?

Rosella — it cools and cleanses the blood, as well as the liver and the bowels. Chlorophyll — this green super-drink is a great cleanser, helping you shed toxins. Coconut oil — this is a super food when taken in its virgin, organic state. It aids in detoxing the body and will assist you in losing weight.

### What are five surefire ways to spruce up the body for summer?

Body scrubs, detox, visualisation and affirmation, coconut oil on the skin and in the belly, and early morning yoga and meditation.



## NARELLE CHENERY

Narelle Chenery (inset right) is the director of research and development at ONEgroup, and formulator of Miessence certified organic skincare.

### How does the warmer weather wreak havoc on us?

Additional UV exposure increases oxidative damage to our skin, which causes us to age faster. The higher temperatures also increase our rate of dehydration, which can be dangerous. A moisturiser with added sunscreen such as the Miessence Reflect Outdoor Balm is perfect for daily use.

### How can we prepare ourselves for summer?

Increasing your intake of fruits and vegetables is critical. They're rich in antioxidants, which protect the skin from the harmful, oxidising effects of the sun; they also fight against heart disease, cancer and obesity, and fill you up with less calories. Miessence Berry Radical provides the antioxidant equivalent of 10 servings of fruits and veggies in one teaspoon serving — the best way to start the day!

### What are your favourite super foods for summer?

Berries and all summer fruits! Make a morning smoothie with young coconuts, mango and berries — yum! To supercharge it with added minerals and cleansing chlorophyll, add a handful of baby spinach or kale, or a teaspoon of Miessence In-Liven probiotic superfood.

### What are five surefire ways to spruce up the body for summer?

Drink lots of fresh water; take a vigorous morning walk; do 10 to 15 minutes of lunges, squats, push-ups and sit-ups daily; eat fresh fruits and vegetables; and brush your pre-shower skin to make it glow. ★