

# marieclaire

fashion  
with heart

# 342

## NEW FASHION IDEAS

WHY NOW IS THE TIME TO TAKE A CAREER RISK (YES, REALLY)

HEALTH SECRETS THE EXPERTS LIVE BY

LOOK YOUNGER FOR LESS AGE-DEFYING BEAUTY TRICKS



**KATE WINSLET**  
I WAS BULLIED FOR BEING

## Guru

**The plastic surgeon:**  
**SHOWER WITH GROUND COFFEE BEANS**  
**Dr Angelica Kavouni** says: 'I use old coffee grounds as a shower scrub to improve cellulite. The caffeine helps to break down the lumpy appearance.'



**The physiotherapist:**  
**WEAR TWO BRAS FOR SPORT**  
**Sammy Margo** says: 'If I exercise, I always wear a normal bra and then a sports bra on top. This prevents the ligaments in my breasts from being stretched.'



**The optometrist:**  
**GO EASY ON THE EYELINER**  
**Susan Blakeney**, adviser to the College of Optometrists, says: 'I only ever apply eyeliner to the skin outside the eyelashes - not the "wet" inner bit most people apply it to. The wet area has tiny little glands that can become blocked, causing infections such as styes.'



**The homeopathic physician:**  
**TAKE MARINE EXTRACT**  
**Dr Deborah McLanners** says: 'I take a marine extract supplement called Viviscal [£39.09 for 60 tablets, pharmacy2u.co.uk] and credit it for my thick, shiny hair. It provides all the right kinds of amino acids and proteins to encourage hair growth.'



## HEALTH SECRETS THE EXPERTS LIVE BY

They spend their lives helping others feel tip-top, but what do the health gurus do to keep in shape and on optimum form?

**The osteopath:**  
**HANG UPSIDE DOWN**  
**Danny Williams**, Council Member of the British Osteopathic Association, says: 'I hang upside down using ropes for 10 to 15 minutes once a week to stretch my spine. Or sit with your back against the sofa arm, legs on the sofa, then reach your arms over your head and try to touch the floor - it has the same effect.'



**The dentist:**  
**USE TOOTH MOUSSE**  
**Dr Uchenna Okoye**, dentist to Channel 4's 10 Years Younger, says: 'I carry a product called Tooth Mousse [£15, londonasmiling.com] in my bag in case I get tempted to eat chocolate. It seals teeth in a protective layer, stopping damage from sugary foods.'



**The acupuncturist:**  
**MASSAGE YOUR NOSTRILS**  
**Pamela D'Alborto** says: 'Applying firm pressure with two fingers to the dips either side of your nostrils and massaging clears nasal congestion symptoms like magic.'



**The general practitioner:**  
**EAT BRUISED APPLES**  
**Dr Richard Deacon** says: 'I choose bruised apples rather than perfect ones because decomposing apple peel contains salicylic acid, an aspirin-like substance that helps thin the blood and reduce the risk of disease.'



**The naturopath:**  
**POP A MAGNESIUM SUPPLEMENT**  
**Stephen Langley** says: 'I swear by taking 300mg of magnesium citrate every night before bed. It relaxes the muscles and calms the nervous system through its action on the adrenal gland. This ensures I have a good quality sleep every night.'