



Body language

The seriously svelte, toned and terrific share their daily routines. From snacking secrets and fitness inspiration to the power of the perfect fake tan, Sigourney Cantelo gets the bottom line on bodies.

The natural beauty buff

Samantha Sample, creator and owner of Be Genki natural bath, body and home products (www.begenki.com.au).

BODY MANTRA: “Be kind to your body. Treat it right by feeding it nutritious wholefoods, exercising regularly and taking time out to pamper yourself from tip to toe.”

FOOD PHILOSOPHY: “I purchase organic and biodynamic wholefoods to reduce my intake of pesticides and other harmful substances used in conventional farming and food manufacturing, and follow a strict 90:10 rule (by eating healthily

90 per cent of the time I can indulge in my favourite naughty things 10 per cent of the time). I avoid alcohol, processed foods, soft drinks, coffee and meat (however, I do have a soft spot for ice-cream and dark chocolate).”

A TYPICAL DAY'S DIET: “For breakfast I make a delicious eight-grain porridge (quinoa, millet, spelt, oats, amaranth, sago, brown rice and barley) with rice milk, cinnamon and almonds. Lunch is brown rice with adzuki beans, pumpkin, seasonal vegetables, tempeh, wakame, an umeboshi plum and sesame seeds. Dinner is a salad of rocket, tomatoes, sprouts, hommus and a soft-boiled egg, followed by a piece of raw dark chocolate and a pot of Be Genki Tranquility herbal tea.”



Above: adzuki beans, one of Sample's lunch staples. Right: Bodecare vegan tampico dry body brush, \$19, from www.mamaaum.com.au.

FITNESS OBSESSIONS:

“My body has completely transformed since I've been doing Ki yoga at Sydney's The Centre of Yoga [www.thecentreofyoga.com]. I also do a beach run and swim twice a week, as well as a weekly weights training session, which has been great for firming my upper arms.”

SNACKING SECRETS: “Take a jar of raw nuts and seeds wherever you go. Celery and hommus is easy yet healthy, and my latest discovery is Babushkas Kefir, a highly nutritious probiotic drink [available at selected health food stores]. It's yummy and so good for you. A small glass is perfect in between meals to keep the hunger at bay.”

BODY PRODUCTS THAT WORK:

“I dry body-brush my skin every day before I get in the shower, then dry off and apply Be Genki Sensuality Body Oil. It's heaven in a bottle: 100 per cent pure ingredients of jojoba oil, rosehip oil, sweet almond oil and essential oils of rose otto, jasmine,



Be Genki Sensuality Body Oil, \$34, and Tranquility herbal tea, \$25.

Samantha Sample



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ylang ylang, bergamot and lavender. This ritual keeps my skin soft and glowing all year round. It's really so simple but I swear by it.”

TREATMENTS THAT MAKE A DIFFERENCE: “I have colonics at Alkaline in Potts Point [far right] twice a year; pedicures at Paddington's Parlour B; and regular deep-tissue massages at Zen Day Spa in Darlinghurst.”

The yoga guru

Sally Belmont, private yoga teacher and owner of the Restorative Yoga practice in Sydney (www.restorativeyoga.com.au).

BODY MANTRA: “We live in a fast-paced world, so find time to reflect and rejuvenate. Meditation and deep relaxation not only energise you, making you more productive, but also promote a deep sense of nurturing. When you are nurtured, everyone benefits.”

FOOD PHILOSOPHY: “When I lived on the east coast of America I learnt to appreciate the ebb and flow of life with the seasons. I try to eat the best available seasonal local produce and vary it with the weather: warm for winter and cool for summer.”

A TYPICAL DAY'S DIET: “For breakfast I like yoghurt with fruits, especially blueberries: they are great brain food. Lunch is usually sushi with miso soup: Japanese food is very cleansing. My favourite dinner is risotto funghi, always with a salad. I love strawberries, goat's cheese and avocado over lettuce with simple balsamic vinegar and olive oil.”

SNACKING SECRETS: “It's best not to snack too much in between meals. After a class, if I do feel the need to snack, an apple or a nut mix is sufficient.”

FITNESS OBSESSIONS: “With its stretching and strengthening properties, yoga is complementary to any sport. I combine my personal yoga practice with swimming. I swim a few times a week at my favourite Sydney swimming holes: Nielsen Park, Parsley Bay, Bronte Pool and the Andrew (Boy) Charlton Pool. The most beneficial and balancing of all the yoga sequences is *surya namaskar* [the sun salutation]. It's a beautiful flow of 12 *asana* [yoga postures] running together with the rhythm of your breath and is a complete workout, stretching, strengthening, opening and releasing through the entire body. Adding meditation and deep relaxation to this routine makes it a total holistic experience.”

BODY PRODUCTS THAT WORK: “Every morning I complete an ancient Indian



Blueberries and mixed nuts are the perfect on-the-go snack.

ayurvedic ritual of self-massage with different oils. I use Subtle Energies Relief Blend and Young Living's Joy and White Angelica essential oil blends.”

TREATMENTS THAT MAKE A DIFFERENCE: “I have facials with a close friend of mine, Sharon McGlinchey of MV Organic Skincare [MV Radiance Therapy, \$165 for 75 minutes]. She incorporates her knowledge of yoga and reiki into her treatments and they are just heavenly. Her organic products, especially the Gentle Cream Cleanser and Rose Soothing and Protective Moisturiser, are perfect for my sensitive skin. I also love to go to the Aveda day spa in Paddington to have a healing feet-relieving treatment [45 minutes, \$59] and massage.”



Sally Belmont



Young Living essential oil blends Joy, \$80, and White Angelica, \$118; MV Organic Skincare Gentle Cream Cleanser, \$41.



The Alkaline spa in Sydney's Potts Point.

The health spa owner

Monique Bolland, owner and director of Alkaline health and detox spa in Sydney's Potts Point (www.alkaline.com.au).

BODY MANTRA: “Whatever you do for your body, enjoy it. If weights don't work for you, try yoga. If you enjoy eating meat, don't force yourself into a vegetarian diet. You just have to figure out what works for you. If you're not sure, see a naturopath or a personal trainer to help establish your goals.”

FOOD PHILOSOPHY: “I exercise a lot and don't eat red meat, so I make sure I eat a lot of protein from eggs, tofu, nuts, legumes and so on. I try to eat gluten-free options, because too much wheat leaves me lethargic and bloated. It's also a good way to get a mix of different grains into your diet.”

A TYPICAL DAY'S DIET: “Breakfast is coffee and a bowl of spelt cereal with yoghurt and fruit, or scrambled eggs. Lunch is a salad, sandwich or protein shake and I usually give in and have something sweet after lunch. For dinner on a good day I have sushi, salad or vegies and tofu; on a bad day, gluten-free pizza with lots of rocket and spinach on top to ease my conscience.”

SNACKING SECRETS: “Keep mixed berries in the freezer: they're high in antioxidants, fibre and vitamins. They're great for meals on the go.”

FITNESS OBSESSIONS:

“I try to exercise five to six times per week. A combination of running and yoga makes the biggest difference to my body. Running seems to be the quickest and easiest way to shed fat, but yoga firms, tones and strengthens. Once a week I do a



Monique Bolland

class at Pilates Physique in Edgecliff [www.pilatesphysique.com.au] to help with core strength.”

BODY PRODUCTS THAT WORK: “Dove Summer Glow Body Lotion with self-tan takes the edge off translucent winter skin and Pevonia Ligne Tropicale De-Ageing Saltmousse keeps skin smooth and firm and smells like summer.”

TREATMENTS THAT MAKE A DIFFERENCE: “I sourced and tested all

the best body treatments we have at Alkaline. Three of my favourites: Endermologie, which breaks down stubborn fatty deposits like saddle bags and love handles, and smoothes out the dimpled appearance of cellulite (I have a session every couple of weeks to get rid of any fluid retention and keep my lymphatic system working properly); the Formostar body wrap system, which uses infrared heat to increase your metabolism and burn calories; and

colonic irrigation is also great, as slow and inadequate digestion can be a major contributor to both weight problems and poor health. Colonics relieve bloating and help the digestive system to function properly.”



Rocket is an excellent source of antioxidants and vitamin C.



The fitness entrepreneur Abigail White, director of Abi and Joseph online pilates and yoga clothing store (www.abiandjoseph.com.au).

BODY MANTRA: “A fit, lithe body presents positively to the world. It sends out a message that I care about myself, I’m organised, disciplined and motivated ... so move it, every day, even if it’s only for 10 minutes. Develop or acquire fabulous posture and grace: they are supremely underrated assets.”

FOOD PHILOSOPHY: “I watch my food intake and try not to eat many carbohydrates: they make me hungry, tired and bloated. However, I’m not too rigid, as I know that any extreme ritual coils back on you. So I have bites of naughty things, then I never feel I’m missing out. Sometimes I even have several bites ...”

A TYPICAL DAY’S DIET: “Breakfast is an orange or half a grapefruit, organic

sourdough toast and an egg. Lunch is a vegetarian slice (mainly eggs and vegetables), or soup and crackers. In the afternoon I’ll have nuts or tea and a biscuit, and dinner is fish, chicken or meat with steamed and raw vegies, followed by a cup of tea and 20 grams of chocolate.”

SNACKING SECRETS: “I snack on nuts, as they are high in fat and low in carbs, or a piece of fruit. Don’t ever think you can eat sugar and burn it off. You won’t. You’ll be wearing it.”

FITNESS

OBSESSIONS:

“I walk for 45 minutes every morning on the beach with my Airedale terrier to kick-start my metabolism. Three to four times a week I do 15 minutes of toning and strengthening exercises – I have to be moderate, as my body has been abused from over-exercise for years. My exercise activities are overseen by Dr Peter O’Sullivan of Perth’s Body Logic Physiotherapy, who is a world leader, researcher and lecturer in musculoskeletal problems. I also try to increase incidental activities – like parking the car a bit further from the shops, taking the stairs, doing random squats, getting in the garden, taking short walk breaks with my dog at work, or doing a little disco dance in the kitchen.”

BODY PRODUCTS THAT

WORK: “Dry body brushing really works and Sodashi Contouring Body Gel is absolutely amazing. Clarins Delicious Self Tanning Cream is my favourite self-tan. I alternate between Ella Baché and Nivea body moisturisers.”

White’s breakfast often includes half a grapefruit.

TREATMENTS THAT MAKE A DIFFERENCE:

“I used to get flown to Chiva-Som health resort [www.chivasom.com] in Thailand every year to be their guest pilates instructor. The resort is the number-one treat for anyone wanting to take care of their body – a fantastic detox and rest cure! You come away looking seven years younger.”



From left: Abi and Joseph Ballet wrap top, \$99; Sodashi Contouring Body Gel, \$330; Ella Baché Refreshing Earth Body Lotion, \$39; Clarins Delicious Self Tanning Cream, \$40. Below: a luxe treatment at Thailand’s Chiva-Som health resort.



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