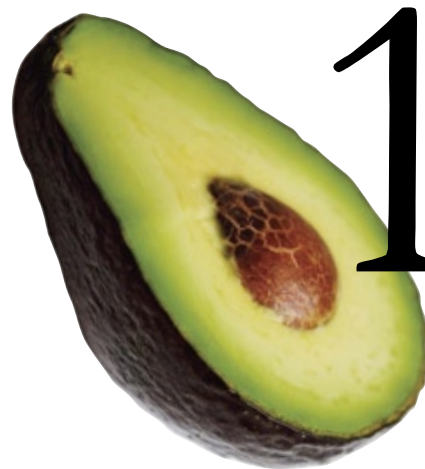


8 ways to detox

Mashed potatoes, gravy and shortbread—oh my! Need some renewal? It might be time to delve into detox mode. Read on for our top eight ways to rejuvenate your body, skin and mind for the New Year. —Kristen Vinakmens



1 Eat "clean"

The holidays are so tempting, with delights at every turn. "But people overdo it," explains Vancouver-based registered dietitian Kristen Reaves. "They're eating foods that are out of their normal routine." Carrie Watkins, a naturopathic doctor in Toronto, says one of the best ways to detoxify is to eliminate inflammatory foods and drinks, such as dairy, gluten, soy, caffeine, animal products, alcohol, sugar/sweeteners and processed foods. Reaves recommends a two-week regimen of eating "clean foods," including veggies, flax, salmon, avocado and lean meats.



2

Drink more water

Drinking water is vital for hydration, but loading up on H2O is also one of our best weapons against toxins. "Water consumption is one of the easiest and most powerful things you can do to detoxify your body," says Watkins. She recommends a tall glass of water spiked with lemon juice in the morning and six to eight glasses of water daily.

3 Add antioxidants

Antioxidant superfoods, such as nuts, beans, and brightly coloured fruits and veggies, are secret superheroes fending off the free-radical bad guys in our bodies. Watkins recommends adding these nutrient-dense, high-fibre foods to your diet to fight off inflammation. To amp up your antioxidants, try **Glisodin Skin Nutrients nutraceutical Advanced Detoxification Formula** (\$125; at select spas and aesthetic physicians, see glisodinskin.com). It boasts an antioxidant complex based on melon extract, along with berries and grapes, to reduce oxidative stress on the body and promote healthy skin.



6

Turn over a new leaf

Go back to nature with toxin-busting herbs. Watkins says herbs, such as milk thistle, dandelion, burdock and nettle, give your organs a boost. "They support liver, kidney and skin detoxification," she adds. You can find many of these herbs in a variety of detoxifying products on the market. The **SoCal Cleanse Organic Detox Formula** (\$65; socialcleanse.com), for example, is a dandelion and milk thistle-infused supplement that touts benefits, such as increased energy, a flatter tummy, clearer skin and even enhanced spiritual well-being.



7

Brush your body

"About 10 percent of body elimination and impurities occur through the skin," says Watkins. Keep these skin gateways open with a regimen of dry-skin brushing using a long-handled, natural-bristle brush. It can help strengthen the immune system, drain and cleanse the lymphatic system and help the skin eliminate toxins. Gently sweep the brush in a circular motion, moving from outer areas of the body towards the heart. Try it three times a week for five to 10 minutes before your morning shower.



4

Feelin' hot, hot, cold!

A cold shower can revive you on a sluggish Monday morning. It's the same principle behind hydrotherapy—the process of alternating hot and cold water to stimulate circulation. "It helps contract and expand blood vessels and lymphatics," says Watkins, which helps detoxify skin. Many wellness clinics offer hydrotherapy treatment, along with infrared sauna sessions to sweat out toxins. **Body Blitz Spa** in Toronto offers a comprehensive water therapy "circuit," comprised of a warm sea salt pool, hot green tea pool, cold plunging pool, aromatherapy steam room and an infrared sauna.

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8

Try hot yoga

You already do ashtanga yoga, so why not boost your regular regimen with über-calming hot yoga? Watkins says the practice, which involves doing yoga postures in a heated room and focuses on deep breathing, helps you de-stress and revs up your circulation. Hot yoga also has the benefit of purging skin toxins while you sweat. "You will be amazed at how great your skin feels," she says. "But always remember to replenish with water and electrolytes." **e**



5

Massage, 2.0

We all know the bliss-inducing benefits of a good massage, but some spas are taking it a step further with detox-specific massage regimens. The **889 Detox Massage** at the 889 Yonge spa in Toronto encompasses a three-pronged approach to achieving your Zen: dry-skin brushing enhances circulation; Astara Blue Detox Body Mask, a clay-based treatment, draws out skin impurities; and a full-body massage.