

TOP Sante

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MARCH 2010 £2.90

LIGHTEN UP!
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(Drop pounds – get happy!)

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Reader exclusive
(see p72)



DR CHRISTIAN JESSEN

Personally speaking



Singer Sharleen Spiteri, 42, reveals her healthy essentials

My wellbeing

'Looking fresh-faced and healthy is important to me, so I exfoliate every day to get rid of any debris. Exercise gives me a glow, too – since being in LA to record my album, I've become addicted to Spinning. Because I play guitar and piano, I'm always in danger of hunching over too much, but this keeps my core strong, and the rush it gives me is a lot like the one I get when I'm on stage.'

'When I'm in London, I love to go to my local farmer's market with my eight-year-old daughter, Misty Kyd. It reminds me of when I was growing up, and my grandma would take me out to buy ingredients for the meal we'd cook together when we got home. The benefit of shopping at the market is that you always get fresh, seasonal produce – and the stall holders give you inspiration for recipes on the spot! □ *Sharleen's new album, The Movie, is out on 22 March.*

HEALTH on my shelf

Dead Sea Spa Magik Hair Magic Serum, £14.95

'I use this intensive treatment on my hair and my daughter's, as it contains pro-vitamin B5, which always leaves locks really shiny and bouncy.'

'The soothing lavender oil in this is great as it's so pure – it's made from fresh, not dried, plants in the French Alps.'

Additional Medicinals Ginger, Licorice, Cinnamon and Ginkgo Tea Blend, £3

'I often sip a cup of this tea before going on stage, as it's great for warming up the vocal cords.'



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REN Lavande Fine De Haute Provence Body Wash, £13.75

'The soothing lavender oil in this is great as it's so pure – it's made from fresh, not dried, plants in the French Alps.'

Diptyque Baies Mini Candle, £19.57

'Soothing rose and fruity blackcurrant is my favourite scent. I light this after a long day, or while I have a soak in the tub for a bit of pampering.'



Dr Frances Prenna Jones Formula 2006, £93

'I apply this before bed to ensure I have a glowing complexion when I wake up. It's a miracle in a bottle!'

Care by Stella McCartney Nourishing Elixir, £43

'Packed with skin-firming musk rose, this is the perfect pick-me-up.'



Elle Macpherson Glow Sparkle & Shimmer Body Scrub, £6.95

'The scent of patchouli in this is really unusual. I use it regularly to get rid of dry or flaky skin.'



Boots Evening Primrose Oil Capsules, £6.49 for 60

'I've taken one a day for years to keep my skin healthy and my hormones balanced.'



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