



I N SEASON

Forget processed, waist-unfriendly foods! Get a trim tummy by making the most of fresh produce this summer. This month, fresh fruit and vegetables are available in a rainbow of colours, so head to your local farmers' market to load up on juicy strawberries, cherries and blackcurrants and greens such as broccoli and broad beans.



L EAN SECRET

For a super-lean summer body and to banish sluggishness, try spirulina. A recent study in the journal *Medicine & Science in Sports & Exercise* found those who consumed the blue-green algae worked out harder and longer than the placebo group, also burning more fat than carbs during exercise. Natural Greens Spirulina, from £12.45, www.naturalgreens.co.uk

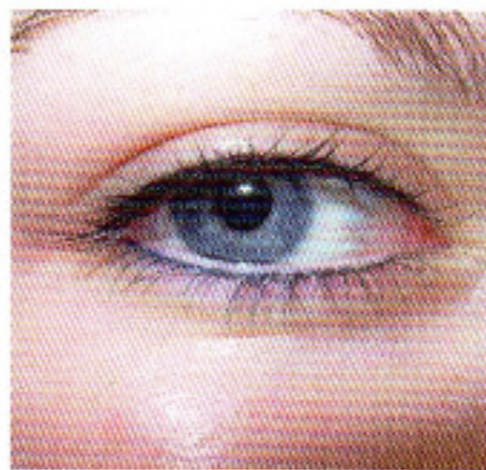
N OSE SPRITZ

Jumping on a plane this summer? 'The protective film of moisture coating the nasal passages is the body's first line of defence against airborne infection, but this dries out on flights of an hour or longer,' says travel medicine specialist Doctor Richard Dawood. He recommends Sterimar, a 100 per cent natural saline spray. Supermodel Carolyn Murphy swears by hers, apparently. £6.49, www.freshanosa.com



O RANGES

Don't underestimate the power of this pulpy fruit! Not only are oranges filled with antioxidant-rich vitamin C, phytonutrients and flavonoids, they also contain hesperidin, which has anti-inflammatory properties. Plus, eating oranges daily lowers the risk of a variety of cancers and fights infectious viruses. Not to mention that they are super-satiating (they are almost twice as filling as bananas!), making them the perfect snack for the beach.



M AKE-UP FOR SUMMER

Bin your waterproof eyeliner and mascara and try a semi-permanent lash treatment, such as Tracie Giles' Eyelash Definer, which is used by elite sportswomen including Olympic skier Cherrmy Alcott. Tracie says: 'In this fuss-free treatment I infuse small dots of semi-permanent mineral pigment along the lash line, giving the appearance of fuller, thicker lashes. Results last up to 18 months.' Perfect for a seaside sojourn! Go to www.traciegiles.co.uk



P URIFY YOUR PORES

Exercising in the summer heat opens pores, increasing the likelihood of chemicals absorbing into the skin. So, to combat this for a glowing complexion, try strawberry Fruit makes the most amazing, natural face mask,' says Leanna Down, founder of natural skincare company Pure thoughts. 'Simply apply mashed strawberries to your face and neck and let the natural antioxidants and astringent properties get to work.'

J UMP FOR (FITNESS) JOY!

Whether you're skipping yourself slim with a rope or trampolining your way into shape, jumping is a great way to blast fat for bikini season. It's a top cardio exercise that's perfect for time-strapped women who want to tone up fast. Check out our guide to rebounding and our workout moves from page 40.



K ICKBOXING

Fire up your summer fitness with kickboxing! Throwing some fat-blasting punches tones your whole body, so it's the perfect pre-beach exercise to get you into shape – and fast. Just an hour kickboxing can burn up to a whopping 680 calories! The WF team loves going to KICK classes; try www.kick.uk.com

