



RESCUE REMEDIES

From Barry's Bootcamp to
Balenciaga sneakers, these are the
wellness trends to watch

BEAUTY

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CAMILLA ÅKRANS: STYLED BY PATRICK MACKIE. MODEL: HANA JIRICKOVA;
HAIR BY ALI PRZADEH; MAKEUP BY WENDY ROWE; MANICURE BY WHITNEY GIBSON

Salvatore Ferragamo
swimsuit. Opposite
page: La Perla bra.

PRIME TIME

From the wacky to the wonderful, here are the latest wellness trends everyone is obsessing over. By EUGENIE KELLY

IS FOR APP WE LOVE

Don't get us wrong, meditation apps are great. But if you're still struggling with living in the moment, maybe it's time you downloaded WeCroak, an app that sends you regular, terse alerts that you're going to die one day. (In Bhutan, they say contemplating death five times daily brings happiness.) An effective way to remind you to stop and smell the roses.

is for Barry's

Barry's Bootcamp opens three studios in Sydney this month and, in early 2019, one in Melbourne. Originating in West Hollywood in 1998, the workout brand is so cult it spawned the term 'Barry's Body' (think lean and super fit). Sign on for its 55-minute High-Intensity Interval Training workout, an 'experience' that takes place in its signature Red Room and consists of 25 minutes of interval-based cardio on treadmills and 25 minutes of strength work using free weights and resistance bands. *Barry's Bootcamp Ultracor leggings, \$260, and crop top, \$180; single classes, \$36, barrysbootcamp.com.au.*

is for
Coco Neige

IS FOR DRINK THIS NOW



Need to lift your high-altitude cafe-terrace game? Designed for the slopes and après-ski, Chanel's Coco Neige is a new skiing/snowboarding collection that's a mix of technical and trend. Satin, wool, fringed tweed and leather are paired with waterproof and windproof materials to protect you from the elements while ensuring you still look chic.

Chanel skiing sunglasses, \$830, and hat, \$1570, 1300 242 635.

Celery would have to be the unsexiest 'green' superfood going, but if you want to detox and improve digestion at the same time, health experts galore are saying this is the stuff to blitz and down a glass of first thing in the morning on an empty stomach. Not only is it a nifty blood purifier (the coumarins in celery enhance white blood cell activity), but it's also rich in vitamin A and magnesium, and acts like a natural diuretic, meaning no bloating.

CAMILLA ABRAMS: STYLED BY PATRICK MACIÉ; STILL LIFE: CHRIS JANSEN; RODNEY MACUJA: STYLED BY CHRISTOPHER XI. PRICES APPROXIMATE. SEE BUYLINES FOR STOCKISTS

F IS FOR EIGHTIES

Stretchy sweat-wicking headbands are back. That's all.

IS FOR FUGLY SNEAKERS

Although these were the statement look of the S/S 2018 shows, technically speaking, you wouldn't wear them on a gym floor. But we're always on the lookout for fresh comfy kicks, and these bulky, bulbous, '90s-style numbers are such a refreshing alternative to last year's ubiquitous Stan Smiths. From left: Louis Vuitton shoes, \$1460, louisvuitton.com; Balenciaga shoes, \$1245, balenciaga.com; Gucci shoes, \$1865, gucci.com.

Gucci headband, \$310, net-a-porter.com; MSGM x diadora sweatband, \$60, farfetch.com.



I IS FOR HEAVY-METAL DETOX SMOOTHIE

IS FOR ICE-CREAM

The Medical Medium — aka Gwyneth Paltrow's new favourite health guru Anthony William — may have raised a few eyebrows with the claim that a divine voice tells him people's ills (sigh), but the guy has a hugely popular podcast and is a *New York Times* bestselling author of four books, so his message clearly resonates. He preaches a combo of coriander, wild blueberries, Hawaiian spirulina, barley grass juice extract powder and Atlantic dulce as the ingredients to take on a daily basis. Just blend with two bananas and a cup of orange juice, and there's breakfast.

A standard one-litre tub of ice-cream is the ultimate calorie bomb, with the cream/sugar combination usually clocking in at about 70 grams of fat and 80 grams of sugar, but the low-kilojoule alternatives are pretty dire. Until now, that is. The *BAZAAR* team's latest obsession is Halo Top, made from organic stevia, skimmed milk and egg white, plus a much higher proportion of protein. OUR FAVES: *Birthday Cake*, *Sea Salt Caramel* and *Peanut Butter Cup*, \$10 each, halotop.com.au.

G IS FOR GREENS

Green powders have superceded the humble daily multivitamin for those of us not getting enough fruit and vegetables, claiming to keep the body optimally alkaline and energised while providing key nutrients such as folate, magnesium and choline to help support healthy cell, gut and liver function. However, not all green powders are equal. "Many may use cheap extraction methods, which compromise the nutrient value of the ingredients and can often be contaminated with heavy metals," nutritionist Fiona Tuck warns. Choose a blend that includes ingredients such as broccoli, kale, barley grass, chlorella and spirulina to maximise nutrient intake. Sprouted ingredient blends tend to be more nutrient bioavailable and easier to digest."

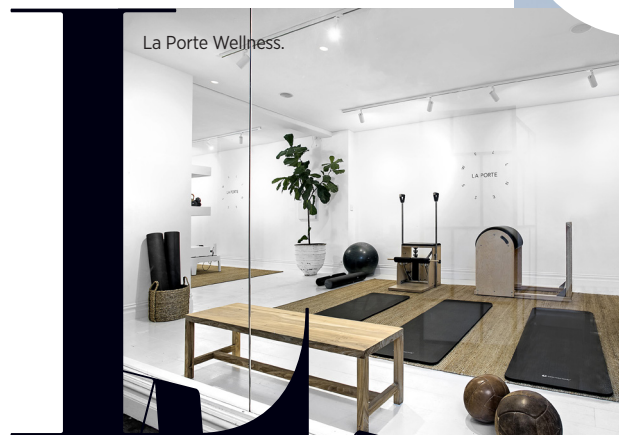
THREE WE LOVE: *WelleCo The Super Elixir* (above), \$145, wellico.com.au; *Nuzest Good Green Stuff*, \$88, nuzest.com.au; *Amazonia Raw Prebiotic Greens*, \$75, amazonia.com.

Fans of this wonder health tonic, which originated in Java, liken it to drinking liquid sunshine, the prescription being a shot (50–80ml per day) taken either upon rising or before bed. A brew of turmeric, ginger, filtered water, pepper, honey and lime, it's touted as a top liver detoxifier, kidney cleanser and mood booster, and is said to be good for muscle recovery and joint pain. Don't DIY. Get it delivered via a subscription to mrstoddystonic.com. \$20 (750ml) or \$36 for six (250ml).



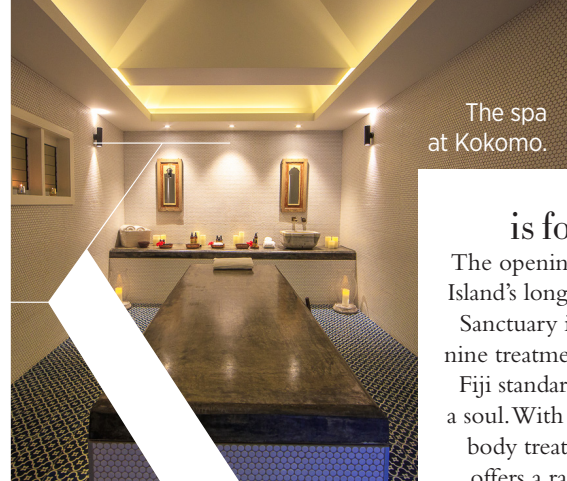
IS FOR LA PORTE WELLNESS

A round of applause for Hayley Bonham, please. This clever stylist and entrepreneur has managed to coerce the crème of Australia's health and beauty gurus to set up shop under one very stylish roof. The Scandi-style space at Sydney's new La Porte Wellness features Australian skincare brand Rationale, celebrity brow and lash technician Kristin Fisher, a Pilates and yoga studio, an infrared sauna and guest 'contributors', who will specialise in yoga, boxing, kinesiology and massage. laportespace.com.au.



is for medicinal mushrooms

'Functional' fungi were nominated by Whole Foods Market as one of its key trends for 2018, with 'mushis' such as reishi, shiitake and chaga moving off the dinner plate and into tea, coffee and smoothies. From growth through to processing, care is taken to preserve bioavailability, then a water extraction process is used to turn them into a potent powder you mix to make a tonic. A great starting point is the Byron Bay-based SuperFeast range. *SuperFeast Jing Kidney and Adrenal Tonic*, \$57, superfeast.com.au.



The spa at Kokomo.

is for Kokomo

The opening of Kokomo Private Island's long-awaited Yaukuve Spa Sanctuary is big news. Boasting nine treatment rooms, it's mega by Fiji standards, yet you won't see a soul. With wet and dry hamman body treatments and rooms, it offers a range of rejuvenating facials, massages with a traditional local flavour (think the Fijian Bombo technique and warm seashells), waxing, tinting and spray tanning, plus yoga, meditation and Pilates classes. kokomoislandfiji.com.



Bottega Veneta bodysuit.

CAMILLA AGRANS. STYLED BY PATRICK MACVIE. KOKOMO: DANIELLE HARTE; COURTESY OF LA PORTE WELLNESS; STILL LIFE: SEVAK BABAKHANI; CHRIS JANSEN; RODNEY MACUJA. STYLED BY CHRISTOPHER XI. PRICES APPROXIMATE. SEE BUYLINES FOR STOCKISTS

Max Mara swimsuit.
Opposite page: Tom
Ford bodysuit.



N IS FOR NOTHING LEFT IN THE TANK

More like a nightclub than a gym, Sydney's Cycology Club boasts long lines out of its door for a reason. A climate-controlled room, a state-of-the-art audio-visual system, 35 Schwinn AC Sport Carbon Blue belt-drive bikes and luxury bathrooms: it's the most motivating way to sweat yourself stupid. *cycologyclub.com.*



Contemplating a switch to more natural beauty? Bond Clean Beauty is a site just launched by Clare McGrowdie (Catherine Martin and Baz Luhrmann's personal hair and makeup artist) that features a tight edit of the most luxurious green labels. A store is set to open in Sydney's Paddington this November. *Bodha Ritual Incense Holder in Brass, \$50, and In Fiore Saffron of Kashmir Solid Perfume, \$130.*



Q is for post-workout skincare

If you've had a major sweat sesh, a deep cleanse afterwards is essential to avoid clogged pores. WE LOVE: DMK Epitoxyl Skin Cleansing Tonic, \$48, which is like a liquid magnet drawing impurities out of the skin. Just cleanse your face as normal, sweep it over your skin (ignore the pong), and splash with cold water.

Q IS FOR QUENCH

If you love to quaff gallons of H2O on the go but are bored with the taste, switch to a good-quality organic loose-leaf herbal tea. Bodhi's Longevitea Antioxidant tea is packed with antioxidants and vitamin C for healthy skin. *Bodhi Organic Tea Longevitea Antioxidant, \$15 (70g box), bodhiorganictea.com.*



Magnesium can work miracles for sore muscles, energy production and stress relief, but if you've taken it in capsule form and it hasn't worked, it might be the absorption method that's to blame. "It depends on the form of the magnesium used — organic versus inorganic forms," nutritionist and naturopath Erika Morvay explains. "An organic form such as magnesium glycinate has shown an improved absorption and gastrointestinal tolerance compared with an inorganic form such as magnesium oxide." We love powdered forms such as *Fusion Magnesium Advanced Muscle Recovery Powder with Coconut Water, \$36, fusionhealth.com.au.*

R IS FOR RECOVERY MODE

CAMILLA AGRANIS, STYLED BY PATRICK MACKIE, STILL LIFE: CHRIS JANSEN, RODNEY MACUJA, STYLED BY CHRISTOPHER XI. PRICES APPROXIMATE. SEE BUYLINES FOR STOCKISTS

IS FOR STABLE-TO-STREET

Here in the BAZAAR office, we're slightly obsessed with Equestrian Stockholm, the chic riding brand that means you can now go straight from your lesson to lunch. Its breeches feature a full-seat silicon grip to keep you steady in the saddle, while the four-way stretch fabric and high waistband are fabulously flattering. \$380, laratweedie.com.au.

IS FOR TANNING DROPS

Sunkissed skin looks healthy, but you know the drill. For a faux healthy glow that appears realistic, add a few tan drops to your moisturiser, foundation or serum. Its precise-dosage application method and customisation aspect is a winner. *James Read Tan H2O Tan Drops*, \$59.



IS FOR URBAN EDGE

The best post-workout jackets right now all boast the same features: slick, minimalist design and innovative details — plus, they could pull double duty on the slopes. *Templa coats*, from left, \$1614, \$1614 and \$2018, net-a-porter.com.



IS FOR WAY TO GO

As much as we venerate virtuous eating and daily exercise, we can't control the fact we're all going to die (see also: 'A'), so you might as well plan a stylish send-off. Former magazine beauty director Yasemin Trollope has turned funeral director with Rite of Passage Funerals, offering burial and cremation ceremonies with a twist. Now ... what to wear to one's own wake? riteofpassagefunerals.com.au.

IS FOR VEGANISM

Keen to inject a bit of vegan into your life but feeling limited by your options? We're loving the just-launched site thevegancompany.love, which covers everything from where to source the best cruelty-free cosmetics and vegan fashion to finding plant-based inspiration so you'll never think about meat again. Cauliflower steak, anyone?

CAMILIA AKRANS. STYLED BY PATRICK MACKIE. MODEL: HANA JURKOVA. HAIR BY ALI PIRZADEH. MAKEUP BY WENDY ROWE. MANICURE BY WHITNEY GIBSON. SET DESIGN: EVAN JOURDEN. STILL LIFE: ANDREW FINLAYSON. CHRIS JANSEN; RODNEY MACUJA. STYLED BY CHRISTOPHER XI. PRICES APPROXIMATE. SEE BUY LINES FOR STOCKISTS

IS FOR



Leg-wise, we all get lazy over winter, but with spring now in full swing, it's time to invest time, money and effort into exfoliating and moisturising. WE LOVE: *Clarins Body Fit Anti-Cellulite Contouring Expert*, \$85, and *This Works Perfect Legs 100% Natural Scrub*, \$47.

is for yoga wheel

Consider this the yogi's version of the foam roller — a thick ring that can help you get a grip on new yoga poses, plus stretch more effectively as it opens up your back, chest and hip muscles. \$80, lifespanfitness.com.au.

EXTRAORDINARY THIGHS

Alberta Ferretti bikini top; Max Mara bikini bottoms.



is for Zadi

Group training is great, but the results can be hit and miss considering the wide-reaching approach studios are taking. If you like small, female-only classes and a bespoke program that's a mix of HIIT (high-intensity interval training) and resistance, try Zadi Training. Visit zadi.com.au.