

Elle, 5th January 2015

AUSTRALIA

ELLE

January

16 PRODUCTS ALL BEAUTY EDITORS SWEAR BY

WHAT HE'S REALLY THINKING AFTER 1, 10, 30 YEARS

JESSICA MAUBO THE REINVENTION

THE IT-GIRL'S GUIDE TO 2015
WHAT TO SE
WHERE TO GO
WHO TO KNOW

THE ON SECRET OF SUPER SUCCESSFUL WOMEN

THE NEW SEXY

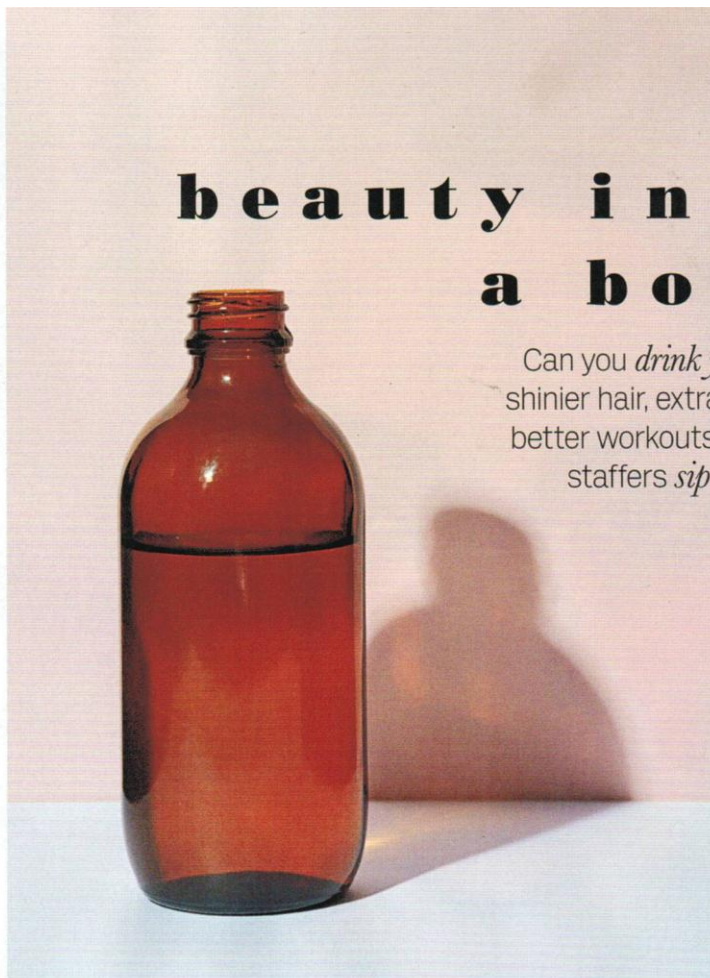
FASHION TO MAKE YOU CONFIDENT, POWERFUL, IRRESISTIBLE

AU \$8.50 NZ \$9.20 (Inc. GST)



beauty in a bottle

Can you *drink your way* to shinier hair, extra energy and better workouts? Four ELLE staffers *sip and tell*



WHAT: THE SUPER ELIXIR

\$145, WelleCo, welleco.com

THE SPIEL: Just two teaspoons daily of Elle Macpherson's green powder balances the body's pH to an alkaline state, which she believes is the key to optimum health.

BEST FOR: An overall nutritional boost – and those who don't fit vegies into every meal. The Super Elixir claims to increase energy, improve digestion and support a stronger immune system.

STAR INGREDIENTS: Bioavailable super greens, Chinese herbs and probiotics.

VERDICT: "The pleasant pineapple flavour means it goes down easily and I breeze through the morning, no second coffee required. Do I feel like a supermodel? No. But my stylist comments on how quickly my hair has grown and I've managed to avoid every office cold. Although it's pricey, it's cheaper than a daily green juice, so I happily keep drinking it." – *beauty and fitness director Janna Johnson O'Toole*

WHAT: BERRY BURN

\$54.95, Clean And Lean, bodyism.com

THE SPIEL: Created by celebrity trainer and nutritionist James Duigan, one scoop in water pre-workout will boost your energy levels and help your body metabolise fat more efficiently.

BEST FOR: Overcoming a training and weight-loss plateau. Berry Burn is anti-inflammatory and contains glutamine to build lean muscle.

STAR INGREDIENTS: Antioxidants galore. It blends Brazilian acai berries, brindleberries and blueberries with green tea and L-carnitine.

VERDICT: "I instantly fell for the delicious raspberry-lemonade-meets-Ribena taste and it made me feel energised. However, the glutamine and pea protein were the real winners for me. They got me through a hardcore cardio session and helped me resist reaching for the sourdough bread the second I got home, undoing all my hard work – no easy feat." – *style editor Dee Jenner*

WHAT: VIDA GLOW MARINE COLLAGEN

Prosperity Package, \$115 for a month's supply, Vida Glow, vidaglow.co

THE SPIEL: Stirring a sachet into your morning coffee and afternoon cup of tea helps stimulate your body's production of collagen for better skin, shinier hair and stronger nails.

BEST FOR: Anyone desperate to grow out their fringe or rehab their nails after a gel-polish binge.

STAR INGREDIENT: Pure marine collagen protein: it's tasteless and free from gluten, dairy, sugar, carbs and fats.

VERDICT: "I've never been one to spend hours getting facials or fork out for expensive skincare, so the idea of sipping my way to better skin was intriguing. I love the idea of the daily shot dosage as it means I can stash sachets in my bag and desk drawer and, while I was dubious about the word 'marine', the taste never interferes with my coffee. I'm still waiting for the shiny-hair effect but, after a few weeks, my skin definitely has a subtle glow and I've noticed that my nails don't break as easily." – *syndication and bookings manager Lauren Barge*

WHAT: GLOW INNER BEAUTY POWDER

\$59.95, The Beauty Chef, thebeautychef.com

THE SPIEL: This powder is packed with quality skin-enhancing ingredients, naturally fermented so they're easy to digest and absorb, meaning better results in a shorter amount of time.

BEST FOR: Anyone suffering from lacklustre skin or sugar cravings, as well as those feeling a bit bloated and sluggish on the inside (and it's showing on the outside).

STAR INGREDIENTS: A blend of 23 skin-enhancing superfoods including antioxidant maqui berries, chia and quinoa, plus amino acids, essential fatty acids, vitamins, minerals and quality probiotics to help improve digestion and detoxify.

VERDICT: "Save for the subtle purple tint, I could barely detect this in my morning smoothie, but within days I felt less bloated and was more, er, regular. After a month of diligent use, I still have a feeling of 'lightness' and the dry patches under my eyes and around my mouth have diminished." □
– *acting beauty and lifestyle editor Sara McLean*