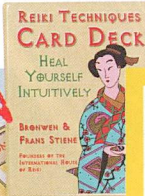


THE HEAL DEAL

Reiki is an ancient Japanese form of energy healing that clears negative energy from the human aura. *Reiki Techniques Card Deck* (Alternative Books, R75), is a quirky and fun way to further your natural and self-healing abilities without having to incur the costs of a reiki practitioner. Clear the gunk and draw yourself towards a positive, healthy way of life.



For the groom

Male grooming is one of the fastest growing industries in SA. And @itude Male Body Care is leading the parlour pack. An upmarket boys-only salon, it's the perfect pitstop for your man. I was treated to a Deep Cleanse Facial, R220, and had to be woken up afterwards... For more info, call Hermien on (011) 318 0338.

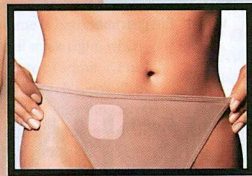
WIN: One ELLE man can win a treatment of his choice at @itude Male Body Care. To enter, SMS ELLEMALE to 35537.

CAUTION: SLIPPERY WHEN WET!

The 2-in-1 Massage Gel from Durex is a water-based lubricant with vitamin E that is sensitive for every part of the body and is compatible with condoms. It puts the sense back into sensual.



...And speaking of contraception, birth control has seen a breakthrough with the contraceptive patch. Applied directly to the skin, the patch is 99% effective in pregnancy prevention and only has to be applied once a week. The thin, hard-to-notice contraceptive should be applied on the buttocks, upper torso, underarm area or stomach and works by controlling the flow of hormones into the bloodstream, and suppressing ovulation. www.firstcontraceptivepatch.co.za; 0860 111 117.



THE WONDER YEARS

How many times have you heard someone say 'It's not a diet, it's a lifestyle'? ELLE's sales executive, Christell Bissett put Slenderwonder to the test and tends to agree.

Slender who? Slenderwonder is a calorie-controlled, high-protein and low-carb diet designed to enhance your natural leptin (an enzyme that helps with fat breakdown) in the body.

What's it about? Six small meals a day with protein shakes for snacks, and four to six gym sessions a week. Weight training is integral to the programme to increase muscle mass.

Recommended duration: Three months.

Goal: To lose 8kg.

Result: I've lost 6kg.

Practicality: I had to change my social life significantly. As a girl who loves her glass of wine with dinner, cutting down to two glasses of wine per week was a huge change for me. However, eating before an event made it much easier for me to say no to excess snacking.

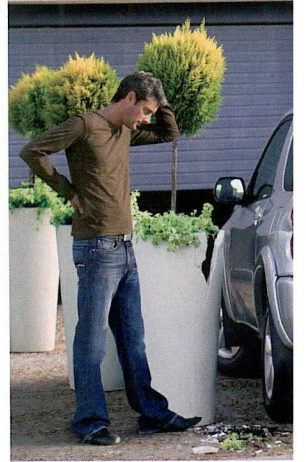
Worst part of the diet? Having to cut down on my social life.

Will you continue with the diet? Yes. The diet became a lifestyle and I will never go back to the way I was eating. Slenderwonder is a focussed but flexible way to lose weight and feel great. I worked with a great team at Dr Maureen Allem's rooms in Parktown North, Jo'burg.

For more info, call (011) 447 9731 or visit www.slenderwonder.co.za.

JUICY FACT

Hooray for hoodia, the new refreshing way to cool down and shed some centimetres at the same time. The new Apple and Hoodia juice from Crystal Falls is the new 100% pressed fruit juice that contains Hoodia Gordonii, a natural and active appetite-suppressing ingredient that aids weight loss. With no artificial flavouring or colouring, have one glass with a meal and your hips will love you for it. Available at supermarkets and health stores.



Whether your crisis is big or small, you need yourself the GREENLIGHT. That's life and disability protection. It all starts with GREENLIGHT CARE 4U, a revolutionary you with a comprehensive network or problem, 24 hours a day, 7 days a week, no excuses.

For advice, contact your Old Mutual agent on 0860 604 500. oldmutual.co.za



Please note that Old Mutual gives cover by external service providers. O