



# SPRING CLEAN YOUR ROUTINE

*Lately I've felt the weather changing. The early mornings, while still chilly, are starting to reveal an undercurrent of warmth which can mean only one thing... spring is on its way!*

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## Recipe:

- 1 cup apple juice
- 1 cup water
- 2 cups baby spinach
- 1 banana
- 1 cup froz berries

Blend, pour and reap the benefits. This tasty, nutrient packed smoothie will help clear your skin, get your motivation soaring and best of all make you feel wonderful - drink up!

**Here's to the new season and a healthy, radiant you - happy spring cleaning!**

So how did your beauty and health routine fare throughout winter? Are you looking radiant, feeling energised and ready to take on the new season? Or did the rainy days lure you onto the couch with skin-dulling takeaway pizzas, infinite re-runs of *Friends* and a few too many warming tipples?

If it's the latter, you may be in need of some serious spring cleaning to get back to being glowy skinned, gorgeous and full of vitality. Luckily help is available, so take a ride with me on the wellness train as we cruise past my three best tips to beautify from the inside-out. Next stop - looking and feeling incredible.

## Personal Training

While most of us are well aware of the thigh firming, tummy shrinking, muscle building benefits of exercise, there is another side to the goodness of training that is less frequently talked about - the benefits to your skin!

I've decided to focus on personal training rather than plain ol' solo exercise, as I find it's much easier to get out of bed and into the wonderful world of fitness when you know you've got someone cheering you on towards looking good and obtaining a rockin bod. Crunches and cardio for clear cheeks? Here's how it works:

Sweat, sweat, sweat. This generally pesky part of working out is actually doing your skin some huge favours, and it doesn't expect anything in return! Sweat contains a natural antibiotic which controls bacteria on the skin, it also clears out pores and helps get rid of toxins - all three of which assist in keeping you pimple free. Go team sweat!

Stress less, baby bird. When we are under stress, the body produces an inflammatory response. In the skin this means acne. Exercising is a fantastic way to burn off stress hormones and in turn, save your skin from those red dots.

Improved circulation brings all the nutrients to the face - or yard, your

choice. If you're not getting your body moving regularly enough, chances are that all the skin supportive food and nutrients you're ingesting (see the next section!) won't be reaching your skin. Give them a helping hand to get where they need to go and you'll be luminous in no time.

Lastly, exercise does wonders for your self-esteem and confidence and if you think you're a total babe, then it's highly likely others will too!

Try [sarahdevlin.com](http://sarahdevlin.com) or [createhealthfitness.com.au](http://createhealthfitness.com.au) if you're after a great trainer who can help you with your fitness goals.

## Skin Naturopathy

If you're diligent with skincare, partake in the occasional salon facial and consider yourself to have a pretty good diet, but are still struggling with acne or dull skin, then it's likely there are some internal factors that are sabotaging your efforts.

Seeing a specialist skin naturopath who will take into account your own personal health history, lifestyle and diet, can help you suss out if there are any key reasons you may not have the skin you've always dreamed of. Blood tests, dietary changes and supplements are all part of the experience, so be warned!

On a personal note, my skin has really improved with the help of Brooke, skin naturopath at [Mi:SkN](http://Mi:SkN) ([miskn.com](http://miskn.com)), so if you need some specific help with acne as part of your spring clean, I can highly recommend this alternative treatment.

## Green Smoothies

Next time you're making a smoothie, ditch the icecream and opt for some spinach instead. Although this doesn't sound tasty (it is much, much yummiier than you would think!), this is one of my biggest tips for helping you to look and feel absolutely incredible by flooding your body with vitamins.