

beauty

# the after party

Still getting over New Year excesses? Here's a plan to get your body and soul back on track. By **Nikki Yazxhi**.

## Overindulged?

**W**hen we overindulge, we place a huge strain on our digestive system, liver and kidneys," says Aine Farrell, a consultant with Velocity Personal Training. "Alcohol is especially hard on the liver, while overeating can lead to digestive upset and places strain on the major organs."

Farrell has formulated a detox plan to boost energy levels, improve skin; and boost the immune system. "It's the perfect way to kick-start healthy eating habits," she says.

## breathe easy

"We excrete 70 per cent of toxins through breathing," says Janie Larmour, who teaches Just Breathe breathing workshops. "If you don't breathe properly all the toxic waste in the blood is pumped back through your body."

Larmour recommends a powerful rhythmic breathing exercise to help eliminate toxins.

"You can do this sitting or lying down," she says. "It's best to start lying on the floor so you can feel where your breath moves to in

your body. Ideally, your belly will push forward first and then a little into your chest."

## RHYTHMIC BREATHING EXERCISE

■ Breathe in deeply for four beats, feeling your belly expand. Warm your hands (by rubbing them together) and place on your belly to help the breath move there.

- Hold for two beats.
- Exhale for four beats.
- Hold for two beats.
- Repeat.

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