



# Body language

The seriously svelte, toned and terrific share their daily routines. From snacking secrets and fitness inspiration to the power of the perfect fake tan, Sigourney Cantelo gets the bottom line on bodies.

## The natural beauty buff

Samantha Sample, creator and owner of Be Genki natural bath, body and home products ([www.begenki.com.au](http://www.begenki.com.au)).

**BODY MANTRA:** "Be kind to your body. Treat it right by feeding it nutritious wholefoods, exercising regularly and taking time out to pamper yourself from tip to toe."

**FOOD PHILOSOPHY:** "I purchase organic and biodynamic wholefoods to reduce my intake of pesticides and other harmful substances used in conventional farming and food manufacturing, and follow a strict 90:10 rule (by eating healthily

90 per cent of the time I can indulge in my favourite naughty things 10 per cent of the time). I avoid alcohol, processed foods, soft drinks, coffee and meat (however, I do have a soft spot for ice-cream and dark chocolate)."

**A TYPICAL DAY'S DIET:** "For breakfast I make a delicious eight-grain porridge (quinoa, millet, spelt, oats, amaranth, sago, brown rice and barley) with rice milk, cinnamon and almonds. Lunch is brown rice with adzuki beans, pumpkin, seasonal vegetables, tempeh, wakame, an umeboshi plum and sesame seeds. Dinner is a salad of rocket, tomatoes, sprouts, hommus and a soft-boiled egg, followed by a piece of raw dark chocolate and a pot of Be Genki Tranquility herbal tea."



**Above:** adzuki beans, one of Sample's lunch staples. **Right:** Bodecare vegan tampono dry body brush, \$19, from [www.mamasium.com.au](http://www.mamasium.com.au).

## FITNESS OBSESSIONS:

"My body has completely transformed since I've been doing Ki yoga at Sydney's The Centre of Yoga [[www.thecentreofyoga.com](http://www.thecentreofyoga.com)]. I also do a beach run and swim twice a week, as well as a weekly weights training session, which has been great for firming my upper arms."

**SNACKING SECRETS:** "Take a jar of raw nuts and seeds wherever you go. Celery and hommus is easy yet healthy, and my latest discovery is Babushkas Kefir, a highly nutritious probiotic drink [available at selected health food stores]. It's yummy and so good for you. A small glass is perfect in between meals to keep the hunger at bay."

## BODY PRODUCTS THAT WORK:

"I dry body-brush my skin every day before I get in the shower, then dry off and apply Be Genki Sensuality Body Oil. It's heaven in a bottle: 100 per cent pure ingredients of jojoba oil, rosehip oil, sweet almond oil and essential oils of rose otto, jasmine,



Be Genki Sensuality Body Oil, \$34, and Tranquility herbal tea, \$25.

## Samantha Sample

