

Fabulous DAILY

Edited by
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WHEN TO BIN YOUR MAKE-UP

STILL own a mascara from three years ago? Bin it immediately. Much like the food in your fridge, make-up has expiry dates. Products won't necessarily become harmful, but they can change texture, start to smell, be bad for your skin or be rendered totally useless. Cosmetic expiry dates can vary dramatically between products, especially depending on their water content, as that promotes bacterial growth. So when should you ditch your make-up? Here **JULIA BOWDEN** tells you when to lose the lippy.

MASCARA
Every three months, bag yourself a new mascara. Otherwise they become flaky and hard to apply. Don't pump the wand as this will dry it out and never share or add water.

LIQUID FOUNDATION
Creams and liquid foundations last around six months as they contain more water than powdered versions. Keep them refrigerated to extend their life.

MOISTURISER
Always check the PAO (Period After Opening) symbol on the packaging. If preservative free, it will not last long.

NAIL VARNISH
After two years, the consistency thickens in nail varnish as ingredients evaporate, leaving a poor finish on the nails. Keeping them refrigerated with the lid tight helps them stay fresh for longer.

LIQUID EYELINER
Liquid liner will totally dry out after six months so it's worth replenishing it twice a year.

LIPSTICK
Despite lipsticks containing water and hydrating agents, they can last up to two years. Regularly wipe them to remove bacteria and always keep the lids on to avoid them drying out.

PERFUME
If kept out of sunlight, away from heat and the lid always firmly on, fragrances can actually last a long time. Watch out for a stale smell or a fade in fragrance.

BRONZER
Much like powder foundations, they will last longer if you keep the lid shut and your brushes clean.



SUFFERING for beauty doesn't usually mean being WHIPPED at a weight loss bootcamp.

But the "Slim Reaper" at detox retreat Slimmeria gets serious results. The regime, in Crowhurst, East Sussex, has been dubbed "the most brutal weight-loss programme in

the UK" and promises to help participants shed up to a stone in just a week.

Former Emmerdale actress Lisa Riley, reality star Bianca Gascoigne and ex-Brookside Jennifer Ellison are fans.

But it is too much for some - former Towie star Gemma Collins

could only bear six hours before leaving. Galia Grainger, aka the Slim Reaper, expects guests to live on a vegan diet of 400 calories a day, get thrashed with twigs and push themselves mentally and physically. Here, writer **ANYA MEYEROWITZ**, left, braves a five-night stay.



Brekkie



Birching



Are you tough enough for Britain's toughest

HOT AND BOTHERED... Anya's steam treatment

Barrel



Boxing



Broccoli

BRUTE CAMP?

DAY 1

As I arrive, I'm measured, weighed and told to hand in any food.

Then I meet Galia, the woman I've seen whipping celebrities in episodes of *Celebrity Fat Fighters*, which is filmed at the retreat.

I admit to her that I'm worried but she says: "What doesn't kill you makes you slimmer."

Over dinner - a bowl of broth with chunks of cauliflower - we learn of a competition in which the winner earns an egg.

Tamara, Galia's understudy, tells us: "It doesn't sound that appealing now but give it a few days and you'll be clamouring for it."

It's lights out at 9pm and all residents must be in their rooms.

DAY 2

I don't sleep very well and it feels like minutes before the 7.15am alarm bell wakes me.

I'm starving and definitely not excited for the sliver of apple (less than 1cm thick) and the glass of lemon water that awaits.

We head out on a six-mile hike before doing laps of a nearby cricket ground and finishing with a steep hill climb. For a long time it is silent, apart from the sound of people gasping for air.

Galia blithely announces: "We are going to break you down. We want you at the stage where you will do anything for food."

Next it's a circuits class - a combination of jump squats, press-ups and other sweaty exercises, followed by yoga and lunch: raw cabbage with carrot. I'm out on my second walk of the day half an

hour later - all of us must try for three a day.

But the afternoon isn't all huffing and puffing. I also slip down to the spa for a relaxing massage.

The evening holds a motivation workshop where we are given some helpful tips for staying positive and happy during the week. By the end of the day I am so hungry I consider eating my apple shampoo.

DAY 3

I feel lighter this morning and slept better - although as soon as I walk out of my room, the smell of cabbage makes me feel sick.

Galia warns as we set out on the day's first hike: "No talking today. If you're talking then you aren't walking fast enough."

The exercise class is hard and I am surprised by how tired I get.

I work out regularly at home but the 45 minutes of aerobics really pushes me to my limit.

The plate of lettuce leaves, two sliced grapes, a small dollop of quinoa and a few slices of cucumber actually seems exciting compared to yesterday's cabbage.

We are told that if we are really struggling, we can have ONE raisin.

Then I head for a Venik Birching treatment. Otherwise known as a whipping. It starts with me sitting in a small wooden barrel with only

my head sticking out while hot steam is pumped in. Then I move to a massage table where I am whipped with birch twigs.

Birching is apparently great for blood flow and also helps the body naturally heal but it was also used to punish criminals in the Sixties.

Dinner is vegetable broth - the only cooked meal of the day - followed by a dance class and walk.

DAY 4

I wake up feeling horrendous. I lay awake most of the night feeling nauseous, anxious and starving.

My heart beats unnervingly fast and it turns out most people are feeling the same way.

I can't face the walk as I'm too shaky. But by the time the boxing class comes around a few hours later, I feel more human.

The past 12 hours have felt traumatic but I am slowly feeling better. Lunch is a stalk of broccoli, half a tomato and a very small mound of carrot, gherkins and another vegetable that none of us could work out. I head to the spa for a facial then out for a slow walk.

DAY 5

Now I feel amazing: light, happy, energised and grateful for a good night's sleep. I notice that the mood at breakfast is back to being cheerful. However, we are reminded

that Slimmeria is not a typical retreat, with the firm warning: "This is not about enjoyment."

Someone else asks for a menu change and is informed: "You want the results, you will eat it."

My afternoon treatment is a honey massage. It sounds great but it actually involves lying face-down on a table, covered in honey, as I am slapped - hard.

It feels like being beaten and getting a wax at the same time.

The spa therapist explains that the treatment reduces cellulite and when I show my friend my legs back home she is pretty impressed.

DAY 6

I haven't slept due to a combination of anticipation about the final weigh-in and intense hunger.

I step on to the scales to find I have lost 9.5lb - from 11st 1.5lb to 10st 6lb - and 3.5in around my waist. Suddenly the struggle seems worth it.

As I drive away, I realise that I don't want the cake I had dreamed about the night before - I would much prefer to have a salad and keep my new figure.

Would I do it again? No. But others are made of sterner stuff.

As a fellow guest put it: "You always say you'll never go through childbirth again until you see the result."

● Five-night retreats at Slimmeria in Crowhurst, East Sussex, start at £1,095, including all activities, meals and some spa treatments. A weekend retreat costs from £425. See slimmeria.com or call 01424 830153.

