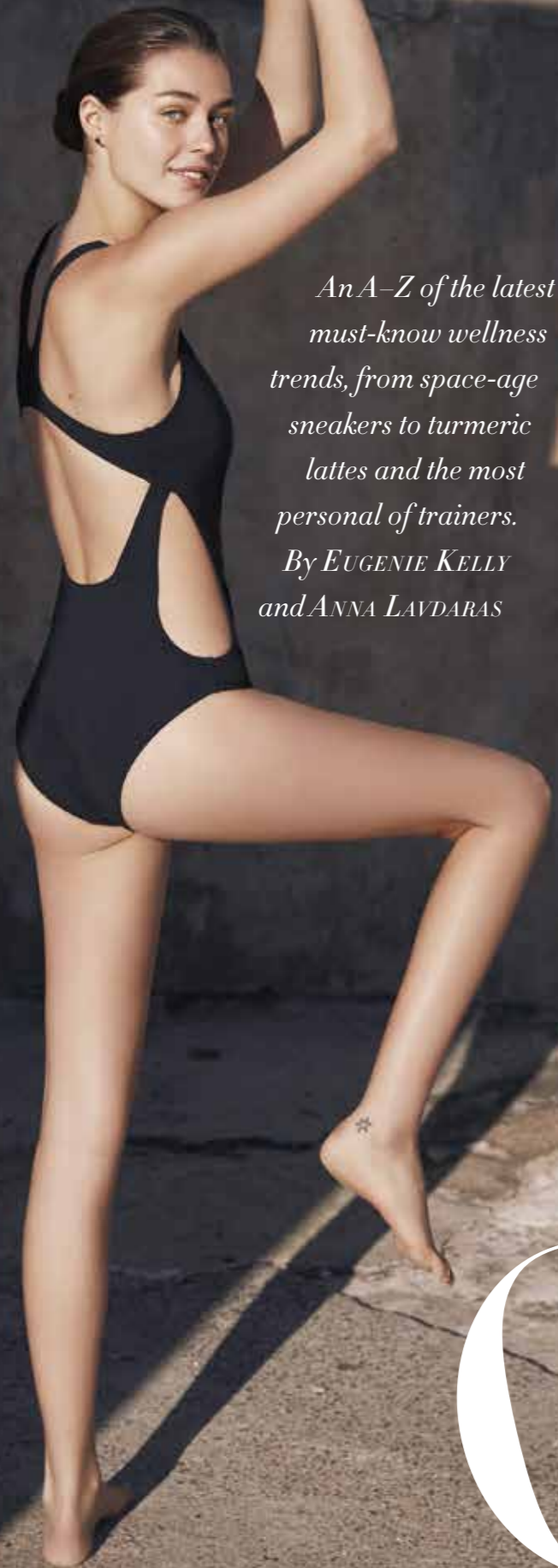


WELL TO-DO



An A-Z of the latest must-know wellness trends, from space-age sneakers to turmeric lattes and the most personal of trainers. By EUGENIE KELLY and ANNA LAVDARAS



Aerin x The Super Elixir caddy, \$275, welleco.com

IS FOR AERIN

Style queen Aerin Lauder knows chic when she sees it, so no surprise she has teamed up with pal Elle Macpherson to create a limited-edition gold ceramic caddy to store the supermodel's alkalising greens powder, The Super Elixir. It comes with 600g of the powder, which boosts vitality and aids digestion. Is the \$275 price tag justified? Maybe start with a trial pack (150g for \$49), but, personally, we've been quaffing the stuff for 12 months and haven't broken out or had so much as a sniffle since. Out next month; for stockists, visit welleco.com.



Fountain The Geek Molecule, \$60, fountain.co.

IS FOR BRAIN ORGASM

Fancy a brain massage? It's a thing, going by the fact the Gentle Whispering channel on YouTube has clocked up 200 million views. The videos are meant to instil a sense of calm via a presenter who whisper-talks with a soothing lilt and creates sounds via brushing hair, drumming fingers and folding fluffy towels. With so many of us bleating about brain fog these days, if your memory and attention span seem to be waning, boosting your zinc intake may also help. We love Fountain's The Geek Molecule, a liquid supplement you mix with water daily.

IS FOR CELEB FACTOR

There are a zillion apps when it comes to workout inspiration, but Nike+ Training Club is still one of the best. And the fitspo just keeps getting better. They've added to the 100+ options by introducing workouts designed by the likes of Serena Williams, Ellie Goulding and Jessie J, to name just a few. And because you personalise it for length, intensity and your fitness level, and structure it according to your goals (improving lean muscle, cardio, flexibility, etc), there's more chance your efforts will pay off in real results. Excuse us. We're just off to work on our core with Roger Federer.

MAIN IMAGE: TANE COFFIN. PRICES APPROXIMATE. SEE BUYLINES FOR STOCKISTS. COURTESY OF INSTAGRAM; STILL LIFE: DOUGLAS HUMAN



Ballet Beautiful shoes, \$360, net-a-porter.com.

IS FOR DIGITAL LANDSCAPE

The hot new workout space isn't in downtown LA or uptown Manhattan, it's your lounge. Subscription-based training programs such as Body by Simone, Ballet Beautiful and Peloton Cycle are exploding, largely thanks to their supermodel fan base (Lily Aldridge, Gigi Hadid), who proudly 'gram their sessions. All you need is solid Wi-Fi, space to swing a cat and an uninterrupted hour.

IS FOR ELVIE

Gwyneth calls it a "hammock" for our undercarriage. We know it as our pelvic floor. An enigmatic group of muscles responsible for propping up the uterus, bladder and bowel. The phrase 'use it or lose it' is especially apt here, as a weak one can result in a multitude of issues (low libido, incontinence and pain). There's now an alternative to spending hours in plank: an Elvie. Insert the little egg-shaped device up your you-know-where and it uses sensors and Bluetooth to send the results of five-minute 'clenchin' workouts to your smartphone via an app, giving you real-time feedback.



Hock dumbbells, price on application, crestandco.com.



Elvie, from \$299, elvie.com.



Ivy Park sweater, \$105, theiconic.com.au.

IS FOR FINE FITNESS

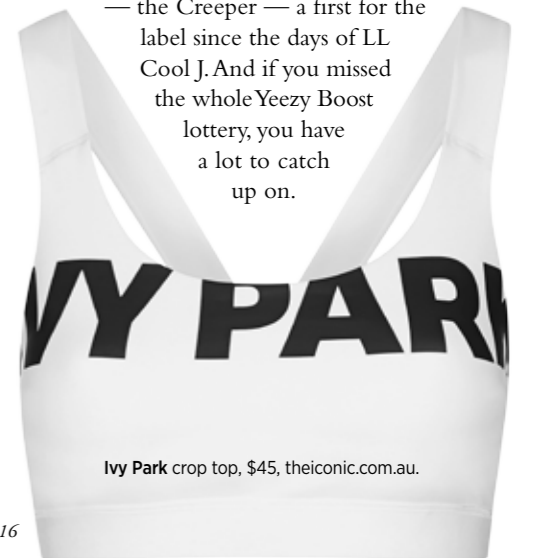
Fancy a pair of 18-karat gold dumbbells? Or a leather skipping rope with hand-crafted walnut handles? Of course you do. Because designer fitness equipment is the natural next step in an industry set on showing off. Hock Design offers a range of minimalist must-haves made from sustainable wood, stainless steel and Italian leather. Get them from crestandco.com.

IS FOR GINGER

For Selena Gomez's turn on James Corden's viral Carpool Karaoke segment this year, she brought along two shots of ginger, one for Corden and one for herself. The starlet, along with a slew of other famous and non-famous disciples, credits the natural super-elixir with a list of health benefits. "Ginger has traditionally been used to alleviate symptoms of gastrointestinal distress ... It also has potent anti-inflammatory effects and is used to help with pain in osteoarthritis or rheumatoid arthritis," affirms author and nutritional biochemist Dr Libby Weaver.

IS FOR HOLLYWOOD ACTIVEWEAR

This year alone we've seen Rihanna pair up with Puma; Pharrell Williams and Kanye West lend their star power to adidas; and even Beyoncé get in on the action with her own line of activewear, Ivy Park. Riri has since managed to give Puma an It shoe — the Creeper — a first for the label since the days of LL Cool J. And if you missed the whole Yeezy Boost lottery, you have a lot to catch up on.



Ivy Park crop top, \$45, theiconic.com.au.

Opposite page: Ephemera one-piece swimsuit, \$290; basique earrings, \$395 (worn throughout). This page: Araks one-piece swimsuit, \$443, mychameleon.com.au.



A Lorna Jane Active Living Room.

IS FOR KOMBUCHA

This drinkable probiotic hit, which tastes like a cross between ginger beer and iced tea, has gone from being stocked in a handful of über-cool eateries to mass availability, on tap at your local cafe and bottled in your nearest supermarket. Wild Kombucha in Sydney's Leichhardt was Australia's first dedicated kombucha bar when it opened, and offers a variety of flavoured brimful-probiotic hits. Try *Remedy Kombucha Original*, \$4.50.



IS FOR IN-STORE WORKOUTS

Lorna Jane, lululemon and Nike continue to expand from mere fitness names to all-encompassing lifestyle brands — you don't just shop them, you live them. To wit, their bricks-and-mortar stores all now have complimentary workout offerings, from Nike's running and training clubs to lululemon's yoga sessions and Lorna Jane's Active Living Rooms, which host community classes.

IS FOR JUNK LIGHT

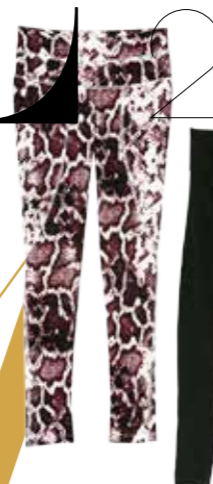
Our tech devices are (supposedly) making our lives easier, but, man, they're messing with our melatonin. The blue light they (and LED lighting) emit suppresses the secretion of melatonin, a hormone that influences your circadian rhythm; having lower melatonin levels has been linked to cancer. Blue light — especially at night — suppresses melatonin twice as long as other types of light. Ever experienced eyestrain, headaches or fatigue from sitting in front of a computer for hours or emailing on your phone? One solution is to switch energy-saving lighting to amber light bulbs. Or if that feels too Halloween, try installing a blue light filter on your device. Even better, avoid bright screens three hours before bed. You could find you'll sleep better.

IS FOR LEGGINGS

Julie Stevanja, CEO and founder of online fitness-fashion site *Stylerunner*, combs the globe for cool new leggings labels. Her current three favourites:



- 1. Alo Yoga Moto Legging**, \$180: Gigi and Bella Hadid's must-have; the moto style is seriously on point. Perfect for a Pilates sesh; just throw on a bomber jacket for post-workout coffee.
- 2. Varley Pacific Tight**, \$160. I'm partial to a pop of print, and this burgundy python is super luxe. I'll be wearing mine to yoga paired back with a black muscle tee.
- 3. Lucas Hugh Technical Knit Legging**, \$170. Performance-chic-plus. The black colourway is sleek and flattering. You won't know how you lived without them. All available from stylerunner.com.au.



IS FOR MEDITATION

'Gym membership for the mind' is big business. Apps such as Calm, Buddhify and Headspace are easy ways to dip your toe in the Zen waters, but if you don't want to use technology to help break away from technology (oh, the irony), try one of the modern meditation places cropping up. Centred Meditation in Sydney CBD is crammed with bankers on their lunchbreak — and because they don't want to crease their Zegna suit pants sitting cross-legged on the floor, armchairs, blankets and cushions are at everyone's disposal. Reserve your chair for a morning, lunch, afternoon or evening session and drop in however often your heart desires, or bag a monthly membership. Sure, it's all herbal tea and soothing sounds when you enter the darkened room, but the 30-minute class (a mix of breathing exercises, body scan and guided visualisation) is the most luxe and efficient way we've ever zoned out. Visit centredmeditation.com.au. *Melburnians*, try *Happy Melon Studios*, happymelon.com.au.

IS FOR NIKE LUNAR EPIC

So you'd like to log extra kms on your run but find your aching soles cause you to chuck in the towel early? You need to take these babies for a road-test. Their Flyknit construction and snug fit make for a lightweight, flexible feel, but it's the Lunarlon cushioning and laser-cut pods through the outsole that make them so pillowy you feel you could run forever. Now we'll need to think up another excuse ...



Nike shoes, \$250, nike.com.

A.P.C. x Outdoor Voices bra, \$115, apc.fr.

A.P.C. x Outdoor Voices jumper, \$165, apc.fr.

IS FOR OFF-DUTY APPAREL

Some call it athleisure, others (including lululemon athletica founder Chip Wilson) 'streetnic' — technical, stretch, street. Whatever, this new category is banking on people actually enjoying spending their Saturdays in it regardless of whether they've booked into Pilates. The Wilson family's latest venture, Kit and Ace, has zeroed in on this market with a range of 'technical cashmere' that has the comfort factor of gymwear without the cling. Outdoor Voices is likewise taking the US by storm, with fans such as Gwyneth Paltrow and Leandra Medine, and is now launching worldwide with a capsule collaboration with A.P.C. outdoorvoices.com.

Marysia one-piece swimsuit, \$339.



Fishbowl poke plates.

IS FOR POKÉ BOWLS

No longer limited to your yearly Hawaiian holiday, poké (pronounced *POH-kay*) is now available in Australia. Think of it as a Japanese burrito bowl; the Hawaiian speciality includes rice, cubed sashimi, assorted garnishes including avocado, cherry tomatoes and sesame seeds, and a delicious poké sauce. Sydney peddlers such as Fishbowl, in Bondi, add an LA twist: a build-your-own station with options such as quinoa and brown-rice bases and a toasted coconut garnish. Visit fishbowlbondi.com.au.



IS FOR QUARTZ

This pretty mineral, regarded by crystal aficionados as the 'master stone', is the latest Hollywood craze teetering on the edge of a full-blown mainstream trend. You can find them everywhere, from inside your water bottle (VitaJewel ViA is a range of bottles with restockable gemstone pods) to designer jewellery (ManiaMania specialises in made-to-order pieces). The Goodnight Co. has expanded into a line of crystals to complement its sleep accessories, with a compilation of rose quartz, moss agate and ametrine to help you de-stress and detoxify. \$34.95, thegoodnightco.com.



MAIN IMAGE: TANE COFFIN; PRICES APPROXIMATE. SEE BUYLINES FOR STOCKISTS. COURTESY OF: PORTLAND PRESS/HERALD; GETTY IMAGES; THILO PULCH; STILL LIFE: SCOTT HAWKINS; CHRIS JANSEN; PABLO MARTIN



Base Range dress, \$230, mychameleon.com.au; Ephemera bikini briefs, \$90.



IS FOR SOUP

Or broth, to be precise. Of the bone variety. Because bone broth contains minerals and collagen from cartilage, marrow and bone (awesome for aiding digestion and plumping skin), the concept is you can sip yourself healthy and radiant. Sourcing grass-fed and organic raw ingredients can be a real pain, though, not to mention the fact you'll need to watch bones simmer for 24 hours. So we love

Broth Bliss, which is made from free-range chicken bones or grass-fed cattle bones, with filtered water and a selection of vegetables and spices including turmeric, garlic and ginger. It's not full of salt, either, unlike many varieties on the shelves. *Go to brothbliss.com.au for stockists.*

IS FOR TURMERIC

"It's effective for everything from lowering inflammation, relieving arthritis and joint pain to reducing the risk of Alzheimer's, clearing acne and treating depression," says Jo Formosa, ayurvedic-medicine practitioner and founder of Back2Health in Brisbane's West End. Being fat-soluble, it doesn't work with water, so, naturally, the turmeric latte, or "golden milk", was born. Order it 'dirty' (with a shot of caffeine) or 'clean' (straight up), and with a dash of pepper "to multiply its efficaciousness by 1000 — thanks to black pepper's hot property, piperine," Formosa explains. *Nature's Harvest Turmeric Latte Single Pack, \$19.95.*

IS FOR ROCKSTAR NATUROPATH

David Jivan treats some of Sydney's richest and prettiest movers and shakers, but you'd never know it from his down-to-earth disposition. One friend lovingly refers to him as Yoda — small in stature but wise and powerful. This is the guy you need to see if you want to take a holistic approach to losing weight or boosting your chances of falling pregnant. Or maybe you're downing green juices and working up a sweat in the gym but not seeing results and need a top sports-nutrition program in place. His herbal tonics are rocket-fuel effective, but it's this wonder worker's caring manner that really makes him stand out from the crowd. His appointment book is crammed, but hang in there ... he's worth it. *davidjivannaturopath.com.*



No Ka'Oi bodysuit, \$247, net-a-porter.com.

IS FOR UNITARDS

The Kardashians wear them to lunch dates paired with heels; the rest of us gaze nervously at them while scrolling through Net-a-Porter. Unitards leave little to the imagination, but at least you'll never have to worry about your top sliding in downward dog, or your tights falling in tree pose ... We're game if you are.



Araks one-piece swimsuit, \$443, mychameleon.com.au.

MAIN IMAGE: TANE COFFIN. PRICES APPROXIMATE. SEE BUYLINES FOR STOCKISTS. GETTY IMAGES

Over The Moo
Vanilla Bean
Missing You
ice cream,
\$10.50 (500ml),
overthemoo.
com.au.

IS FOR VEGAN ICE CREAM

It isn't the chalky substitute it used to be — welcome to the golden age of dairy-free gelato. FYI, there is a petition going around to bring Ben & Jerry's dairy-free flavours to Australia (they recently launched in the US and UK), and coconut varieties by CoYo, Over The Moo and Cocofrio are increasingly accessible to all those dairy-opposed ice-cream fans. They are creamy, flavoured and oh-so delicious.

adidas by Stella McCartney yoga mat, \$117, net-a-porter.com.

IS FOR YOGA BOOM

A US study earlier this year revealed that for every yoga teacher, there are two in training. This means that in addition to the current multitude of yoga varieties (such as Humming Puppy, where the studio vibrates to a combination of 7.83Hz and 40Hz frequencies; Hom Yoga's classes in 38–40-degree heat; and Sky-Lab, whereby you're suspended in an 'antigravity hammock'), there will be plenty more to follow.

IS FOR WELLNESS ON DEMAND

The wellness world has truly been Uber-ised, so if you're looking for a trainer or class at the click of your fingers, there's tech that delivers. An oldie but goodie must-download that ticks the fitness, wellness and beauty boxes is MindBody, through which you can book all your classes, find a PT at the last minute and scan for deals in your 'hood. Taking more of an on-demand approach are the apps Glamazon (hair and beauty) and AirActive (fitness); they're like personal assistants in that they locate your nearest salon or freelancer and list available time-slots, all with an instant cashless payment system. As health and beauty pros often have last-minute cancellations, you might also snare yourself VIP pricing.

*Jac+Jack top, \$260;
Kitx belt, \$495;
Araks briefs, \$100,
mychameleon.com.au.*

This Works
Skin Deep
Golden
Elixir, \$97.

IS FOR XTRA OOMPH

And by oomph, we mean gold, of course. The precious metal is purported to be an anti-inflammatory weapon, and has been ingested for its healing properties for centuries, from Ancient Egypt through to modern China. Recently, it has undergone a huge resurgence, popping up on ingredients lists for everything from skincare to vodka.

IS FOR ZEN MAMA

Teresa Palmer is a legitimate movie star, with producers knocking down her door, a husband (director Mark Webber), a toddler and a baby on the way, and not one but two websites. Your Zen Life (yourzenlife.com) is a lifestyle destination full of vegan recipes, stylish yoga pants and beauty tips, and her newly launched Your Zen Mama is a chic reference for working mothers like herself looking for a community in which to share inspiration. yourzenmama.com.

Teresa Palmer with son Bodhi and, left, pregnant in July.

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