



Turn your morning shower into an ocean dip with **NEARS YEA Shampoo**, £5, and **Seaweed Conditioner**, £5.50, with min bladderwrack (a type of brown seaweed).

TOP SEA TREATMENT

- **Elemis Cellutox Aroma Spa Ocean Wrap** A seaweed and body mask that helps reduce water retention. From £50 (012
- **Frigi-Thalgo Wrap** Claims to smooth the appearance of thigh excess water. Our tester says there was a definite improvement one treatment. A course of 12 is recommended. £40 nationwide
- **ESPA's Detoxifying Sea Of Senses Algae Wrap** improves skin tone. Gorgeously pampering. From £50 (01252 741600

and EPA) are essential for our mental health. Though your body can make DHA and EPA from vegetarian sources, fish oil is the best source.

HOW TO GET IT Eat fish twice a week and make one portion an oily fish, such as sardines or mackerel. Supplements are a sure way of getting enough of these vital nutrients. Designed for pregnant or preconceptual women, **Viridian Folic Acid With DHA** (from healthfood shops) is a good supplement to take, pregnant or not. If you're veggie, try **Udo's Choice Oil Blend** (about £16), an optimal combination of omega-3, 6 and 9 essential fatty acids. Available from healthfood shops and www.nutricentre.com.

Beat hangovers

The hideous effects of a hangover are caused by the breakdown of alcohol, which releases toxins into your body. The amino acid taurine helps to activate an enzyme that enables your body to get rid of these toxins. Oyster extract is a natural source of taurine and there's good evidence that taurine also inhibits alcohol-induced high blood pressure, helps protect the liver and prevents your body becoming depleted of vital minerals such as magnesium and zinc, which are lost during a heavy drinking

session. If you're h night out, popping a beforehand could difference to the m **HOW TO GET IT** **Taurine**, £6.35 for

Look young

Skin supplement Ir Perfection has built following among c Naomi Campbell, and über-glam Jir Tamara Mellon), w their skin look you Imedeen's active i marine complex' (won't tell us what' your skin more ele moisture into the c skin and minimisi of fine lines. Studi 70% of users notic in texture, softnes 58% said their wr **HOW TO GET IT** **Perfection costs month supply. H works on the sa with a different r is £19.99 for a tv Both suppleme taken for at leas significant chan**

ect yourself from hangovers, beat depression, our skin? New research suggests substances i with all this and more. The National Cancer all cancer drugs will come from the sea in the lfish to seaweed is being used to formulate s. Here's the lowdown...

also an anti-cancer agent. Alkylglycerol's main effect is to enhance the immune system by building up the white cell count (as a result, it's also shown to be effective at staving off viral infections such as colds and flu). 'Research is ongoing and it would be quite wrong to suggest that these substances should replace conventional treatment such as chemotherapy and radiation,' says Dr Croft, 'but they have no adverse side effects and could be used alongside conventional treatments.' **HOW TO GET IT** Shark cartilage products and deep-sea shark liver oil are available from www.nutricentre.com. Try **Health Aid Immutone Shark Liver Oil Capsules**,

£6.99. Shark oil and cartilage are by-products of the fishing industry – sharks are not specifically harvested for them.

Reach your perfect weight

Kelp is a type of seaweed that can encourage weight loss because of its rich iodine content – iodine is essential for manufacturing thyroid hormones and these regulate the speed at which you burn off calories. 'There is concern among nutritionists that some of us aren't getting enough iodine as a result of changes in farming techniques, decreased soil quality and long-term storage of foods,' says registered nutritionist Helena Hall. 'The consequence could be reduced thyroid function. Even if it's not enough to worry your doctor, signs of a thyroid gland not functioning properly – tiredness and difficulty in losing weight – could still be making your life miserable.' If this sounds familiar, it's worth experimenting with kelp

Photograph Maria Cairns/Camera Press

supplements, in conjunction with diet and exercise, to see if they can help speed up your metabolism. 'As well as iodine, kelp supplements are a rich source of other minerals, such as iron and magnesium. Even if you're not deficient, they won't harm you,' says Hall. **HOW TO GET IT** Try a kelp supplement such as **Gerard House Slimmers Aid**, £3.99. Available from large supermarkets and pharmacies.

Boost your mood

Omega-3 and omega-6 fatty acids play a well-documented role in mental health. Studies show that countries with a low consumption of fish have high rates of depression and doctors are now using fish oils to treat a range of mental illnesses: encouraging results have been recorded with schizophrenia and Alzheimer's disease. In another study, children with autism were given cod liver oil daily and their condition improved in a matter of months. The reason, say experts, is that fatty acids (such as DHA

