



q&a ERICA ANGYAL

SHE'LL SHOW YOU HOW TO LOOK GOOD AND FEEL GREAT

AUSTRALIAN NUTRITIONIST

and health consultant Erica Angyal has created her own organic line of Elixia teas, has published a book entitled *Gorgeous Skin*, writes health

columns for several magazines, and is official nutritionist to Miss Universe Japan. **WHAT IS ELIXIA?** Elixia is the brand and company I created to offer inner health products. The line includes six organic "functional" herb tea blends designed to refresh, calm, energize, cleanse, etc. **WHAT MAKES JAPAN'S SKINCARE MARKET SPECIAL?** Japanese women have naturally beautiful, flawless skin and they go to great lengths to maintain it, although I'm seeing more women with acne, allergies and eczema compared to a decade ago. The shift away from a traditional diet to more Western foods

is playing a big part. In terms of skincare, Japanese women tend to use a lot more products than women in the US and Australia. The Japanese facial skincare process can involve up to seven steps, including two cleansers, a toner, beauty lotion or essence, two moisturizers, plus some sort of sunscreen. **WHAT IS THE LEVEL OF**

NUTRITIONAL AWARENESS IN JAPAN?

Surprisingly, quite bad. I still get questions like "Why is smoking bad for me?" and statements like "I had no idea that what I eat has an effect on my health." **WHAT IS THE BIGGEST CHALLENGE FOREIGNERS**

FACE WITH SKIN CARE?

Japanese skin care products tend to be quite harsh for foreign skin, particularly cleansers. **TELL US ABOUT YOUR BOOK.** It's a completely

natural approach to achieve great skin and prevent premature aging based entirely

on diet and lifestyle factors. It also includes a 3-day detoxification plan, a 28-day

skin program for the bride-to-be, and a 30-day countdown, including meal plans, recipes, supplement and exercise

recommendations for gorgeous skin. **HOW DO YOU KEEP HEALTHY?** I stick to a fairly healthy diet of fresh fruit, vegetables (organic where possible), fish, olive oil,

nuts, etc. I also do yoga and go to the gym. **ANY BAD HABITS YOU'D CARE TO ADMIT TO?** Ice cream is my big weakness, but I'm really not into junk food and haven't

eaten somewhere like McDonald's or KFC for years. See www.gorgeous-skin.com for more information about Erica Angyal and her book. **CB**



star struck

MARRIED OR HAPPY?

BRAD PITT AND ANGELINA JOLIE HAD A BLAST PLAYING MARRIED ASSASSINS, BUT THAT'S ALL THEY'RE WILLING TO SAY

BY CHRIS BETROS

WHAT IS THE MOST CLOSELY GUARDED SECRET IN THE WORLD?

Undoubtedly it has to be... wait for it... whether or not Brad Pitt and Angelina Jolie are a couple. Since making *Mr. and Mrs. Smith* together the two have been off to Africa, Geneva and most recently Pakistan. When they arrived in Japan, Pitt was carrying Jolie's adopted daughter Zahara, while she led her adopted son Maddox through the terminal. Yet they have never publicly acknowledged that they are a couple.

The world's tabloids went into a frenzy prior to the Tokyo news conference, which was their first together since Pitt divorced Jennifer Aniston. It was all in vain, though, because foreign-based media were barred from attending the news conference at the request of the couple's publicists in the US. Local media, which did get in, were required to sign a document promising that they would not ask questions of a personal nature and that any and all coverage would be strictly limited to Japan and not be sent overseas.

Both looking a bit jet-lagged, Pitt, who turns 42 on Sunday, and Jolie, 30, said they enjoy Japan. They are only ever asked soft-ball questions here, but always get a rousing reception.

"Tokyo seems to keep expanding," said Pitt, who is popularly known as "Burapi" in Japan. "I'm an architecture fan and I just think it is a city of amazing feats. I wish I could head up north though, but I never get any free time when I come here."

In *Mr. and Mrs. Smith*, a black comedy directed by Doug Liman of *Bourne Identity* fame, Pitt and Jolie play a couple who have been married for five or six years. Unbeknownst to each other, they both lead double lives as professional assassins. But their marriage is dull: Conversation over dinner each night tends to be "How was your day?" However, after they are both given the same assignment and botch it, their respective bosses order them to terminate each other, causing sparks to really start flying in their marriage. Gunfights and fistfights in the kitchen, living room, car—who said married life was easy?

It all looks rough, but Pitt said neither of them got any bumps and bruises. "Not in any places I'd admit to, at least," he said. "The fight scenes were very well controlled by stunt coordinator Simon Crane. He's done *Braveheart* and *Saving Private Ryan*, so most of the time we were just having a big laugh. We did have some interesting weapons training, though. We had loaded guns and trained with a SWAT team, running back to back." The stars said it was hard calming down after a day of high-octane shooting like that. "I like to drink after doing action scenes," said Pitt, while Jolie prefers to stay hyped up. "Running around after a 4-year-old boy soon tires me out," she said in reference to Maddox.

Jolie doesn't make as many movies as she used to, now that she is a goodwill ambassador for the UN High Commissioner for Refugees. Her trip to Pakistan with Pitt, just prior to their Japan visit, was for an earthquake relief mission. Jolie took part in a helicopter airlift to deliver food, blankets and tarpaulins to victims. Pitt went off on a low-profile visit to another area. Whether or not they are a couple, Jolie offered a hint as to how to make relationships work—which the Smith characters are forced to do in the film. "You have to rediscover each other," she said, "and find new ways to explore your relationship." **CB**