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SKIN DEEP

ERICA ANGYAL OFFERS TOP TIPS FOR BEAUTIFUL SKIN IN JUST ONE MONTH

BY TAMSI BRADSHAW

HERE IT IS: PROOF THAT BEAUTY DOES COME from the inside. Ignore the marketing gimmicks of so-called miracle creams, says Erica Angyal, and recognize that you really are what you eat.

A health practitioner, nutritionist and consultant to Miss Universe Japan, Angyal is also the author of the book *Gorgeous Skin in 30 Days*, a month-long nutrition and lifestyle program to rejuvenate your skin. She is cynical about the effects of expensive lotions and potions on anything other than the skin's top layer. Angyal herself employs a simple regimen that involves vitamin C, Retin-A and natural oils, as well as natural skincare products from Jurlique and Dr. Hauschka. The secret to her fresh, dewy skin is not what she puts on it, but what she puts into her body. Angyal reveals all in her easy-to-use book.



The best thing about *Gorgeous Skin in 30 Days* is that it contains practical suggestions. There is guidance on how to stick to the program while dining out. There are skin-saving substitutes for people who can't eat fish (omega 3 or 6 substitutes, so they can get the essential fatty acids they need), or for those who don't like soy or tofu. Miso soup, red wine, green tea, apples and lentils are all great replacement antioxidants, packed with vitamin E to keep skin moist.

Following a detoxification program is not easy for those of us living the hectic Tokyo life. Angyal is well-aware of this. "We live in a 24/7 society," she says. "Balance is the key word... It's about moderation." If you find the 30-day plan too difficult, try cutting back on processed foods, sugar, wheat, alcohol and caffeine. The good news for coffee addicts is that you don't have to cut it out entirely. Angyal advises you drink a maximum of one to two cups per day—and make sure it's the brewed variety, not the filtered kind you find in your office or local convenience store. As for alcohol, there's no need to curb your craving for a nice glass or two of red at the end of a long day. The author suggests following your glass of wine with a glass of water, and avoiding spirits.

Angyal also advises incorporating plenty of water into your diet—for example, drink a liter first thing in the morning—and she argues that "you cannot eliminate carbs" from your diet. She is clear, too, about where fat fits in. Good fats are just that: good for you. The fats found in olive oil, avocados and deep-sea fish are good for your skin, your brain and your all-round health. And, she says, we need to overcome this "fat phobia" and realize that healthy fat won't make you put on weight—it will simply help you absorb the goodies in your salad and make you feel full. So don't skimp on the dressing, just make your own instead of reaching for the ready-made.

Other must-dos for healthy, glowing skin include "anything which causes you to switch off... whether it's yoga, meditation, reading a good book or going for a massage." If you're pressed for chill-out time, Angyal recommends lying on the floor for 10 minutes and focusing on your breath, listening to music or going for a walk. Ultimately she says, you have to put you first and make relaxation a priority.

Angyal's book is a great source of practical tips that really make a difference to your complexion, as well as useful recipes for delicious, healthy dishes (like nut-crusted tuna rolled in hazelnut gremolata, power muffins and desserts) that you can use every day to change your lifestyle in the long-term. "You don't need to follow it exactly," Angyal says. This is not a restrictive diet and she is "never one for saying you can't have everything."

Gorgeous Skin in 30 Days is available in Japan through Angyal's website. The author will also launch another book to help teenagers fight skin and self-esteem problems at the end of the year—watch this space. For more information about *Gorgeous Skin in 30 Days*, see www.gorgeous-skin.com. ■



buyline

The Nihonbashi branch of **Maruzen** (2-3-10 Nihonbashi, Chuo-ku, www.maruzen.co.jp), Japan's leading bookseller, will be re-opening March 9 after a redesign. Stacked high with books, periodicals and stationery, Maruzen has catered to Tokyo bookworms since 1898. The revamped store now includes a section devoted to comics and reference books, and as all devotees of the chain should know, after a day of browsing, the best place to retire to is the café for some *hayashi raisu*.

• Another chain to undergo some major changes this month is **Shibuya Seibu** (21-1 Udagawacho, Shibuya-ku, www.seibu.co.jp). The new department store is sexier, classier and determined to introduce some sparkle into your everyday life. In addition to the new beauty and gourmet floors, which have undergone a major expansion, the department store will now be home to a new selection of limited-edition goods, as well as several foreign brands that will be making their debut in Japan for the first time. • Every year, Italians honor the ten most exquisitely designed chairs in the world, and in 2006, **Calligaris** (www.calligaris.co.jp) nabbed not one but two of the top spots. Calligaris' Ice (¥18,690), available in orange, red, green or clear, may seem simple, but thanks to its diamond cut, the chair reflects light all over like a disco ball. The second winner, Jam (¥24,340), shows off an elegant curve and steel legs, with 13 shrewdly placed holes in the seatback. Placed in your living or dining room, these utterly *bellezzimo* chairs offer both comfort and style. NK ■