

Sunday Telegraph

magazine

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sunday

BARBIE GROWS UP

From sausage sizzle
to gourmet grill

WARNE OUT!

Simone puts
on her
dancing
shoes

IN THE NUDE

How to do no
make-up make-up

Surfer girl

WHY AUSSIE WORLD CHAMP
CHELSEA GEORGESON
IS RIDING HIGH





For expat Erica, Tokyo's beauty is in the rich and vibrant history combined with pop culture through western influence.



Name Erica Angyal, 36
Location Tokyo, Japan
Job Nutritionist
Facts Overseas for 6 years

Expatriate tales

After six years in hectic Tokyo, Erica Angyal can still appreciate the city's inner beauty and buzz

How did you end up in Japan? I first came here as an exchange student when I was 15 and spent a year living on Japan's southernmost island, Kyushu. On my second visit, four years later, I worked for a Japanese company doing translating and liaison work. I was living in the centre of Tokyo in a tiny apartment when I met my husband, who's Austrian. We married in 1993 and moved back to Sydney the next year. We returned to Tokyo in 2000 because he was setting up a company in Japan.

Where are you living now? Uehara, which is in the centre of Tokyo next to the lovely Yoyogi Park. The area is residential and very leafy. We're fortunate to have a four-bedroom house, with a front yard and a back deck. It's pretty amazing for Tokyo.

Why amazing? If you're not on an expat package, you live in a shoe box. The rent is through the roof; in Aussie dollars, we'd pay about \$13,000 a month.

What's the view from your home? We have the most gorgeous Japanese house next door. It's probably about 100 years old, with grounds full of wonderful maples, Japanese cedars and bonsai.

How did you end up as a nutritionist? I've always been interested in nutrition. I studied it at Nature Care College in Sydney, then I did a Bachelor of Health Science at the University of Technology.

How did your book *Gorgeous Skin in 30 Days* (Lothian Books, \$29.95) come about? I came across some research from a Melbourne professor that looked at eating patterns across the world. He found that, irrespective of sun damage, certain foods sped up the ageing process and others slowed it down. That really ignited my interest to do something about it.

What does your work with Miss Universe Japan involve? I have all 15 of the finalists in the pageant on the general principles of the Gorgeous

Skin in 30 Days program. I tailor it to each girl. If, for example, they need to gain weight, which a lot do, they'll be on a slightly different program. I also work with their skin issues, such as acne and eczema.

How do you relax on the weekend? My husband and I will go to the countryside to an onsen ryokan, a traditional Japanese inn, with amazing baths fed by natural springs. You all hop in together – though men and women are usually separated.

The local Vegemite is... *natto*: fermented soya beans. It looks as though it's rotten and smells like off cheese. People have it for breakfast, on rice, with raw egg and rolled in seaweed.

What is your favourite local haunt? Sasagin, a Japanese-style pub – about 10 minutes from our place – which is known for its fabulous selection of sake and seasonal food. The menu changes daily, the owner takes incredible pride in his food and it's always packed with interesting people.

If Tokyo were a movie, what would it be? *Lost in Translation* captured it well. Tokyo is probably one of the most unattractive cities in the world in terms of architectural planning, but it has so much inner beauty and vibrancy.

What is Tokyo nightlife like? Everyone's out and about at all hours. Because the homes are so tiny, the bars, restaurants and cafes almost become an extension of their living rooms. If you're living in a tiny place, you want to get out as much as you can.

What's the latest craze? Everyone dresses up their dogs. There are salons for dogs, and you also see a lot of ribbons, cardigans, designer collars, leashes and carrying bags. Pets, especially small dogs, seem to have become a replacement for kids.

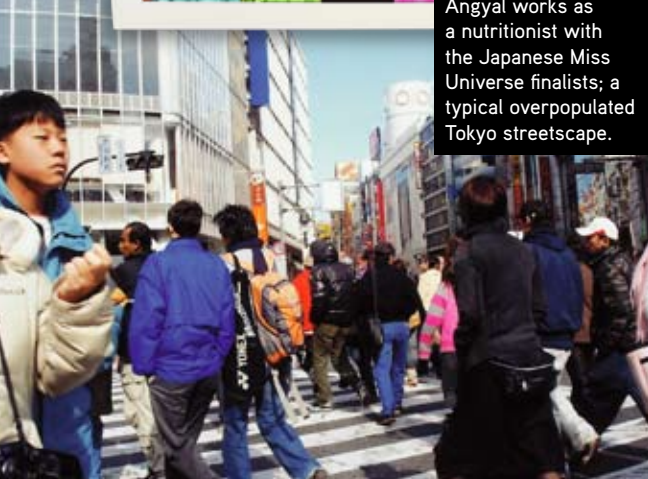
Anything else? Shibuya girls. They have amazing fake tans, incredible eye make-up and short skirts.

What surprises you about the Japanese? They are very polite and conscious about not invading your space, which is great because it's such a populous city. Even if you're on the train and it's packed, you don't feel like people are too intrusive.

What keeps you there? I think it gets into your blood. Living in Tokyo is like being in a cocoon – it's safe and easy to get around. The combination of the culture, the food and the inner beauty makes Japan an extraordinary place. **KLAUDYNA MORAWSKI**



(from above) Erica Angyal works as a nutritionist with the Japanese Miss Universe finalists; a typical overpopulated Tokyo streetscape.



PHOTOGRAPHY: PHOTOLIBRARY.COM