

Beauty treatment of the week: Soulmatefood detox

We discovered that we could beautify from the inside out on a complexion cleansing detox diet with the help of Soulmatefood



By **Bridget March** 11.03.2010, [Comments \(0\)](#)

We all know what goes in tends to shine without and it had become apparent that constant chocolate, coffee, cocktail and canapé consumption had left my skin spotty and sullen, my eyes tired and my body bloated. Hardly a formula for beauty.

Knowing that I would never stick to a detox of all my own doing I enlisted the help of Soulmates Food; a five-star diet delivery package that works with your goals to help you achieve the results you want from a diet which in my case was to get a brighter, blemish-free face and de-bloated bod.

I opted for a two-week programme (any less and I wouldn't have noticed much difference and any more and I would have cheated) and the process began with filling in my menu preferences to select and avoid certain food groups before having a Nutrition consultation to discuss my detox objectives.

I then received packages containing three meals a day plus two healthy snacks and a daily multivitamin concoction containing milk thistle, dandelion root, antioxidant boost and green tea extract. Far from my preconceived idea that I'd have a rumbling tummy, surviving on pithy juices, I was more than satisfied with the offerings. From spicy chicken koftas to chocolate dipped strawberries – the menu was fresh, tasty and the portion sizes were bigger than I'd expected (although I am a canapé queen so used to my meals in miniature format!)

Constant hot and cold water drinks were a must – I'd never really dieted before and it struck me how much you come to think about food when you're controlling it, therefore liquid became a bit of an obsession!

At first my breakouts got worse - especially between my brows which apparently indicates a toxin overload in the body (oops) and around the chin area, but by the end of the fortnight they had cleared leaving my face fresher, not to mention more refined from the subtle weight loss (3 - 4 lbs).

Worse than the spots were the headaches from the lack of caffeine and sugar that I had become addicted to but, in the hope of complexion perfection, I resisted sneaky Starbucks hits.

By the end I boasted more pronounced cheekbones, a healthier complexion, brighter eyes and flatter tum. Whether it was all from the good food and lack of alcohol or the increased sleep due to not going out as much is hard to tell, but it was certainly worth it and whilst the good habits may not last, I've definitely learnt some lessons in restraint!

Soulmatefood starts from £25 per day. For further information visit www.soulmatelifestyle.com/food or call 0870 803 3833

