

**Meeting Elle Macpherson** in a public place is always an experience. She commands the room. It is not just her sheer physical presence – she is 5ft 11in tall, with long honeyed limbs and golden hair – but also her positive energy and sunny personality. Now 51 and, in her own words “fitter and healthier than ever”, she is happy to share her health and beauty hints, tips and resolutions for 2016. So is being The Body – and, you could argue, Face and Hair – of her generation really as easy as she makes it seem?

**You look as great now as 25 years ago. How do you stay motivated to eat well and keep moving?**

“Over the years my focus has changed – now I look after my body not so it looks good, but so I am healthy, strong, energised and happy. That’s more important to me than the number on the scales. Plus, I have my children to keep up with. Life is busy and I don’t want to miss a second.”

**Your top five ways to keep energy levels high?**

“My Super Elixir [the company co-founded by Elle] Alkalisising Greens mixed with coconut water or water, every morning. At least seven hours sleep. Water – at least three litres a day. Super Elixir Nourishing Protein, especially if I am on the go and missing a “clean” source of protein in my breakfast or lunch. And taking some quiet time, morning and evening, to be mindful.”

**You favour an alkaline diet and we have talked before about your energising smoothies, so you have to tell me your recipe...**

“Blueberries, banana, chia seeds, almond milk, two teaspoons of Super Elixir Alkalisising Greens and one large scoop of Nourishing Protein.”

**Describe a typical day’s eating for you.**

“I try to follow a “clean” diet – lots of leafy greens, salad, fruit and vegetables and clean, hormone-free protein like fish and chicken. I like our Nourishing Protein powder mixed with almond milk – it’s a great nutritious snack or a healthy meal replacement. It contains all nine essential amino acids, nutrients to balance blood sugar levels, fibre to keep you feeling full and B vitamins to help combat stress.”

**Do you take supplements?**

“I don’t take tons of vitamins and supplements now that I have Super Elixir as it’s complete and from organic and whole foods. The greens help me maintain good nutrition and keep my body balanced. I’ve learnt that an alkaline and pH-balanced body is a healthier body. Many people believe that it combats disease, encourages cellular renewal and is therefore anti-ageing. I’ve found that when all of the 11 body systems are nourished well and detoxifying properly, they are in their optimal state. I feel that when my body is balanced, my energy is good, workouts are stronger. I’ve lost weight around my middle, I have less sugar cravings and I just feel more energised.”

**Do you have any health concerns?**

“I had a health scare a few years ago and it made me more aware of the value of good health. It was also the catalyst to discovering the concept of an all-purpose supplement. With the help of Dr Simone Laubscher we created a product just for me – as a response to my health scare – and Super Elixir was born.”

**One piece of health advice to your younger self?**

“Wear sunscreen!”



BEAUTY

# The BODY TALKS

*If you are in need of a little fitness and health inspiration for the New Year, then who better to get it from than Elle Macpherson. We asked her to share her secrets for staying happy and healthy, fit and fabulous*



**You spend a lot of time flying – how do you stay healthy and well, both in- and post-flight?**

“With my Alkalisising Greens for overall nutrition and to keep my body in a healthy alkaline range. And water – hydration’s so important when flying, for skin and energy. I also use Dr Sebagh rose oil, which is great for dehydrated skin while flying.”

**What are your favourite ways to stay in shape?**

“I make exercise part of my everyday life. I have a much simpler and gentler routine now. I prefer not to go to the gym; instead, I make sure I find at least 45 minutes in my day, usually for a sport outdoors, which is easy in Miami. I love to paddle board, surf, swim or waterski. I also love to hike or bike. My advice is to find 45 minutes to move – even something simple: walk the dog; leave the car and walk to work. I’m more likely to stay with it if it’s something I love and that fits into my life.”

**Any favourite workout wear?**

“Adidas by Stella McCartney. Fit, colours, fabric – winning combination. I love her ethical stance with manufacturing and materials, and she also makes great trainers. Nike is a staple, too.”

**And swimwear – given you now live in Miami?**

“I love Melissa Odabash’s bikinis. And Lisa Marie Fernandez’s zip-front one-piece is a favourite.”

**What are your best toning and firming secrets for face and body?**

“I exfoliate with this amazing green tea paste I bought in Japan; it’s coming to an end and I can’t find it again. You can also use exfoliating gloves, great for improving circulation.”

**You favour classically beautiful, flattering make-up. What’s always in your make-up bag?**

“I keep it simple when I’m not working – just sunglasses and lipgloss most days. For dressing up I’ve done pretty much the same thing for years –



smoky eye and neutral lip; hair down. I’d love to do a red lip and eyeliner but it’s just not me. You learn what suits you. My go-to products are my Bobbi Brown lipgloss, Kevyn Aucoin mascara (no more panda eyes) and Perricone foundation. For nails my favourite is Essie After School Boy Blazer, and I like white on my toes – it just seems chic.”

**Favourite hair products?**

“I love Oribe.”

**What’s your signature scent?**

“Guerlain’s Vetiver – I’ve worn it for 30 years.”

**When are you happiest?**

“With my family – brothers, sisters, parents,

children, step-children and my husband. Phew! It’s hard to get us all together in one place.”

**What’s next for you professionally?**

“There are some very exciting new projects with my wellness company WelleCo. Kids’ nutrition is something close to my heart and something Dr Laubscher is also passionate about, so this will be an important one for us.”

**Any personal goals?**

“Simplifying and decluttering my life. I focus on the essentials – quality over quantity.”

**Finally, what do you wish for in 2016?**

“Peace, love, joy and fulfilment.”



**ELLE'S BELLES** 1. Mason Pearson boar bristle brush, £49.25, from [escentual.com](http://escentual.com) or visit [masonpearson.co.uk](http://masonpearson.co.uk) 2. The Super Elixir Nourishing Protein, £48; visit [welleco.co.uk](http://welleco.co.uk) 3. Perricone MD No Foundation Foundation, £45; visit [perriconemd.co.uk](http://perriconemd.co.uk) 4. RMS 'Un' Cover-up Concealer, £28, from [cultbeauty.co.uk](http://cultbeauty.co.uk) 5. Essie Nail Polish in After School Boy Blazer, £10.90, from [lookfantastic.com](http://lookfantastic.com) 6. Oribe Supershine Moisturizing Cream leave-in conditioner, £47, from Space NK 7. Bobbi Brown Lip Gloss in Nude, £19; visit [bobbibrown.co.uk](http://bobbibrown.co.uk) 8. Guerlain Vetiver Eau de Toilette, £55.80, from [feelunique.com](http://feelunique.com) 9. The Super Elixir Alkalisising Greens, £96; visit [welleco.co.uk](http://welleco.co.uk) 10. Dr Sebagh Rose de Vie Serum Délicat, £129; visit [drsebagh.com](http://drsebagh.com)