

CULTURE & LIFESTYLE / HEALTH AND FITNESS

8 steps to a mini body makeover

A new you



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Click through for Ricardo's tips for a mini body makeover.

Personal trainer **Ricardo Riskalla** shares his 8 quick tips to get summer ready

In case the warmer weather had you fooled, we're here to let you know that summer is well and truly on its way. For some reason, despite the seasonal calendar warning of its fiery return, every year it seems as though it rolls in almost unannounced. Skirts are getting shorter and spaghetti straps are back baby! With less in the way of clothing comes less ways to hide those pesky areas carrying a little more to love from the extra winter calories you consumed. Suddenly you regret that week you ate pasta for lunch and dinner for seven days straight, and the nightly chocolate biscuit you consumed with your tea while watching *Game of Thrones*.

Alas, you are not alone, and thankfully there are some mini-makeover magic tricks you can do at home to reverse those wintery mistakes your past self made. Here are personal trainer Ricardo Riskalla's tips for a mini body makeover.



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1. Revamp your diet. Remove all added salt, sugar, gluten and drink huge amounts of filtered water. Like building an amazing house, building a good body starts at the foundations.



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2. Clean your body from the inside. Book a colonic, it will help your body to get rid of any toxins which will make you feel great on the inside and glow on the outside. I suggest looking for an experienced therapist that uses the closed system of colonic.



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3. Bring cold into your body. Have cold showers, or if you are game, try having an ice bath. It increases circulation, fights water retention and many more health benefits. When having an ice bath, try to stay in for a maximum of 10 minutes.



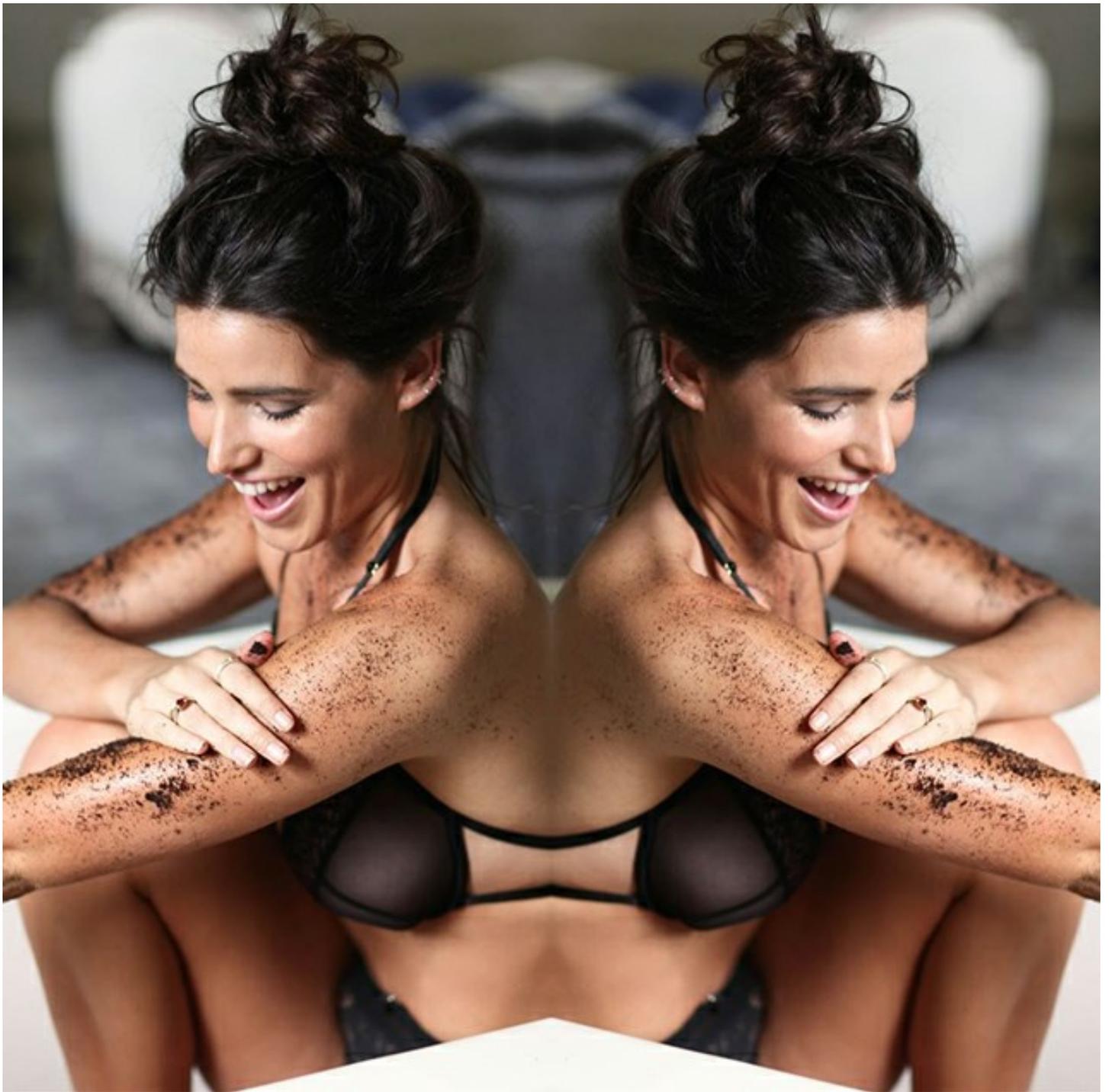
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4. Ditch the car. Walk everywhere you can; it moves the blood around, reduces stress and is the best (and easiest!) toning exercise around.



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5. Super foods. Add some superfoods into your diet such as concentrated tomato paste (salt free!!), goji berries, raw cacao, cucumber, avocado, cashews, olive oil, coconut oil. These will leave you glowing.



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6. Scrub and brush. Before entering the shower brush your body for 5 minutes with a dry skin brush, then scrub your body with sugar and olive oil for another 5 minutes. This will assist in moving fat cells and prevent fluid retention.



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7. Yoga. Gentle yoga and especially breathing exercises will clear your head and relax your body.



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8. Me time. Having a nap for 10-20 minutes a day can help prevent stress which shows in your body and skin.