

MAKE MINE A GOAT WHEY!

Mushroom tincture, a hemp seed nut or dehydrated goat whey, anyone? A-listers are taking increasingly exotic supplements in their quest for eternal youth

The secret behind the A-list's glowing complexions? A murky brown powder made from organic goat's milk. Capra Mineral Whey claims to be a fast track to youthful skin and boundless energy. Famous faces have cottoned on to its benefits while staying at spas such as the Ashram, the Californian boot camp favoured by Cindy Crawford and Jennifer Aniston. Donna Karan is said to take the goat's milk potion religiously. And word's catching on fast. Traditionally, British women have been reluctant to take beauty fixes orally (unlike French women, who've long believed in the power of pills for everything from cellulite to shiny hair). But suddenly, youth-preserving tablets are being swapped at fashionable gatherings in the same way you'd pass on the name of a good hair colourist. Discovering the latest (the more bizarre the better) does as much for your credibility as the new Chloé bag. Blue-green algae? Sooo last decade. Wheatgrass juice? Ditto.

The latest beauty fixes include pomegranate extract to protect skin from sun damage and wrinkles; mushroom tincture for a youthful complexion; and Pau d'Arco tea, said to counteract candida and boost your immune system. And don't forget hemp seed nuts (from www.motherhemp.com), the latest handbag accessory. All the rage in Hollywood, they contain 36 per cent essential fatty acids in perfect balance and 31 per cent highly digestible protein. Youth-boosting supplements, fancily packaged and bearing a dermatologist's name, are also invading beauty counters. Dr Howard Murad, the LA skin doctor who treats Uma Thurman, Calista Flockhart, Brooke Shields and Portia de Rossi, has an arsenal of pills to deal with everything from acne (with blood-cleansing burdock leaf) to sun damage (pomegranate). Treating your skin from the inside out is the new health mantra. 'It's the recognition that good skin really does begin within,' says nutritional



Uma is a client of Dr Howard Murad, famous for his natural anti-ageing pills

consultant Christina Barton, who reports Oxy-Powder, an alternative to colonic irrigation with magnesium and vitamin C to cleanse the intestines, is popular with her fashionable clientele. According to Barton, model Sophie Anderton took it to get bikini-ready for TV. As for the goat whey, 'It has a powerful effect, changing the pH balance of blood and tissue,' says Barton. 'Everyone I know who's been taking it for a while has the most incredible skin – glowing and youthful.' ■



The pick of the
A-list super-
supplements:

>> **Capra Mineral Whey, £17.95 (08709 055600; www.chrisbar.com)**

A powerhouse of nutrients re-alkalises the stomach, soothes intestines, aids heart and muscle function, eases painful joints and boosts energy. Mix 3 tsp with hot water or juice (Donna Karan takes hers with apple, celery and cucumber juice).

>> **Murad Pure Skin Clarifying Supplement, £35 www.mankind.co.uk** Proven to reduce blemishes by 55 per cent in six weeks. Vitamins A, B and zinc reduce inflammation and prevent clogged pores, while burdock root acts as an internal cleanser and blood purifier.

>> **Oxy-Powder, £31 (08709 055600; www.chrisbar.com)** This powerful intestinal cleanser is ideal if you're constipated. Popular with models as it can help weight loss and flatten tummies, and also with City boys who take it Friday to Monday to counteract a toxic weekend.

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