

The Sunday Telegraph

28 JULY 2013

# stella

## KRISTIN SCOTT THOMAS

Prepare to  
see her  
as you've  
never seen her  
before...



### **Get me to the church on-trend**

The designers who  
are a bride's best friend

### **A Huff and a puff**

Why the world's  
most well-connected  
woman wants us  
all to take a breather

### **The queen of lean**

Gwyneth Paltrow's  
secret to staying slim

### **FOOD**

*Ceviche, capisce?*  
Diana Henry goes raw



# The Complete Woman

How the stylish look and feel their best

**T**o me, keeping fit seems as natural as brushing my teeth – and it's integral to my overall wellbeing,' says the interior designer Jo Berryman.

A former fashion stylist, she trained as a yoga teacher in her mid-twenties. 'I studied Ashtanga, which I practised for many years until I had my daughter, Nico, six years ago,' she says. 'Then I had a knee injury and found a personal trainer instead.' She now sees Ben Poole (benpoole.com) three times a week for a 'rigorous routine' supplemented with pilates at a Heartcore studio (heartcore.co.uk) or Iyengar, a slower form of yoga, with a private teacher, Sarai Harvey-Smith (saraiharveysmith.com). 'Now I appreciate the depth achieved in each posture when you slow the pace down.'

## JO BERRYMAN

Interior designer, 35

But Berryman can also increase the pace, often climbing trees with her daughter on Hampstead Heath, near her north London home. 'Spending quality time with my daughter is almost a spiritual practice; you can't help but be "present" around children,' she says.

She keeps her diet healthy and tries to stay as gluten- and sugar-free as possible. 'I am big on leafy greens, quinoa, as much raw veg as possible and lean protein,' she says. 'And I drizzle olive and hemp-seed oil on everything.'

A fan of alternative therapies, she attends meditation and yoga workshops in the Cotswolds with friends. In moments of difficulty she listens to talks on YouTube by the spiritual teacher Adyashanti and Eckhart Tolle, the author of the bestselling self-help book *The Power of Now*. ●



## Jo's essentials

● **I have a fresh green juice daily** – or, as a time-saving alternative, a few teaspoons of barley-grass powder in filtered water. Juices and nut milks by Plenish taste sublime (plenishcleanse.com), and I also take an armoury of vitamins and supplements,

including vitamin C, cod-liver oil, a probiotic and digestive enzymes.

● **For working out I like James Perse leggings** (jamesperse.co.uk), ribbed vests by Rick Owens and, for running, VivoBarefoot trainers (vivobarefoot.com). ● **I'm obsessed with my Clarisonic Mia face brush** (clarisonic.co.uk)

and the organic skincare brand Antipodes (antipodesnature.com). I use Perricone MD's Gentle Cleanser, and twice a week I use its vitamin C serum (perriconemd.co.uk). Once a week I'll use Over-Night Biological Peel by Kiehl's (kiehls.co.uk).

● **Once a month I have a facial** with Diana at

Fern Skin Clinic in Belsize Park (fernskinclinic.com), and every six to eight weeks I have the clinic's course of six treatments of Variable Pulsed Light therapy on my face. When I'm in a rush and need a pre-event skin boost, I slather manuka honey on my face for a minute or two then wipe it off using

a damp muslin cloth. Works like a dream!

● **My hair is cut by George Northwood**, and his gorgeous sister Sally does my colour (georgenorthwood.com).

Photographer Alice Whitby  
Interview Ellen Burney  
Make-up Camilla Hewitt at S Management, using Mac