



Beauty Insider THE SUPER NUTRITIONIST

Alison Taylor meets super nutritionist Akcelina Cvijetic to talk diet tips, brain food and clothes that boost your mood



TOP CLIENTS?

Hollywood icon Goldie Hawn and the Sultanah of Pahang, Malaysia.

COMMON PROBLEM?

Magnesium deficiency which can cause sugar cravings. Stock up on green leafy vegetables, avocado, almonds and brown rice.

WEIGHT LOSS SECRET WEAPON?

Protein. If you're having a carb-filled breakfast, such as toast and marmalade, replace the jam with goat's cheese and salmon that will keep the hunger pangs away.

BEST SUPPLEMENT?

Superfood Elite by Pure XP. It's a powder mix that has absolutely everything you need, so no more

popping pills! It is packed full of 29 super ingredients that improve your skin, energy levels and digestion. Just sprinkle it in a smoothie.

DESK-DRAWER ESSENTIAL?

Blueberries. They feed your brain as well as plump your skin thanks to their collagen boosting properties.

WORK PHILOSOPHY?

It's all about progress not perfection so ignore that internal voice when it tells you off. The key is to see failure as feedback and ask yourself, 'How can I make it better next time?'

MOOD BOOSTERS?

I wear different colored scarves according to what mood I want to create for a client. Orange is a great mood enhancer and wonderful for lifting up one's spirits when feeling down.

STRESS BUSTERS?

Create your own switching-off ritual. When I get home after a busy day I put away my phone, light a candle and listen to classical music – it calms me.

SURPRISING FACT?

Water is a great energy booster. Being dehydrated is the biggest culprit when you're feeling tired. Akcelina Cvijetic, 144 Harley Street, London; akcelina.com

“Blueberries feed your BRAIN as well as plumping your skin”



Boost your energy with Neom's Organic Treatment Candle

