

13

THE HEALTHY FAST-FOOD JOINT

Roughly every 45 seconds, a New Yorker buys something from Energy Kitchen, a healthy-eating chain loved by stars including Nicole Kidman. Famed for its low-fat, low-carb, no-sugar meals, top sellers include wraps made with ultra low-fat bison and protein brownies sweetened with apple sauce instead of sugar. For healthy fast food in the UK, try Leon (www.leonrestaurants.co.uk).



14

THE PARTY ANIMALS' DETO

We've all had one of those nights out that makes you want to detox to get started. You can just pop to the open-all-hours Juvenex Spas, baths filled with waters infused with seaweed, ginseng and, umm, celebrities such as P Diddy steaming in the igloo-shaped sauna. Try the worrying Gyno Spa Cure, where for \$75 (£40), 'herbs are used to i that, thanks! Juvenex is at 25 West 32nd Street (001 646 733 1330).