

TEAM SADIE'S *great life* GUIDE



Actress, fashion designer, film producer and mother of four, *Sadie Frost* truly seems to have it all. But she's faced tough times too, including divorce and severe postnatal depression. In a new book, written with her sister Holly and friend Amber, she reveals how she found balance, contentment – and great skin!

PHOTOGRAPHS *David Loftus*

FROM MY EARLIEST memories, diet and exercise have been very important to me. Taking care of my body has come easily, so in some ways I have been lucky. I was a natural vegetarian from the start, as I intensely disliked the taste of both meat and fish as a child. My childhood was spent exercising, dancing and doing gymnastics, always pushing myself to the limit. All of this physical activity gave me a great start and a solid foundation for living healthily.

I've always striven to do my best, to challenge myself and try my utmost to be positive and content. Of course, getting balance in life isn't always easy and it is possible to lose your way and become disillusioned and unmotivated. Life doesn't always bring happiness and peace of mind. For every one of us it's a journey: we can be up or down, we can be happy or sad, positive or negative. So many people suffer from anxiety, depression and feelings of worthlessness at some point, and I too have experienced all of these, which led me to explore many avenues to find contentment.

To live in the moment is vital. I used to spend so much of my life rushing around, never present, never listening, always distracted. Listening is a very important skill and something I have had to work on. Eating, sleeping and just living were all tasks that I found very difficult. How, I wondered, could I change? I ate well, I exercised, and yet it

still felt like there was something wrong with me. I saw healers, homeopaths, acupuncturists, gurus and meditation experts. The number of specialists I visited was endless – a full-time job, really! But each time, I took a little bit of their thinking away with me and eventually I put together my own plan to nurture mind, body and soul through a combination of yoga, meditation, mindfulness and good eating. It is a daily practice of positivity, assertiveness and surrender, and it fits into my normal routine, because I am a working mum with a lot on. I am far from perfect, and sometimes my plan falls apart into a million pieces. But each time this happens it is becoming easier to pick myself up and start again.

When you experience peace of mind and contentment, it is the most wonderful feeling in the world, as if warm treacle is running through your veins. There is a detachment, a sitting back and letting go. You feel alert, yet slightly fuzzy, like on one of those perfect summer days when you feel totally blissed-out and loved. You can sit and listen to people and take it all in, without your mind churning through pointless thoughts.

We all have very busy lives and we are constantly multitasking. In my case having four

children, three businesses, a need to exercise, run my home, my life, kids' lives, dogs' lives, wanting to eat healthily...it can all become really stressful. Sometimes I eat the wrong food, drink too much and don't feel motivated to exercise. But you just have to draw a line under that day and start again. We have to keep going and moderate our lives rather than being judgmental and self-critical.

Through everything you do, you still have to love yourself. I tell myself that provided I am good 95 per cent of the time, for the other five per cent I can live my life feeling less pressurised and constrained, and that way ultimately I can be happy.

There are several strategies to help you put yourself under less pressure, not least being organised – especially if you have a very full day ahead of

you. When I know I won't have time to get food, I put a couple of sachets of miso soup and a pack of almonds in my handbag for snacking on. Then I won't get hungry and reach for a chocolate bar. And even though making lists and schedules may seem a little clinical, they do help you feel in control and confident that you're getting everything done, which keeps your mind at peace.

I like to try to make the first few hours after ►

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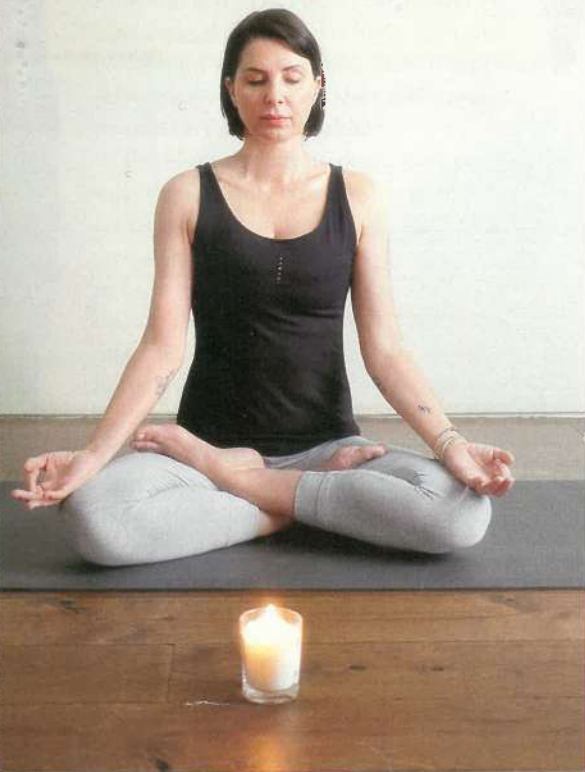


From left: Sadie with friend and food guru Amber Rose and sister Holly Davidson

◀ I wake as smooth as possible because if that happens, the rest of the day tends to work out too. Preparing breakfast, doing the school run and getting to work can all become a lot easier if we start the day focused, grounded and unstressed.

If you can include a walking meditation, you ground yourself. While I walk my dogs, I try to think as many positive thoughts as possible. If a negative thought comes into my mind, I replace it with a positive. Harboring resentments is not good for anyone, so if I am consumed with resentment towards somebody or something I try my hardest to alleviate this. A friend of mine gave me a tip for times when my mind is full of resentful thoughts about a person or situation. She suggested I visualise shrinking the thought or image in question, turning it into black and white and sending it to another part of the world. I tried this and it really works; it gives the resentment less importance.

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The benefits
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Sadie takes her dogs Rosie and Ringo for a walk with Holly and Amber

WHY IT'S GREAT TO MEDITATE

Meditation is something I struggled with in the beginning. I just didn't get it! But I persevered. The benefits are endless, including better emotional balance, lower blood pressure, reduced PMS and a stronger immune system.

There are many styles of meditation practice and it may take you a few tries until you find one that suits you. I would suggest you meditate for ten to 20 minutes daily and commit to practising for 21 days to give yourself the best chance to experience the benefits.

You could begin by trying a mantra meditation, in which you mentally repeat a calming word, sound or mantra that will take you away from your busy thoughts. Sit upright with your spine straight. You

can either kneel, cross your legs or sit on a chair with your feet on the floor. Place your hands, palms turned upwards, on your thighs or knees.

Inhale and exhale, slowly and deeply, three times. Focus on relaxing your body as you breathe out. Your eyes can be open or closed; I prefer to close them. Focus on mentally repeating your mantra. Your mind will wander and when you notice that it has, just gently bring your attention back to your mantra.

A few popular mantras are:

- Om/aum (It is, will be, to become)
- Love
- I am that I am
- Ham-sah (Hindu variant meaning I am he/that)
- Om mani padme hum (hail the jewel in the lotus)

KITCHEN CUPBOARD BEAUTY

It's entirely possible to spend a small fortune on skin and haircare products, but there are lots of natural ingredients you will have in your home that will do amazing things for your appearance at a fraction of the cost. Here are some of my favourite remedies:



AVOCADO FACE PACK

Avocado is wonderful for adding moisture to tired or dry skin thanks to the vitamin E and monounsaturated oils it contains. Simply mash the

flesh of 1 ripe avocado in a bowl and apply to your face and neck. Leave for 30 minutes then wipe off using cotton wool dipped in warm water.

FOR COMBINATION SKIN

Simply add 1 beaten egg yolk to the mashed avocado. Apply to the face and leave for 30 minutes, then remove with damp cotton wool.

FOR TIRED, AGEING SKIN

Add 1 tablespoon of honey and 1 beaten egg yolk to the mashed avocado and mix to a smooth creamy texture. Apply to the face and leave for 30 minutes, then remove with damp cotton wool.



HONEY AND BANANA FACE PACK

Try using this if your skin feels dehydrated - honey and banana are both extremely moisturising.

Mash 1 small ripe banana in

a bowl until it's a smooth creamy paste. Stir in 25g oatmeal and 1 teaspoon of runny honey. Apply to the face and leave for 15-20 minutes, then remove with damp cotton wool.



LEMON CLEANSER

Lemon juice acts as an antibacterial agent, so it helps with oily skin, breakouts and also balances the pH of the skin. The egg white tightens and tones the skin.

Mix together 1 teaspoon of freshly squeezed lemon juice and 1 stiffly beaten egg white and apply to your face. Leave for about ten minutes then wash off in warm water or with rose water.



SUGAR SCRUB

Sugar has an antibacterial as well as an exfoliating effect on the skin, so this scrub is really beneficial for oily or spotty skin. Choose from caster, granulated

or demerara sugar, depending on how deep you want to scrub. I recommend demerara or granulated for the body and caster sugar for the face and neck. Mix 1 teaspoon sugar with a few drops of hot water in your hands and gently massage into your skin. Rinse off with cool water and pat dry with a towel.

EGG CONDITIONER

Beaten egg makes a great conditioner for dry and brittle hair - just apply it to damp hair, leave for 20 minutes, then rinse off with warm water.

LEMON CONDITIONER

Lemon juice can be used to treat problems such as dandruff and acts as a stimulant if you find your hair is falling out. A tablespoon of lemon juice applied directly to washed, towel-dried hair can give it real shine, and it is great for blonde hair that needs a little boost.



COCONUT AND ROSE BODY SCRUB

Try using this on your body while you're waiting for your bath to fill up. It works so well at exfoliating and hydrating skin. Soothing

coconut oil combined with sugar will scrape off dead skin cells and clean blocked pores without irritating your skin. The oil will leave the skin soft, even and help close your pores. The sugar is antibacterial, so great for dealing with breakouts.

50ml coconut oil

60g granulated sugar

10 drops rose essential oil

Mix the ingredients together in a bowl. Take some of the mixture and gently rub over your body, paying particular attention to any hard areas of skin on your elbows, knees and heels. Once you have rubbed it all over, get into your bath and rinse it off. The coconut oil and sugar will dissolve into the bath and make it smell amazing! Soak for as long as you like.

Sadie with her youngest child Rudy



THE MOTHER OF ALL RESPONSIBILITIES

Motherhood is like nothing else. The love you feel is beyond your expectations and when you see your beautiful innocent child suddenly your life makes sense. But you have to learn on your feet how to parent your child all the way from defenceless baby to adulthood - mostly without any training, so a lot of it must be instinctive and a very personal thing.

There are highs and lows and I experienced both, including severe postnatal depression. I was even hospitalised on some occasions. It was more than 11 years ago and at that time there were quite a few stigmas attached to the condition. For many people it was as if you were behaving like a moaning Minnie when you should be grateful and not complain that you had a beautiful baby in your arms. The simplest way I can describe it is to say that there is no rationale behind it; it hits you hard and you may experience some of the darkest days of your life, feeling cut off, lonely and possibly unsupported. If you have any concerns that you may have postnatal depression please see your doctor immediately and be reassured there is treatment that will make you feel better. In time, the feelings you have will pass and you will be able to get on with your life.

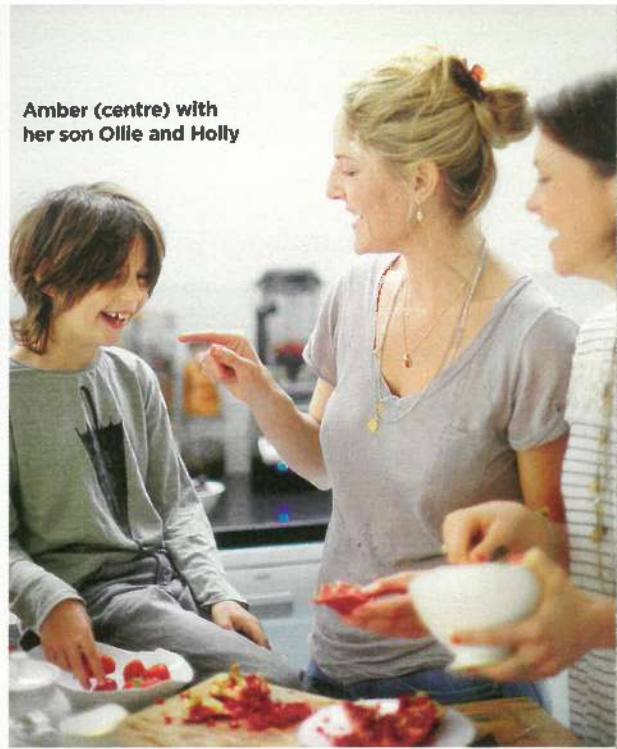
I have in no way been the perfect mother and have made many mistakes, as we all have. But I have loved my children constantly and tried not to judge and expect unrealistic things from them. To me, being a mother involves teaching my children about the good things in life, being compassionate, generous and forgiving but also accepting that, at the end of the day, they have to find their own way and learn by their own mistakes - especially in their teenage years when they find you highly embarrassing and do not listen to a word you say. Above all, I try to stress to my children not to be judgmental and to be loyal and loving to themselves. ►



THE SEVEN AGES OF EXERCISE

Sadie's sister Holly Davidson (left), a qualified personal trainer whose clients include Florence Welch and Nick Grimshaw, provides ideas to incorporate exercise into your daily life, whatever your age.

Amber (centre) with her son Ollie and Holly



20s Your body is pretty strong in your 20s and can take the abuse of excessive parties, binge drinking and bad eating habits. But that doesn't mean you can't still give it some TLC. This is the decade in which to build your base fitness and create habits for a lifetime. Think of your body as a bank of goodness: start paying in early and it will repay you in later years.

30s Mix up your training. If you stuck to one sport in your early years, now is a good time to cross-train by adding something new. Staying with one thing over a long period also causes postural imbalances whereas working a variety of muscles will help prevent injury. You might find it harder to shift those unwanted pounds in your 30s, as with each decade our metabolic base rate drops by one to two per cent. If you have exercised regularly and kept a healthy lifestyle you won't see that big a difference in your body shape. Remember your body bank and keep paying those instalments.

40s Preserve your strength and fight belly fat. In your 40s, your body begins to lose muscle mass. By lifting weights you will preserve your lean muscle mass, which will keep your metabolic rate high so you continue to burn optimum calories. Gravity, hormones and your slowing metabolism are a triple hit in this decade and you may find it harder to see results. But by keeping your exercise routine consistent with cardio and resistance training, you will keep your muscle mass.

50s Your heart and core are key in this decade. Aches and pains are likely to crop up in your 50s, but don't be put off. Adapt your exercise to work with your body, not against it - there is always something you can do. Pilates and yoga are great ways to strengthen your core and keep your posture from slouching. And good posture is not only vital for your health, it helps you look young. Keep your heart strong by doing at least 30 minutes of moderate exercise four to five times a week.

60s This decade is about prevention. Keeping your exercise up now is super important. You should be lifting weights two or three times a week. A simple weight-training resistance programme protects you from the slippery slope of frailty and helps prevent falls. Any break or fracture will take much longer to heal so your balance is a good thing to focus on. As your joints and ligaments start to become stiffer, add more stretches. If you haven't tried yoga, it can be a lovely gentle way to keep your body mobile and flexible.

70s Young at heart and still raring to go, walking isn't the only exercise you can do in your 70s. Keep it varied and work on balance, flexibility and strength. And continue to do the things you enjoy.

80+ There is never a cut-off point - keep active for ever. Whatever your age, it's not too late to start exercising. Take it slowly and never work through pain.

SMOOTHIE TALK

Food stylist and cook Amber Rose, whose clients include Gwyneth Paltrow and Kate Hudson, has devised nutritious immune system-boosting recipes, including this simple green smoothie:

'Juices and smoothies are really cleansing and nourishing, and a great way of getting all the nutrients and energy that you need for your morning without the heavy feeling a big breakfast can give you,' she says. 'This is my favourite smoothie - it's simply the goodness of the greens. Perfection.'

- ♥ 1 small banana, peeled, sliced and frozen ahead of time
- ♥ handful of spinach or kale, washed and drained
- ♥ 1 scoop of your favourite powdered super greens
- ♥ 1 tsp raw coconut oil
- ♥ 1 tsp either fish oils or your favourite omega oil
- ♥ 1 tsp raw honey
- ♥ 300ml filtered water, almond milk or coconut water

Place all the ingredients in a blender and blitz until completely smooth. ■



BUY THE BOOK

This is an edited extract from *Nourish: Mind, Body & Soul* by Amber Rose, Sadie Frost & Holly Davidson, to be published on Thursday by Kyle Books, price £19.99. You can order a copy for £15.99 at you-bookshop.co.uk, with free p&p until 28 September.