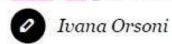
LIFESTYLE



SECRET CORNERS FOR HEALTHY DETOX IN ROME

Ancient Romans used to say mens sana in corpore sano, or "a sound mind in a sound body," a motto that still holds true today in our modern age.

Beside running - Rome typically has mild weather and lovely sprawling parks - and plenty of yoga studios and spas, you can enrich your body and mind with the newly-opened organic market **Hosteria del Mercato** just few steps away from Piazza di Spagna. Here you'll find the best slow juice in the city made with a Hurom patented machine. My personal favorite is the beet and ginger combo.

I'd also suggest an **Acquagym** class with Eleonora Vallone at city pool **Aquaniene**. I fell in love with Eleonora's program while I was expecting my son and was delighted at how exercising in water is a smart alternative to the typical gym.

To complete your detox, you should try the **Oxy program** at **Aveda H&B**, a short walk from Castel Sant'Angelo. Oxy was invented for pop icon Madonna and consists of oxygen therapy that delays the skin's aging process.

1870 Hostaria del Mercato

Via Bocca di Leone, 46a T 06.69923705 hosteriadelmercato.it

Aquaniene

Via della Moschea, 130 T 06.3312020 acquagym.it

AVEDA Hair & Beauty Piazza della Rovere, 112 T 0668307889 hairbeautyrome.com



