



Ivana Orsoni

## 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](http://hosteriadelmercato.it)

### Aquaniene

Via della Moschea, 130  
T 06.3312020  
[acquagym.it](http://acquagym.it)

### AVEDA Hair & Beauty

Piazza della Rovere, 112  
T 0668307889  
[hairbeautyrome.com](http://hairbeautyrome.com)

