



10 Years Ago
Fresh-faced



Last Month
Tired and lacklustre



Now
Glowing

Kate's New 10 Years Younger Detox!

The supermodel **O** is looking better than ever thanks to a new anti-ageing regime based on 'superfruit' mangosteen...

Kate Moss is on her way to looking as good as she did 10 years ago—thanks to a new detox regime.

The supermodel can't get enough of an exotic fruit called mangosteen since returning from a holiday in the Maldives. Worried that partying is leaving her looking haggard, Kate was blown away by the fruit's age-defying properties while staying at the Huvaven Fushi resort in early February.

"Kate's been raving about this juice which is made from an Asian fruit called mangosteen," a friend tells *Look*. "She said all the women on the island drank it, and even though some were in their 50s

they looked 20 years younger, with glowing, line-free skin. She started drinking it and said she felt the effects immediately."

And since returning to London, the 34-year-old catwalk queen has been knocking back the juice religiously. "Kate brought a load back with her and has now been ordering it online," adds the pal. "She has it in a concentrated form and swigs back a small shot first thing and another in the evening.

"After a month of taking it, she looks amazing. Her skin's incredible and she says she hasn't had a cold and rarely even gets hangovers."

"Mangosteen is a wonder fruit," says Kate McGurk, a natural health

adviser. "It's believed to be effective in helping prevent cancer, heart disease, strokes and other

'After a month of taking it, she looks amazing'

ailments associated with ageing."

Kate's mangosteen regime is part of a detox based on having a superfood like berries, spinach or

salmon with every meal, daily Omega 3 capsules, as well as plenty of sleep and water to flush out toxins.

Kate is "thrilled" with the results, which haven't gone unnoticed in her celeb circle. "She says she hasn't looked

this good since her 20s and she's trying to stop smoking, something she thought she could never do," says the source. "Sienna [Miller] thought Kate was using some expensive new skin product. But Kate told her she's drinking this juice and eating a diet packed with superfoods and Sienna is now considering trying it herself."

