



56 Femail magazine

Lifelines



What's your poison?

IN FASHION, one woman's trash is another woman's treasure. When it comes to diet, though, is one person's healthy eating plan another person's poison? The Novo test, available at Selfridges Skin Health Spa from Tuesday, will help you discover which foods will benefit you. The test is unique and treats each client as an individual, providing personalised blood analysis and a dietary programme based on the results. It's a good way to increase your energy, weight loss and general wellbeing. The Novo Food Sensitivity programme costs £299.

■ **CONTACT** Novo directly on 0845 226 5858 or visit www.novotest.co.uk