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ALLERGY TESTING



**IMMOGENICS NOVO TEST**

There's nothing more boring than people who whimsically self-diagnose allergies. But if you're suffering from persistent headaches, IBS, sluggishness, inexplicable weight gain, skin conditions or you just can't shake off illness, it is likely that something you are eating or drinking doesn't agree with you. Previously, the only way to test for intolerances was to exclude foods from your diet one by one and see if symptoms improve. Laborious, lengthy and confusing. However, the Immogenics NOVO test does the hard work for you. At the Skin Health Spa in Selfridges, a blood sample is taken and sent off to a lab



where it is tested against 115 different foods. Four days later you receive a detailed list of good foods and trigger foods. It makes for interesting reading and often it is the most innocent and healthy foods which are giving you problems. After one month of eating only from the good list, troublesome spots and dry skin clear, energy levels increase and you're 10 per cent lighter without even dieting. Trigger foods can then be gently re-introduced.

**£299, novotest.co.uk, 0845 833 9153, at Skin Health Spa at Selfridges and various London locations**

PHOTOGRAPHY