



S
SYSTEM
PROFESSIONAL

20 WAYS TO POWER
UP YOUR MIND,
BODY AND HAIR

**THE
SECRET
TO ENERGISE
LIFELESS HAIR**

2 EXERCISES TO
JUMP START
YOUR DAY

ENERGY
guide

**HIGH-PROTEIN
AND HEALTHY SNACKS
FOR ENERGY**

Welcome to the ENERGY GUIDE

We are all familiar with that feeling of not being able to psych ourselves up for a big night out. According to the expert team at Lanserhof Tegernsee Health Resort, this feeling of tiredness can be caused by anything from "medical issues to not eating the right diet," says Dr Benedetto-Reisch, medical director at the award-winning spa, that's partnering with System Professional.

Think you can solve the problem with a weekend spent snoozing? Not so: "People think getting eight hours is enough but they don't understand why they are still tired when they wake up. It's about the quality of sleep and this is determined by energy drainers through the day." The effects of this fatigue are equally myriad: from physical tiredness to having hair that's lustreless.

Teetering on the brink of exhaustion? You're in the right place. We asked health and beauty experts how to tackle the root cause - and combat the symptoms. Plus System Professional's two new products containing their innovative ENERGYCODE™ COMPLEX means you can get instant energy into your hair whenever you need it.

The result? A whole new, energised you.

3 SPRITZ UPLIFTING CITRUS

Aromas have a physiological effect on the body. Choosing the right scent can act as an olfactory pick-me-up, hence the popularity of citrus in morning blends. Lemon is a good choice if you really need a wake up call - with the greatest concentration of volatile ingredients of all the citrus scents, the speedy evaporation of the molecules is stimulating. Other naturally uplifting scents include grapefruit which boosts energy and alertness and white florals. Poppy agrees: "Tuberose Angelica by Jo Malone puts a spring in my step." With top notes of sweet-smelling angelica and a heart of smooth creamy tuberose.

1

POWER UP YOUR BREAKFAST

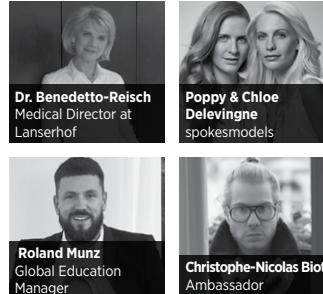
The first thing your body needs in the morning is essential fuels, protein and fat – so instead of reaching for a croissant go for a sizeable breakfast packed with the right nutrients. Eggs are great for protein and easy to digest, while buckwheat bread has lots of fibre which is great for digestive health while also being low/mid on the glycemic index – the lower the score, the more 'sustained' amount of energy you will have for a longer period of time. Dr Benedetto-Reisch recommends porridge for people with digestion problems. "A warm breakfast like porridge in the morning is better for people with stomach complaints rather than fruit and cold yoghurt." (Note: she also explains that if you wake up feeling tired it is down to the liver detoxifying food eaten the evening before so it's best to not eat a late dinner or no dinner at all.) Short on time? A smoothie with organic protein powder hits the spot and is rammed with the healthy fats, proteins and nutrients. Try a smoothie containing almond milk, frozen berries and a nut butter like hazlenut or cashew.

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CHOOSE YOUR VITAMINS

Thiamin, B6, B12, and riboflavin are all necessary to produce energy. Vitamin C, iron, magnesium and biotin also play a role in reducing tiredness.

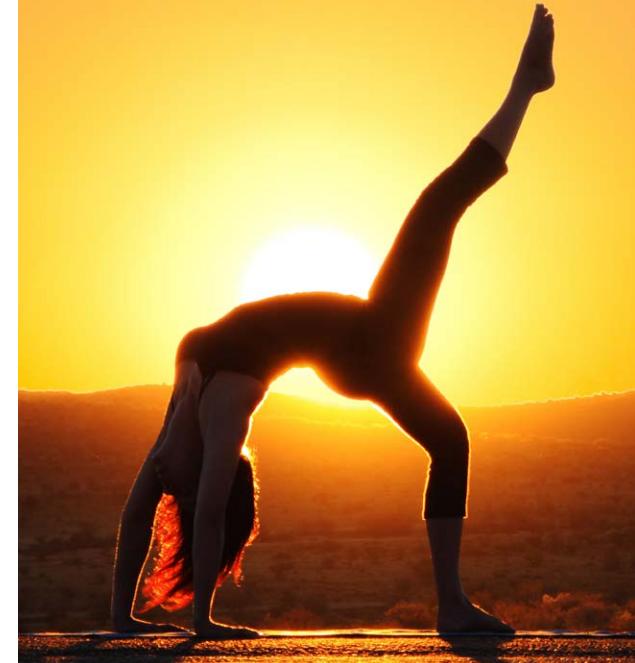
System professional EXPERTS



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THE 15-MINUTE 'WAKE UP' YOGA

Yoga at 6am might not feel like the easiest or quickest way to get pumped for a productive day ahead, but surprisingly the right poses work as a natural stimulant - think double matcha espresso, only without the jitters. The benefits of certain yoga poses at the beginning of the day can be the perfect transition from slumber to jump-start. "Yoga is an effective therapy that will leave your mind focussed," says Dr Benedetto-Reisch. Vinyasa yoga is especially effective at getting the blood pumping and preparing muscles for action. Expect to work up a sweat. "My best tip for feeling energised in the morning is a boxing class at Bodyism. After that I feel like I can conquer the world," says Poppy.



5

START WITH THE GUT

"Bolstering the gut's microbiome is a huge topic. It's a proven fact that the gut is the root of many health disorders including exhaustion and insomnia. Pop a good quality probiotic and intermittent fasting helps regenerate the gut, improving the function of the intestines and metabolism. "

Dr Benedetto-Reisch



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INSTANT HAIR ENERGY

If you notice your hair looking frizzier and duller than usual, it's because your locks can suffer from a lack of energy too. "Hair with zero vitality has been damaged by intrinsic factors like ageing and poor diet and extrinsic factors like heat styling and chemical treatments," says Roland Munz, Global Education Manager System Professional. "The result is crunchy, frizzy hair that looks dull and lacklustre. Hair with the right level of energy is full and vibrant with natural shine and bounce. It feels like velvet to touch." What to do when our hair is worn out and we need to look photo-ready, pronto? Get your hands on System Professionals' Instant Energy dry spray that makes hair look, and feel, like it's been freshly conditioned thanks to their ENERGYCODE™ COMPLEX – a combination of powerful ingredients that hydrate and protect the scalp, improve blood circulation and replenish natural lipids in the strands. System Professional Ambassador Christophe-Nicolas Biot says "I spray the product through lengths of my clients hair after a blow-dry and the result is light, extremely soft and smooth hair that moves and bounces when they walk. I have not seen a product like this before." Spray away!

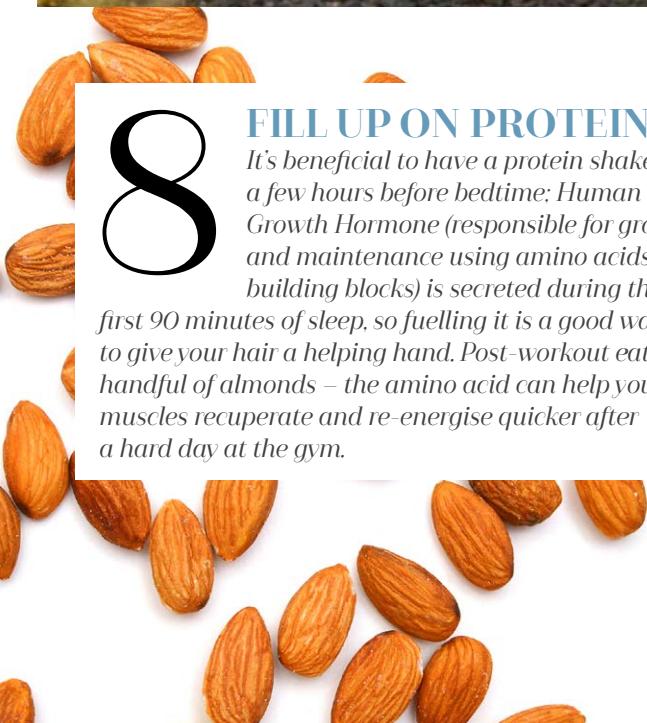
"System Professionals Instant Energy spray is heaven in a bottle."

Poppy Delevingne

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FILL UP ON PROTEIN

It's beneficial to have a protein shake a few hours before bedtime: Human Growth Hormone (responsible for growth and maintenance using amino acids as building blocks) is secreted during the first 90 minutes of sleep, so fuelling it is a good way to give your hair a helping hand. Post-workout eat a handful of almonds – the amino acid can help your muscles recuperate and re-energise quicker after a hard day at the gym.



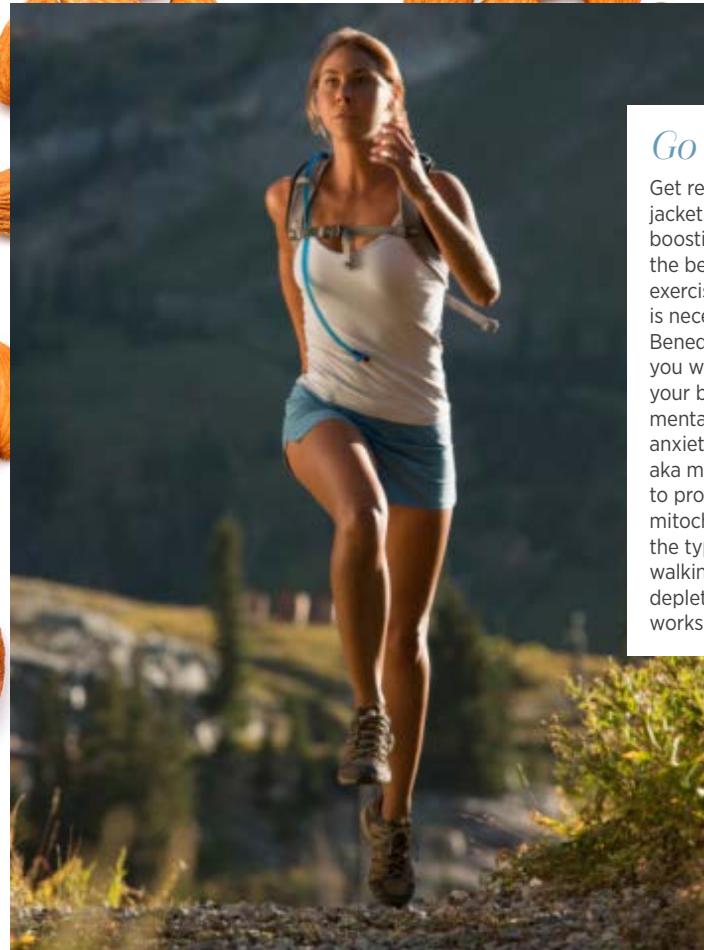
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Get yours diagnosed with System Professional's expert care consultants using specialist diagnostic tools, then the correct, personalised system will be prescribed. Get your personal EnergyCode on systemprofessional.com.



9 what's your ENERGY CODE? B1+R3+H5

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Go Happy Hiking

Get ready to throw on your wax jacket and hit the trail for a mood-boosting trek: experts say one of the best ways to beat fatigue is to exercise more. "Partaking in moderate exercise everyday is necessary to successfully maintain energy," says Benedetto-Reisch. "The more you move, the stronger you will become and more energy will be created in your body." Plus, walking outdoors is associated with mental wellbeing, relieving symptoms of fatigue and anxiety. The science bit? The more tiny power plants aka mitochondria in your cells, the greater your ability to produce energy. Exercise ups the production of mitochondria, thus producing more energy. Beware of the type of exercise you use to up your energy levels - walking, pilates and resistance strength-training don't deplete the body too much, though very intense exercise works differently and can leave you feeling tired post.

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DESTRESS WITH QUALITY SLEEP

During sleep, our bodies are in energy conservation mode, during which repair and growth occur and the stress hormone cortisol is kept in check. Poor sleep can impair the production of Human Growth Hormone (HGH), and low levels of HGH have been linked to extreme fatigue throughout the day. Maximise the quality of your sleep by maintaining a pre-bed routine, and avoiding alcohol: "Drinking wine before bedtime can interrupt your sleep cycle making it less restful, causing you to feel more tired the next day," says Benedetto-Reisch.

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“For an instant pick-me-up in the morning after a nights sleep I use Zee eye drops from Japan. They could wake up a sloth! ”

Poppy Delevingne

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USE THESE High-energy DIET RULES

For decades we have been chasing the next fad diet in a bid to gain more energy, but the key to an uplifting diet is relatively simple: eating a diet of fresh, seasonal produce and lean meats provides all the necessary nutrients - and therefore energy - you need. Dr Benedetto-Reisch recommends the following to keep you more energized, happier and healthy all round:

- **Eat regular meals** - breakfast, lunch and dinner, dinner being the lightest meal, like soup.
- **Do not eat snacks** in between.
- **Eat slowly and chew well** to better absorb important nutrients - saliva contains enzymes and that we don't use if we eat too fast.
- **Take at least 30 minutes to eat your meal** - this will guarantee the feeling of fullness.
- **Eat fresh**, organic vegetables and fruit.
- **Do not eat raw fruit or vegetables** in the evening as it builds up toxic fermentation.
- **Avoid processed food entirely.**
- **Stay away from sugar** - it's a metabolism weakener. If you crave chocolate eat it after a meal to avoid the insulin spike - don't have it in between meals.
- **Have probiotics** (friendly bacteria), which can be found in fermented foods such as sauerkraut everyday.
- **Sip lots of water** throughout the day.

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EAT FOOD WITH ZING

“I'm currently obsessed with foods like turmeric and ginger and I drink warm water with lemon everyday. ”

Chloe Delevingne

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LIGHT UP

Your body needs vitamin D from sunlight in order to help keep energy levels work to their optimum. 15 minutes is all that is needed to energise and boost your mood, but if you can't get outside invest in a sun lamps and place them around your house.

14

...AND BREATHE

Being able to inhale and exhale completely is one of the best energisers. Try to set aside 10 minutes a day - little and often is most effective. Try this exercise designed to maximise the benefits of conscious breathing. Start by focussing on your breath. Breathe in for five seconds, hold for five seconds and breathe out for five seconds. Check your posture. Acknowledge your senses, scanning your body from head to toe - observe your body for any tension or discomfort and take note of it. Repeat this slow rhythmic count. Prepare to finish by becoming aware of your physical sensations such as your fingers and toes and the noises around you, before slowly opening your eyes.

15 BEAT THE 4PM SLUMP

We all suffer from that 4pm energy dip, but munching on healthy snacks should put an end to that. All berries are high in energy-boosters called anthocyanins. Seaweed thins contain vitamins, fats and minerals from the sea that can help revitalise. Apples are full of vitamin C, complex carbohydrates and fibre so stabilise blood sugar. Almonds contain nutrients that help boost brain power. Pumpkin seeds are a great source of iron, magnesium and zinc and rice cakes provide an instant energy boost and are an essential source of vitamin B1.



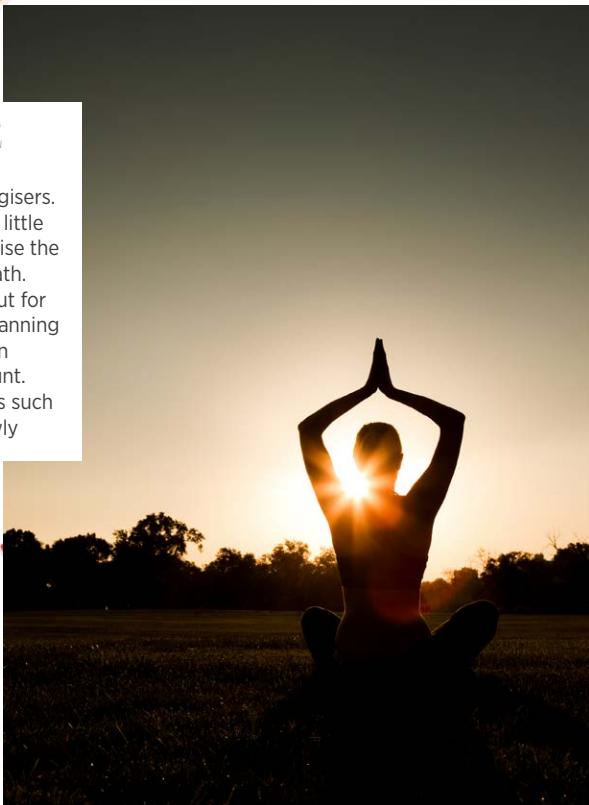
“I keep my hair looking alive by sticking to a specific, simple hair care regime.”

Chloe Delevingne

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ENERGISING HAIR FROM THE SCALP

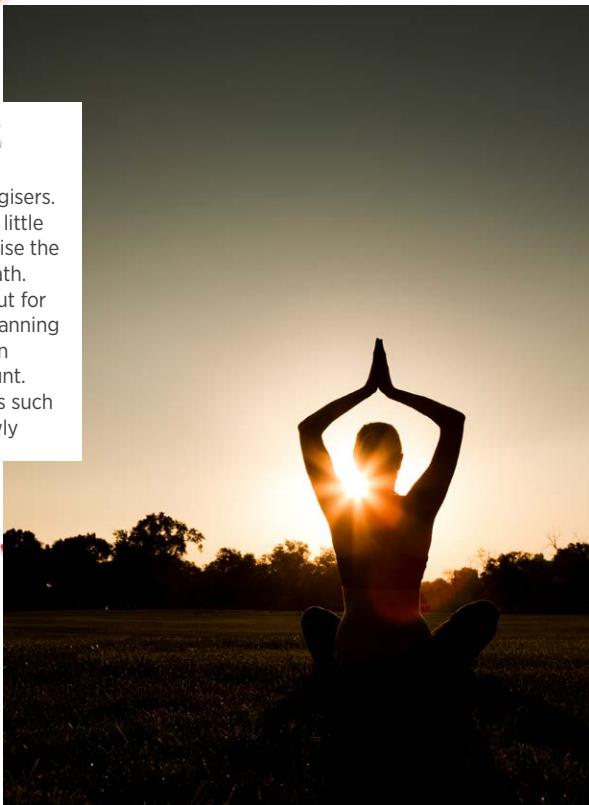
“After five years of research, System Professional Alpha Energy is the product with the purest concentration of ENERGYCODE™ COMPLEX and it will enrich and energise the three pillars of hair, scalp, fiber and texture, providing visibly fuller and more manageable strands – from root-to-tip,” says Roland Munz. “The aim is to revive and amplify the hair.” The best bit? “It works on all hair types,” says Christophe-Nicolas Biot, “and has an effect from first use, leaving the hair and scalp rejuvenated and healthy and will add more depth to your colour. When you use heat on the hair it will push the product into the strands making it even stronger. I apply the product to the hair, rough dry using my fingers for more volume and blast with the hairdryer. I then spritz through the product again and finish the blow-dry tipping my clients head upside down,” explains Biot.



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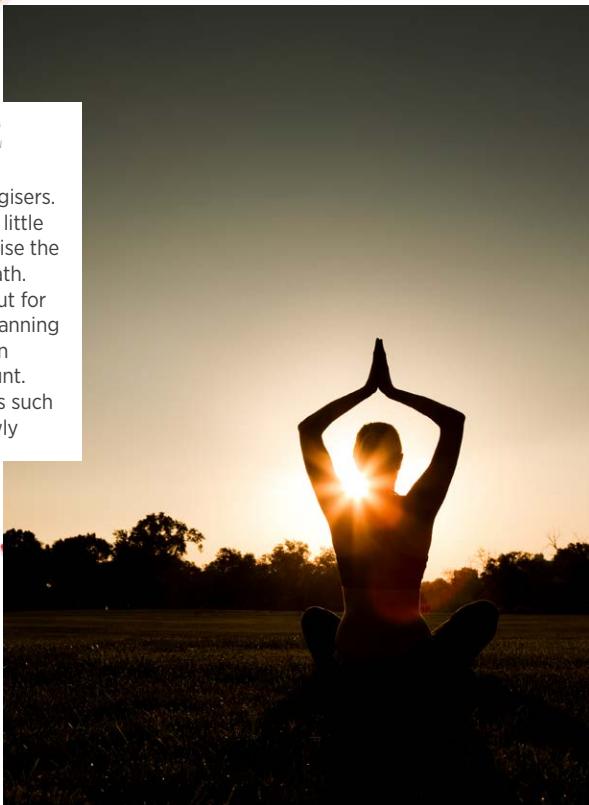
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ENERGISE WITH SPA TIME

As we now know fasting boosts energy, as does chewing every morsel 40 times, detox massages, reflexology, acupuncture and a good night sleep. Book yourself into the Lanserhof Tegernsee where you will get your own tailor-made programme of re-energising detoxification with state-of-the-art medicine and holistic treatments, all designed to put a spring in your step.

To book call +49 8022 1880-0 for seven nights, full board, from €3,555, including the LANS Med Basic programme.

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HYDRATE! HYDRATE! HYDRATE!

A lack of energy and mental fogginess is likely to be a sign that our body is dehydrated, though we often mistake it for a sugar or caffeine craving. Essentially, this happens because a lack of fluid in the body makes the blood volume drop, forcing your heart to work harder to supply oxygen and nutrients to other organs and around your body. Carry a two litre bottle of water around with you all day and sip regularly. Coconut water can hit the spot quicker due to the electrolytes helping cells to rehydrate more effectively, combating low energy.

“Vats of coconut water stops me looking tired before a night out.”

Poppy Delevingne

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Take a 18 thyroid test

Feeling constantly tired and sluggish could be a sign you have a thyroid problem. Thyroid hormones stimulate the brain, accelerating focus and awareness. If levels of these hormones in the blood decrease, it causes body functions to slow down, resulting in fatigue. Your doctor can give you a blood test to measure your thyroid hormone levels and determine if medication is necessary to rebalance the body.



DRINK YOUR GREENS

Green vegetables like spinach, kale and broccoli are some of the most reviving, mineral-packed foods there are. They contain B Vitamins which have a huge effect on energy levels. Try to add one organic green vegetable to every meal you eat or blitz-up several varieties to make a green juice and add in black pepper, lemon, avocado and coconut water to power-up your day.



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