



Legology

with Kate Shapland

Liz Earle
Wellbeing

You've been involved in all areas of beauty. What was it about legs for you?!

I was obsessed with legs and had been for a very long time. I just couldn't not do it any longer. I'd driven people up the wall with it. It was my passion, fuelled by my involvement with the beauty industry, the people I met, the things I saw and heard. I also had issues myself: heavy legs, fluid retention, cellulite. I remember getting off a plane and seeing all the people, not just women, hobbling off and thinking to myself 'why aren't we doing something about this, why aren't we talking about it?' There was a discussion around cellulite, which has become more controversial over the years. I felt there needed to be a more grown-up approach. Brands were introducing cellulite creams as an after-thought, as part of a body range, and for me the approach perpetuated the feeling that there was something wrong with me, something that needed to be fixed. For me, it's much more about a feeling of positivity and energy.

Cellulite is a real condition. Where does it all start?

Women are generally more susceptible, full stop. Whatever shape we are, our bodies are 60% water, with our lymph and blood responsible for taking that water around the body, and sometimes that mechanism becomes compromised. It can be linked to hormones, and women often find that during pre-menstrual tension or the menopause they can suffer with issues of fluid retention. What happens is areas where you tend to have fat build-ups (the upper arms, legs, buttocks) the passing of the fluid becomes compromised and so the area becomes puffy and the collagen fibres that sit around the fat become distorted. I was fascinated when I discovered this through a wonderful woman who used to give me deep body massages. I could literally feel the pockets of water pop and my body changed dramatically. It was eye-opening. Her approach taught me that you can shape your body with massage and the right products. This got me on to cellulite and the whole body generally. When you treat cellulite, it's not just the specific area you're treating, it's the whole body.

Tell me about lymph. What is it?

Lymph is a white fluid that flows around our bodies. We have lymph points in the backs of our knees and groin. To stimulate it, we have to move. It only moves when we do. It's the little things: taking the stairs, walking the dog, getting off the bus one stop early, and body brushing is great. Body brushing is about activating the lymph. People think they're braking down fat and end up beating up their thighs, but it isn't that deep. It sits under the surface of skin and light movements work best. You use a dry bristle brush and upward sweeping motions, starting from your feet and always moving towards the heart.

What about dietary inputs? Have you found things that are helpful?

For me, starch and sugars are the bad guys and of course salt, which holds onto water. I try not to be too obsessive with it because I feel – and it's the whole ethos behind Legology – that it's up to you. I felt that with leg care in particular people were talking about cellulite as though it was the only issue people were experiencing but it isn't; it's the veins and the water retention, too. It really is all about the flow and I felt that leg care needed a kick up the backside, and to be really looked at, updated, refined and made more inclusive.

Tell me about your products? They always smell SO amazing.

I wanted to capture that feeling of being on holiday, or when you've just come back from holiday and still feel great. I wanted this product to do that for you if nothing else because it's something we all need in our lives. I want my products to give you the energy you need for life, to go that extra mile.

I want to talk to you about the ingredients you use in your products and caffeine in particular. What are your thoughts on that?

Legology does include caffeine because it's an excellent stimulant for those areas. We combined two complexes, one which is called Pro-contor, which contains the caffeine and golden rod, and

one called Legactive, which is great for heavy tired legs, and that's got ingredients like lemon in it. I wanted the ultimate texture to feel aerated to bring that feeling of lift.

What about other therapies for legs? Are there any you would recommend?

I love pressotherapy. Bandage wrapping is great. I also once had this amazing freezing therapy. But again, it's anything that gets the lymph moving, that generates flow. Galvanic current is wonderful. But I'd always say that something helpful is to literally put your feet up. Get them up above your heart and it will help. I now always wear compression socks on a plane and make a point of getting up and walking around. I stretch my feet and ankles and again, every little helps.

Follow Legology on there amazing Instagram account - its a real community.

<https://www.instagram.com/legologystyle/>

Read the Lift Off Blog - <http://www.legology.co.uk/lift-off/issue-16/>

Go to the website - <http://www.legology.co.uk/>