

My Sunday routine: Dr Sarah Hart, cosmetic medicine specialist

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Supplied

Hart and her family crave "green time" to recharge in the great outdoors.

My Sundays typically have two patterns. I'm either overseas for work or enjoying family time with my husband and children.

In my work, it's important I keep up to date with fresh techniques. That means at weekends I could be overseas.

I've got flying down to a fine art.

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I wear flight socks, which help blood return to the heart from the veins in your legs. I drink plenty of water with electrolytes and take melatonin to help me sleep when I get back.



When I'm home in Auckland, a family Sunday starts with the kids jumping into our bed for a morning cuddle. Health-wise, I've started a new routine of keeping my water bottle by my bed and sculling it as soon as I wake up.

I add a few drops of Elete electrolytes for magnesium, which magically makes water much easier to drink. I aim to get straight onto my foam roller, usually with the kids clambering on top, to iron out the kinks in my body. My Pilates instructor introduced me to rolling and I have grown to love its unique torture.

After a busy week in the city we crave "green time" to recharge, and I adore exercising outdoors. We sneak out of Auckland whenever we can.

Lake Tarawera is a favourite for water-skiing and for mountain biking in the Redwood Forest. Or we might head north to enjoy the waves at Omaha or Tawharanui, or snorkel at Goat Island Marine Reserve. We have a bach just outside Matakana with no internet, no phone coverage and no TV. I mooch around in a grotty old T-shirt while the kids play Monopoly.

Ad Feedback



My Sunday beauty routine is super-low key. Sun protection is my main goal. Aspect Dr Vitamin C serum helps fight UV damage, and of course sunscreen. If we're doing water sports it's Invisible Zinc SPF 30+ Water Resistant for the whole family.

Living in Grey Lynn, I have no shortage of "crunchy" friends to inspire me with new superfoods.

Most Sundays I prep for the week making "Raw Power" muesli. Or I might do baking with the kids.

Easy Sunday night dinner is soft-boiled eggs with Vogel's toast soldiers for the kids.

Our summer soundtrack has embarrassingly been Kenny Loggins' Danger Zone as requested by the kids.

MY IDEAL SUNDAY

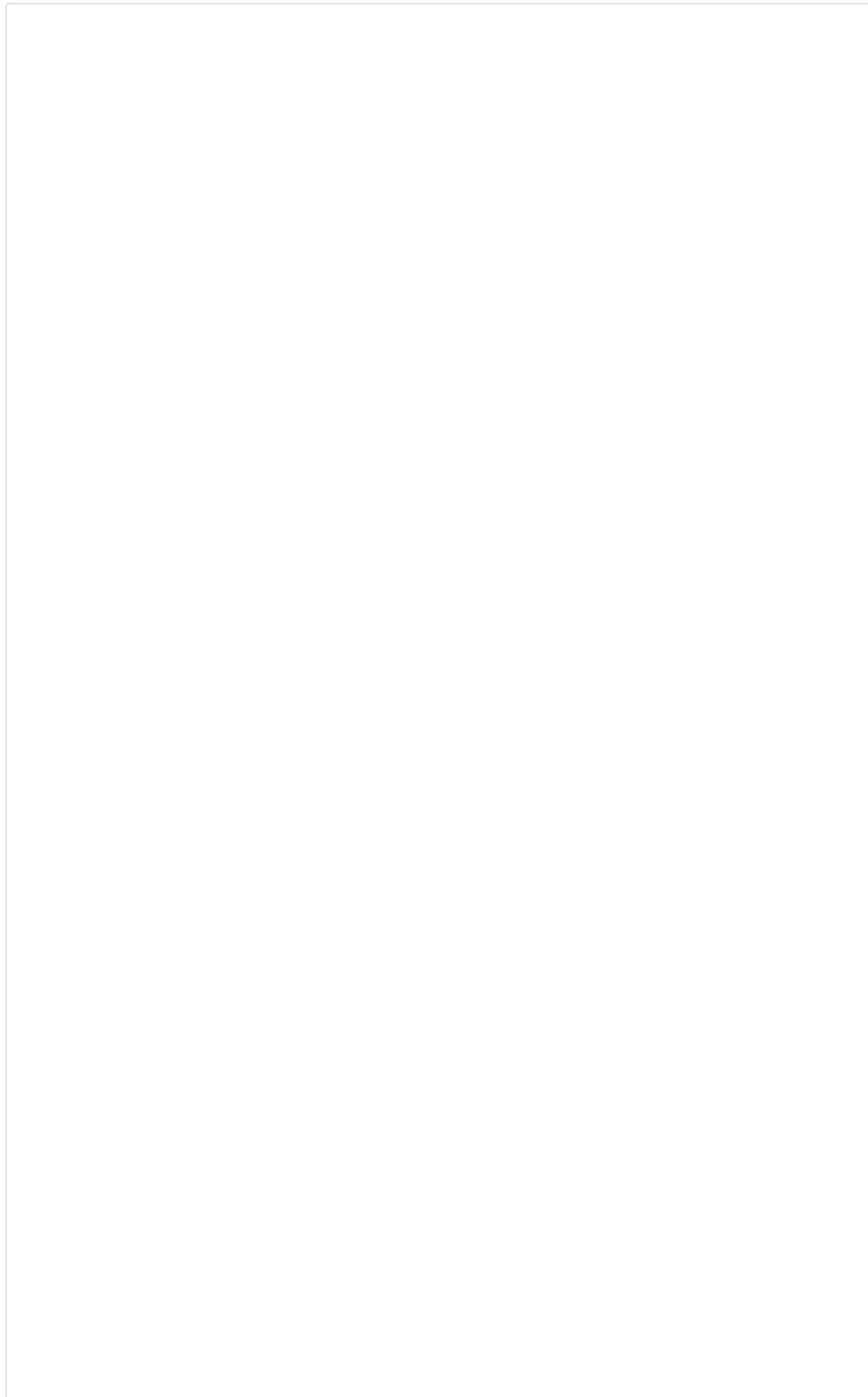
Lying on the grass with the kids, finding shapes in the clouds in the blue sky above.

MY TYPICAL SUNDAY

Has too much washing and house-tidying.

ON SUNDAY I WISH I HAD MORE TIME FOR

Seeing my girlfriends. Nothing helps the soul quite like sharing life's challenges with a bunch of besties.



FAVE SUNDAY CAFÉ

Charlies Gelato Garden in Matakana. The lemon meringue icecream is out of this world.

FAVE SUNDAY THING TO DO IN YOUR NEIGHBOURHOOD

Scooting to Grey Lynn Park, ten meandering around Farro Fresh.

BEST HANGOVER CURE

Sleep plus mince and cheese I Love Pies.

BEST TIP FOR DEALING WITH THE SUNDAY NIGHT BLUES

Follow your passion, you'll never get Sunday night blues.

- Sunday Magazine

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