

Stella

23 MARCH 2014

The Dame of Thrones

Lena Headey, the face of *that*
television phenomenon

Our deadly bread

How the humble loaf
became a public enemy

They wear it extremely well

Five career women
show off British fashion
at its brilliant best

Interiors

A fabulissimo
Roman apartment

FOOD

Diana Henry's got a lovely
bunch of coconut recipes

The Sunday Telegraph

The Complete Woman

How the stylish look and feel their best



Casablanca-born and London-based, Karen Ruimy is a flamenco dancer, musician and author who believes her inner voice is her best adviser. "I began to listen to my inner voice many years ago. I gave up a career in finance in Paris to follow my dream of becoming a dancer because of it. It's something that directs my life."

Alternative therapies help Ruimy gain clarity. "Though they aren't 'alternative' to me," she says. "They are essential." She views acupuncture as a fantastic way to relax and "clear energies", and also practises reiki. "I use it on myself regularly to heal or relax when I feel overtired and can't sleep. I used to give reiki to my children every day before bed, and it had an amazing soothing effect."

KAREN RUIMY

Performer and philanthropist, 48

Keeping active is important, too. "Fitness is key to my life as a dancer, but I don't believe anyone can find a good balance without moving the body. It needs movement to renew its energy, to clear away the old and create fresh life in the cells."

Ruimy's family is French, but her north-African childhood influences her attitude to eating. "In Morocco food is the centre of life, rhythm and entertainment. I can't lose that pattern. I eat five times a day and get nervous if I miss a meal! My diet includes lots of vegetables, salads and light proteins such as fish and chicken." She cooks more traditional meals for her family: couscous, tagines, meatballs. "I believe you can heal or get sick with the food you ingest. Food is medicine. This has always been the case, but the modern world has lost track of the quality and value of our food." ●

Karen's essentials

● **I wake up and celebrate my day, which means yoga, a bath, a long breakfast and meditation.** This always takes an hour and a half, no matter what. Even before travelling early I stick to the same routine.

● **On days when I'm not dancing, I go running.**

I have running-gear by Lululemon (lululemon.co.uk) and the best shoes in the world, by Mizuno, from Japan (mizuno.eu). They feel so light!

● **My sins are chocolate and cookies,** but I don't drink alcohol as my liver does not process it at all.

● **I love products by Valmont,** which smell like morning in the Swiss mountains. I've used its face creams and fabulous Renewing Pack mask for more than 10 years (valmontamerica.com).

● **When I go to see my family in Paris, I buy body lotion from Avène.** It smells fresh

and pure, like babies (avene.co.uk).

● **For daytime my look is simple:** jeans, a leather jacket and a blouse. But for the evening it's a more "oh la la" extravaganza!

● **In the evening I burn orange-blossom from Marrakech, and I make essential oils.** I'm developing products

based on Moroccan and Provençal scents. They will raise funds for the gender-equality charity I set up, the Great Initiative (thegreatinitiative.org.uk).

Words Ellen Burney
Photographer Alice Whitby
Hair/make-up Katy Nixon, using Bobbi Brown