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Good – or a load of old pulp?
We ask the experts

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The Sunday Telegraph

The Complete Woman

How the stylish look and feel their best

“Positive stress” is how Roberta Benteler describes launching the online retailer Avenue32 four years ago. “To cope with the new challenges I started to exercise more,” she says. She recently returned from a seven-day horse safari in Africa. “I grew up in the German countryside riding ponies and I used to love riding in Richmond Park, but my horse recently passed away.” At the moment she runs in the park on her own two feet, for 30 minutes two to three times a week. “Running clears the mind. I take my Nike Lunar trainers everywhere. During fashion week in Paris I run along the Seine.” She also fits in two to three Barrecore classes (barrecore.co.uk) a week – a combination of dance, Pilates and

ROBERTA BENTELER

Avenue32 founder, 30

yoga. “I’m the biggest fan and within four weeks I found it very effective for my muscle tone.” She has two days of rest each week. “I think it is important to give the body a break, so I will lie-in for an extra hour if not exercising,” she says.

Her diet is gluten- and lactose-free. “Five years ago I was feeling very tired and discovered I had a gluten allergy,” she says. “I cut out pasta, bread and white flour and felt so much more awake. I’m a strong believer that diet affects our psychological wellbeing as much as the physical.” She eats seasonal produce, and has organic deliveries from Natoora (natoora.co.uk). “My parents had greenhouses and a vegetable garden, so I know what food should taste like. I love cooking and at the moment I’m using lots of root vegetables, apples, pears – and Ottolenghi’s *Plenty* book.”

Roberta's essentials

• **I always have the same breakfast:** an espresso first thing then, after exercise, organic gluten-free porridge. I’ve just discovered a recipe for “carrot-cake porridge” using grated carrot. I top it with walnuts and berries.

• **I see an osteopath once a week at Pure Sports Medicine.** I also get a sports massage there (puresportsmed.com).
• **I always wear flats, never heels.** At the moment I love my Louis Vuitton Like a Man Ranger combat boots. I wear them to work with high-waisted skinny jeans by Frame

Denim or Saint Laurent, an Equipment shirt and leather jacket or blazer.

• **Sometimes I feel very over-stimulated** and find it hard to wind down. Monthly acupuncture with a Chinese doctor on the Fulham Road really helps.
• **I have a facial every two months** with Jacqueline Parker at the

Royal Garden Hotel using Dermalogica. It’s all I use at home now too. She has totally transformed my skin (jacquelineparker.co.uk).

• **Marcela’s in Kensington does my nails.** It’s more expensive than other places but worth it (marcelas.co.uk).
• **I am more conscious now about what I buy.**

I ask myself how often I will actually wear something. I wear a lot of Blk Dnm during the day and Alice McCall and Isa Arfen dresses when travelling.

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