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Good Health

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Sonia Kruger
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HOW TO
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Siblings:
**HOW THEY
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SEE PAGE 10 FOR DETAILS
ON HOW TO RECEIVE YOUR
REPLACEMENT VOUCHER

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Ojon Restorative Hair Treatment, \$98.

Designed to be left in the hair overnight, this deeply nurtures both the hair and the scalp. Shampoo out in the morning.



Schwarzkopf Professional Seah Hairspa Fango Mud Smooth & Detox Mask, \$35.95.

Perfect for fine, greasy, porous hair, this pre-shampoo mask lifts away impurities and leaves hair smooth and soft.



Hair

Why a mask for your hair? It's simple, says celebrity stylist Anthony Nader, from Raw Hair in Sydney. "A treatment mask takes your haircare to another level. Choose a clarifying mask to remove deposits from hair, a protein mask to help rebuild and strengthen, or a deeply hydrating mask for shine and manageability."

Brazilian Tech Keratin Smoothing Treatment, \$19.95.

Vitamins and proteins help to improve the strength of chemically weakened hair, and also protect against heated styling.



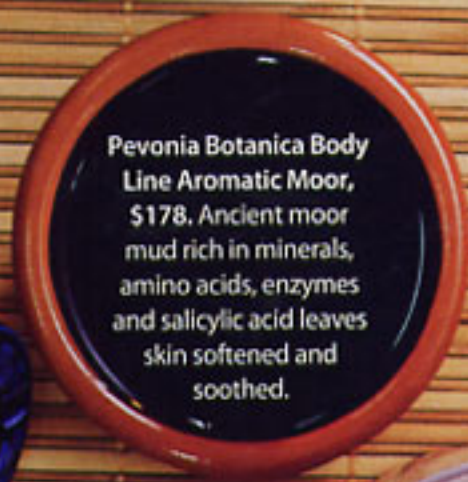
Venustus Organic Frangipani Body Mud, \$25 per sachet. A deeply cleansing and purifying mud, laced with the scent of frangipani, softens skin.



Ahava Dead Sea Mineral Mud Soothing and Purifying, \$15 per sachet. This pure mineral mud mask cleanses, purifies and restores skin's moisture balance.



Pevonia Botanica Body Line Aromatic Moor, \$178. Ancient moor mud rich in minerals, amino acids, enzymes and salicylic acid leaves skin softened and soothed.



Redken Time Reset Youth Revitalizer, \$35. Provides intense hair conditioning as peptides and ceramides target damaged strands.



Body

Beauty doesn't stop at the neck, so it's important to extend your skincare to your entire body, and that includes regular applications of masks. Applying a mask all over can deliver many beautifying results – from softening skin, to reducing cellulite, to firming and toning and often even sculpting. "Think of it as a salon treatment wrap, only in the privacy of your home," says beauty therapist Jeannie Bourke, from Venustus in Sydney. "After showering and exfoliating, smooth the mask all over, then wrap yourself in a comfy robe and chill out for half an hour. Rinse away the mask in the shower, then massage in a hydrating cream or oil." ❖





Beauty 101



5 minutes with Anthony Nader

THE NEW YORK-BASED CELEBRITY STYLIST SHARES HIS TIPS FOR KEEPING YOUR HAIR BEAUTIFUL WITH THE CHANGE OF SEASON.

What should we be mindful of to prevent damage to our hair? Don't wait too long between cuts. Your hair will not only lose its bounce and shape but you will also get split ends. Also, avoid bleach but invest in colour.

Which products should we use to keep our hair looking great?

- ❶ A good lightweight conditioner that will smooth and detangle hair. **Try:** Raw Anthony Nader Protect Conditioner, \$14.95.
- ❷ A deeply moisturising conditioning treatment. **Try:** BaByLiss PRO Argan Oil Restorative Mask, \$24.95.
- ❸ A lightweight shine spray to maintain your sheen. **Try:** Inecto Pure Coconut Oil Glossing Spray, \$16.95.
- ❹ A ceramic hairdryer for stress-free styling. **Try:** Parlux 3800 Eco Friendly Ionic and Ceramic Edition, \$189.95.

❺ A heat-protector spray to guard locks from styling damage. **Try:** Keratin Complex Thermo-Shine, \$39.95.

❻ A 100 per cent boar bristle brush. **Try:** Brushworx Boar Bristle Cushion Brush, \$19.95.

What are the season's hottest hair hues? Opt for a more solid palette this season – sun-kissed highlights are out. Ask your colourist to add an overtone to your solid shade to add radiance. If you must highlight, introduce warm caramels, smooth hazelnuts and toffee hues. These shades will also give hair a break from the stress of summer and keep it in good condition all winter.

What's the golden rule for hair when the weather becomes cool? Hydration! Your hair needs moisture to maintain its health and wellbeing.



BRIGHT EYES

Brighter eye-shadow looks are back this season and we love the new shades from Clinique, in particular Colour Surge Eye Shadow Duo in Beach Plum, \$40. Use the plum shade to define and contour, and the sand shade to highlight under the brow bone. Finish off with a dramatic sweep of Clinique High Impact Mascara in Brightening Black, \$38, on your lashes.



Need it now

Becca Professional Brush Soap, \$18. It's one of the easiest and most brilliant ways we've seen to keep make-up brushes clean. Simply dampen your brush, stroke it over the soap until it lathers, then rinse under the tap until the water runs clean.

hot hint: Woken up puffy eyed?

Drink a cup of coffee or tea without milk or sugar. Caffeine is a natural diuretic and it will encourage fluid drainage from under your eyes. After that, continue to drink plenty of purified water and spray your face throughout the day with Gaia Rose Otto & Lavender Refreshing Toner, \$12.95.