

BE EXCITED ABOUT TOMORROW!

Australia

Prevention

SLIM IS SIMPLE!

FIGHT FAT WITH FOOD

Eat Pasta, Chocolate &
Burgers & Still Lose
4 Kilos in 2 Weeks!

EVERYTHING
YOU THINK ABOUT
STRESS IS WRONG

INSIDE YOUR FRIDGE
What to Bin, What to Buy

INSTANT
HEALTH
MAKEOVER

- ✓ Win Back Your Energy
- ✓ Fix Belly Bloat Fast
- ✓ Build Real Intimacy

5 SURPRISING
SIGNS YOU'RE
SLEEP DEPRIVED

Your Wake-Up Call's on p.26

The Easy
Tip for
Flawless
Skin!

10
BEAT
THE
CLOCK
DINNERS



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STAY LEAN FOR LIFE: THE ESSENTIAL ANTI-AGEING WORKOUT



A FILE FOR EVERY NAIL STYLE

The right tool lets you nail the perfect manicure no matter what's at your fingertips

Cutex FOR THIN NAILS

» Try **Cutex Crystal Glass Nail File** (\$6.95; 1800 812 663). The superfine texture of these crystal-glass files produces a smooth nail edge. For natural-looking nails, file into a square shape. Round corners make nails more prone to breakage.

FOR FAKE NAILS

» Choose the coarse-grade **File It Nail File** (from \$2; 1800 251 215). It's tough enough for ultra-durable artificial nails, and the rounded ends make it easy to get rounded nails and tips—the most flattering shape for longer nails.

FOR THICK NAILS

» Pick **Orly Garnet Board** (\$9.25; 1300 769 355). Leave it to one of nature's hardest materials—garnet—to tackle strong nails without roughing them up. This file gets the job done. —AG



On the Beauty Ed's Desk

Sometimes, you can judge a book by its cover. It's not often we photograph a product in its box, but Sisley Paris's new Urban Garden range is as pretty on the outside as it is on the inside. My faves: **Phyto-Ombre Éclat** long-lasting eye shadow (\$55), **Phyto-Khol Star Glittering Eyeliner** in Dark Amethyst (\$62) and **Instant Perfect** (\$80; 1300 780 800), a primer that holds make-up in place and minimises shine and fine lines. Love it!



Body-Building BLOW-DRYING

Here's a salon secret you can use at home: "Dry each section of your hair in the opposite direction you want it to fall," says David Dieguez, creative director of Blow, the New York Blow Dry Bar. For example, if your part is on your left and your hair sweeps to the right, hold hair up towards the left as you dry—it helps create volume."

—Katie Becker



GOTTA TRY IT