

The Sunday Telegraph

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body + soul

bodyandsoul.com.au



FRUIT PUNCH

Stock up on the fresh produce aisle's most exotic residents for a nutrient hit



How to fall asleep in 60 seconds. Yes, really

THE PROSTATE SCREENING
GAME CHANGER

Easy ways to be more
productive at work

BAD BEAUTY HABITS
YOU NEED TO BREAK

FAVOURITE PRODUCTS FROM OUR ADVERTISERS



+ THE 24 DAILY DRY SKIN RANGE

We all know how our skin is affected during the colder months. The 24 Daily Dry Skin range helps to prevent dryness and maintain healthy, hydrated skin. Dry Skin Wash or Lotion, RRP \$14.99 (1L) each, only available at Terry White Chemists.



+ CREATE COMPLEXION PERFECTION

Nude by Nature Natural Mineral Cover is now available with a complimentary collection of complexion miniatures of Mineral Bronzer, Virgin Blush and Mineral Finishing Veil. Available for a limited time at Myer, Priceline, Target, Big W and leading pharmacies, from \$39.95 (valued at \$69.80).



+ THE KEY TO BETTER HAIR

Locked in a battle with split ends, frizz and dryness? Theorie Argan Oil Ultimate Reform Hair Care is a unique, oxygen-enriched, deep conditioning system that restores shine and smoothness. For stockists, visit datelinecity.com



+ STOP WRINKLES IN YOUR SLEEP

Stop expression wrinkles by swapping your regular moisturiser with Night Cream by FreezeFrame. It's clinically proven to relax facial expressions and reduce the appearance of wrinkles by up to 63.23 per cent in just 28 days. It's the alternative to Botox that works while you sleep. Call 1800 662 686 or visit freeze-frame.com



+ FIND YOUR TRUE MATCH

Only L'Oréal's super-blendable True Match liquid foundation has the technology to match your skin's unique tone and undertone, from light to dark, warm to cool. That's why 98 per cent of Australian women have found their True Match! Find yours at findyourtruematch.com.au



EXCLUSIVE VOGUE COSMETIC BAG WITH THIS ISSUE

