

SPECIAL DOUBLE ISSUE

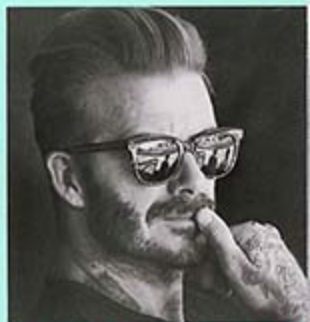
May 6, 2019

Who



Home and Away's
PENNY McNAMEE

'MEET MY
BABY GIRL!'



DAVID BECKHAM



LADY GAGA

KATE RITCHIE

*'I don't
compare
myself to
anyone'*

Most

BEAUTIFUL

people 2019

AUST \$5.20
INC GST
NZ \$5.20 (INC GST)



17

PP 100007426

8

INVEST IN SILK

Whether it be PJs, a mask, a pillowcase or sheets, once you sleep on silk, you won't go back.



\$50
Slip Silk Sleeping Mask
slip.com.au



11
NEW
SCENT

Welcoming a new fragrance to your wardrobe will instantly uplift your mood.

\$138 for 50ml
Elie Saab Girl of Now Forever
Eau de Parfum
David Jones and Myer

9
SWITCH OFF

Aim to turn off all social media and your mobile at least an hour before heading to bed to give your mind time to unwind.



"Self care is so important and I know when I take the time to give my mind, body, skin and hair a bit of TLC, I feel great."

STRETCH

"I also love yoga and Pilates, so don't mind a bit of 'me time' on my yoga mat. It makes me feel grounded and happy and I think when I'm truly happy and smiling and with my family, I feel the most beautiful." – Pia Miller.



\$49
Charlotte Tilbury
Matte Revolution
in Super Nineties
charlottetilbury.com

\$84.95
BabylissPRO
Ceramic Curling
Iron
1800.251.215

12
TAKE
TIME TO
NOURISH
YOUR
HAIR

"A good hair day is everything. I always feel like if you have a good hair day, you have the confidence to do anything," says Pia Miller.



PANTENE
PRO-V BLEND
micellar
GENTLE NOURISHING
CONDITIONER
\$13
Pantene Pro-V
Micellar Gentle
Nourishing
Conditioner
1800.028.280

13
MINI
MAKEOVER

Treat yourself and have your hair and makeup professionally done ...
"I feel at my most beautiful on those days where I feel like I've done a few things for myself like exercise, maybe read a book, had a laugh with a friend, whatever that may be ... and I've probably got my hair and makeup done and I may have a new outfit on." – Ada Nicodemou

14
DRINK
UP

Aim for a minimum of two litres of water every day and you will reap the rewards with glowing skin just like Cindy Crawford.

