

The Sunday Telegraph

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# body + soul

bodyandsoul.com.au

# 20

BEAUTY  
PRODUCTS  
EVERYONE  
SHOULD  
TRY ONCE

+

Skip your way  
to a better body

FAB IN FIVE

Squeeze in a  
quickie workout

BUDGET-PROOF  
YOUR HEALTH

How to get more bang  
for your GP bucks

# RED CARPET READY

Special event  
coming up?  
Make like a celeb  
with a seven-day  
plan to trim down  
and shine with  
glossy hair  
and skin





**1** Parlux 3800 Eco Friendly Ionic & Ceramic Dryer (\$199.95, 1800 251 215).

This hair industry favourite is one of the lightest and most powerful out there and blasts hair dry in minutes.

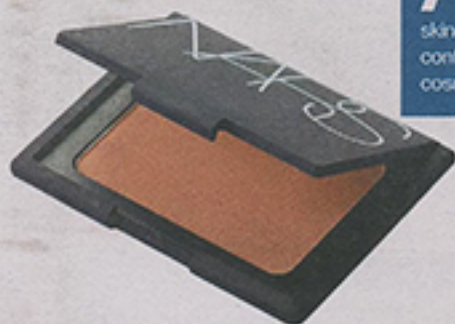


**2** M.A.C Lipstick in Ruby Woo (\$36, [maccosmetics.com.au](http://maccosmetics.com.au)). With its universally flattering colour and long-lasting matte finish this is perhaps the world's most well-loved red lip.



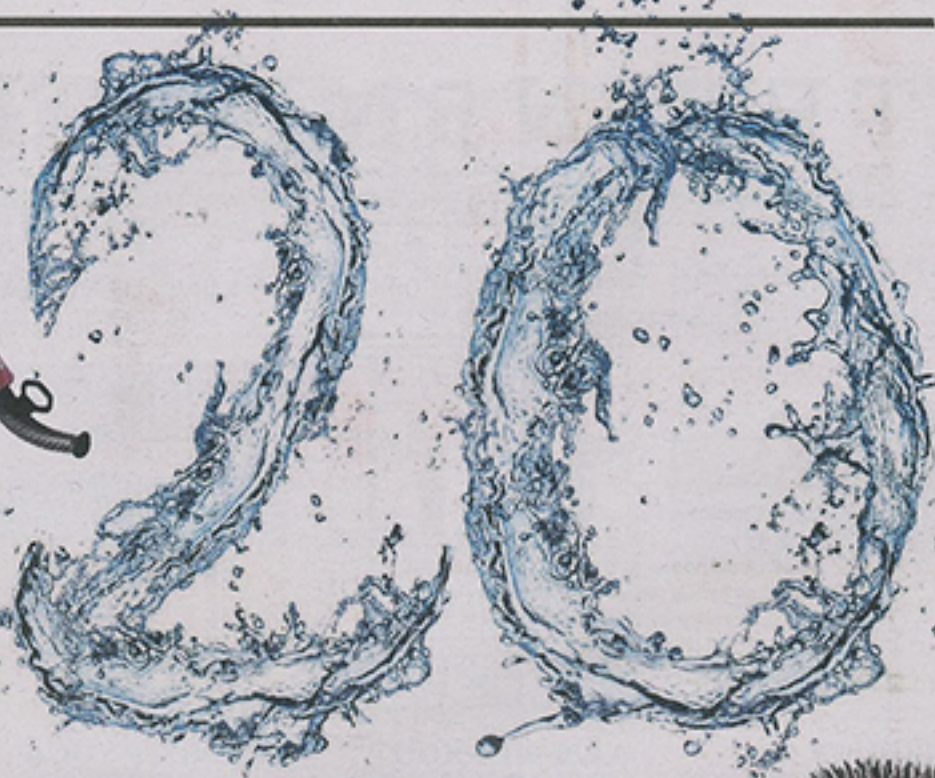
**3** Stila Convertible Colour in Petunia (\$40, [meccacosmetica.com.au](http://meccacosmetica.com.au)).

This perk-me-up cream stain can be used on both lips and cheeks.



**4** Nars Bronzing Powder in Laguna (\$55, 1800 007 844).

Add an instant shot of health to sallow complexions with this tawny, true-to-life tan shade.



**10** Dermalogica Multivitamin Power Recovery Masque (\$68, 1800 659 118). Deliver instant radiance with this "juice cleanse in a tube" thanks to its vitamins A, C, E and pro-vitamin B5.

**9** Mason Pearson Popular Bristle & Nylon Brush (\$225, available from David Jones).

This may be pricey but its boar bristles are firm yet yielding to de-knot, enhance shine and massage the scalp.



## BEAUTY MUST-HAVES

Add these classics to your bathroom cabinet bucket list

A little cosmetic indulgence is the ideal pick-me-up at this time of year. Studies have long linked the use of skincare products to creating a boost in confidence, but our reasons for buying cosmetics go far beyond functionality.

A 2011 study from Spain found that people buy beauty lotions and potions for emotional reasons, and the act can trigger feelings of wellbeing. With that in mind, we've put together a list of the ultimate get-happy beauty classics that every woman should try at least once in her life.



**5** L'Oréal True Match Foundation (\$29.95, 1300 659 359). Get your shade spot-on with this light and dewy-finish liquid foundation, which is available in 11 hues.



**6** Shu Uemura Eyelash Curler (\$29, available from David Jones). This is engineered to be gentler on the eyes while giving lashes the ultimate bend. Perfect for everyday use.



**7** Ella Baché Great Tan Without Sun (\$40, 1800 789 234). This contains cocoa butter and green tea to hydrate skin and builds to form a natural-looking golden tan.



**8** Suvana Certified Organic Paw Paw & Honey Balm (\$7.99, available from Priceline). An organic paw paw ointment that's an all-round wonder salve.

WORDS: SIOBHAN GAVELLO; PHOTOGRAPHY: CRAIG VALL



## Reveal your perfect complexion with Skin Doctors™ Gamma Hydroxy™

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Sophie Felkner

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