

fitness first

FOR GUYS & GIRLS

JULY/AUGUST 2011

INSPIRING SPECIAL:

CREATE THE BODY YOU WANT

UNDERSTANDING ANTIOXIDANTS

HOW TO KEEP THE WEIGHT OFF

TRAINING 101

- ✦ KETTLEBELLS
- ✦ FOAM ROLLERS
- ✦ MOBILITY EXERCISES
- ✦ PART 4 OF OUR 6-PART TRAINING PROGRAM

ANDY RODDICK

WHY WE LOVE THIS TENNIS ACE

9-PAGE

TECH GEAR SPECIAL:

WHAT'S NEW
WHAT'S HOT
& WHY!

TOP 5 HI-TECH BEAUTY TOOLS

PRIMPED.com.au's beauty editor, Cherie Herrmann, delves into some of the brilliant gizmos currently sitting pretty in our bathrooms.

Some vibrate, others contain flashing lights, and then there are those found in shapes we've never seen before. No, I'm not talking about some kind of naughty toy (get your mind out of the gutter, would you?), these are all characteristics of the latest high-tech beauty tools.

ACE BEAUTY GIZMO #1 CLOUD NINE THE WAND, \$270

It's safe to say the beauty world went a little bananas when this newbie was released. Yes, there are many curling tools on the market, but this high-tech wonder tool has more than a few snazzy characteristics. Its conical shape allows you to create a number of sexy hairstyles (think beachy curls, vintage waves and even tight ringlets if that's what floats your boat), while also eliminating those nasty, unwanted kinks that regular tongs can sometimes create. The ceramic black barrel protects the hair from heat damage, leaves your strands shiny-to-boot, and the temperature gauge means it caters to the needs of both thick and thin tresses. And don't worry about ouchy burns; this wand comes with a two-fingered heat protection glove, à la Michael Jackson style.

