

# Good Health

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## SHOULD YOU DETOX?

...and other curly health questions

Secrets of naturally slim, sexy, happy women

WE ANALYSE YOUR DREAMS

### A FLATTER STOMACH

(without a single exercise!)

Natural must-haves for **Radiant skin, glossy hair**

Trend: ARE WE TOO QUICK TO MEDICATE OUR KIDS?

**Kristy Hinze**

"Staying healthy gives me self-confidence"

**YES, YOU CAN!**

Recover from a marriage breakdown

Bonus 10-PAGE STRONG BONES healthbook

How to STAND UP FOR YOURSELF

# Diet overhaul

## 10 NEW WAYS TO LOSE WEIGHT

Plus Learn portion control





IF YOU WANT...  
NATURAL SUN PROTECTION  
**Look for zinc**

**WHAT IT DOES:** Aside from being healing and strengthening, zinc also is a natural physical sunblock. Most mineral make-up powders combine it with titanium and iron oxides (both natural minerals) to provide high-quality UVA and UVB protection.  
**FIND IT IN:** Almay Pure Blends mineral makeup, \$32.95; bareMinerals Original SP15 Foundation, \$59; Eles Mineral Finishing Powder, \$69.50; Jane Iredale Amazing Base Loose Mineral Powder SPF20, \$79.

IF YOU WANT...  
HIGH-POWERED ANTI-AGEING  
**Look for coffeeberry extract**

**WHAT IT DOES:** Taken from the fruit of the coffee tree, this potent extract works as an antioxidant, repelling free radicals and helping to repair damaged skin. It is three times more potent than green tea and has a powerful anti-ageing action, helping to minimise fine lines and wrinkles, even out irregular skin tone and brighten a dull complexion.

**FIND IT IN:** Priori Coffeeberry Brightening Facial Complex, \$160; Priori Coffeeberry Tightening Serum, \$160.



IF YOU WANT...  
NURTURED CUTICLES  
**Look for beeswax**

**WHAT IT DOES:** Natural beeswax is highly emollient and will nurture and strengthen the cuticles and nail bed. It contains vitamin A, which is essential for cell regeneration, and has antibacterial, anti-inflammatory, anti-allergenic, antioxidant, skin-softening and elasticity-enhancing properties.

**FIND IT IN:** Beeswax Cuticle Cream, \$6.95; Burt's Bees Almond Milk Beeswax Hand Creme, \$19.95. ▶



Natural haircare and styling products can be a refreshing change for your locks – they smell delicious and deliver real results.

"There are now more naturally derived professional products on the market that I can use in the salon," says Kristina Russell, colour director for Sable Hair, Sydney.

## Hair care

Natural and organic formulas can help revive your tired tresses, no matter what the issue.

### TO IMPROVE SHINE & MANAGEABILITY:

Look for products containing essential oils of frankincense and myrrh. "They will smooth the surface of your hair and make it easier to brush," says Russell. "Shea butter smooths and controls frizz."

**TRY:** Pureology Pure Volume Shampoo, \$38; Pureology AntiFade Complex HydraWhip Masque, \$49; Avado Sensitives Shampoo and Conditioner, \$11.98 each; Macadamia Natural Oil Healing Oil treatment, \$44.95.

### TO STRENGTHEN FRAGILE AND POROUS HAIR:

"Look for soy, wheat and oats," advises Russell, "as well as jasmine, ylang ylang and rosewood oils, which are highly recommended to nourish and maintain softness."

**TRY:** Pureology AntiFade Complex Essential Repair Shampoo and Conditioner, \$38 each; [Al'chemy] Macadamia and Wheat Conditioner, \$14.50; [Al'chemy] Ylang Ylang Colour Care Shampoo, \$14.50; Andrew Collinge Purity Hydratherapy Shampoo and Conditioner, \$14.99 each. ▶

