

CELEBRATE THE BEST YOU!

# healthSMART

\$500  
to WIN  
each week p.78

## REV-UP

metabolism  
makeover

## SEXY

burlesque

"Does he exist?"  
Searching  
for Mr Right

## DETOX MANIA

### A fresh start



READER'S DIGEST MAGAZINES

JAN/FEB 2011 AU \$6.95\* INC GST  
healthsmart.com.au NZ \$7.95\* INC GST



EAT WELL + LOOK GREAT + GET HEALTHY + EMBRACE LIFE

## SMART

The right  
style for your  
**SHAPE**

# Ten healthy habits

YOU CAN  
START TODAY

How to  
**LOOK  
GREAT IN  
PHOTOS**

Refreshing  
**SORBETS  
AND ICES**

# SMART BUYS

• WHAT'S NEW AND INTERESTING IN-STORE THIS MONTH •



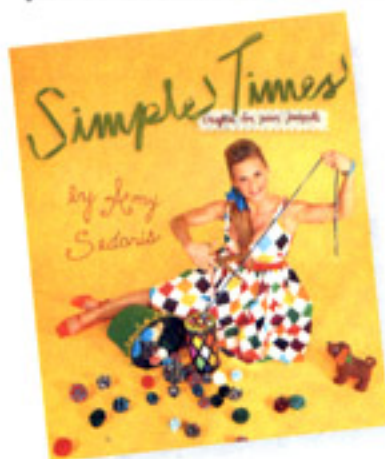
## POM WONDERFUL TEAS

Combines the goodness of green and white tea with the delicious health benefits of pomegranate. Available in Lychee Green, Wildberry Light and Peach Passion. RRP \$2.98 [pomwonderful.com.au](http://pomwonderful.com.au)



## LELUU

Throw away your ugly old trackies and fill your gym bag with this fashionable, functional active wear. After all, you never know who you'll run into at the gym. RRP hoodie \$90, shorts \$50 [leluu.com.au](http://leluu.com.au)



## SIMPLE TIMES: CRAFTS FOR POOR PEOPLE

With one eyebrow cocked, Amy Sedaris gives her cheeky take on how to become "the hostess with the mostest" with this laugh-out-loud look at easy and fun crafts, recipes and entertaining ideas. RRP \$45 [hachette.com.au](http://hachette.com.au)

## ORGANIC AÇAÍ: THE PURPLEBERRY

Amazonia's Açai Berry (purpleberry) bars contain the antioxidant equivalent of more than 100 fresh blueberries and make for the perfect nutritious, gluten-free, on-the-go snack. RRP \$5.50 [purpleberry.com.au](http://purpleberry.com.au)



## BEEWAX LIP BALMS

Indulge your lips with the goodness of 100% pure, natural beeswax. Choose your own signature scent from ten varieties, including mint, coconut and pomegranate. RRP \$6.95 1800 251 215

