

**FREE!**  **NEW McGrilled™ CHICKEN BURGER**

*for every reader!*



# New Ideas



**THE VOICE**



**NEW LOVE TRIANGLE!**



**Michelle and The Commando**

*Yes, we're a couple*

# BABY SHOCK!



**VILLS & KATE'S AUSSIE TOUR revealed!**



**ASHER  
LIFE AS A  
STEPMUM**



**JAMIE DURIE: MEET MY NEW FAMILY**

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*The perfect tea-break!*

3420 INC. GST June 5, 2013



Actress Jennifer Aniston, 44, is the envy of women worldwide with her perfectly groomed and well-kept tresses.

**Did you know?**  
OUR HAIR IS MADE UP OF THE PROTEIN KERATIN, SO A DIET HIGH IN PROTEIN WILL DIRECTLY AFFECT YOUR LOCKS - STOCK UP ON FISH, CHICKEN, QUINOA, STEAK AND YOGHURT.

### SPLURGE

*Macadamia Natural Oil Flawless (left), \$42.95, is a shampoo, conditioner and treatment all in one! Apply to frizzy hair in the shower for luscious locks in five minutes.*



Sultry Modern Family star Sofia Vergara, 40, is a testament that going lighter as we age really is more flattering. 'She's traded her exotic, dark-toned mane for more natural, lighter locks with dramatic results,' Anthony Nader says. 'The lightness around her face really softens her look and turns up the youthfulness of her features.'

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*Lighten up!*



## 5 of the best

What you need to buy today to drop a decade tomorrow...

### 1 Powerful hairdryer

Had yours for 10 years? The latest technology means hairdryers are lighter, dry hair faster and help lock in moisture. And the ionic versions emit a negative charge that reduces frizz.

*We love:* Parlux 3500 SuperCompact Ceramic & Ionic Dryer, \$184.95.



### 2 Hydrating shampoo & conditioner

With so many varieties of shampoo and conditioner on the shelf, it's hard to know which is best. But we need moisture as we age.

*We love:* Pantene Pro-V Clinicare Micro-Repair Revitalizing Shampoo, \$14.99.

### 3 Root boost

Thinning hair need not be a worry. There are plenty of products to plump locks without leaving them feeling heavy.

*We love:* John Frieda Luxurious Volume Root Booster Blow Dry Lotion, \$15.99.



It's one word that makes us ladies shudder. And we all long for those days when frizz wasn't in our vocabulary!

*We love:* Moroccanoil Frizz Control, \$49.50.

### 4 Frizz control



### 5 New brush

When was the last time you updated your brush? 'Look for 100 per cent boar bristle as this will smooth locks,' Anthony Nader says.

*We love:* Taylor Madison by Brushworx Ceramic Boar Bristle radial brush, \$23.95.

