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October 14, 2013

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The one-minute MANICURE

Healthy, young-looking nails don't need to be perfectly painted. Follow our fuss-free guide to this easy-peasy mani...

1 'Select a day of the week for mani night,' says Alison Bowhill-Hayes, a Sally Hansen nail expert. 'Finding two minutes a week is easier than finding half an hour a month.'

2 'Trim nails evenly,' she adds. 'Short nails are healthy. The longer the nail, the older and more vulnerable it is to splits and cracks.'

3 'Push cuticles back and massage them with

cuticle oil or olive oil,' she says. But don't remove them. 'Healthy cuticles are those that are intact, protecting the new nail coming through.'

4 'File nails after trimming,' Alison says. However, only file in one direction to avoid splitting.

5 'Buff nails to bring up a beautiful shine,' suggests Alison. To reduce ridges, ensure you 'work with the nail, buffing vertically'.

Burt's Bees Lemon Butter Cuticle Cream (a), \$14.95. Creative Nail Design SolarOil (b), \$22.95. Revitanaail Keratin Strengthening Serum (c), \$19.95. BeautyPRO Straight Nail Scissors (d), \$6.50. Sally Hansen No More Ridges (e), \$4.95.



As Sandra Bullock's low-maintenance look showed on the red carpet this year, short, shiny, naked nails are back!



BEAUTY

Simple ways to look stunning!

notes

LUST-HAVE

THE PACKAGING OF THIS M.A.C ANTONIO LOPEZ 6 EYES PALETTE IN CREATIVE COPPER, \$74, IS ART IN ITSELF, WITH VINTAGE DRAWINGS CREATED BY FASHION ILLUSTRATOR ANTONIO LOPEZ. FILLED WITH PRETTY AND PRACTICAL EYESHADOWS, IT'S A REAL TREAT.



Become a millionaire

Grab a bottle of Bio-Oil, \$14.95, during October and you'll enter the draw to win \$1 million! With 500 prizes to be won (starting from \$10,000), get in quick – simply buy and enter!



Sick of creating volume in your hair, only to have it flatten within minutes? Try Lady Jayne's Volume Styl'r, \$9.99 (sister to the bun piece we are so fond of!). It instantly adds oomph to any style – just place underneath a layer of your locks and voila!

*Aveeno Equity Research 2011/2012. Best Laura Wilson. 508-Ms photos Michele Tan. Where to buy Aveeno 1800 029 979. BeautyPRO 1800 251 275. Bio-Oil 1027 8436 8300. Burt's Bees 1800 815 6461. Clinique 1800 756 9483. Creative Nail Design 1800 449 7057. L'Oréal Paris 1800 651 1146. L'Oréalme 1300 651 9911. M.A.C 1800 615 628. Neutrogena 1800 555 597. Palmer's 1300 971 978. Revitanaail 1800 630 056. Sally Hansen 1800 812 663.