

You could find

REAL CASH NOW

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\$80,071 IN CASH & PRIZES

that's life!

I WAS TOO BIG TO BREATHE

187 kg



82 kg

SHIPWRECKED & STRANDED

but we found paradise



that's REAL life TV

MUM GOT ME BUSTED

World's Strictest Parents

Why we're both winners



My soulmate COMES TO LIFE 3 times a day



ONE POT wonders



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fashion & BEAUTY

Create a salon finish with these simple steps

Style FILE



Whimsical waves

STEPS

- 1 Start by washing hair with a shampoo and conditioner that's designed to give body and volume.
- 2 Before drying, work in some mousse to create shape and hold.
- 3 Once hair is dry, curl sections of hair around heated tongs and finish with strong-hold hair spray.

- 1 VS Sassoon Ceramic Instant Heat Tongs, \$19.95
- 2 Herbal Essences Tousle Me Softly Mousse, \$6.99
- 3 VOS Humidity Resistant Extra Hold Hair Spray, \$4.49
- 4 Pantene Sheer Volume Shampoo, \$7.99



Super sleek

STEPS

- 1 Apply a root-lifting product to clean, damp hair before blow-drying.
- 2 Spritz hair with heat protection spray, then, working section by section, straighten the lengths of hair using a straightening iron.
- 3 Finish by using a serum to flatten out any fly-aways, then spritz a shine spray on the mid to long-lengths.

- 1 Toni&Guy Digital Ceramic Straightener, \$79.95
- 2 TIGI Bed Head Control Freak Serum, \$29.95
- 3 Tresemme Root Boosting Spray, \$7.99
- 4 Dove Damage Therapy Heat Defence Protect and Shine Mist, \$7.99
- 5 Schwarzkopf Extra Care 10 Carat Shine Gloss Finish Spray, \$8.99



tried & TESTED

...body wash



Emma Berrington, 24, from Kenthurst, NSW, wanted a moisturising body wash to cleanse and refresh her skin. Here's what she found...

Palmer's Cocoa Butter Moisturize Body Wash, \$6.99

This worked into a rich lather that moisturised my skin. I loved the chocolate scent too.



Dove Go Fresh Nourishing Body Wash, \$6.99

This one had a creamy texture that left my skin clean and refreshed.



Innoxa Hydrating Body Wash, \$14.95

I liked that this was all-natural. The ocean fragrance was lovely and it left my skin smooth and hydrated.



If you would like to become a beauty tester for that's life!, please send your name, age, address and a recent photo of yourself to tl.beauty@pacificmags.com.au.

BEAUTY EDITOR'S TIP

For a polished look, take a thin piece of hair from the ponytail and wrap it around the hair elastic, securing with a bobby pin.



STEPS

- 1 Apply a straightening balm or cream to mid-lengths and ends.
- 2 Using a large brush, pull hair back and secure with a hair elastic.
- 3 Apply hair spray to smooth down any fly-aways.

- 1 Herbal Essences Dangerously Straight Leave-In Cream, \$5.99
- 2 Taft Strong Hold Hair Spray, \$4.39
- 3 Hair FX Bobby Pins, \$3.50
- 4 Lady Jayne Snagless Hair Elastics, \$4.99
- 5 Revlon Style Expert Ion Paddle Brush, \$12.95



Perfect ponytail

Fashion & Beauty Ed's pick

Burt's Bees Banana & Beeswax Hand Creme, \$19.95, www.burtsbees.com I'm a huge fan of hand creams, especially throughout the winter months when your skin can really dry out. This one smells delicious and it leaves my hands feeling super soft all day long.



Nina Lewis