

NEW chicken dinners



ISSUE 34 August 24, 2011 Every Wednesday \$3.00 inc. GST

\$80,218 IN CASH & PRIZES

that's life!

BODY SHOCK
'I looked like a melted candle'



Make these earrings
Pg 56



BOMB ORDEAL

HELD HOSTAGE
but she escaped

My penpal's GIVING US A BABY



No.1
for puzzles

MORE PUZZLES
than ANY other weekly mag!

that's **REAL** life TV

The Block's Rod & Tania
Our \$1200 wedding!



*When compared with Australian weeklies as at week commencing August 1, 2011



fashion & BEAUTY



Hair

Treat hair to a nourishing mask or leave-in treatment. Your hair will be left super shiny, soft and hydrated – perfect for that special day or night out. Try Schwarzkopf Extra Care Deep Nutrition Intensive Nourishing Mask, \$8.99, or Macadamia Luxurious Oil Treatment, \$19.95.

SPECIAL OCCASION preparation

beauty MASTER CLASS

Follow these steps for top to toe DIY pampering

tried & TESTED
...shine spray



Katie Chau, 25, from Port Noarlunga, SA, wanted to find a shine spray that promised to leave her hair glossy. We gave her three to test...

Face

Exfoliate once a week in the weeks leading up to your special day. Choose a grainy scrub to buff away dead skin cells, revealing brighter skin. Try St Ives Timeless Skin Renew and Firm Apricot Scrub, \$9.99, or Formula 10.0.6 One Smooth Operator Face Scrub, \$8.99.



Goldwell Diamond Gloss Shine Spray, \$22.95
This gave a nice, natural shine and made my hair feel quite silky. It's really great for everyday use.



Skin

A fake tan will instantly make you look and feel better, but be sure to test the product a few weeks before your special day to ensure that you're happy with the result. Exfoliate your entire body prior to applying the fake tan to avoid

build-up and nasty streaks. My favourites are Le Tan in Le Can, \$14.99, and Dove Summer Glow Body Lotion, \$6.99.



Nails

Treat yourself to a mani/pedi the day before your event. File and trim nails and apply a cuticle oil to nourish dry skin. Try OPI Avoplex Cuticle Oil To Go, \$17.95. Next, buff the nails with a buffing block such as CND Glossing Buffer Block, \$8.95, to smooth out ridges and then apply your nail colour over a base coat like Manicare Base Coat Plus, \$13.50.



Moroccan Oil Glimmer Shine Spray, \$34.50
This gave my hair incredible shine and smoothed down all the frizz. It lasts all day long.



Aveda Brilliant Spray-on Shine, \$39.95
It had a glam effect, but was a little heavy. It would be perfect for super glossy hair on a night out.



Nina Lewis

Fashion & Beauty Ed's pick

Australis Colour Inject Mineral Lipstick, \$12.95, www.australiscosmetics.com.au This lippie is super moisturising and leaves my lips feeling really soft. It comes in several bold colours – the shade 'Ballet' is my absolute fave.



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.