

MONSTER GIVEAWAY \$125,000

IN PRIZES TO BE WON!  
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AUSTRALIA'S NO.1 WEEKLY MAGAZINE

# Woman's Day

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**Miracle quins**  
*'It's a piece of cake!'*



*Winners and Losers* star  
**'WE'RE GETTING MARRIED!'**

Metal as anything  
**'I'm a human magnet'**



**RICKI-LEE**  
**I'VE LOST 25KG**

*Plus my winter weight loss tips inside*

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23

**30**  
DAYS  
OF  
HEALTHY  
EATING

acp

## BEAMING BOD

Even though your body is hiding under all those woolly warmers, your skin still needs to keep hydrated and supple. So, after showering, rub a rich body lotion all over, concentrating on your heels, knees and elbows.

You'll smell and feel divine with **Sanctum Certified Organic Soap** in Lemongrass & Witch Hazel, \$4.95, and **Sanctum Certified Organic Soap** in Rose Geranium & Calendula, \$4.95. For soft skin, spoil yourself with **Sanctum Body Soothe**, \$20.95.

**EXPERT TIP** For extra hydration and to de-stress, wash yourself with soap containing essential oils.



## LUXE LOCKS

Our hair becomes a little dry in the cold. Products with ceramide and natural oils help lock in moisture.

Gorgeous hair on the go is yours with the **Macadamia Natural Oil 7pc Travel Pack**, \$39.95. **L'Oréal Paris Elvive Total Repair 5 Shampoo and Conditioner**, \$6.95 each, help repair hair with keratin and ceramide, and you'll upkeep updos with a spray of **L'Oréal Paris Elnett Absolute Extreme Hold**, \$9.95.

**EXPERT TIP**

Keep styles in place by spraying your brush with hairspray and running it through your locks.



## SHOW OFF YOUR HANDS

What's best for your hands and nails? Keep them well nourished and apply a coating of deep burnt red polish.

**Nubar Foundation Base Coat**, \$13.20, fills in ridges and smooths out the nail. It also acts as a base for the polish to grab onto for a lasting finish. Then, complement your rich winter wardrobe with **Nubar Nail Lacquer** in **Torrid Red**, \$13.20, and give your colour a glossy finish with **Nubar Diamond Seal & Shine Topcoat**, \$13.20.

But before all that, prepare nails with **Hawley BeautySnapz Cuticle Conditioner**, \$5.99 for a pack of 24 swabs. Just snap, flow and apply!

**EXPERT TIP** To get a lasting manicure, apply a topcoat and cuticle oils every two days. Doing this will also give polish a super shine and cuticles will look well nourished.



## GET A DEEP CLEAN

Don't strip your face of its natural oils with harsh cleaners. Use a gentle water-soluble cleanser twice a week to clear pores and follow with a mask.

You can minimise the appearance of pores with (from top) **Dr. LeWinn's Synergise Anti-Ageing Mask**, \$34.95. Just massage it onto dampened skin and leave for 10 minutes.

To gently cleanse and tone your face and neck, try **Dr. LeWinn's Synergise Foaming Cleanser**, \$19.95, with green tea extract.

A vitamin A-rich cleanser is also great for nourishing your skin. We like **Yes To Carrots Nourishing Daily Cream Facial Cleanser**, \$14.95.

**EXPERT TIP** Open pores with a splash of warm water, then massage cleanser over face and neck and rinse with cold water to close pores.



WIN EVERYTHING on this page

## UP FOR GRABS...

One lucky winner will win one of everything shown on this page. Plus, 641 runner-up prizes to be won!

**Sanctum 148 prize packs to be won** **Macadamia Natural Oil 7pc Travel Pack 49 to be won** **L'Oréal Paris 148 prize packs to be won** **Nubar 99 prize packs to be won** **Hawley BeautySnapz Cuticle Conditioner 99 to be won** **Dr. LeWinn's 49 prize packs to be won** **Yes To Carrots Nourishing Daily Cream Facial Cleanser 49 to be won**

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