

# Woman's Day

AUSTRALIA'S  
**No.1**  
WEEKLY  
MAG



**NICOLE ADOPTS!**

**A BABY  
BOY FOR  
KEITH!**



**ROYAL  
CHRISTENING  
SHOWDOWN**  
TEARS, TANTRUMS  
& JEALOUSY!



**GRANT & CHEZZI DENYER  
GET HITCHED  
...AGAIN!**



**EXCLUSIVE**  
**ASH BARTY'S  
EMOTIONAL  
TELL-ALL**

**DELICIOUS  
DIABETIC-  
FRIENDLY  
DISHES**

Hold the  
sugar!



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**TV WAR EXPLODES!**  
**THE REAL REASON  
SAM SNAPPED!**

BROUGHT TO YOU BY  
beautyheaven

## Pumpkin soup

**Andalou Naturals Brightening Pumpkin Honey Glycolic Mask****\$22.99** This mask is loaded with pumpkin enzymes, which are fantastic for sweeping away dull skin. Glycolic acid helps exfoliation, and vitamin C brightens.

## Cinnamon donut

**Essano Superfoods Cinnamon Purifying Gel Cleanser****\$15.99** Balance your skin with cinnamon. It's great for cleansing, particularly acne-prone skin.

## Ginger spice

**Ethique Gingersnap Scrub Cubes****\$24.99** Gently buff skin cells with these face scrub cubes. The combo of brown sugar, ginger and cinnamon leaves skin feeling soft.

## Winter WARMERS

Our favourite cold weather comfort foods double as powerful skincare ingredients!

## Turmeric latte

**Golden Grind Turmeric Soap****\$6.95** The gorgeous golden spice is known for its anti-inflammatory and antioxidant abilities. This cleansing bar delivers the benefits of turmeric with moisturising oils for a soothing body wash.

## Chocolate treat

**Palmer's Skin Perfecting Moisturizing Day Cream****\$14.99** With the nourishing properties of cocoa butter and a light chocolatey scent, we can't get enough. This hydrating cream also contains vitamin E, shea butter and SPF 15, making it perfect for daily use.

## Treacle pudding

**Treaclemoon Warm Apple Pie Hugs Bath and Shower Gel****\$7.95** Even on the coldest nights, this fragrant gel will warm up your pampering time. Add a splash to your bath, or lather up in the shower.

## 3 of the BEST EXFOLIATORS

**1 Manicare SensiScrub 3-in-1 Wet Body Brush****\$14** A massager and body scrub in one, this palm-sized tool is your perfect travel companion, especially after a long flight. The tapered bristles are even good for sensitive skin types.**2 Frank Body Stimulating Scalp Scrub****\$18.95** We all know about face scrubs, but what about buffing our scalps? This detoxifying formula rebalances your scalp and reduces product build-up for bouncy locks.**3 Face Halo Body** **\$30** This dual-sided mitt exfoliates and polishes, and is big enough for your whole body. Goodbye sallow skin and old fake tan! It's reusable, so it's great for the environment, too.