

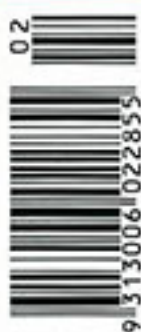
GET A NEW 'DO FLATTERING HAIRSTYLES AT 50, 60, 70+

ONLY
\$3.95

Yours

For women like us!

AUSTRALIA'S NO.1 FORTNIGHTLY



January 22, 2015
Aust \$3.95 (inc GST)
Print Post Approved
100018903



The happy heart diet



- ➔ Protect your health
- ➔ Lower cholesterol
- ➔ 7-day recipe planner

Summer skin check

The early warning signs

Get what you want in 2015

- ✓ Relationship resolutions
- ✓ Easy money makeovers



GARDENING

Take cover!

- Create a cool haven
- The best trees and plants for shady spots

Plus CHARLIE ALBONE

- Low-maintenance backyard designs

COOKING

Stone fruit sensations!



Plus Australia Day favourites

TRAVEL

Do it yourself

Make the most of your solo adventure



Lynne McGranger
'My faith helped me through'

Are you stuck in a style rut? Why not take some inspiration from our fave celeb 'dos and make the start of 2015 a mane event

New year, new hair

Go for layered and long

Body of work Make fine hair look voluminous with face-framing layers – just don't overdo them as it will thin out your tresses.

SHINE ON ▶

After shampooing, leave this treatment on for five minutes to give your locks loads of shine. **Joico K-Pak Intense Hydrator, \$26.95**



HOT STUFF ▶

This genius dryer contains anti-frizz and anti-static technology. **AbsoluteHeat @ Dateline City 2800 Ultra Featherweight Pro Ion Hair Dryer, \$79.95**

HOLD TIGHT ▶

A non-sticky hairspray that brushes out easily? Yes, please! **V05 Humidity Resistant Extra Hold Hairspray, \$4.49**



Marcia Cross, 52

SPRAY 'N SAVE ▶

Before you begin styling with heat tools, mist through a protective spray. **Dove Heat Defence Heat Activated Mist, \$7.99**



Styling trick
Add volume at the roots – where it's needed most – by blow-drying your hair upside down. While your head's tipped over, spritz the roots underneath with hairspray



◀ PUSH UP

For an instant volume boost, sprinkle this powder on the roots just under your hair's top layer. **Nak Done.n.Dusted, \$24.95**



▲ SAY GOODBYE TO STATIC

The ceramic barrel on this brush helps reduce static and frizz. **Brushworx @ Dateline City White Pearl Hot Tube Brush, \$16.95**