

THE Sunday Telegraph

body+**soul** 1

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LOOK

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YOU SMARTER

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YOUR BRAIN
SHARP

BE YOUR BEST

Simple ways to look
and feel at the top of
your game

body+soul
KIDS

+ BACK TO SCHOOL SPECIAL INSIDE

MOOD BOOSTERS

Using pink products can work wonders on your spirit

Not only do pink beauty products look pretty, according to colour therapists, they can positively affect your mood. Magenta is said to have soothing and relaxing effects and the potential to balance out emotions, while puce is said to help with stress relief and even suppress appetites.

The colour's calming properties were proven way back in 1979, when Dr Alexander G Schauss convinced officials at the US Naval Correctional Center in Seattle to paint the walls and ceiling of one admissions cell a particular shade of pink. They found that after 15 minutes of exposure, inmates were considerably less aggressive.

So if you ever find yourself wanting to lash out at the world, try delving into your favourite pink beauty treats. They may do more for you than you think.

Customised lip colour

+ Covergirl Outlast Double Lipshine in Antique Rose, \$18.95, 1800 181 040 This is a brilliant little lip product. Step 1 delivers a highly pigmented swipe of rose cream colour and step 2 adds shine. Plus, you can customise the level of colour.

Smooth operator

+ Taylor Madison by Brushworx Soft And Smooth brush, \$15.95, 1800 251 215 The soft bristles don't get caught in your hair, plus they increase the circulation in your scalp.

tip

Add some geranium oil to your bath for a quick lift

Blushing beauty

+ B Collection by Bloom Pure Mineral Blush in Bora Bora, \$34.95, from Target, 1300 130 000 The ultra-fine mineral pigments feel luxurious on the skin and make your cheekbones pop.

Brighten your day

+ MOR Cosmetics Hand & Body Lotion in Sugar Rose Tiger Lily, \$19.95, (03) 9600 4599 A beautifully scented, two-in-one moisturiser in a bottle so bright you'll never misplace it.

The velvet touch

+ Soap & Glory The Righteous Butter, \$27.95, from Kit Cosmetics, 1800 705 800 If the tongue-in-cheek packaging doesn't lift your spirits, the easily absorbed and long-lasting body butter inside will.



EDITED BY ERIN WHITTY

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