

# COSMOPOLITAN

Mouth To South  
Resuscitation:

## Stop An Orgasm Slipping Away

Why You  
Shouldn't Call  
Him "Babe"  
*p.30*

# 138 Bangin' Bikinis

TESTED ON REAL BODIES  
WITH LUMPS & BUMPS

NOVEMBER 2011

AUSTRALIA \$7.80 (inc. GST)  
NEW ZEALAND \$8.60 (inc. GST)

www.COSMOPOLITAN.com.au



## Kim

"I Have Cellulite, So What?"  
Her Shatter-proof  
Body Confidence p58

**BONUS!**  
**20-PAGE**  
**SUMMER**  
**BEAUTY**  
**SPEESH**  
+ 3 Easy Hairstyles  
We're Nuts About

NEED TO READ:

**"I'm  
Cheating  
With A  
Married  
Man...  
And I DON'T  
Feel Guilty"**

**Win!**  
**A TRIP TO  
HAWAII**  
For You + A Friend  
CONDITIONS APPLY FOR  
AUSTRALIAN RESIDENTS ONLY.  
SEE PAGE 205 FOR DETAILS.

**Essential Buys  
Under \$100**

*(You'll wear them  
all summer!)*

*The* SCARIEST WAY TO TEST YOUR FERTILITY

## Do-it-yourself pedi

Nobody loves rough heels! That's why foot cream was invented.

Sure, a salon pedicure is nice, but mastering your own skills is cool. O.P.I director of education Karon McKendrick tells us how...

- 1 Trim and shape your toenails and remove any existing polish.
- 2 Soak your feet for about five minutes. This will soften the skin and brighten the nail plate.
- 3 Apply a good moisturiser to your feet and lower legs and massage it in thoroughly.
- 4 Buff nails, then wipe over with polish remover to remove any residue.
- 5 Separate toes by placing folded tissues between each toe or inserting toe separators.
- 6 A base coat will help prevent the lacquer staining the nail plate and will help to increase the life of your nail colour.
- 7 Apply two coats of polish. Using thin coats allows for more control of the product and a quicker drying time.
- 8 Finish off with top coat. Top coat not only adds shine but will also protect the lacquer so that you won't need to change it for weeks.

### Tool hit:

1. TWEEZERMAN SPA CALLUS SMOOTHER, \$49.95.
2. SOAP & GLORY HEEL GENIUS AMAZING FOOT CREAM, \$14.95.
3. KIT COSMETICS TOE SEPARATORS, \$6.95.

## What are foils?

Face it, waiting for polish to dry is a bore. But with the rise in popularity of nail foils, there's no down time (and no smell): you just stick them on, smooth them over with the heat of your finger, then trim them to shape. The bonus? You can play with a myriad of patterns. Fun!



SALLY HANSEN SALON EFFECTS REAL NAIL POLISH STAMPS, \$14.95

BLIXZ NAIL FOILS, \$17.50

## A MORE PERMANENT APPROACH

Gone are the days of thick, obvious acrylic nails. Sturdy, believable gel options last for weeks and are virtually chip-proof. Two of our faves are Shellac ([cndshop.com.au](http://cndshop.com.au)) and Bio Sculpture ([biosculpture.com.au](http://biosculpture.com.au)). The latter even offers a pedi using real (naturally shed) snakeskin! □

## Pretty polishes: paint toes perfect

Slick any of these new summer colours on your toes and be totally on-trend.

AUSTRALIS NAIL COLOUR IN TODAY'S NEWS, \$7.95.

KIT NAIL POLISH IN CARNAVAL CITRUS, \$15.95.

MODELSPREFER NAIL ENAMEL IN SHRINKING VIOLET, \$5.99.

ONLY NAIL LACQUER IN FRESH, \$18.95.

O.P.I NAIL LACQUER IN ON THE SAME PAIGE, \$19.95.

BYS NAIL ENAMEL IN DROP IN THE OCEAN, \$3.95.

AVON NAILWEAR PRO NAIL ENAMEL IN ROSE PETALS, \$14.99.

FACE OF AUSTRALIA LUXE NAIL ENAMEL IN MINTY MOJITO, \$6.95.

BOURJOIS PARIS 10 DAYS NO CHIPS NAIL ENAMEL IN 17, \$12.

ESSIE IN FRENCH AFFAIR, \$18.99.