

women's fitness

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MAY 2015
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AWESOME
BOOTY**

*8 steps to
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MINUS
THE BULK**

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ever**

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see page 128



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*Super easy
tricks to feel
#blessed*

AMAZING SKINNY JEANS WORKOUT (IT TOTALLY WORKS!)

LIFE'S FULL OF TOUGH

QUESTIONS – like why does it always rain when you straighten your hair, who keeps finding your secret chocolate stash and how in the world does a gym bunny keep her complexion spot-free? We might not know who keeps stealing your chocky (have you asked your roommate?) but thanks to these Aussie fitness stars, we've got the answers to your fit girl beauty woes.

A DANCER'S GUIDE TO... *fresh feet*



Been hitting the studio to work on those pirouettes? Chances are your soles aren't so pleased. To keep your tootsies smooth, we asked Holly Doyle, dancer at the Sydney Dance Company, for her ultimate footcare commandments.

#1 TREAT YOURSELF

"As a dancer, your feet go through quite a bit of pain, thanks to all those cuts, blisters and broken nails. To keep them in better shape, try to get a full pedicure at least once a month. It's a great way to remove flaky skin and clean up those sad-looking toenails."

BAG IT: 1 Tweezerman Mini Nail Rescue Kit, \$42.95

#2 DRESS IT UP

"For any splits and blisters that appear, I swear by Smith & Nephew Solosite Soothing Hydrating Healing Gel. Whenever you have a split in your skin, clean the wound, apply a 5mm layer of the healing gel then cover it up and head to bed. You'll be amazed at how much it improves overnight!"

BAG IT: 2 Smith & Nephew Solosite Soothing Hydrating Healing Gel, \$7.99

#3 GET SCRUBBING

"Grab a pumice stone and rub it over your feet twice a week. It'll smooth out the soles of your feet by removing dead, broken skin and can also help prevent nasty callouses from forming in the future."

BAG IT: 3 Manicare Pedicure Foot File Stainless Steel, \$10.99



A SOCCER PLAYER'S GUIDE TO... *sun safety*



Spending a full day out on the playing field can leave you with tight muscles – and if you forget to slip, slop, slap, you'll be walking off with a nasty sunburn, too. "Being out in the open all day can cause sun damage and leave your skin feeling dry," says Steph Catley, Westfield Matildas defender and AIA Vitality MiniRoos ambassador. "It's important to apply a thick layer of sunscreen over any exposed areas of skin – especially the face and neck."

To combat the drying effects of the sun and wind, Steph recommends slathering on a quality moisturiser both morning and night. If you find the combo of sunscreen, face cream and sweat is leaving your skin congested, treat yourself to a detoxifying mask.

"Every now and then, grab a clay face mask and apply a generous layer over your skin to draw out impurities," advises Steph. "Do it with your girlfriends and it's a lot more fun!"

BAG IT: 1 Laura Mercier Flawless Skin Nourishing Creme, \$85 2 Cancer Council Ultra Sunscreen SPF 50+, \$13.99 3 Ultracuticals Ultra Clear Purifying Mask, \$65

SIGHT SAVER

If you're giving sunscreen the flick because you're sick of it dripping down into your eyes mid-run (talk about bad timing), look out for the non-greasy, quick-drying formulas with key words like 'active' or 'sport' on the label.



A SWIMMER'S GUIDE TO... *stronger hair*



Whether you're perfecting your stroke for a competition or doing casual laps for cardio, swimming is a great way to keep fit. The only problem? The pool hates your hair. "All that time in chlorine is definitely not a spa treatment," says Aussie Olympic swimmer Cate Campbell. To keep your locks glossy, she suggests putting on a swimming cap. "Wearing a cap can help prevent breakage, stop your colour from fading and make you swim faster!" she adds.

If your tresses are still looking lacklustre, try switching your hair products. "Using Nak haircare has made a massive difference for me," says Cate. "The Aromas range is enriched with argan oil to protect and repair your strands." The sweet scent of lavender, patchouli and geranium will mask that lingering chlorine smell, too.

BAG IT: 1 Nak Aromas With Argan Oil Colour Conditioner, \$26.95, and 2 Aroma Oil Spray Leave-in Shine Spray Treatment, \$24.95

