

Good Health

August 2013 \$6.95 INC GST

30 BEST DIET TRICKS ever



EXPERTS SHARE THEIR TIPS

Plus The (HIDDEN) truth about sugar

Get over that cold FASTER

remedies that really work

How couples STAY happy

Check out the winning formula p 68



New SOLUTIONS for incontinence

Kate Ritchie

"My body has changed, I am stronger than ever"

LIFE GETS BETTER WITH AGE

WE PROVE IT!
p 42

IS FASTING BAD FOR YOU?

10-PAGE HEALTH BOOK YOUR SKIN

DESTINATION OPERATION

WHY MEDICAL TOURISM IS BOOMING



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THE DESIGN HOUSE Morihata

A relative newcomer to the world stage, Morihata is primarily a brand based on design. With gorgeous homewares and a classic Japanese aesthetic, the brand has expanded into a collection of elegant beauty buys. Established in 2005, you can expect big things from this ever-expanding range.

Known for... Their unique Binchotan charcoal products. Binchotan charcoal is an ancient Japanese tradition where oak branches are burnt until they are red hot and then rapidly cooled. This charcoal powder is known to enhance blood circulation.

I WE LOVE | MORIHATA BINCHOTAN FACIAL SOAP, \$29, DESIGNED TO ENCOURAGE A FLAWLESS COMPLEXION. WWW.JAMNATURALSTORE.COM.AU.



THE GEISHA-INSPIRED Tatcha

When Tatcha founder Victoria Tsai came face-to-face with a geisha in Kyoto it was the beginning of something big. After discovering a 200-year-old manuscript that outlined the beauty rituals of the geishas, Tsai set about creating a brand that shared their beauty secrets with the world.

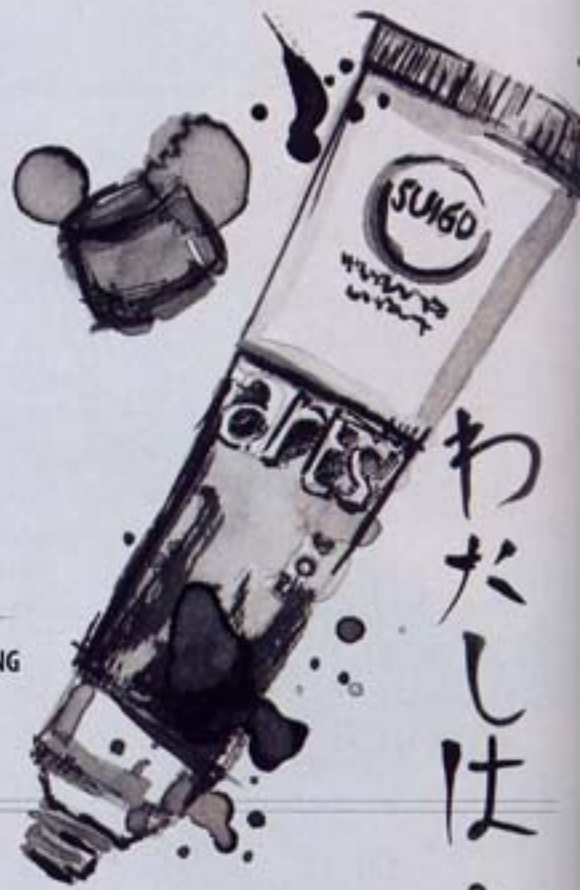
Known for... High quality products that have stood the test of time.

I WE LOVE | TATCHA ABURATORIGAMI BLOTTING PAPERS, \$16, DESIGNED TO ELEGANTLY REMOVE ANY EXCESS OIL.

THE GREEN WARRIOR Suigo

Dedicated to providing an eco-conscious range of professional, salon-only hair products, Suigo aims to fuse nature and science in every bottle. Potent plants, organic ingredients and essential oils treat common hair concerns such as scalp dryness, split ends and colour fade. *Known for...* Its problem-solving approach to hair care and commitment to the environment.

I WE LOVE | SUIGO HAIRLOOK ARTS HYDRATING CREAM, \$21.50, FOR ITS ABILITY TO MAKE YOUR HAIR FEEL INSTANTLY HEALTHY.



THE PRACTICAL DuBoa

Not all hairbrushes are created equal. A good brush should be easy to handle and glide through knots. This Japanese brush does just that, making it a preferred pick among stylists.

Known for... The brushes' flexible nylon bristles that cleverly prevent hair breakage.

I WE LOVE | DUBOA 80 LARGE BRUSH, \$29.95.

