

Good Health

& wellbeing

WELLNESS SECRETS

**LISA
WILKINSON**

**'MY FORMULA
FOR HEALTH
& VITALITY'**

ARE YOU AT RISK?

**THE MODERN
DAY ANXIETY
EPIDEMIC**

**KETO
PALEO
LOW CARB**

**What's
right for
you?**

**NINE
HABITS**

**THAT HELP
YOU LIVE
LONGER**

**OUR
SELF-CARE
GUIDE FOR
MUMS**

**FAMILY
RECIPES**

**NEW
TWISTS ON
CLASSIC
MEALS**

Your **PERSONAL WELLBEING PLAN**

**DISCOVER YOUR MIND-BODY TYPE
AND TRANSFORM YOUR HEALTH**



OCTOBER 2018 \$7.50 INC GST

be informed | be nourished | be energised | be inspired | simply be

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YOUR NEW
BEST FRIEND

*...unleashes the true
to delicately
reform hair.*

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MOISTURE
PROTEINS SEAL
SPLIT ENDS.

*and tame —
WITH DEGREE*

friends are for.

HELLO TO
YOUR NEW
BEST FRIEND

*...the true
delicately
on hair.*

ACHIEVE
PURE
SEAL
ENDS.

*ne —
FREE*

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With a luxurious blend of Argan Oil and Keratin, **Nth Degree** haircare delivers rich hydration, smoothness and anti-frizz. Prep your hair for maximum potential with **Nth Degree**.

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