

Nov. 30, 2015

Who

Charlie Sheen

BRAVE HIV TELL-ALL

'MY SECRET BATTLE'

- 'Yes, I admit I am HIV positive'
- Why he kept it hidden for four years
- Extortion exposed: 'I have paid millions'
- His courageous next move



Gwen & Gavin CHEATING SCANDAL!

ALL ABOUT THE NANNY

Kyly & Michael
IT'S A GIRL!



Kourtney BACK WITH SCOTT

Exclusive interview

Grant Hackett tells
HOW REHAB SAVED ME



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Gigi Hadid



Stella Maxwell



Alessandra Ambrosio

Goddess hair

How to get the body of a Victoria's Secret model, without juicing or working out. You're welcome

1 PUMP CLASS

The sweat-free road to body and shape? Spritz strands with sea-salt spray for that trademark volume. "Backcomb around your partline and crown to appear that little bit taller," says Anthony Nader, of Sydney's Raw salon, who has worked on a Victoria's Secret show.

Try: John Frieda Beach Blonde Ocean Waves Sea Salt Spray, \$16.99; johnfrieda.com



2 BEAUTY SLEEP

"To help combat dryness, frizz and split ends, I recommend applying an intensive hair treatment once or twice a week," says Barney Martin, Pantene's expert hairstylist. "When pressed for time, swap your regular conditioner with a mask."

Try: Pantene Pro-V Night Miracle Essence, \$9.99; priceline.com.au



3 CATCH WAVES

"You need two different-sized, large-barrel tongs," says Nader. "Take chunky sections and wind each away from your face. After tonging, shake the curls out for larger, rippled waves."

Try: Silver Bullet Fastlane Ceramic Curling Tong, \$69.95; datelinecity.com

