

READY, STEADY, GO! 8 TIPS FOR BETTER BALANCE

ONLY \$3.95

Australia's No.1 fortnightly

# Yours

Issue 33



## 50 years of The SOUND of MUSIC

**JULIE ANDREWS** *'It's about love and family'*

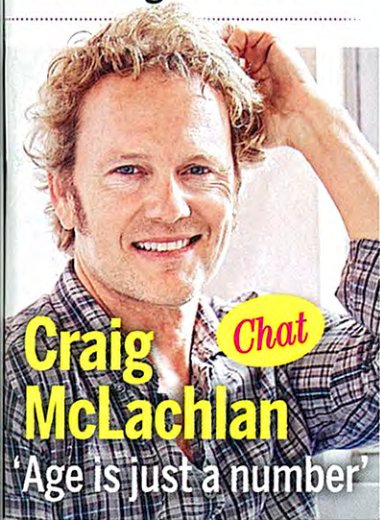
Plus: The Von Trapp children tell all

**Win!** 10 souvenir prize packs



### Healthy heart check-up

- ✓ Lower blood pressure
- ✓ Stronger ticker



**Craig McLachlan**

**Chat**

*'Age is just a number'*

**Fashion**

Winter outfits under \$150



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**Travel**

**PICTURE PERFECT**  
Adventures in Austria



▶ **Weleda Citrus Refreshing Bath Milk, \$29.95**, has a cooling and revitalising blend of citrus fruit oils, making it perfect for a soak after a tough gym session.



▶ **Natio Orange Blossom Body Wash, \$12.95**, uses the antibacterial properties of orange blossom to gently purify.



**BeautyPRO Mesh Cleansing Sponge, \$3.25**. When combined with body wash, this puff will cleanse your skin and gently exfoliate.

*Ed's pick*

◀ **The Body Shop Vitamin C Energising Face Spritz, \$16.95**, is the ultimate all-rounder – it promotes radiance, hydration and can be used to set your make-up, too.



# Fruity beauty

Freshen up your skincare routine with this juicy cocktail of cleansers and creams



*Bargain buy*

**Innoxia Citrus Hand Cream, \$9.95**, will nourish your hands and leave them sweetly scented.

▶ **Nutrimetics Apricot Blossom Hand Crème, \$16**, is a non-greasy, hydrating formula enriched with shea butter, apricot kernel and peach kernel oil.



▼ **Lanolips Lemonaid Lip Aid, \$15.95**, uses the power of organic lemon oil to exfoliate and moisturise your lips.



▲ **Burt's Bees Lemon Butter Cuticle Cream, \$14.95**, protects and moisturises with its sweet almond oil, cocoa butter and lemon oil formula.

◀ **Radox Revitalise Shower Gel with Lemongrass and Lime, \$9.99**, is an uplifting soap-free cleanser.



▲ **Glasshouse Montego Bay Coconut Lime Nourishing Body Bar, \$14.95**, combines hydrating almond oil with the invigorating scent of citrus oils.