

AUSTRALIAN

bella

BEAUTY MAGAZINE

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**HOW TO
SURVIVE
A BAD
HAIR DAY**

**LOOK
PRETTY
AS A**

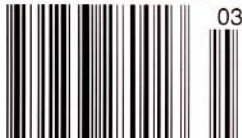
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**IMMUNITY
CHALLENGE!**

**VITAMINS & SUPPLEMENTS TO
BEAT THE WINTER BLUES**

ISSN 1833-2803

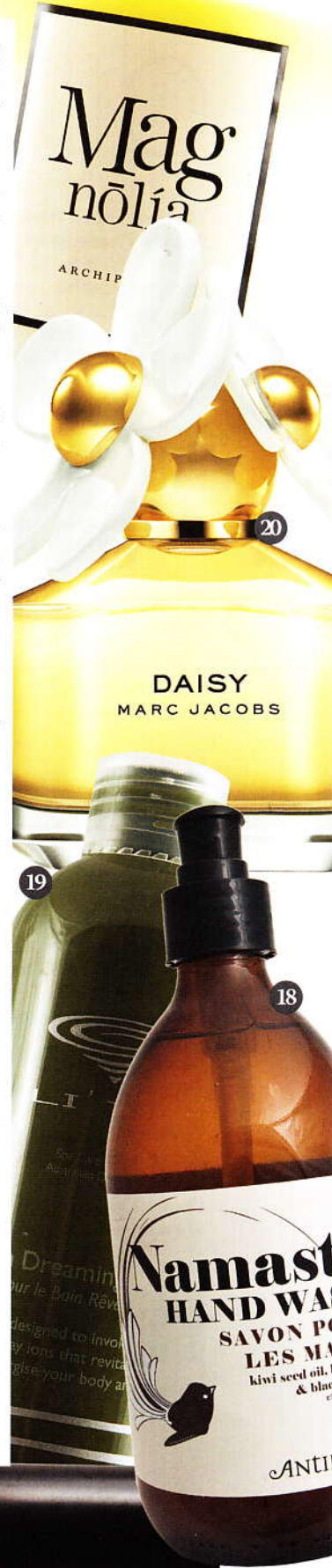
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Magnolia

DAISY
MARC JACOBS

Namasté
HAND WASH
SAVON POUR LES MAINS
kiwi seed oil, blueberry & blueberry

Dreaming
our le-Bain Révitalisant
designed to involve
your body and
revitalise your body and

ANTI

12 No Bella can go past the gorgeous MOR packaging, and this is one of those occasions where what's inside the packaging matches up! MOR Emporium Fragrant Candle in Feijoa Lime, \$39.95, has a lively and lovely scent.

13 Re-released in a vintage-inspired case featuring the original Revlon script, Revlon Lipstick in Fire & Ice, \$25.95, remains the top-selling shade of all time.

14 If you suffer dry ends and oily roots Batiste Diva Dry Shampoo, \$9.95, will be your best friend! Keep it in your handbag for oily hair emergencies.

15 We never leave home without a trusty moisturiser and sunblock in tow. QV Face Moisturising Day Cream with SPF 30+, \$15.99, is a prized pick.

16 With Sisley Phyto-blush éclat with botanical extracts in Pinky Rose, \$105, get perfect china flushed cheeks for winter with this delicate shade. Two shades offer colour depth and work as a pinky hue for day-to-day or a full rose for night-time drama.

17 This oil-free, weightless, medium coverage Smashbox High Definition Healthy FX Foundation, \$55.95, gets a big shiny star. Packed with anti-ageing and revitalising ingredients, it works at a cellular level to fight free radicals and renew skin.

18 Have guests commenting on your immaculate choice of bathroom pampering products with Antipodes Namasté Hand Wash, \$34. With pure coconut oil, green tea and parsley seed extracts, it's heaven for hands.

19 If a sensuous bathing experience is what you're after, try Li'tya Ocean Dreaming Bath Oil, \$60, to revitalise, relax and energise. It smells of nature-inspired wonder and turns a tub full of warm water into the sublime.

20 Marc Jacobs Daisy EDT 50ml, \$90. This alluring, playful scent is a perfume staple. With top notes of strawberry, violet and ruby red grapefruit, it's the perfect antidote to the winter blues.

21 Fill your home with the rich floral scent of magnolia with Archipelago Magnolia Soy Candle, \$52.95. Super long-lasting Archipelago candles add to the aesthetic and the ambience.

22 For those with dehydrated skin living in a humid climate, Clarins HydraQuench Lotion SPF15, \$74, and the Clarins HydraQuench Intensive Serum Bi-Phase, \$68, are your saviours. Light, gentle and hydration-boosting, it's perfect for city dwellers!





Bath oils

Baths are the Holy Grail of relaxation. Lavender, honey and vanilla scents are set to leave you comatose after a long day at work and will help to soothe stress headaches and muscle tension. Rose and jasmine pair up to make one of those natural twosomes that work magic in an oil burner, but if floral isn't your thing add a dash of ylang ylang or sandalwood to spice up the scent. Milk has long been a body beautifier for kings and queens to preserve their youth and nourish the skin. If your skin is calling out for gentle moisturisation, let bath milk be your warm blanket for all-over nourishment. Pair with a glass of your favourite vino for five-star relaxation.

Scrubs for TLC

In terms of body products, a scrub is a girl's best friend in winter. Skin exposed to harsh weather during the cooler months needs both exfoliation and moisturisation, so make the former half of the equation invigorating with a sea-salt or citrus-based scrub to slough away dead skin cells and dirty particles. Doing this once or twice a week will ensure active components of moisturising products will penetrate properly and perform their nourishing duties. No time for a total body scrub session? Chemical exfoliators contain mild acids that remove dead skin cells, creating a slight tingling sensation on application which should only last a few minutes.

Dodging dry skin

Dry skin is winter's worst symptom. A build up of dead skin on the surface means moisture sits on the outside and doesn't penetrate to the deeper layers. Very dry skin is well suited to honey and shea butter-based body products and nourishing body oils. But if your skin is ultra sensitive, choose an all-natural product without synthetic perfumes to prevent triggering a reaction.

Handle with care

When winter calls for nourishing body care, our hands are the first point of call for application but are often neglected as recipients of much-needed TLC. Chapped fingertips and cracked knuckles can cause hands to suffer the most in the cooler months, so take a moment to massage a heavy-duty hand balm or cuticle cream into dry crevices around the wrists and fingers. Exfoliation can also be a key element to hand care, but make sure you don't get too scrub-happy on raw areas of skin. If your hands are ultra dry, use an extra layer of hand balm and wear cotton gloves for a few hours to let the moisture soak in properly. **bella**

- 23. Lendan Green Tea Aromatic Exfoliating Body Wash**, \$50, **24. Korres Body Butter in Guava**, \$34.95, **25. St. Ives Triple Butters Intensely Hydrating Body Wash in Creamy Vanilla**, \$9.99, **26. Larissa Bright Meditate Marine Therapy Bath Soak with lavender and clove**, \$16.95, **27. Antipodes Organic Heavenly Body Oil with Jasmine, Yang Yang, Lavender and Avocado Oil**, \$49, **28. [A'kin] Aromatherapy Orange Blossom Body Wash to energise and stimulate**, \$13.50, **29. DermaVeen Moisturising Lotion**, \$17.50, **30. Weleda Skin Food for rough and dry skin**, \$21.95, **31. Glamourflage Vera Vamp Body Cream with macadamia nut and coconut oil**, \$27.23, **32. Roger & Gallet Blue Lotus Fragrant Body Lotion**, \$30, **33. The Aromatherapy Co. Foot Pack**, \$24.95 (includes Foot Balm, Rough Pumice Scrub Soap and Foot Scrub Brush), **34. Pevonia Botanica Body Line Preserve Body Moisturizer**, \$68.50, **35. Trilogy Body Care Ultra Hydrating Body Cream**, \$25.95

beautyupdate

GET YOUR GLOW ON WITH THE LATEST AND GREATEST OFFERINGS FROM THE WORLD OF BEAUTY AND SKIN HEALTH.

WORDS BY RICKY ALLEN

FOR THE SKIN

Giorgio Armani Regenessence (3R) Eye Rejuvenating Serum, \$150 This is a total skin rejuvenator, specially designed for use around the delicate eye area. It helps to plump, refine, increase radiance and decrease wrinkles through the use of an amazing new technology.

Dior Hydra Life Skin Perfect Pore Refining Perfecting Moisturizer, \$120 This is much more than a moisturiser – it works deep in the cells to instigate skin renewal as well as hydrate the skin at a cellular level. It leaves skin looking luminous and hydrated with an even skin texture.

Dr Lewinn's Synergise Anti-Ageing Foaming Cleanser, \$19.95 This cleanser deep cleans without drying out the skin. It contains pomegranate extract, which acts as a hydrator, leaving skin feeling clean and moist.

Antipodes Vanilla Pod Hydrating Day Cream, \$48 Containing Vitamins A, B, C and E as well as the powerful antioxidant Vinanza Grape, this day cream helps firm, tighten and hydrate skin. It's gentle enough to use on sensitive skin.

Trilogy Sensitive Skin Very Gentle Moisturising Cream, \$37.95 Containing a blend of natural ingredients chosen for their soothing and non-sensitising properties, it also contains a natural hyaluronic acid and green tea to help fight free radicals and smooth skin.

Biotherm Aquasource, \$59 This hydrating gel contains thermal plankton and cellular water to deliver deep hydration to even the driest skin. As soon as you apply it to the skin you can feel the difference in softness and smoothness.

FOR HIS SKIN

L'Oréal Paris Men Expert Hydra Energetic Ice Cool Eye Roll-On, \$26.95 The gentle roller delivers ingredients such as Vitamin C to treat and hydrate the delicate eye area.

FOR LIPS

Ella Baché 30+ Lipsaver, \$19 This nourishing lip balm and gloss combo with sun protection will keep your lips looking good no matter what the weather.

Revlon Colorburst Lipgloss, \$21.95 A lip gloss that comes in full colour while delivering lots of shine and moisture.





1. **Carole Franck** Aromatic Concentrate Essential Oil, 15ml, \$79 2. **Ultraceuticals** Ultra Active Mineral Colour Even Skintone Compact bronzer in Terracotta, \$55 3. **Marc Jacobs** Daisy Eau So Fresh EDT, 75mL, \$115 4. **Molton Brown** Heavenly Gingerlily eau fraiche, 100mL, \$55 5. **Apivita** Queen Bee Firming & Restoring Serum with Royal Jelly and Honey, \$114.90 6. **Love & Toast** Mandarin Tea Eau de Perfume, \$59.95



7. **Lapureté** Anti-wrinkle products with natural 'Botox' alternative, Okuru: Triple Effects Eye Crème, \$69.90; Protective Day Crème with UVA Defense, \$59.90; and Resurrection Night Crème, \$59.90 8. **Elemis** Skin Nourishing Shower Cream, \$79 9. **Lendan** Pure Control Matifying Moisturizer Gel-Cream, \$75 10. **Larissa Bright** Vitality Bath Soak, \$16.95 11. **Antipodes** Deliverance Kowhai Flower Hand Cream, \$32 12. **Avene** Thermal Spring Water, 50ml, \$11.95



13. **Vidal Sassoon VS** Premier Collection Gen Ultimate Straightener with titanium plates, \$172.95 14. **Ella Bache** Earth Enzyme Body Exfoliant, \$45 15. **Synthesis 345 Organics** Earth Rising 'Miracle' Lotion, 140mL, \$59.50 16 **Glo Minerals** Allure Kit, \$99, with Gloss in whisper, Eye Shadow Trio in Napoli, Blush in Bellini, Precision Eye Pencil in Silver Lilac and Texture Eye Brush in a go-anywhere metallic lilac bag.