

fernwood

YOUR HEALTHY LIVING MAGAZINE

Boost your FITNESS

IQ

- ◆ Shape-up truths
- ◆ Heart-rate basics
- ◆ Relief for tendons

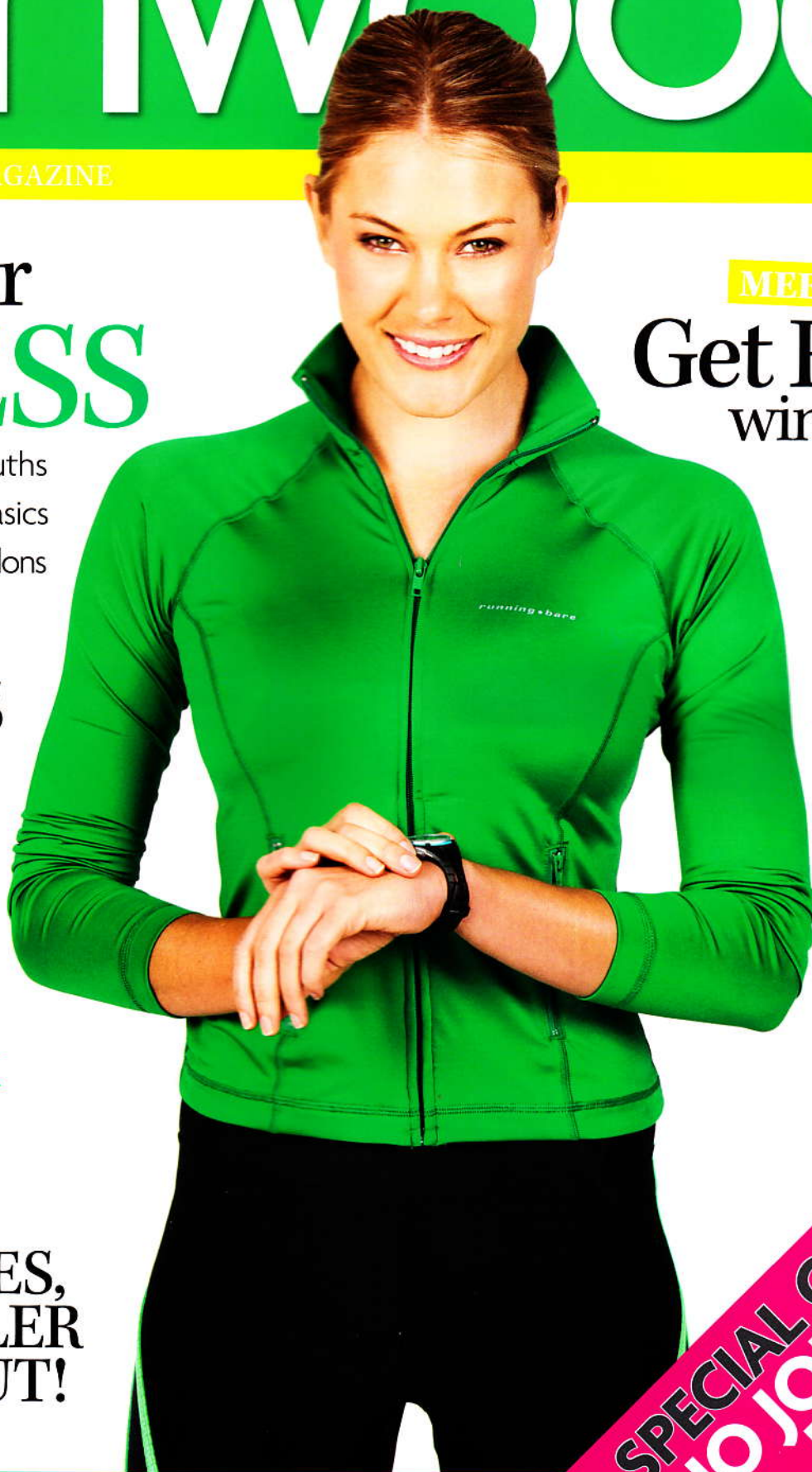
FAT FACTS & FICTION

CLUB MAKEOVER

Gyms get a fun new look

Take a sneak peak inside

8 EXERCISES, ONE KILLER WORKOUT!



MEET OUR

Get Foxy winner

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DIY spa

If your budget won't stretch to a session at a spa, set aside some time just for you, and treat yourself to some serious pampering

Winter can be tough on your skin, and on your energy levels,

so take a little time out for some self-administered TLC. Ask someone to mind the kids, turn off your phone and commandeer the bathroom for an hour or two. Collect everything you'll need and set up a soothing atmosphere with relaxing music, dim lighting and aromatherapy candles in a nice warm bathroom.

YOU WILL NEED

- ✓ Body brush or scrub
- ✓ Cleanser
- ✓ Facial mask
- ✓ Tea bags, soaked in water
- ✓ Bath pillow
- ✓ Bath oil or salts
- ✓ Facial moisturiser
- ✓ Eye cream
- ✓ Body moisturiser
- ✓ Large, soft towels
- ✓ Towelling bathrobe
- ✓ Headband
- ✓ Bowl for warm water
- ✓ Face cloth
- ✓ Scented candles
- ✓ Soft music

1 SCRUB + CLEANSE

Exfoliate your entire body using a body brush or scrub to remove impurities and dead skin cells. Rinse off under a warm shower, towel yourself dry and slip into a bathrobe.

➤ Try The Body Shop Cactus Brush, \$23.95; St. Ives Fresh Skin Warming Scrub, \$9.99, with jojoba and sugar; Decléor Paris Aroma Cleanse Exfoliating Body Cream, \$75; Sukin Body Scrub, \$12.95, with natural ingredients.

Start running your bath, ensuring the water is not too hot. While the water's running, thoroughly cleanse your face of make-up and impurities.

➤ Try Planet Eve Certified Organics Facial Cleansing Oil, \$49, with rosehip, soybean and argan oil to target pigmentation, soften and smooth skin and help improve its elasticity; Elemis Pro-Radiance Cream Cleanser, \$69, with essential plant extracts; DermaQuest Skin Therapy C-Lipoic Cleanser, \$53, an anti-oxidant-rich foaming cleanser.



2 SOAK IT UP

Apply a face mask to suit your skin type and particular needs. Avoid the eye area and follow directions for application, duration and removal.

➤ Try Advanced Natural Resurfacing Treatment Mask, \$131.50, a powerful resurfacing mask with glycolic and salicylic acids; MD Formulations Vit-A-Plus Firming Treatment Masque, \$160, with glycolic compound, AHA, salicylic acid and vitamin A to hydrate, firm and refine; Ella Baché Masque Fruits, \$59, a gentle purifying and refining treatment for combination to oily skin.

Before slipping into your bath, add some soothing bath oil or bath salts to the water. To relax your eyes, place a cool, wet tea bag over each eyelid. Lie back and relax while your mask does its work.

➤ Try Pure & Green Organics lavender bath salts, \$14.95; Clarins Relax Bath & Shower Concentrate, \$40, with relaxing aromatics; Jurlique Tranquil Bath Oil, \$26, with lavender and avocado oil; Dr. LeWinn's Medic Protective Bath Oil, \$19.95.



3 MASSAGE

Remove your mask after the required time. Fill a bowl with warm water, soak a face cloth, ring it out and place over your face. Lie back and gently press your fingertips along each brow and under your eyes from your nose out toward your ears. Remove cloth, pat face dry and gently massage on a nourishing moisturiser, avoiding the eye area.

☞ Try Restylane Day Cream, \$79, to improve skin's detoxifying ability; Dr. Spiller Biocosmetic Collagen Cream, \$120, for dry and more mature skin; Intraceuticals Rejuvenate Moisture Binding Cream, \$89, protects against dehydration and free radicals; A'kin Rose De Mai Anti-Oxidant Day Cream, \$37.95, a light, antioxidant-rich formula.

Finish off your mini-facial by gently patting eye cream on the delicate skin around your eyes.

☞ Try Pod Skincare Liquid Eye Lift, \$60, tackles bags, puffiness and crow's feet without preservatives or parabens; lapureté Triple Effects Eye Crème, \$69.95, with peptides to target lines, bags and dark circles; Cosima Flawless Eye Cream, \$69, with Myoxinol, a vegetable alternative to Botox.

When you're ready, step out of the bath, pat yourself dry with a towel and, while your skin is still slightly damp, massage in a body butter, lotion or light oil.

☞ Try Antipodes Organic Heavenly Body Oil, \$49; The Body Shop Body Butter Duo in Macadamia, \$29.95; Evodia Vanilla Addict Body Butter, \$23.95.



PAMPERING TIPS

- ☞ Warm your body moisturiser while you're in the bath by popping it in front of the heater, or putting the bottle in a cup of warm water.
- ☞ You can make your own body scrub mixing a handful of sea salt with olive oil, or a cup of granulated white sugar with enough avocado or macadamia oil to make a thick paste. Apply the scrub to dry skin, rubbing it all over your body in slow circles.
- ☞ Instead of bath oil, add a few drops of a relaxing essential oil, such as lavender, ylang-ylang or sandalwood to your bath.

- ☞ When using aromatic products, such as candles and oils, don't overdo it. Just try to stick to one main scent.
- ☞ Always check the active ingredients in products, especially chemical exfoliants and peels, and read instructions to ensure you choose products that complement each other.
- ☞ Candlelight creates a soothing atmosphere. Try PartyLite Natural Rituals aromatherapy candle, \$49 (below left); Palm Beach Collection Coconut & Lime candle, \$34.95 (below right); IKEA Glimma tealights, \$3.99 for pack of 100.

