

# HOW JENNIFER HUDSON **REALLY** LOST 36 KG

#1 FOR CELEBRITY GOSSIP!

# WOW



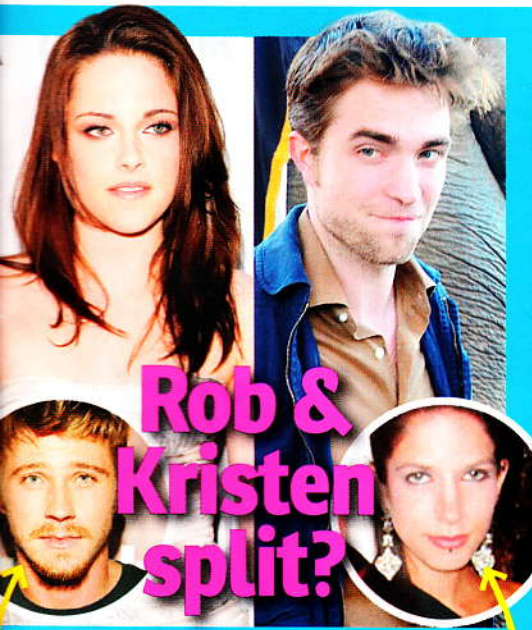
## Jen's Baby news!



Jess  
BIG DAY  
ON HOLD



Kim  
'I NEED  
TO BE  
SIZE 6'



## Rob & Kristen split?

## REVENGE DATES!

# WEDDING BODY PANIC!

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## REHAB FEARS FOR RIRI



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Olivia Palermo

These affordable and easy at-home treatments will have your legs looking silky smooth like Olivia's in no time!

# 10 Tips To Sexy



**1** Introduce a new morning ritual and make dry body brushing the first thing you do before you step into the shower. Start at your ankles and work your way up to your neck in circular motions to help smooth skin and stimulate circulation. Try The Body Shop Cactus Brush \$22.95 1800 065 232

**2** It might feel good, but bathing in hot water dries out skin. Instead, keep the temperature warm and invest in a hydrating cleanser. Try Palmolive Body Butter Decadent Moisture Body Wash in Heavenly Vanilla \$6.49 1800 802 307



**3** Don a pair of exfoliating gloves and gently scrub your entire body two or three times a week to rid skin of flaky bits and encourage the natural renewal process. Try Weleda Birch Body Scrub \$19.90 weleda.com.au, which contains organic birch, beeswax and castor-oil plant wax.



**4** Slather yourself in a liberal amount of body oil straight after you shower – this is when your skin is at its most absorbent. As a result, limbs will be silky and baby soft. Try Trilogy Aromatic Body Treatment Oil \$32.95 (03) 9533 1336

Transform your dry body from scaly to silky with these top buys

# Body Skin



**5** Don't neglect your tootsies just because they're covered up during the chilly season. Show them some love by giving them a foot massage using a super-softening cream. Try L'Occitane En Provence Dry Skin Foot Cream \$16.95 (02) 8912 3000



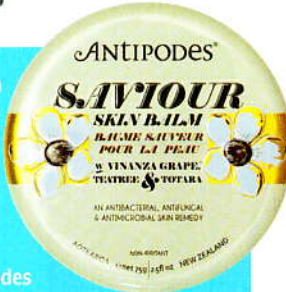
**8** Bring back that summer glow with a hydrating wash-off fake tan. We adore b collection by bloom Tan In A Tube Instant Tan \$19.95 [bcollection.com.au](http://bcollection.com.au), which contains moisturising shea butter – perfect for a winter wedding when your pins are on display.



**6** Soften skin by moisturising both morning and night with a topnotch hydrating cream. Garnier Body Intensive 7 days Soothing Lotion Anti-dryness Honey for Dry, Sensitive Skin \$6.95 1300 659 259 contains naturally derived ingredients and is easy on the purse!

**9** Invest in a multi-tasking balm.

Ideal for the handbag is Antipodes Saviour Skin Balm \$48 [antipodesnature.com](http://antipodesnature.com). It helps to heal cracked skin, condition cuticles and rescue chapped lips.



**10**

Trick up sun-starved skin by sweeping a dash of shimmer over exposed body parts such as the décolletage and arms. This will give you a fresh, golden glow and help lift your mood on those cloudy days. St. Tropez Bronzing Rocks \$64.95 1800 358 999 is a fab buy.



**7** Keep your mittens soft and shiny with daily lashings of an ultra-rich hand cream. We love Lanolips The Original Lady Lamb Rose Balm Intense for Very Dry Hands & Nails \$15.95 (02) 9663 4277



## Celebs' Favourite Winter Fixes

TREAT YOURSELF WITH THESE STAR STEALS



Actress **Kate Hudson** is a fan of Egyptian Magic All Purpose Skin Cream \$72 [meccacosmetica.com.au](http://meccacosmetica.com.au). Slather over your face for a movie-star complexion.



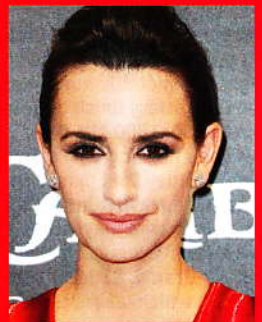
She may be worth millions, but **Victoria Beckham** still loves a good beauty bargain. "I try to keep it simple with a NIVEA body lotion," she says. Try NIVEA Rich Nourishing Body Moisturiser \$5.40 1800 103 023.



Make Like **Jennifer Aniston** and stock up on Neal's Yard Remedies Almond Oil \$28 (08) 9463 6604. "I use it on my skin, nails, everywhere," she says.



**Penélope Cruz** keeps her skin soft with Palmer's Coconut Milk Formula Coconut Body Butter \$10.99 1300 191 918.



It's no wonder Kiehl's Creme de Corps \$38 [kiehls.com.au](http://kiehls.com.au) is such a cult product – even supermodels like **Kate Moss** can't get enough of this hero moisturiser.



# LOVE IT! GET IT!

Treat your features and look as fab as you feel

## THE FAB FIVE

1 Luminous skin and minimal make-up are the secrets behind Parisian beauty and *Gossip Girl* star **Clémence Poésy's** effortless allure. Steal her style with this new French buy. Clarins Paris HydraQuench Tinted Moisturizer SPF 6, \$48, (02) 9663 4277.

2 For a hydrating balm with just the right hint of colour, try Yves Saint Laurent's new lipstick creation Volupté Sheer Candy. We're addicted to the palest hue – Juicy Grapefruit, \$49, (02) 9931 8888 – which leaves pouts rocking a sheer pink tint.

3 **Taylor Swift's** trick for making it through the colder months is to simply embrace all things wintry – she loves the smell of pine and spruce. Turn your living room into an alpine retreat, Taylor-style, with Archipelago Botanicals Mini Home Soy Wax Candle in Ebony Wood, \$31.95, 1800 705 800.

4 Cheaper than a morning caffeine fix, the new NYC Color nail polish comes in a range of bright and metallic hues. We love the glittery finish of Gold Coin, \$2.50, 1800 181 040.

5 If she's heading out on the town, **Whitney Port** pumps up her lashes with Maybelline mascara. Get your fix with Maybelline New York Volum' Express The Falsies in Black Drama, \$19.25, 1300 369 327, which leaves lashes blacker than ever.

Edited: Katherine Moncrieff



## hot this week

### Tub fun

Turn your bath into a bubbly retreat with Lush bath bombs, beloved by the likes of Elle Fanning. Get their best-selling bombs along with four limited-edition balls in the Lush Let's Get Fizzical tin, \$47.50, 1300 587 428.



### Salon freebie

Want to transform your tresses without spending a cent? Register at [kerastase.com.au](http://kerastase.com.au) by September 4 and you'll receive a voucher for a free Kérastase Paris In-Salon Ritual treatment, valued at \$25.



### Beauty ed's fave

Our latest love affair is with Antipodes Heavenly Body Oil, \$49, with its moisturising mix of macadamia and avocado oils. Smooth it on after the shower for silky skin. [antipodesnature.com](http://antipodesnature.com)

