

natural beauty.

Acupuncture face-lift, safer deodorants, organic mineral bronzers, and the healing power of algae.



ROADTEST: The NOTOX acupuncture facial

I was a little apprehensive on going for my first Notox treatment, promoted as 'a natural alternative to Botox', which uses acupuncture and acupressure to remove fine lines naturally, and lift the face and neck. My therapist, Deborah, started with a Chinese stone massage technique, using a small roller (*gua sha*) on my forehead and cheeks to increase blood flow and encourage collagen and elastin to come to the skin's surface. Cosmetic acupuncture was then applied to specific points. While the needles used are hair-thin, being needle-phobic, I was a bit uncomfortable. For me, the acupressure facial might be more relaxing. **Cost:** Acufacial, with acupressure only, \$80.00; with cosmetic acupuncture, \$120.00. Best results are obtained with 6-10 sessions.

Try it: The Way of Health, Crows Nest, NSW, (02) 9966 8166.



GET THAT SUN-KISSED LOOK

Summer is here and beautiful skin is your best accessory. For a golden, glowing look (while keeping your skin healthy and tan-free): **Prep with a primer** This provides an even, luminous tone while covering flaws. Try id bareMinerals Prime Time Foundation Primer (\$45.00; www.adorebeauty.com.au). Follow with a light, sheer foundation, like Miessence Translucent Foundation (\$60.95; www.ororganic.com), for a fresh look.

Enter the bronze age Use a bronzer rather than a blush for a soft, natural glow. Dust it on cheekbones, temples, and then add a quick flick to the bridge of your nose, forehead and chin. Inika's Mineral Bronzer in Sunkissed (\$44.95; www.inika.com.au) is perfect.

Lighten up Finish with an illuminator. We like Inika's Light Reflect Highlighting Crème (\$34.95; www.inika.com.au). It's easy to apply and provides just the right amount of shimmer to highlight features and attract light. Don't overdo it on your T-zone (forehead and bridge of nose), though, or you'll just look greasy.

Stay focused Keep eye make-up subtle and lips neutral, so as not to detract from your lovely, smooth skin.



DEODORANT DETOX

Conventional deodorants containing aluminium compounds block sweat ducts so they cannot release perspiration. This is unnatural, as sweating is a critical part of the body's detoxification system; if we don't sweat, we don't release toxins. There is also concern about aluminium's effects, with studies linking it to Alzheimer's disease and cancers. **Try:** Natural Instinct Deodorant (\$4.95 for 125ml; www.naturalinstinct.com.au) is effective and gentle enough for the most sensitive skin; Miessence Tahitian Breeze Deodorant (\$9.25 for 60ml; www.ozorganic.com), with refreshing orange, bergamot and lime oils; and Sukin Deodorant (\$5.95 for 125ml; www.sukinorganics.com), a blend of tangerine, mandarin and lavender. **Top tip:** Your diet directly impacts how you smell. Foods that cause body odour include red meat, processed foods, eggs, and onions. Leafy greens, however, are rich in chlorophyll, which has a powerful deodorising effect.

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