



Avon MagiX Tinted Face Perfector \$39.99

Maybelline New York Baby Lips Lip Balm SPF20 \$3.95

Estée Lauder Sumptuous Waterproof Mascara \$48

ORLY sunscreen for nails \$19.95

shu uemura UV under base mousse \$54

Benefit Benetint / Posietint lip and cheek stain \$55

Formula 10.0.6 Keep Me Clean Clarifying Facial Wipes \$9.99

BEACH MAKE-UP BAG

long haul? "When on board, apply a hydrating masque as you would a moisturiser and leave it on to sink in and hydrate skin. Use a cleansing wipe to remove and reapply once every five hours during the flight," says beauty therapist Jocelyn Petroni, from Joss Beauty. Oh, and drinks lots of water and lay off the coffee and free booze, but you already knew that...

YOU SHOULDN'T WEAR MAKE-UP TO THE BEACH *False*

Woken up spotty? Going straight from the beach to the beer garden?

Admit it, there are times you've toyed with the idea of throwing a little slap into your beach bag along with that SPF. Need a base? Try a 30+ primer (like shu uemura UV under base mousse \$54, see above) underneath an SPF foundation to help your coverage last though summer heat, says hair and make-up artist Charlie Kietly. Still need a little something? Add a coat of waterproof mascara and use a lip and cheek stain to add colour – the stain is well pigmented and will sink into the skin, allowing it to stay put, says Kietly. See above for some more beach-friendly make-up goodies. ▶



Banana Boat EveryDay SPF 30+ sunscreen \$14.99



Le Tan Coconut SPF 30+ Spray \$16.99



Neutrogena Ultimate Sport Sunscreen Lotion SPF 30+ \$17.99



Natural Instinct Micro-Mineral SPF 30+ Sunscreen \$13.95



Nivea Sun Ultra Beach Protect SPF 30+ \$13.95

Summer skin superfoods

Tea contains antioxidant flavenols that protect against free radicals. A study published in the *Journal of the American Academy of Dermatology* found people who drank more than two cups of black or green tea a day had a reduced risk of skin cancer. Plus: "Fruits such as rockmelon, grapes and oranges and vegies such as celery, cucumber, tomato, capsicum and onion are all beneficial to dehydrated skin," says dermatologist Dr David Bank.

➔ For recipes to keep you looking hot, head to cliniquetv.com.au

FOR YOUR BODY

ASK WH

Q Are there any foods (not red meat) that make hair grow stronger and faster? *Kelly, Ballarat, Vic*

Yes. To lengthen locks, eat omega-3-rich foods, such as salmon and walnuts, says nutritionist Jennifer Vimbor. Protein-rich foods (eggs, white fish, poultry, beans), may prevent brittle strands, and dark-green vegies (spinach and broccoli) contain iron, which increases blood circulation to the scalp to help keep hair follicles healthy, adds Vimbor.

HOW TO BEAT PMS...

TENNIS

Yep, go for a hit with mates each week. "Exercise releases endorphins, which are your body's natural painkillers," says gynaecologist Dr Diana Hoppe. "So you can say goodbye to cramps, relieve bloating and calm those wild mood swings."

QUICK FACT

In a study, tennis players scored higher in optimism and self-esteem and scored lower in anxiety and depression than other athletes and non-athletes.

Source: Dr Joan Finn, Southern Connecticut State University, US.



READER QUESTION

Are jalapeños really an aphrodisiac?

Sara, Hobart, Tas

Kind of. "The effect of the capsaicin in chilli can mimic arousal by adding heat, raising your heart rate, and making you feel flushed," says Dr Hoppe. So if you like it hot, pile on the peppers.

JALAPEÑOS

YOU TELL US



The letter of the month writer has won a Natural Instinct prize pack valued at \$200

LETTER OF THE MONTH

I first picked up WH two years ago after breaking up with my partner and haven't missed an issue since. At the time, all other magazines I read seemed to be about how and where to find the next man, while WH was all about how to find the best me! Since then I've lost 15kg and am really happy to just be me. *Zoe Heath, Sydney, NSW*

P.S. THANK YOU!

A big thank you for my letter of the month prize. I received my FitFlops yesterday and wore a pair shopping today. I love the mag; each month it helps keep my fitness on track – and winning something was an excellent bonus! *Lara Hinchcliffe, Baldviss, WA*

MUM'S THE WORD

I got my December issue today and saw the article *A daughter oughta*. I hung up on my mum yesterday and have been feeling guilty ever since, so I was hooked (and in tears) from the first sentence. My mum puts so much effort into trying to help me and make me happy – I can't remember the last time I had the patience to try and help her or even listen to any of her problems. OK, I'm off to ring Mum now. *Ingrid Veltmeyer, Surry Hills, NSW*

PERSONAL INSPIRATION

I'm two weeks away from finishing my certificate IV in fitness to become a personal trainer and just wanted to say thank you for such an awesome magazine. I've found it so useful when planning my sessions and for giving information to my clients. I've taken out a subscription so I don't miss any issues and have also ordered the *Big Book of Exercises* and am excitedly waiting its arrival. *Anne-Marie Herden, Toormina, NSW*

FIT AT ANY AGE

I was disappointed in *Weight loss at any age* (Nov 2010, p74). What about women in their 50s? Don't write us off – we are a different breed to our mothers, we grew up in the '70s and have worked all or most of our lives. I'm in my mid-50s and I like to look after my health and appearance. *Chris Jeffreys, Barton, ACT*

DROP US A LINE Include your full name, address and phone number. Letters may be edited to fit. Email womenshealth@pacificmags.com.au or *Women's Health Letters*, 8 Central Avenue, Eveleigh, NSW 2015

Two-second life changers

→ How can I stay fit at work?

"Make it a 'no lift day': skip the escalators and opt to take the stairs whenever possible," says Dr Sharonne Hayes, Director at Mayo Clinic Women's Heart Clinic, US. "Hoofing it on a regular basis can help decrease body fat and whittle down your waistline."

→ Does reading in poor light damage your eyesight?

"It won't cause permanent damage, but it can cause eye strain and make underlying vision problems more noticeable," says Shirley Loh from Optometrists Association Australia. It can also cause dry eyes, as you blink less.



Natural Instinct

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