

WHAT'S NEW

Got 5 minutes?

Sunscreen helps prevent visible signs of ageing, including lines, spots and wrinkles. More importantly, UV radiation is a major cause of skin cancer, so apply sunscreen daily.

Try Natio Ageless Daily Moisturiser UV Protection SPF 30+, \$18.95, Dr LeWinn's Facial Moisturising Lotion SPF 30+, \$49.95, or Australian Beauty Awards Readers' Choice Winner Olay Complete Defence Daily UV Moisturising Lotion SPF 30+, \$14.69. If you prefer moisturiser without an SPF factor, then use a foundation that contains sunscreen. Our pick? Invisible Zinc UV Silk Shield Foundation, \$42 (right).



How it feels to ... have a Brazilian wax

Grab a pair of tweezers and yank out a hair. It hurts, right? Now, multiply that by about oh, a billion and you're somewhere in the vicinity of the pain level of a Brazilian wax, the bikini wax that removes all of the hair down, er, there.

You can reduce the discomfort by choosing the right therapist, scheduling an appointment in the morning (when your pain threshold is at its highest) and taking a mild anti-inflammatory an hour before your appointment.

Ask your friends and family for a salon recommendation or look in the Yellow Pages under "beauty salons".



30 SECONDS TO GLOSSY HAIR

"After washing and conditioning your hair, rinse it in cool water. This closes the cuticle, which boosts shine. A cold rinse also locks in colour, so your hair will be vibrant and glossy for longer."

Award-winning hairdresser
Anthony Nader of RAW
Anthony Nader.

6 is the recommended number of weeks to wait between

eyebrow appointments, says brow guru

Nathan Williams, of Parlour B, in Sydney.

Nathan's tip for do-it-yourself girls?

Don't go overboard. Shapely brows are back.

FLASHBACK TO THE '50S

Congratulations to Innoxa, which is celebrating its 90th birthday this year. To mark the occasion, the beauty brand is giving itself a makeover. It has certainly come a long way since the '50s, which was when this gorgeously kitsch ad (below) appeared in *The Weekly*. For more information about the new-look Innoxa range, visit www.innoxa.com.au.



It's time to think pink

October is Breast Cancer Awareness Month, and by purchasing one of the following products, you can make a valuable contribution to the fight against this devastating disease.

- 1 Cedel Extra Firm Hairspray, 40g, \$3.99. Cedel donates \$25,000 to the National Breast Cancer Foundation annually.
- 2 2010 Pink ghd IV hair styler, \$299. When you buy one of these limited edition hair stylers, \$30 will go to the National Breast Cancer Foundation.
- 3 OPI Nail Lacquer in Pink of Hearts, \$19.95 - 100 per cent of all profits go to the NBCF.
- 4 Aveda Pink Ribbon Hand Relief Formula, 150ml, \$44.95. During October, \$4 from every product sold will go directly to the NBCF.
- 5 KMS California Hairstay Max Gel, \$25.95. For every product sold, KMS will donate \$1 to the McGrath Foundation.

