

GET UP AND GLOW



Hair savours

Damp, cool weather and warm winter heating can spell disaster for your locks over the winter months. So to keep your covering gray shiny enough and easy, it's best to apply the same principles of water retention to your hair as other what? Kevin Murphy explains, "Use the oils, hair lotions which can collect chemicals, dust and other unwanted matter from the environment and products," he says. "To remove this, olive leaves, exclude your hair and scalp regularly." Try a weekly "scalp" of exfoliation followed by an intensive conditioner, and use serum and a vitamin spray daily to lock in moisture.

Best Buys

Clare's Hair Oil (1) - \$12.99. Contains Vitamin E and Argan Oil. A blend of natural and synthetic oils.

Kevin Murphy Moist Wash, \$11.99. Contains aloe vera, jojoba oil, and essential oils.

Kevin Murphy Intensive Hair Conditioner, \$11.99. This cream product is a gift for your hair.

Kevin Murphy Hair Vitamin, \$11.99. This liquid product has the ingredients you need to keep your hair healthy.



Body softeners

The combination of the weather, central heating and not drinking enough water leads to skin becoming dull and dehydrated. The good news is, it's easy to put moisture back in with a daily dose of hydration in the form of a body lotion or butter. Get into the habit of massaging in daily after a bath or shower - it only takes a couple of minutes, and you'll soon see the effects.

Best Buys

Australian Organics Moisturizing Body Lotion, \$4.99. Smells delicious and leaves skin drenched with moisture and not at all tacky - what's not to love?

Marks & Spencer Ingredients Cocoa Bean Body Butter, \$5. Choose this richly hydrating



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Best Buys

Delicious Beauty Moisturizing Coconut & Shea Butter Body Lotion, \$4.99. Smells delicious and leaves skin drenched with moisture and not at all tacky - what's not to love?

Marks & Spencer Ingredients Cocoa Bean Body Butter, \$5. Choose this richly hydrating

butter for seriously dry areas. It leaves skin so soft and nourished.

Australian Organics Moisturizing Body Lotion, \$3.99 (1). A cocktail of evening primrose and sesame oils, lime blossom, birch and organic plant extracts leave skin richly hydrated.

Simple Nourish Body Cream, \$3.99. Brilliant value, with shea butter and almond oil, this is a great everyday cream.

Tesco Finest Ginger Parfait Body Soufflé, \$3.49 (2). This scented cream sinks in straight away, leaving a warm, spicy fragrance.



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australian.
organics

moisturizing
body lotion

lotion hydratante
pour le corps

oil nulle d'argot

own lush, moist skin with
the natural goodness of
shea butter and coconut
oil.

7 fl. oz. 200ml

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