

# New Idea



**CAUGHT OUT!**  
**Nicole & Colin Firth shock**



**LISA & GRANT**  
**WE'RE BACK TOGETHER!**

**ALL-NEW**  
**5:2 DIET**  
**LOSE FAT EVEN FASTER!**



**INSIDE FIFI'S PRIVATE HELL**



**HARRY BABY BOMBSHELL!**



**CELEB KIDS GROWING UP TOO FAST!**



**SHOCK PICS! BEC'S PUBLIC MELTDOWN**

Print Post Approved 100008153



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NEW  
Beauty



Neutrogena spokesperson Jennifer Garner wears sunscreen every day. 'It has to be just a non-negotiable part of your day,' she says.

### MANTRA 1

'I will not be afraid to try new things - a brighter lipstick perhaps?'

**WHY:** Stepping outside your comfort zone can be fun and take years off - and it's easily removed with a wipe!

**TRY:** Revlon ColorStay Ultimate Suede Lipstick in Stylist, \$25.95.



# NEW YEAR BEAUTY

## resolutions

Adopt these seven habits in 2015 for a more beautiful you

### MANTRA 2

'I will apply SPF 50+ every single day'

**WHY:** Nothing else slows down the ageing process like sunscreen. And it's never too late to start adding it to your routine.

**TRY:** Neutrogena Ultra Sheer Face Sunscreen SPF 50+, \$16.99.



### MANTRA 3

'I will switch from soap to a body bar or body wash in the shower'

**WHY:** Some soaps strip the body of its natural oils so keep the good stuff in and just wash away the day.

**TRY:** Dove Beauty Cream Bar (top), Dove Go Fresh Touch Beauty Bar and Dove Purely Pampering Shea Butter with Warm Vanilla Beauty Bar, from \$4.49 for two.



### MANTRA 4

'I will moisturise every morning'

**WHY:** A few minutes of massaging a lightweight, non-sticky cream into your skin will not only help shift cellulite but it will keep skin looking - and staying - younger for longer.

**TRY:** Nivea Repair & Care Body Lotion, \$7.99.



### MANTRA 5

'I will cleanse'

**WHY:** If you're not removing the day, then how are those anti-ageing creams going to work efficiently?

**TRY:** Aveeno Positively Radiant Cleanser, \$13.99.



### MANTRA 6

'I will curl my eyelashes'

**WHY:** It takes only a few seconds to make a big difference. You will be amazed at how many more lashes you seem to have. Always curl before applying mascara.

**TRY:** Tweezerman Deluxe Eyelash Curler, \$24.95.



### MANTRA 7

'I will exfoliate daily in the shower'

**WHY:** It doesn't take much to get your skin to glow with good health - from head-to-toe - it just needs a bit of help as the years go by.

**TRY:** Sanctuary Spa's Spa Essentials Body Scrub, \$14.95.



WHERE TO BUY: Aveeno 1800 029 979, Dove 1800 061 027, Neutrogena 1800 678 380, Nivea 1800 303 025, Revlon 1800 025 488, Sanctuary Spa (03) 8545 2700, Tweezerman 1800 251 215.