

New Look



HARRY & MEGHAN

WOW!
BREAKING
ROYAL NEWS

TWINS BOMBSHELL!



BEN

FREDDIE

BEK

NINJA
WARRIOR
FINALE
BUST-UP

- HOSTS SHOCK WALKOUT
- DRUG SCANDAL
- MILLION DOLLAR SCAM



ELLE & GREG

YES,
IT'S TRUE!

PLUS!

KATE IN
HER OWN
WORDS

'I'M HAVING
A THIRD BABY'

MICROWAVE
DESSERT IN A MUG



JUST 7
MINUTES!

HOME
AND AWAY
STAR
SAM FROST



LOVE IN
THE AIR
'I'M SO
HAPPY'



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'FLAT HAIR MAKES YOU LOOK OLDER, SO IF YOU'RE TRYING TO FIGHT THE AGE CLOCK, WAVES AND BODY ARE BEST - RENNA XYDIS

HEALTHY WINTER HAIR

The Base Collective Magnesium Oil, \$19.



BEAUTY ED'S FAVE

This body oil is the latest addition to my morning routine. It's packed with marvellous magnesium, a perfect post-run pick-me-up. It's super nourishing, sans the grease factor, and gives a little extra love to my tired muscles.



Natural Instinct Daily Hydrating Shampoo, \$9.95, at Priceline.

NEW Beauty

Renya is Miranda Kerr's go-to hairstylist when she's back home in Australia.

Expert tips for winter tresses

Colder weather can lead to limp, lifeless hair. Celebrity hairstylist Renya Xydis shares her top tips to put life back into winter strands.

TRY A TREATMENT 'Hair oils are so important when it comes to fighting the harsh environmental elements of winter,' Renya says. To help prevent moisture loss while adding luminosity and sheen, apply daily from mid-length to ends, avoiding the roots.

WINTER SWITCH In winter, hair needs both moisture and protein to maintain its gloss. Renya recommends using a moisture-enriched shampoo and conditioner for two weeks, then swapping to protein-based products for two weeks to absorb essential nutrients.

MASK IT Cooler temperatures can sap moisture from the hair, leading to dull, dry tresses prone to breakage and splitting. Applying a hair mask once a week will help to restore moisture, protein and vitality to hair while providing essential vitamins and minerals.

CONTROL DAMAGE In winter, hot tools and hairdryers go into overdrive. Renya recommends a protection spray to combat the effect of heat on hair. 'Think of it as a sunscreen for your hair. It literally blocks out a percentage of heat that comes from hot tool use,' she says.

KEEP IT SIMPLE Short on time? Renya recommends following her example and washing hair just once a week. Allow hair to air dry naturally, then emphasise the natural curl with a tong. 'It takes five minutes, it looks really pretty and that five minutes will set you up for the week!' she says. If possible, a fortnightly visit to the salon for a treatment and toner is a great hair reviver.



Essano Argan Oil Recovery Hair Mask, \$15.99, at Priceline.



Silver Bullet Fastlane Gold Ceramic Large Conical Curling Iron, \$69.95.

In the toolkit



A'kin by Al'chemy Rice Aminos & Wheat Protein Shampoo, \$14.95, at Priceline.



Toni&Guy Heat Protection Mist, \$15.99, at Priceline.



L'Oréal Paris Extraordinary Oil Extra Rich, \$19.99, at Priceline.



Eleven Australia Hydrate My Hair Moisture Conditioner, \$24.95.

WHERE TO BUY: Eleven Australia elevenaustralia.com, Priceline priceline.com.au, Silver Bullet datelinecity.com.au, The Base Collective thebasecollective.com.au, Wella wella.com.