

SIZZLING HOT! SUMMER SHAPE-UP SPECIAL

**WIN
7 NIGHTS
IN BALI**
VALUED AT
\$9,000
Conditions apply*

AUSTRALIAN

SHAPE

**THE BEST
GET-FIT GIFTS**

strong & sexy
with the
base body
babes

**FRESH
MEALS FOR
BALMY DAYS**

**TOTAL BODY
MAKEOVER**

- ➔ SCULPTED ABS
- ➔ KILLER THIGHS
- ➔ GO-BARE ARMS

A next MAGAZINE



DEC/JAN 2016
\$7.50 NZ\$7.50 inc GST
* FURTHER PURCHASE REQUIRED.
SEE INSIDE FOR DETAILS.

3. Finish with a spritz.

No matter how undone the style is, you still want it to look healthy and shiny. We suggest Charles Worthington Sunshine Protector Leave-In Spray. It protects the hair while making it nice and shiny.

YOUR WAVE MAKERS



SCHWARZKOPF Osis GLAMINATION PLUMPING SHINE MOUSSE \$28.95, 1800 251 887



MOROCCANOIL HYDRATING STYLING CREAM \$44.50, moroccanoil.com



PHILIPS MOISTURE PROTECT \$129, philips.com.au/haircare



CHARLES WORTHINGTON SUNSHINE LEAVE-IN UV PROTECTION SPRAY \$6.99, Priceline stores nationally

Call of the sea

There are so many options when it comes to sea salt sprays. Here are some of our top picks.



1. DE LORENZO ELEMENTS OCEAN MIST SEA SALT STYLING SPRAY is a salt-infused spray that gives hair a "beach hair" texture, without tangles and knots. The mist contains sunflower seed cake for UV protection and sea kelp to condition and nourish hair. \$24.50, delorenzo.com.au

2. FUDGE URBAN SEA SALT SPRAY is a styling spray that adds body and texture to hair while protecting it from UV damage. Provitamin B5 strengthens and conditions hair while salt additives deliver body and volume. In addition, anti-humidity ingredients maximise flexibility and hold and hard-setting polymers offer a crisp finish. The spray features a mango and coconut fragrance. \$19.95, fudge.com

3. FUDGE URBAN SEA SALT is a low hold tropical

coconut texturing spray for a raw beach hair effect. To use, spray mist onto hair and scrunch up for a messy "out of the surf" look, or blow-dry in and pump up for natural texture and volume. \$9.95, fudge.com

4. TONI&GUY HAIR CARE SEA SALT TEXTURISING SPRAY is suitable for all hair types and creates texture with a light hold, perfect for imitating just-off-the-beach waves. Spray evenly from root to tip on towel-dried hair and work through to create tousled curls with natural movement. \$15.99, Woolworths, Coles, Priceline and Big W

5. TRESEMME PERFECTLY (UN)DONE SEA SALT SPRAY is a leave-in spray that creates textured beach waves. The non-sticky formula contains sea kelp extract, which helps to define

each strand and promote a tousled style. The spray is ideal for naturally straight or wavy hair and is part of the TRESemme Perfectly (un) Done Collection. \$8.99, tresemme.com.au

6. KMS CALIFORNIA HAIRPLAY SEA SALT SPRAY is a lightweight, fragrant spray that creates tousled hair with fullness and a light matte finish for that just-out-of-the-ocean texture. Grape peppermint in the formula supports the hold and flexibility of the formula. \$33.95, kmscalifornia.com

7. CATWALK BY TIGI SESSION SERIES: SALT SPRAY gives texture and definition, volume and body. The formula fights humidity with a light pliable hold. Spray into wet hair to add body, or on dry hair for a tousled texture. \$32.95, tighaircare.com

Hold the salt

If you have problems with your hair being too dry we recommend using these products that create the same beachy style without using salt.

KERATIN COMPLEX STYLE THERAPY SWEET DEFINITION \$31.95, datelinecity.com

MARC ANTHONY TRUE PROFESSIONAL DREAM WAVES, BEACH SPRAY \$17.99, Priceline and Target

