

THE BENEFITS OF DRY JULY | JEANS FOR EVERY SHAPE

W weightwatchers

Your TEAM tactics

USE YOUR MATES TO GET FIT & HEALTHY

LAUREN AND MEGAN, WW MEMBERS (AND BESTIES) DROPPED 57KG COMBINED

FRIENDS WORKOUT
6 FUN MOVES TO PUMP UP YOUR FITNESS

SNACK BETTER

NEW & NUTRITIOUS 3PM SLUMP-BUSTERS

SOCIAL HEROES: INSPIRING PEOPLE TO FOLLOW. CLICK TO IT!



NOURISHING ONE-POT MEALS TASTY TOASTIES SLOW-COOKED FOOD TO SHARE

weightwatchers
JULY 2016 AU\$6.95 NZ\$7.20



QUICK COOL STYLES

Want to update your look without a dramatic change? Try one of these styles on for size.



THE TWIST PONY

STEP 1 Secure hair in a low ponytail.
STEP 2 Using a finger, separate the hair in half (above the hair tie).
STEP 3 With one hand holding the ponytail vertically up, use the other hand to pull the ponytail through the hole.



TOP KNOT

STEP 1 Using irons, curl the hair.
STEP 2 Take a rectangle section of hair on top of the head and tie it into a ponytail.
STEP 3 Wrap the ponytail into a messy bun and secure with a hair tie. **Note:** this doesn't have to be perfect, the messier the better!



BUBBLE PONY

STEP 1 Create a sleek, high, tight pony.
STEP 2 Take a small section underneath the ponytail and wrap around the pony.
STEP 3 Tease the roots of the ponytail to create volume and texture.
STEP 4 Secure with a hair tie and cover with a small piece of hair and repeat down the length of your pony.

5 MUST-HAVE EVERYDAY HAIR PRODUCTS



1 Thick and Wavy Finish Brush by Scunci, \$14.95. This brush is the ideal tool to create that perfect wavy bob – a wob!



2 Parlux Advance Light Ionic and Ceramic Hair Dryer, \$249.95.

If you dry your hair every day this is a great investment as the motor reduces drying time and helps preserve hair quality. Win!



3 Dry Shampoo by A'kin by [Alchemy], \$14.95. We love this because it's 100% natural. A spray provides instantly fresher and fuller hair without leaving a dusty mist in its wake.



4 Keratin Complex Sweet Definition Texturizing Sugar Mist, \$31.95. This sugar-based spray won't strip your hair of keratin or moisture and doesn't leave the dry, straw feeling a salt spray does.



5 Alchemy Rosemary Shampoo & Avocado & Calendula Conditioner, \$14.95 each. Beautiful smelling and nourishing for your hair, this duo is just what your locks need in winter. ■