

FRESH LOOK NEW SECTIONS! MORE INSPO!

AUSTRALIAN Women's Health



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10 New Ways To Cook With Quinoa

SLIMMER FITTER SEXIER

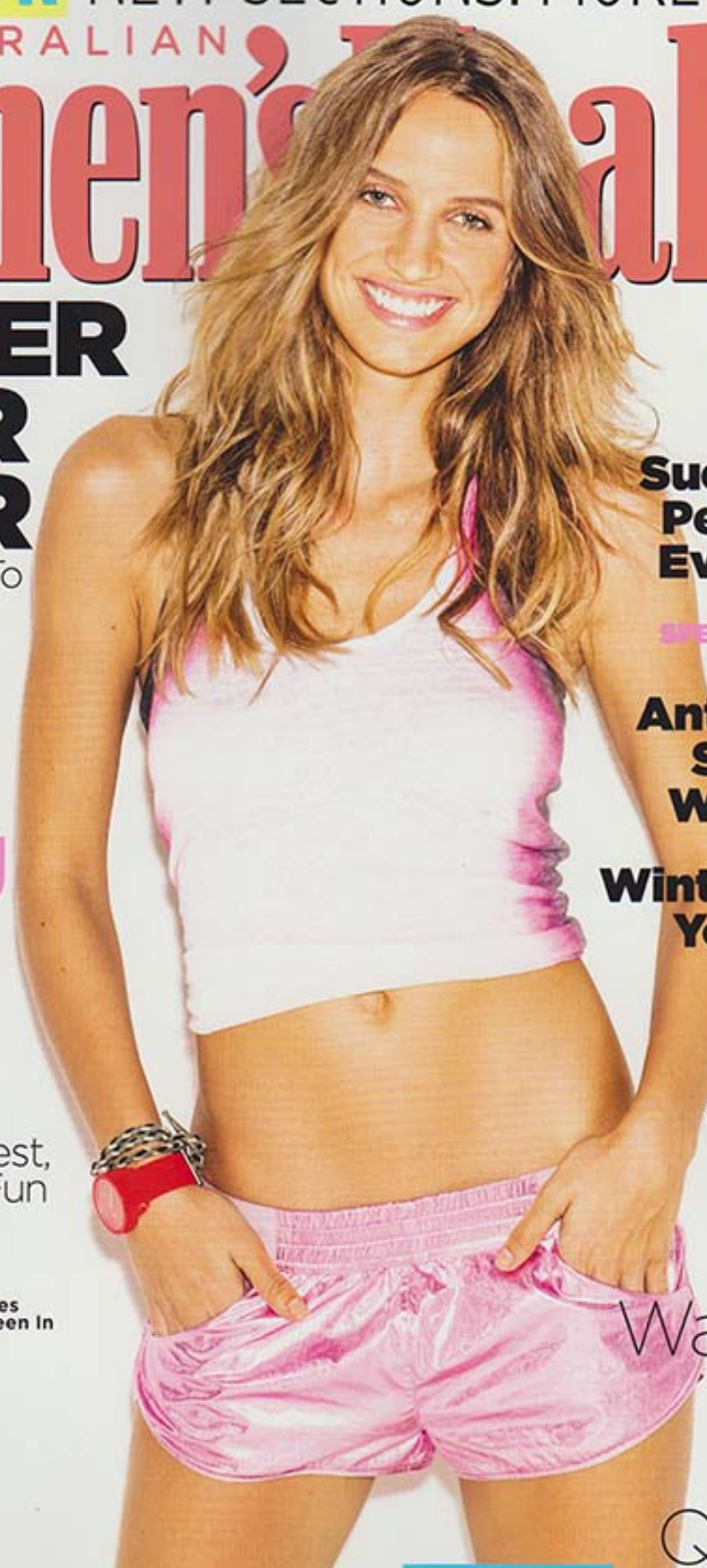
Take The Fast Track To A Lean, Toned Body

Your Smart Running Guide

237 WAYS TO...

Train, Stretch, Eat, Rest, Lose Weight, Have Fun And Get (And Stay) Motivated

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BETTER SEX

EAT SMART

MAKE IT MORE SATISFYING TONIGHT!

5 IMMUNITY-BOOSTING SOUPS

The nail art craze shows no signs of slowing down.

On the contrary, it's got more momentum than a crowd of drag queens en route to a Kylie concert. Nails are on display - big time. And whether you want to try your (hopefully steady) hand at some Pinterest-worthy design, or play it straight with one of winter's mani trends (right), you'll need to give your hands some TLC first.

ARE CHEAPO MANI-PEDIS THAT SAFE?

Who doesn't love a cheap nail bar? But they do get a bad rap. "They're not regulated, so potentially you can catch an infection if they don't adhere to sterilisation practices," warns *WH* beauty expert Dr Elizabeth Dawes-Higgs. How to reap the benefits of the \$30 mani-pedi minus the fungal infection? Don't let the technician cut your cuticles - it acts as a seal to stop nasties getting between the nail and the skin. Also, take your own tools. "It doesn't eliminate all risks, but it's a good start," says Dawes-Higgs.

HEY, TRY THESE TRENDS



[DARK & MOODY]

- 1 Model Co Nail Polish in Midnight Affair, \$14.95
- 2 Chanel Le Vernis in Coup de Coeur, \$39
- 3 Essie Nail Polish in No More Film, \$16.95



[NUDES]

- 1 OPI Taupeless Beach, \$19.95
- 2 Essie Nail Polish in Limoscene, \$16.95
- 3 Maybelline New York Color Show Stripped Nudes Nail Colors in In Your Flesh, \$5.95



[TEXTURE]

- 1 OPI Nail Lacquer in Next Stop... The Bikini Zone, \$19.95
- 2 Ciaté Paint Pots in Sloane Sweetie, \$20
- 3 L'Oréal Paris Colour Riche Le Vernis Top Coats Collection in Confetti, \$6.95

Manicare Cuticle Trimmer and Pusher, \$9.13

Tweezerman Matchbox Itty Bitty Polka Dot Files, \$8.95

Tweezerman Mini Nail Rescue Kit, \$39.95

Sally Hansen Safe Snip, \$16.95

[MATTE]
ORLY
Matte
Top Coat,
\$19.95

