

SPECIAL 100TH ISSUE

# Women's Health

## Feel 100% Hot

Exactly How To Smash Your New Year Body Goals



## Strong!

The #1 Workout To Burn Fat And Tone Up **p33**

## Healthy!

Nourishing Meals To Superboost Nutrition **p90**

## Happy!

Fine-Tune Your Thinking And Stay Motivated **p70**

## Your Easy Detox

The Best Juice Cleanse For You

JESINTA CAMPBELL  
HOW SHE SCULPTS THIS BODY



WHY YOU NEED TO HAVE MORE SEX **p45**

# REFRESH YOUR LOOK

ULTIMATE BEAUTY, STYLE & FITNESS BUYS FOR 2016

FEBRUARY 2016 \$7.50 NZ \$7.99 inc GST



Pacific magazines

womenshealthmag.com.au

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# 12

**CLARISONIC MIA 2 SKIN CLEANSING BRUSH, \$190** The queen of beauty tools for a deep clean, smooth skin and degunked pores.



Beauty  
**SKIN**



CB

**NAPOLEON AUTO PILOT SKIN PRIMER, \$59** PRIMER IS THE BRIDGE BETWEEN SKINCARE AND FOUNDATION; MAKE-UP GLIDES ON AND LASTS LONGER. "IT'S MY MUST-HAVE PRODUCT," SAYS NAPOLEON PERDIS.

# 14-20

- 14. LA ROCHE-POSAY ANTHELIOS XL SPF 50+ MELT-IN CREAM, \$27.99\*** Attention everyone, everywhere. Your number one anti-ageing skincare product is sunscreen. Every day.
- 15. LA MER INTENSIVE REVITALIZING MASK, \$210** "The night before an event, I exfoliate, apply this mask, a layer of facial tanner, then sleep. People always comment on how fresh I look." *Caelia, Beauty Director*
- 16. BEAUTYBLENDER MICRO MINI, \$23** The only thing you don't want edgy is foundation - this sponge gives good blend.
- 17. CHANEL HYDRA BEAUTY MICRO SÉRUM, \$132** Tired? Hungover? Jet-lagged? This luxe serum goes on watery then magically sinks in for bouncy, dewy skin - fast.
- 18. TWEEZERMAN PROCURL EYELASH CURLER, \$43.95** Knackered? Do one thing to look instantly more awake - curl your eyelashes before applying mascara.
- 19. SWISSE DEEP SEA HYDRATING MIST TONER, \$9.99** Spritz your way to Ash Hart freshness with one of her fave products.
- 20. NEUTROGENA HYDRO BOOST MASK, \$19.99** Sheet masks are the new kale. Smooth the fabric mask over your face - look ridid for 15 minutes - then sport an enviable glow.

