

ANTI-AGEING SKINCARE - WHAT YOU NEED, WHAT YOU DON'T

NEW!
\$3.95

Yours

AUSTRALIA'S NEW FORTNIGHTLY



Strong & healthy

How to put yourself first
Plus Secrets to feeling great

AUSTRALIA'S TOP ISLAND GETAWAYS

Which one is
best for you?



Women we love

Inspiring Aussie real life

SNOOZE SOLUTIONS

Sleep better tonight!



February 20, 2014
Aust \$3.95 (inc GST)

Generation WOW! Ruling the red carpet at 50, 60, 70+



GARDEN GURU

Grow fresh
herbs all
year round



Tracy Grimshaw

**'I surround myself
with people I love'**

Hair



JODIE'S TOUSLED TRESSES

"Fresh and bouncy, this look is relaxed but elegant at the same time," says Sydney stylist Anthony Nader.

HOW TO... Apply sea salt spray to the hair, distributing from roots to ends. Divide hair into four sections – two at the front and two at the back. With a round brush, blow-dry small amounts of hair from each section, winding them around the brush to create waves. Finish by winding a few mid-lengths and ends around the barrel of a curling iron.

What you'll need

David Babaii Boho Beach Texturising Spray, **\$24.50**; Anthony Nader Wahl Megastar dryer, **\$139.95**; VS Sassoon Luminous Collection Curling Tong, **\$22.95**



TERI'S TEXTURED WAVES

"The softly textured layers and movement add a youthfulness to Teri's face without looking like she's trying too hard."

HOW TO... Spritz sea salt spray through your hair, concentrating on the hairline, where cowlicks might disrupt the look. With a nozzle attached to the hair dryer, blast the hair dry and use a small bristle brush to flatten out cowlicks for longer lasting manageability. Use a light misting of hairspray to hold the style in place.



What you'll need

Eleven Australia Sea Salt Texture Spray, **\$20.95**; Kevin.Murphy Session Spray, **\$29.95**; Brushworx Tourmaline Oval Cushion Brush, **\$18.95**



MARTHA'S LOVELY LAYERS

"Martha's style is all about gentle volume on the crown and soft layers around the face," Anthony explains.

HOW TO... Use styling spray throughout wet hair, ensuring it's evenly distributed from roots to ends. Blast dry using your fingers to create the style, really getting your fingers in at the roots to lift them up for extra volume. Tuck layers behind the ears, and then use a little moulding paste on the flicks in the layers to "piece" them out. Finish with a light hairspray.



What you'll need

David Babaii Finished Styling Spray, **\$24.50**; TRESemmé Tres Two Spray, **\$7.99**; Kevin.Murphy Gritty.Business, **\$35.95**



OLIVIA'S SLEEK LOCKS

"With body and height, this sleek look adds to Olivia's sophistication, while remaining fresh and gorgeous!"

HOW TO... Apply volumising mousse to damp hair, from roots to ends. Divide hair into four sections – two at the front and two at the back. Using a round brush, blow-dry small amounts of hair from each section, pulling them out and up at the roots for volume and curling the ends around the round brush. Spray roots with dry shampoo for extra lift.



What you'll need

Paul Mitchell Extra-Body Sculpting Foam, **\$21.95**; Batiste Fresh Dry Shampoo, **\$9.95**; ghd Natural Bristle Radial Brush (35mm), **\$32**

