

SMILE! 6 EASY STEPS TO GREATER HAPPINESS

ONLY \$3.95

# Yours

For women like us!

AUSTRALIA'S NO.1 FORTNIGHTLY



## What's your brain age?

Try our quiz

Plus Simple changes to keep your mind young

Lifesaving health advice  
Symptoms you can't ignore



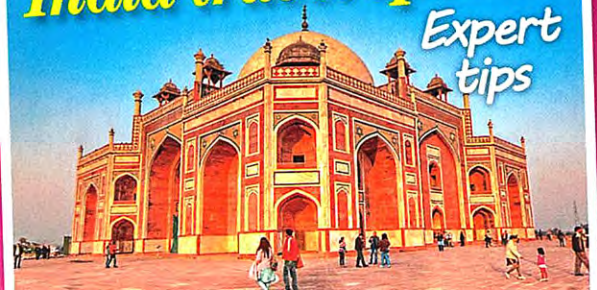
## The Best Exotic Marigold Hotel 2

It's back! We speak to the stars

Plus

## India travel special

Expert tips



## Nicole Kidman

'Nothing's more important than family'

WELLBEING



Relax & unwind with lavender goodies

COOKING



## Easy fish dinners

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# Youth-boosting gadgets

Skip the salon and maintain your youthful sparkle at home with these grooming tools



**CLEAN SLATE**

This cleansing tool uses sonic technology to gently yet deeply massage, leaving your skin refined, soft and glowing. **Mirenesse Pebble Sonic, \$169**



**SHOW OF HANDS**

Keep your digits in shape with this electronic device – it shines and buffs nails to salon perfection in seconds. **Emjoi Micro Nail, \$59.99**



**GOOD SOLE**

Refresh tired feet by shaving off calluses and hardened skin. **Tweezerman Safety Slide Callus Shaver with Rasp @ I-glamour, \$26.95**



**FACE TIME**

The small, medical-grade needles of this tool can be used to target trouble spots. **Awe Cosmeceuticals Derma Roller 0.3mm, \$69**



**BRUSH WITH SUCCESS**

Cleanse, massage and exfoliate your face and body with this powered brush. **Racinne Lady 1, \$49**



**SMOOTH TALKER**

Gently buff away the dead, hardened skin on your heels with this rotating file. **Scholl Velvet Smooth Express Pedi @ Priceline, \$49.99**



**STRAIGHT AND NARROW**

Just the right size to style flattering fringes and layers. **IPS Absolut Heat Mini @ I-glamour, \$32.95**



**REACH OUT**

Find it hard to apply body creams to your back? This extending tool is the answer. **Paula's Choice Skincare Applicator for Back and Body, \$13**

TEXT: KRISTY BRADLEY; PICTURES: RODNEY MACLJAY/BAUER SYNDICATION.COM.AU SEE PAGE 87 FOR STOCKIST INFORMATION™