

# BODY

## Overhaul

From sparkly teeth and dimple-free skin, to perfect “falsies” and healthy No.2s, we’ve gathered all the info you need to do a full service on your mode of transport.

**W**e talk a lot about “me time”, but besides flopping down to watch *Grey’s Anatomy*, do you ever really put a moment aside to focus entirely on yourself? After months of late nights, over-indulgence, fun in the sun and slackened skincare routines, your body may seem a little frayed around the edges. This month, detox, revive your body and enjoy a shinier, sexier version of you.

**2** Buy an eye primer. It’s like concealer for the eye and, when applied lightly to the lid, will instantly eliminate redness along the lash rim, disguise small veins, brighten the eye area and make the rest of your make-up look fresh. I like the Elizabeth Arden Advanced Eye-Fix Primer, \$42.

**3** Find a mascara that goes the distance. Blinec Mascara, \$48, has a clever formula that creates “tubes” around each lash so you don’t experience any fibrous fallout.

### EXPERT TRICK: “NOTICE ME” LASHES

For special occasions, don’t forget the power of a false lash. Whenever I wear them, I feel unstoppable. If you have trouble putting them on, the gals at the Benefit and Napoleon Perdis concept stores will apply them for you (providing you buy their brand, of course!). To make a statement, have your choice of lashes custom-fit at the Shu Uemura lash bar at the David Jones Sydney City store. →

## Face first

Skin prep is a must if you want to look your best. A slew of sneaky little complexion enhancers recently arrived on my desk and I feel it’d be a crime not to share. When you’re in a make-up rut, a few new products can make you look and feel dewy again.

### PERKY PICK-ME-UPS

**1** For a perfectly peachy glow, buy a warm-toned blush in a creamy texture and apply it to the apples of your cheeks on the days you’re feeling tired or stressed out. If the colour you like only comes in a powder formula, dust it over cheeks, then smooth on a light moisturising lotion to hands and gently press over skin for a satin-like sheen.

### DAZZLE ME, DEMI-STYLE

Don’t underestimate the beauty of a pearly white smile. What’s the first appointment an up-and-coming Hollywood actress makes? The cosmetic dentist, always! If you’ve ever seen “before” shots of Demi Moore, Hilary Duff, and Brittany Murphy, the most noticeable difference between then and now is their teeth.

At Sydney Dental Professionals ([sydneydentalprofessionals.com.au](http://sydneydentalprofessionals.com.au); (02) 9233 2577), the newest and coolest fix-it for teeth is their exclusive veneers – definitely worth considering if every photo of you shows your hands covering your fangs. And since natural teeth vary in colour, yellowish at the gum and translucent at the biting edge, you’re free to pick your desired shade.

#### *The benefits of this new type of porcelain veneer include:*

- They make teeth look straighter and whiter almost immediately.
- There’s no need to drill away a healthy tooth structure, as with traditional veneers.
- Patients are able to choose the shade of their veneers.
- You can try the veneers in your mouth prior to having them cemented, and send them back for adjustments if necessary.
- They cost about one-third of the price of traditional veneers.

EYE PRIMER WILL  
MAKE THE REST  
OF YOUR MAKE-UP  
LOOK FRESH.



AN ALL-OVER GLOW IS VITAL WHEN YOU WANT TO FEEL GOOD ABOUT YOURSELF.

## Body glow

This is one way to improve how you look and feel that's completely free. Dry skin brushing and exfoliating the body give the skin a healthy glow, while laying the perfect foundation for moisturiser or fake tan.

### DIMPLY SKIN DO-OVER

The truth is, I haven't yet found a cream that totally eradicates bumps on thighs (and, for some, on arms and tummy), but I can happily say that cellulite creams will firm the skin, so at least the area will look more taut and toned. This can only be a good thing, right? Remember: if you apply your fave firmer every morning and night, add squats and lunges into your fitness regimen and watch what you put in your mouth (the key to losing weight is 80 per cent healthy diet and 20 per cent exercise), you really will start to notice a difference. If you stop, so too will the results, so be diligent.

## CUTTING KILOJOULES DOESN'T MEAN STARVING YOURSELF.

### SMOOTH THINGS OUT

Lucky enough not to have cellulite? That doesn't mean you can drop the ball on body maintenance. Silky skin is still important, so try an ultra-nourishing exfoliating cream, like the new Clinique Turnaround Body Smoothing Cream, \$52, which is ideal for elbows, knees, shoulders and legs. An all-over glow is vital when you want to feel good about yourself.

### A HEALTHY NO.2 IS A NO.1 PRIORITY

For glowing skin, clear eyes and an overall healthy appearance, you not only need to pay attention to what you put into your body, but also what comes out of it. A tad gross? Maybe, but it's something everyone needs to be aware of. Fibre keeps your digestive system functioning properly; think of it as nature's scrubbing brush that cleanses your colon. So fibre-rich foods, such as fruit, vegetables, cereals, grains, legumes, nuts and seeds, are essential to help you eliminate waste properly.

### TRIED AND TESTED

When it comes to cellulite smoothers, the expensive ones often have the most potent ingredients; however, I've had great feedback about Garnier Bodytonic Cellulite Firming Gel, \$13.59, and Nivea My Silhouette! Body Refining Gel-Cream, \$11.90, so you can still get results for less. My firming faves include: Chanel Body Excellence Firming And Shaping Gel, \$114; Avon Solutions Cellu-Glow Body Contouring Cream, \$30; Estée Lauder Slim Shape+ Anti-Cellulite/Anti-Fluid Advanced Visible Contouring Serum, \$78; and Palmer's Skin Success Cellulite Cream, \$21.25.

## Revamp your diet

Everybody knows getting back on track after the party season can be a challenge. What starts as one bad day can turn into a bad week or month. By making a few small changes to your daily routine, you can be back in your skinny jeans before you know it. The best time to start? Right now.

### 3 DON'T SKIMP ON THE PROTEIN

Consuming lean protein with every meal will help to fill you up while maintaining lean muscle mass. Your body requires this mass to ensure your metabolism is working at its peak. Good choices include fish, boiled eggs, skinless chicken and low-fat dairy products.

### 4 DON'T SKIP MEALS

Skipping meals, especially breakfast, can lead to weight gain as you're more likely to give in to cravings. Start the day with a high-fibre cereal with fresh fruit and skim milk or a toasted wholegrain muffin with low-fat peanut butter and banana. When you deprive your body of food, your system slows down to conserve energy and begins storing away the little amount of food you're putting in – usually as fat! Also, skimping on food can lead to nutrient deficiencies which will leave you fatigued and susceptible to illness, so – rather than ending up slimmer, healthier and happier – you'll crash and burn.

### 5 DON'T BE OVERLY RESTRICTIVE

Cutting kilojoules doesn't have to be difficult or mean starving yourself or avoiding foods you love; it can be as simple as swapping foods for healthier options or trimming serving sizes. Depriving yourself to make up for past indulgences is the fastest way to establish an addiction to the outlawed foods, which can lead to the worst fate of all: bingeing. Instead, eat smaller portions of the foods you love and limit eating them to once or twice per week. You'll see the results you want pretty soon!

### THE EXPERT SAYS

Sarah Battishall, nutritionist for the Tony Ferguson Weightloss Program, shows us five ways to get our body back in order.

### 1 DRINK WATER

Consuming too many foods rich in fat and sugar will cause your body to produce more toxins and overload your digestive system, slowing it down and making you feel sluggish. It's vital to rid the body of these toxins by drinking plenty of water. Herbal teas can also assist in the process; try camomile, dandelion or lemon to soothe the digestive tract and relieve fluid retention.

### 2 INCREASE FRUIT AND VEG INTAKE

No matter how you eat them – whether in soups, salads or juices, raw or cooked – these foods are high in vitamins, minerals and essential fibre as well as being low in kilojoules. Salads make a satisfying meal, as soluble fibre found in vegetables, legumes, nuts and seeds help you feel full for longer.

## REVITALISE SKIN

Sometimes all your skin really needs is a good clean. Fake tan, make-up residue, sweat, oil and dirt can all cause blockages, leading to uneven, blemish-prone skin. You don't have to commit to a facial every month, but if you do decide to invest in one facial (the extraction kind) to start with, follow it up with an at-home cleansing, exfoliating and moisturising routine to keep skin glowing. Microdermabrasion is a great way to get rid of dead skin cells, boost collagen production, reduce fine lines and prep skin for proper care. Always try to give your skin the TLC it needs.

## SEX-ERCISE? NO, IT'S NOT ENOUGH

Don't make the mistake of thinking a few midweek sessions are enough to keep you fit. While they'll get your heart pumping, there needs to be a bit more variety and a slightly longer (solo) workout to make a difference. "Get yourself to a beach and hit the soft sand," says Natalie Marnoch ([noattitudetraining.com.au](http://noattitudetraining.com.au)). "Then do a lap on the hard sand. After little or no exercise, this will really shake things up." Your body reacts to change, so try to do different exercises. Marnoch just has one word of caution: "Don't go too hard too early or you'll be too sore to want to try it again."

## A BREATHING EXERCISE CAN HELP REJUVENATE YOUR MIND.

### QUICK TRICKS

Watching what you eat doesn't mean you have to deprive yourself. Swap one or two of these high-fat, high-sugar treats to help keep your diet on the right road.

Swap	For
Skim milk latte	Skim milk cappuccino
Soft drink or juice	Sparkling water or diet drinks
Fruit-flavoured yoghurt	Plain, low-fat yoghurt with fruit
Creamy, oily salad dressings	Oil-free dressings or vinegar

## Miss motivation

Try every trick you can to keep motivated with your body boot camp, and never give up. Marnoch says: "My two favourite ones are: take a photo of yourself in your underwear or bikini and stick it to the fridge – not only does this stop you from grabbing an unhealthy snack, it also helps you visualise the body you want. Secondly, drag a friend along on your workout. If you have to meet someone in the morning, you won't be as tempted to skip the exercise for a longer sleep-in, plus chatting makes the time fly."

### AM OR PM?

"If you exercise first thing in the morning when your body is empty, you'll burn fat stores; if you exercise at the end of the day, you'll only burn sugar," Marnoch advises. "Try a fast walk, to increase your heart rate. If you're fit already, try jogging at intervals. Want to see fast results? Cut out alcohol and try to eliminate sugars, eat every three hours and increase protein and green vegetables."

### EFFICIENT TONING

"Everyone knows how to do squats and lunges," Marnoch says. "So in the middle of your walk, do three sets of 15 reps of lunges and squats for the lower body, and dips and push-ups for the upper body. It's simple enough to do on your own and is free!"

proven to achieve up to three times greater circumference loss in the targeted area than that achieved with conventional training. The best bit? One Hypoxi session takes just half an hour and is completely pain-free. The treatment is the vital link between exercise, blood circulation and fat metabolism.

### TAKE A BREATHER

Can relaxation make you look prettier? Absolutely! Laura Brass, naturopath at Uclinic, Sydney, says, "Relaxation has a profound effect on the mind and body. It can improve mood, sleep quality, digestion and metabolism, help to normalise hormone levels, and increase your overall health and vitality."

### RELAXING BREAK

Rather than taking a ciggie or coffee break, sit back, relax and do a simple breathing exercise to help rejuvenate your mind and body.

- 1 Sit with your back straight and your feet flat on the floor, breathe in deeply through your nose and feel your rib cage and belly expand. Hold breath for four seconds.
- 2 Exhale completely through your mouth with a whooshing sound and contract your stomach muscles for eight seconds. Repeat the cycle three or four more times.

**Brass says:** "This simple breathing exercise has a calming effect on the nervous system and can be done at any time to relieve tension and increase relaxation."

YOUR BODY REACTS TO CHANGE, SO TRY TO DO A VARIETY OF EXERCISES.