

AUSTRALIAN **bella**
BEAUTY MAGAZINE

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**EAT
YOURSELF
BEAUTIFUL**

**PAMPERING
IN PARADISE**

**ESSENTIAL
WINTER
STYLE GUIDE**

**SKINCARE
ESSENTIALS**
FROM CULT CLASSICS
TO MODERN MIRACLES



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out&about




Thalgo
Summer might be over, but that doesn't mean you or your beauty regime should go into hibernation! Maintain that healthy, youthful looking skin by using a protective sun-block all year round, and try a spray tan to give your skin a healthy lift. If it's an enemy hood you've met, I suggest using the Power Plate - it's too good to be true!
WORDS BY PETA CORNAN

Thalgo
Extensive research by Thalgo has resulted in the most effective sun protection Sun'You! exclusive Thalgo ingredients, smooth and vitamin E. Avoiding the floral notes plus a sweet base of sandalwood and vanilla, making it a pleasure to apply.
For Thalgo stockists phone 021 947 0900 or visit www.thalgo.com.au

PURESTUF - Natural Skincare
PURESTUF is a new natural skincare range created by Chrissy Birdsell who has combined over 40 years experience in the beauty and skincare industry to develop a totally pure range of skincare products for women. Made from the purest organic ingredients, they are 100 percent free of harmful chemicals. PURESTUF is handmade in Sydney with two ranges. Goddess is the retail range for women and Warrior is the retail range for men. To complement these two ranges, a Professional Restorative Range is also available exclusively to healthspas. PURESTUF also blends special skincare products on request.

Power-Plate - the A-list workout choice
I love my new Power-Plate. Even after only two weeks on Power Plate I can already see a difference in my legs and stomach. It is really working, everything seems so much firmer. I love the fact that I can see results in such a short time with such little effort! - Elle McPherson.
Power-Plate is the ultimate wellbeing, anti-ageing, fitness and holistic health technology. Developed to optimise the effects of acceleration training, Power-Plate is one of the most exciting technological advances in the fields of sports medicine, athletics, health and fitness.
A Power-Plate 15 minute session, three times a week, produces rapid muscle contractions creating enormous blood flow, introducing blood into even the smallest blood vessels. This ensures that cells are provided with fuel very rapidly. As a result, the body will also carry off waste products much faster, leading to improved regeneration.
From the first sessions, users will experience a decrease in cortisol levels (stress hormone) and an increase in serotonin ('happy hormone'). Exercise like a star by using Power-Plate.
For more information on Power-Plate visit www.powerplate.com.au or for stockists call 1800 633 009.

THE #1 BEAUTY BRAND

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Power-Plate - the A-list workout choice



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