

THE AUSTRALIAN Women's Weekly

BONUS PINK RIBBON MAGAZINE

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EXCLUSIVE
JAMIE OLIVER'S FRESH NEW RECIPES

JENNIFER HAWKINS SHOWS OFF HER FAMILY

MEL DOYL SURVIVE GUIDE FOR WORKING MUMS

RAELE BOY CHEATS DE FOR A THIRD

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YOUR SUMMER BODY STARTS HERE...

HOW TO THINK LIKE A THIN PERSON

SEVEN-DAY EATING PLAN

SWIMSUITS FOR EVERY SHAPE

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5. Power Plate

Kylie Minogue, Claudia Schiffer and Elle Macpherson swear by the toning and cellulite-smoothing benefits of a vibration therapy device known as Power Plate. Without sweating, puffing or straining, you simply stand on the machine for 30 to 60 seconds. Three short sessions per week on Power Plate are enough to start giving you a toned and stronger body and can also assist in improving cellulite. Cost is about \$1 per minute for a minimum of 20 minutes. Phone 1800 633 009.

WW | body special

YOUR BEST BEACH BODY

With summer approaching, it's time to buff your body back into shape and make sure you look swimsuit-sleek - with smoother, glowing skin all over, writes The Weekly's Beauty Director **Kate Mahon**.

PHOTOGRAPHY BY DAVID HARRIS

GLOW IS THE NEW TAN

Fake tanning is the perfect way to give your skin a golden glow without any of the harmful effects of the sun. You could leave the glowing colour of a fake tan, it can even help combat the bluish of a tan that's faded or uneven. **Sony Kim Oliver**, a nutrition educator for St Tropez Tanning Australia, "the tanner what your skin, a fake tan can help you look more toned and healthy. If you were to take real tanning, you'd also have to tan for the after-sun and the after-sun, you've been the tanner, with the fake tan is going to look clearer than the other," she says.

"Not only does it tend to give the body the illusion of more definition, it also gives you confidence that wearing slinky clothes is no problem. It takes less time to apply a multitude of fake tans, such as self-tanners, tanning mists, and tanning sprays."

For special occasions, opt for a St Tropez cosmetic spray tanning session, which gives natural, streak-free all-over colour for 2 to 3 weeks. Before being sprayed, remove all jewellery and make sure your hair is pinned back. If you have 15 minutes for the spray, and 10 minutes to dry, it's perfect for a last-minute appointment. Cost is from \$20 to \$60. After being sprayed, skin looks glowing and try to avoid sweating in the next 24 hours.

For a more natural, streak-free glow, try the St Tropez Aqua Bronze Tanning Mist. Tanning Air Spray, 110ml, \$49. St Tropez Body Protection, 120ml, \$15, and St Tropez Body Moisturiser, 120ml, \$14. Before tanning, prep your body in the morning with the Body Polish and Body Moisturiser. That night, apply for your tan. The next day, shower as normal, using a body scrub that has an exfoliating effect, then follow with the Body Moisturiser.

THE LATEST FAKE TANNING PRODUCTS

- AN INSTANT TAN**
1. **Body Polish** (120ml, \$14) is a scrub that gives instant glow from the moment the product is applied. Try:
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