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Tuesday 12.40 pm – The US Vogue Beauty Recap

Have just been reading April US *Vogue* (it's work – really), which is their annual shape issue. It's one of my favourites because it's so well thought out and each year it seems even more committed to the stance that beauty comes in many sizes and shapes. And it also seems less and less a token once-a-year gesture – remember Jennifer Hudson was the cover girl a couple of issues ago. Anyway, here's a quick overview of my favourite beauty bits for you ...



Covergirl Scarlett Johansson stars, along with those envy-inducing pin-up curves and lashings of plum lipstick. (FYI my match-it buy the new Almay Hydracolor Lipstick in Plum Pearl, \$16.95, from pharmacies or call 1800 025 488 for more info)

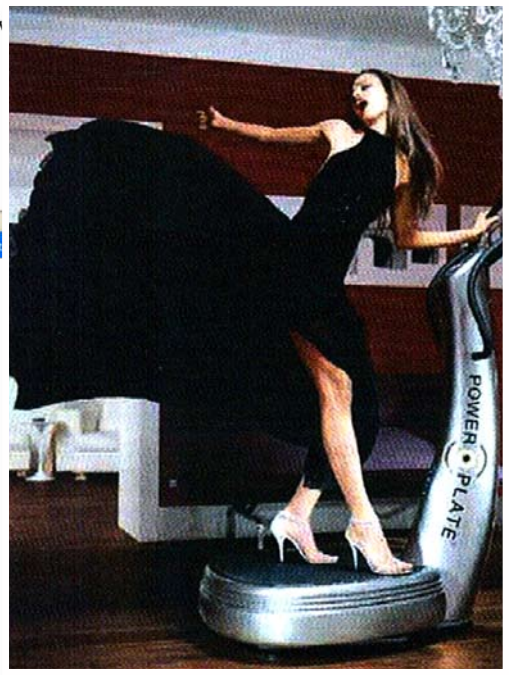
CyroCym is a new full-body ten-minute workout machine (pictured left), as developed by NASA for



astronauts-in-training. While it's not yet in Australia, we're starting to see the trend here for machines that offer more exercise bang for your buck. Rolling out in gyms right now is Power-Plate (pictured right), which uses vibration technology to give you faster toning results than a regular gym session. See [Power-Plate Australia](#) for more info.

Tuesday 8.25am – The Detox Starts Now

I'm not usually a chocolate kind of girl. Many reasons. But mainly, like Grey's Anatomy, it's another addiction that I don't need. But I think I ate more chocolate this long weekend than I have in my entire life. It all started when I was sent a beauty product encased in a huge gourmet chocolate egg. I had to obviously crack



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