



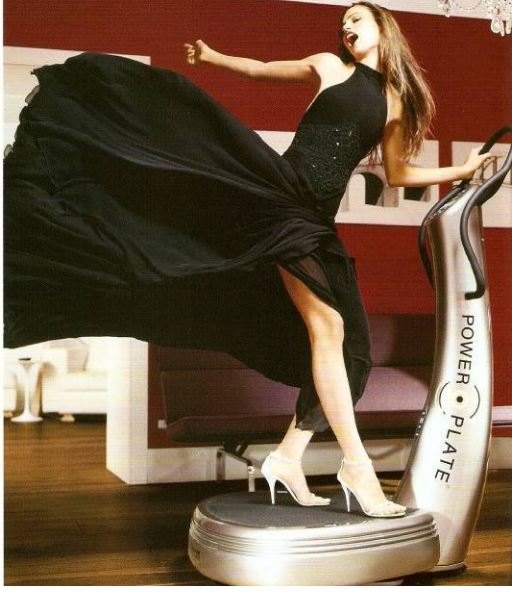
Studio Brides
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on losing weight before your wedding, it's not about starving, eliminating food groups or cutting out carbs. A study from the American Journal of Clinical Nutrition found that groups of women who exercise: one group exercised, while the other ate high-GI. While the exercisers burned the same number of calories, the high-GI group gained twice as much fat. So in between organising the wedding, collecting RSVPs, skip chips and biscuits, and eating carrot sticks, apples and yoghurt instead.



Brittany Murphy

REVENATOR
Want to have that fabulous-looking hair that's straight, shiny and styled to perfection? Enter Nanokeratin, a protein-based treatment that's designed to take hair that's damaged from colouring, heat styling, blow-drying and turn it into healthy-looking hair. How? It uses keratin nanomolecules (naturally made up of) into each strand, making it smoother and better conditioned. Three or four treatments (the recommended number to completely "recover" your hair) will cost around \$95 each, and is much more satisfactory than a regular treatment or leave-in conditioner. To find a salon near you that can perform this, call 1300 797 778.



POWER-PLATE TREND
The ultimate sweat-free workout, and Kylie and Elle are both fans. Power-Plate is part of the acceleration training using whole-body vibrations trend that's already a hit overseas and is currently sweeping Australia. What is it? A piece of fitness equipment you stand, lean or sit on that vibrates giving you a sweat-free workout in 15 minutes (for example: holding a squat position on the Power-Plate for 30 seconds simulates doing 900 regular squats). While your own personal Power-Plate will set you back a tidy sum (home models start from \$6000), it's also available for use in gyms, spas and wellness centres Australia wide. Visit www.powerplate.com.au for more info.

BEING MACHINE
Australia in February this year. The home body maintenance machine is a facially contouring, cellulite-fighting, skin-tightening, and face-lifting, among other things. This is achieved by acting on the area being treated using micro-currents and tissue lifting. The results of the machine for six weeks are visible results after two to three treatments.

10 THE NEW FITNESS TREND
It's tagged as the ultimate sweat-free workout, and Kylie and Elle are both fans. Power-Plate is part of the acceleration training using whole-body vibrations trend that's already a hit overseas and is currently sweeping Australia. What is it? A piece of fitness equipment you stand, lean or sit on that vibrates giving you a sweat-free workout in 15 minutes (for example: holding a squat position on the Power-Plate for 30 seconds simulates doing 900 regular squats). While your own personal Power-Plate will set you back a tidy sum (home models start from \$6000), it's also available for use in gyms, spas and wellness centres Australia wide. Visit www.powerplate.com.au for more info.