

WOOLWORTHS

# good taste

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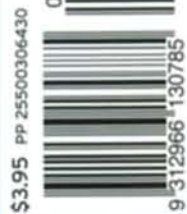
**70  
SIMPLE  
RECIPES**

**FREEZE OR  
WE'LL SCOOP!  
INDULGENT  
ICE-CREAMS &  
LOW-FAT SORBET**

**HOW DO YOU FEED  
YOUR FACE IN SPACE?**

January 2006

FPCMagazines



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**WIN**  
A YEAR'S  
WORTH OF  
GROCERIES  
WITH LEGGO'S PESTO



**MODERN BARBIE**

Lemon grass prawn skewers  
with mango mayonnaise  
and Pumpkin & cashew  
couscous salad

## The tastes of summer

Satisfying salads, sizzling  
barbecues, sensational sweets

**NEW YEAR, NEW YOU: TRY OUR**

**12-MONTH HEALTH & BEAUTY PLAN**

## October

- Stressed out? Fragrance has been shown to help relax the mind because your sense of smell is linked to the emotional centre of the brain. If you're spending the evening outside, light the soothing **L'Occitane En Provence Verbena Summer Night Candle, \$49.95**, which does double duty as a mosquito repellent.



- If you've overindulged at Oktoberfest, start the day with half a lemon in a cup of hot water to help your hard-working liver, then drink a litre of water by lunchtime.
- To make your lipstick last beyond your first cup of coffee, try applying lip liner over, rather than under, your regular lipstick – that way you also won't be left with a lip line if your lipsticks rubs off.

- **Clairol Nice'n Easy Root Touch-Up, \$11.99**, makes it easy to re-touch roots at home, so you can get a few extra weeks out of your salon colour.
- Had a fake tan disaster? **St Tropez Self-Tan Remover sachets (pack of 10), \$14.95**, will help overdone areas fade away instantly.



## November

- If sunscreen causes your skin to break out in spots, try a chemical-free alternative such as **Skin Elements Soléo Organics SPF 30+ 75g, \$24.95**.
- Eat yourself beautiful – grab a copy of **Gorgeous Skin in 30 Days** by Erica Anqyal (Lothian Books, \$29.95), which outlines a simple one-month eating plan to help rejuvenate your skin.
- Toss a nourishing lip balm, such as **Yves Saint Laurent Moisturizing Lip and Nail Balm 15ml, \$43**, in your handbag as it's great for dry cuticles, too.
- It only takes 15 minutes for your skin to burn in the midday sun. Using a moisturiser with SPF 30+, such as **Kosmea Moisturising Lotion SPF 30+ 50ml, \$36.95**, will help protect you from skin cancer and unsightly sun spots.
- Consider getting a fringe – heavy styles suit teenagers, while a long, feathery fringe gives mature faces a youthful look as it disguises fine lines on the forehead.



## December

- Woken up with puffy peepers from too much partying? Place a teaspoon that has been cooled in the fridge over each eye for five minutes to help the swelling subside.
- If you're not confident using eyelash curlers, try a perm! Jeannie Bourke of Venustus Beauty and Body Lab in Sydney says having lashes permed leaves them looking luscious for a whole month.
- According to Liz Wilde, author of **The Busy Woman's Home Spa Book (Ryland Peters & Small, \$49.95)**, soaking your feet in warm water mixed with a teaspoon of cayenne pepper is a great headache cure because the heat draws blood away from your head.



- A **Made By Swade My-ti, \$39**, will solve your holiday packing woes. Celebs such as Kylie Minogue have been spotted in the cute hats, which fold up easily without being damaged.

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