

Who beauty

Erica Angyal has "superfood" recipes that boost complexions.

One month to perfect skin

"Our skin is constantly regenerating and turning over, creating new cells from the inside out," says nutritionist Erica Angyal. "When you look at your skin, you're looking at the results of your last 30-day cycle." In *Gorgeous Skin in 30 Days* (Lothian Books, \$29.95), Sydney-born, Tokyo-based Erica advises investing in good health, rather than the latest miracle cream. Erica says relaxing through yoga and meditation, and eating "good fats"—olive oil, raw nuts, avocado, fish—are the key to a gorgeous glow.

Celebrity spa secret

An English-rose complexion means protecting porcelain skin from the harsh climate. That's why Sienna Miller and Madonna indulge in Olos's super-hydrating La Culla spa treatments (now available in Australia, from \$165; 1800 097 957). Both stars have also bought Olos's La Culla range for at-home pampering. Bliss!



Aromatics range, from \$37



Culla range, from \$61

Sienna Miller enjoys Olos treatments at London's Pamela Stevens Beauty Clinic.

Who TESTS Lip plumping glosses

Age 24; look out, Angelina Jolie, it's my turn to pout prettily

- 1 Molton Brown Wonder Lips Booster**
Leaves lips well moisturised and ready to pucker up. Love the sleek silver packaging, but the applicator pen takes a bit of getting used to. (\$55, 02 9266 5544)
- 2 Philosophy Big Mouth**
Promises a "bee-stung" look; the tingling sensation lasts a while. Applicator wand is a nice touch and added a healthy sheen to my pout. (\$50, 1800 007 844)
- 3 Pout Plump**
A great creamy gloss that left me with

luscious shiny lips. The peppermint taste and smell made me want to keep reapplying. (\$44, 1300 553 440)

- 4 Naked Kiss Plump + Polish**
Sweet-smelling gloss with a hint of sparkle. Has a touch of raspberry—the colour adds fullness to my lips. (\$19.95, 1300 765 332)

- 5 Sportsgirl Hollywood Pout**
Glides over lips easily, but the tingling sensation is not for the faint-hearted! Love the cinnamon smell. (\$12.95, www.sportsgirl.com.au)



Each week, Who's intrepid road testers take up to 10 products for a spin and feature the ones they consider to have the best benefits for our readers.

If there's a type of product you'd like to see road tested, email us at letters@who.com