

# HOLISTIC BEAUTY

4 sure-fire ways to keep glowing

Beauty really is more than just skin deep. Approach it holistically and you'll radiate light and loveliness wherever you go

## 1 Skin basics

Correct skin care is simple. Begin with effective cleansing both morning and night, and follow with a moisturiser that not only hydrates but helps oxygenate skin. **HINT** Invest in a day and night cream.

**NW LOVES** 1. YSL Rinse-Off Foaming Creme Radiance Revealer, \$61.

★ 2. NIVEA Visage Oxygen Power Reviving Day Cream, \$15.99.

★ 3. NIVEA Visage Oxygen Power Reviving Night Cream, \$15.99.

## 2 Beauty from within

If you're not looking after yourself it will show up in your skin. Eat fresh fruits and veggies, and lean protein, drink lots of water and replace sugary and/or caffeinated drinks with herbal teas. **NW LOVES** The Lemon Detox Diet Rejuvenation Sensation, \$87 for a seven-day pack (includes the *Lemon Detox Diet* book, Detox Syrup and sea salts). ★ **Blackmores Radiance** skin supplement, \$64.95. ★ **Imedeen Time Perfection** skin supplement, \$98.

## 3 Work your body

Cardio work-outs help keep skin glowing by boosting circulation to skin cells, providing them with increased oxygen and flushing toxins from the system – and all that sweating helps toxin elimination, too! Aim to complete up to four 45-minute sessions each week. You should also maintain a daily ritual of dry body brushing and hydrating skin all over.

**NW LOVES** 4. Manicare Body Brush, \$8.99. ★ 5. NIVEA Body Contouring Cream, \$9.92. ★ 6. The Body Shop Moringa Body Butter, \$27.95.

## 4 Surround yourself with calming influences

Create a relaxing space – think minimal, clean and organised – then take time out each day to simply relax, breathe deeply and stretch. And at least once a week, switch off the phone, close your eyes and indulge in a soothing face mask – it will all help lead to a more relaxed and glowing you!

**HINT** Tell someone you care about how beautiful you think they are. Log on to [www.nivea.com.au/beautiful](http://www.nivea.com.au/beautiful) to send them an email. NIVEA will donate 50 cents to a charity helping women fight cancer every time you do!



Actress Jennifer Aniston embraces a holistic approach to her beauty regime, and the results are obvious



*Celeb*  
**BEAUTY TIP**  
Hip-hop performer **Eve** loves her hair straight and sleek, and knows ghd has the best ceramic irons to achieve that look. Her hand-picked stylist, Hamish Glianos of Sydney's Mahogany Hair salon, reveals the rapper's must-haves – **ghd IV Styler, \$299, and ghd Reflection Spray, \$35.**

