

AUSTRALIAN Women's Health

IT'S GOOD TO BE YOU™

LEAN LEGS, FLAT ABS
FIRM



7-Day Food Plan for Busy Women

(bonus: it will save you cash)

Acid test

Alpha hydroxy acids (AHAs) have been in face creams for years, but we're thrilled about the slew of new body lotions containing them. These acids, derived from fruit and milk sugars, are scientifically proven to exfoliate skin and fight the signs of ageing. Our favourites:

1 Galineau Reactiv'W Body Lotion with AHA, \$72, boosts skin elasticity thanks to the high content of sweet pea plant extracts. The mega 400ml bottle will last through all summer.

2 Alpha-H Body Zone, \$49.95, contains lots of moisture and no fragrance, so sensitive types won't get irritated.

3 Jan Marini Bioglycolic Sunless Tanner, \$64, is the perfect mid-year pick-me-up. Smoothens, softens and leaves your skin with a warm glow.

4 Dermalogica Body Hydrating Cream, \$77.50, moisturises with plant oils and contains anti-inflammatory green tea, lavender and tea tree. Love

5 Mirenesse Power Lift Active Hand & Body Balm, \$39.50, contains not only AHAs, but also organic macadamia oil and algae extract to keep your skin looking fresh and youthful.

6 ... Cream, \$5.29, seriously softens hard calluses and repairs dry, cracked heels.



Easier! Time-Savers Workout

▶ Instant Health Boosters