

apply yourself



1. If you have sensitive skin, use chemical-free protection, such as Micro-Mineral Sunscreen SPF30+, physical, \$21.95, Natural Instinct.

2. Stop lips from being parched or burnt with Zinke Sticks SPF30+, physical, \$3.99 each, Key-Sun.

3. Play it safe in the sun with sweat-resistant Sport Dry Touch SPF30+, chemical, \$14.99, Banana Boat.

4. Prevent premature ageing and protect your skin every day with Immortal Performance Plus Natural SPF15, physical, \$49, Antipodes.

5. Keep a supply of sunscreen handy at all times with Sun Pouch SPF30+, chemical, \$5.95, The Australian Pouch Company.

6. To keep sensitive skin happy, use Daily Facial Moisturizer with SPF15, physical, \$26.95, Yes To Carrots.

7. Protect, hydrate and even out skin colour with UV Perfect SPF30+ Lightly Tinted Daily Moisturising Lotion, chemical, \$17.95, L'Oréal Paris.

8. Keep skin safe while having fun in the sun by using Ultra Beach Protect Sunscreen Lotion SPF30+, chemical, \$13.95, Nivea.

9. Use lightweight protection on normal or combination skin, Healthy Defence Daily Moisturiser SPF30+, chemical, \$17.95, Neutrogena.

10. Roll out the sun protection with Clear Zinke SPF 30+ Roll On, physical, \$9.99, Key-Sun.

11. When you're out and about, carry SunStick SPF30+, chemical, \$8.95, UV Triplegard.

12. If you want a cooling, soothing aftersun care product, try Moisturising After Sun Lotion, \$7.95, Nivea Sun.

13. Avoid exposure to the sun and unwanted chemicals with Natural Protection SPF30+ Sunscreen, physical, \$25.95, Wotnot.

14. For beneficial broad-spectrum protection, try Moisturising Sunscreen Lotion Natural SPF30+, physical, \$15.95, UV Triplegard.

in the shade between 10am and 3pm, especially when the UV alert is higher than 3) and weather conditions (never be fooled by partly cloudy skies).

Chemical vs physical

There are two main types of sunscreen – chemical and physical. You can also find products that are a combination of both, and others that lay claim to being 'all natural' or 'organic'.

■ **Chemical sunscreens** contain synthetic ingredients such as Mexoryl and avobenzone that absorb UV rays. They go on easily and feel light on the skin but need to be frequently reapplied. There is evidence that the ingredients in chemical sunscreens cause free-radical damage to the skin, which may well defeat the purpose! However, if you do prefer a chemical screen, look for a product that protects against both UVA and UVB rays.

■ **Physical sunscreens** are also called sunblocks. They contain ingredients such as titanium dioxide and zinc oxide, which physically deflect UVA and UVB rays. Traditionally, sunblocks were thick, gooeey, very white, hard to apply and gave skin a ghostly tinge. However, many now have an improved formula to eliminate those problems.

■ **Organic or natural sunscreens** use no artificial fragrances, synthetic preservatives and the like. Some may use botanical extracts, herbs, flower essences, vitamins and/or antioxidants but the actual UV protection is thanks to zinc oxide, which puts them in the physical sunscreen category.

Wear SPF Daily to minimise the signs of ageing



Natural Instinct

FUN IN THE SUN

competition



WIN A HOLIDAY

in Fiji for you & your family

with our:

micro-mineral™ sunscreen

PRIZE INCLUDES:

ACCOMMODATION



AIRFARES



FOOD & DRINKS



Our micro-mineral sunscreen uses the latest in advanced micro-technology to create an invisible barrier of mineral Zinc Oxide to protect you and your family from the harmful effects of UVA and UVB radiation without using Chemical Filters.

SPF30+
UVA-UVB

Always read the label. Use only as directed.



- ✓ MICRO-MINERAL™ PROTECTION
- ✓ EFFECTIVE MICRONISED ZINC BARRIER
- ✓ NON-NANO PARTICLES
- ✓ NO CHEMICAL UV FILTERS
- ✓ LOW IRRITANT FOR SENSITIVE SKIN
- ✓ RUBS IN CLEAR
- ✓ BROAD SPECTRUM PROTECTION TO HELP PREVENT PREMATURE SKIN AGEING

HOW TO ENTER:

Purchase your Natural Instinct micro-mineral sunscreen from leading Pharmacies & Health stores. Log on to www.naturalinstinct.com.au to enter.

Conditions do apply.

better you news

Fight frizz, improve your gut health, banish cold sores and cut out harmful chemicals with these bright ideas



Good hair day

Forget about frizzy, flyaway hair this party season. Avon's Advance Techniques Lotus Shield, \$16.95, helps you achieve beautiful, well-behaved hair even at 97 per cent humidity. It's lightweight, non-greasy and suitable for all hair types. Just add a pea-sized amount to wet hair before you style and you may not need to apply again for three more washes. Call 1800 646 000 or go to www.avon.com.au

Yoghurt to go

Good gut health has been linked with good immunity, so try to eat a high-quality yoghurt every day – you'll be getting essential calcium too. Vaalia yoghurt, which contains acidophilus, bifidus and lactobacillus GG, is now available in convenient single packs so you can grab one when you're on the go. Low-fat flavours include French vanilla, strawberry, mango and peach, passionfruit, vanilla and blueberry, apricot, and luscious berries. Vaalia singles cost \$1.69 and are available at your local Coles and Woolworths stores.



NUTRITIONAL ANALYSIS GUIDE

According to the Australia New Zealand Food Standards Code, a daily balanced diet for an average adult should be made up of:

Energy	8700kJ
Total fat	70g
Sat. fat	24g
Protein	50g
Carbohydrate	310g
Sodium	2300mg

An individual's intake may vary, depending on age, energy needs and lifestyle. To learn more, visit www.mydailyintake.net

Pure home

Studies show using chemicals in the home can increase the risk of cancer. Natural Instinct has the answer – its cleaning products contain no sulphates, petrochemicals, parabens, artificial fragrances or animal derivatives. There's the Natural Dishwashing Liquid, Natural Laundry Liquid and Pre-Wash Stain Remover, \$7.95 each; and the Natural Multi-Purpose Cleaner, \$6.95. Available at pharmacies and health food stores.



Lip service

If you suffer from cold sores, you probably feel like hiding away from the world the moment you feel the tell-tale signs. But now you don't have to. New Compeed Cold Sore Patches, \$16.95, hide cold sores instantly as well as relieve pain and reduce redness, swelling, itching, tingling, burning and blistering. And you can even apply lipstick or make-up over the patch – magic! Why didn't someone think of these sooner? Available from leading pharmacies.



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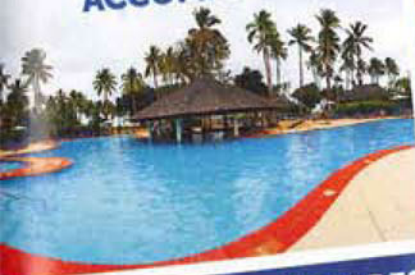
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SPF30+

UVA-UVB

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Authorised under NSW Permit No. LTPS/10/08861 and ACT TP 10/04036. Conditions do apply.

Available in selected:

ASMI 18121-0810

