

NEW ZEALAND  
**Good Health**

*food+body+mind*

June 2011 \$7.50 INC GST

**INSIDE:**

health **book**  
*your heart*



Find out how to reduce your risk of developing heart disease

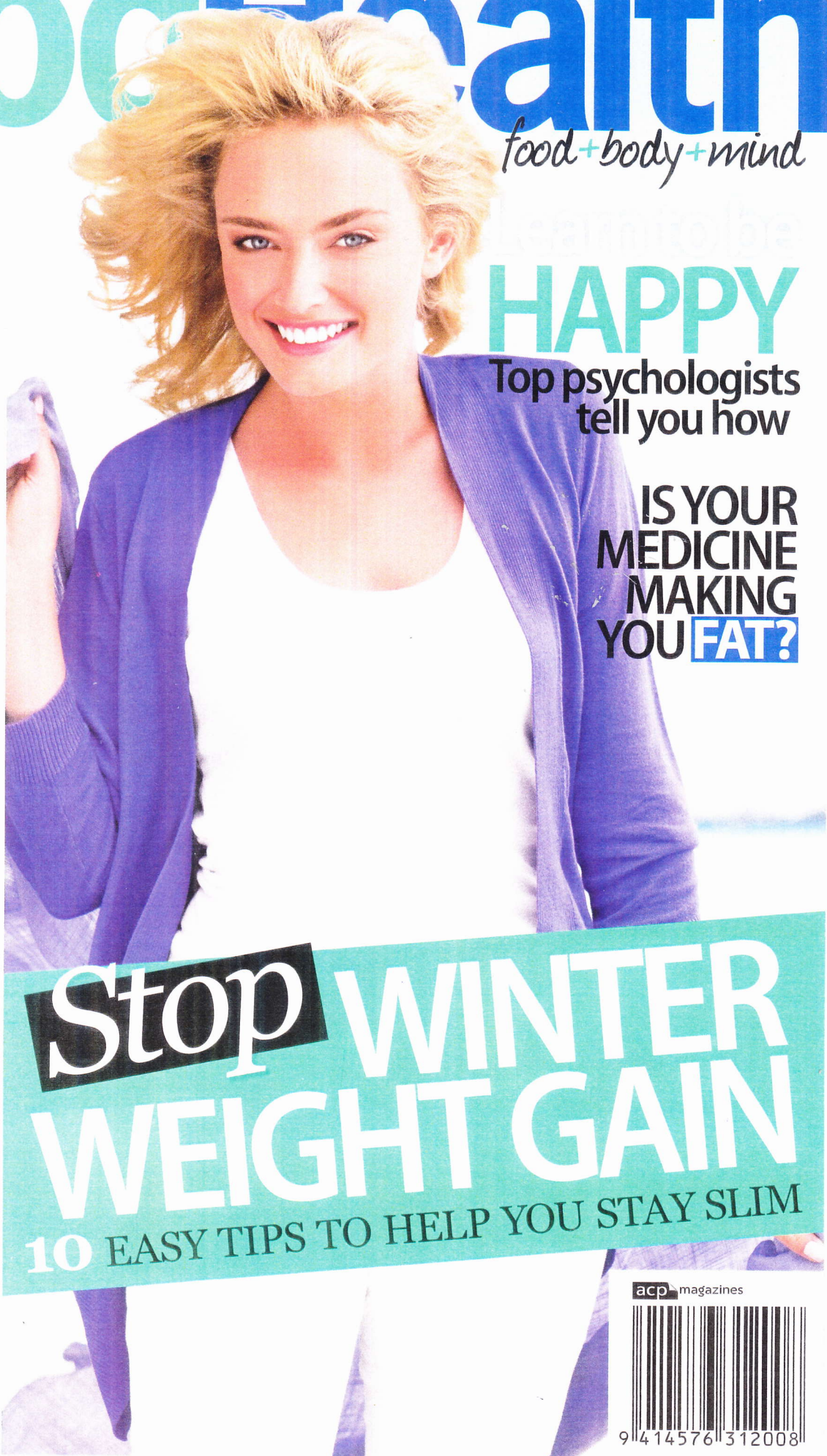
**10** WAYS TO BOOST YOUR MEMORY

The rise of food INTOLERANCES

MASTERCHEF recipes to try at home



*Beauty secrets*  
the experts swear by



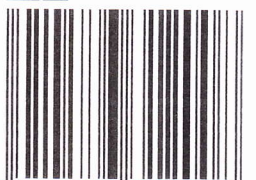
Feel good, be  
**HAPPY**

Top psychologists tell you how

IS YOUR MEDICINE MAKING YOU **FAT?**

**Stop** WINTER WEIGHT GAIN  
10 EASY TIPS TO HELP YOU STAY SLIM

acp magazines



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### Caroline Parker

**Education manager for Dermalogica.** "Wearing a minimum SPF of 15 every day is the most important thing you can do for the health of your skin."



### Karina Hassall

**Owner of Skin Institute, Parnell.** "Prevention is always better than the cure so daily, high-quality antioxidant sunscreen is your best bet. However, if you are seeking treatment for sun-damaged skin, IPL is best for colour correction (pigment or veins) and Pixel is best for textural correction."



### Bo Hendgen

**Aroma medicine expert.** "Use oil for moisturising. It does not contain clogging emulsifiers and with our therapeutic-grade oils, it can easily penetrate the skin's surface to feed the skin tissues and support natural elasticity. I love Absolute Essential Jojoba Oil Golden, \$24.95, or Rejuvenating Face Serum 30ml, \$39.95."



### George Love

**Creative director of Georgie Love Studio, Wellington.** "I always offer my clients free fringe trims but in this busy world, they sometimes don't have the time to come in, so I teach them how to do it. The best way to cut your own fringe is to lift the hair out slightly from the head, holding the hair between your fingers. Then point your scissors straight up into the fringe vertically and point cut across the fringe. This is a much safer way than trying to cut in a straight line. This should see you through until your next appointment with your stylist."

**"BUILD FOUNDATION AND COLOUR GRADUALLY FOR A FLAWLESS RESULT." LISA MATSON, L'ORÉAL PARIS MAKE-UP DIRECTOR**



### Melissa Furze

**Cosmetic aesthetics and micropigmentation specialist, and owner of Bella Vi Pure Mineral Cosmetics.** "It is so important to have your eyebrows professionally shaped and tinted, as this frames your eyes and enhances your face. Once you have achieved your perfect shape, use an eyebrow powder one or two shades lighter if you have dark hair and one or two shades darker if you have blonde hair. This will ensure a softer and more natural finish to your eyebrows."



### Belinda Jeffrey

**Expert colourist, and Clairol's Nice'n Easy ambassador.** "When colouring your hair at home choose a colour just one or two shades away from your natural hair. This will suit your skin tone and is less damaging. Keep in mind that very dark shades can look harsh on older women, and make sure the colour you choose has the right undertones to complement your natural skin colouring."



### Jackie Smith

**Caci owner and clinical advisor.** "For appearance medicine, focus on your frown first. Frowns are a negative expression and make you look worried, cross or grumpy, and you often don't see it yourself, because you don't frown at yourself in the mirror. Ask others if they notice you frowning and if they do, get it fixed."



### Kellie Booth

**Natural beauty therapist.** "I have tried many different beauty techniques and products and have found that the use of apple cider vinegar works time and time again. Apple cider vinegar can be used internally and externally; I drink a tablespoon in a glass of water morning and night to help my body get rid of toxins. It can also be used as a facial compress to help the skin get rid of the build-up of dead skin cells and leave the skin glowing."



### Jude Luke

**Owner of Elements Medi-spa.** "Vitamin A applied at night is a must; it works on topical and internal pigment plus thickens the subcutaneous layer of skin which thins as one ages. The latest is SkinMedica Retinol Complex, incorporating three key A ingredients: retinyl palmitate (stimulates proteins), retinol (helps exfoliation and cell growth) and retinyl acetate (restores sun-damaged skin)." ❖