

BONUS 75-PAGE CHRISTMAS COOKBOOK

MiNDFOOD

#SMARTTHINKING

CELEBRATION

SPARKLE SHIMMER & SHINE

HOW TO FEEL
GORGEOUS THIS
PARTY SEASON

OUR
PRESENT
TO YOU

30

DAYS OF
AMAZING
GIVEAWAYS

HEALTHY
HEALING

DEALING
WITH GRIEF
& LOSS

"It's not what's
under the Xmas
tree that matters.
It's who's around it."
CHARLIE BROWN

THE SPIRIT OF
EMPOWERMENT

HELEN
MIRREN

"I RESPECT THE
FEARLESSNESS
OF WOMEN"

PEACE,
LOVE &
ENJOY

FAST &
FABULOUS
BEAUTY
FIXES

SANTA'S
SOMMELIER'S
BEST DROPS

MEET OUR
SHORT STORY
& POETRY
WINNERS

Christmas

INSPIRED RECIPES TO REFRESH THE FESTIVE SEASON

NEW ON SHELF

New from **Nutrimetics**, the **Restore PRO** range features kangaroo paw flower extract that comes from the south-west region of West Australia. The certified organic botanical extract has been found to reduce the appearance of wrinkles and sagging skin, visibly improving the skin's structure and firmness. Part of the range is a versatile toning mist that prepares the skin to better absorb your moisturiser. It can also be used throughout the day to refine pores and hydrate skin.



GIVE A LITTLE GLOW

Give skin the warmth of a joyful glow with the **Gucci Beauty Limited Edition Cushion De Beauté**. Infused with caring properties – anti-pollution, antioxidant, anti-blue light, and SPF – this skin-hugging cushion foundation delivers lightweight moisture. It builds and blends seamlessly while providing hydration for the skin. Designed with an exclusive geometric Gucci print that captures the height of holiday glow in pink and green tones and a twinkling effect on the soft round casing, it is available in three shades made to be refilled once finished.



GET THE PERFECT PARTY MAKEUP

The **Burberry Limited Edition Eye Palette** is inspired by Burberry's heritage and contemporary hues for creating party looks this festive season. **Burberry Satin Limited Edition Lipstick** is a hydrating, long-lasting satin lip colour packaged in a limited-edition design for holiday gift-giving.

FRAGRANT HOME

Glasshouse Fragrances' Night Before Christmas is a limited-edition fragrance collection including a candle and diffuser. Intoxicating fragrance notes include blackcurrant, plum, lemon, lavender, rose, musk, oak moss and spice.

CIRCA's Raspberry & Rhubarb Fragrance Diffuser is inviting, revitalising and sparkling with style. Its blend of decadent raspberry and tangy rhubarb is crammed full of Christmas cheer. With lime bringing its own delightful buzz, this festive fragrance will ensure that it is the season to remember.

If you find traditional aromatherapy diffusers messy and labour intensive to use, you will absolutely love the new waterless **In Essence Diffusers**. It uses the latest nebulising technology to release a fine cool mist composed entirely of pure essential oils, resulting in a much stronger, high-potency aroma dispersed throughout the air without the need for heat or water. You literally just add your bottle of essential oil, turn it on, and the diffuser does the rest.



REINFORCE SKIN RESILIENCE

Although wrinkles may appear on skin's surface, scientists have found that the ageing process is actually linked to telomeres under the surface, end caps of DNA that protects the chromosomes. This Nobel Prize-winning research of telomere biology has uncovered that as we grow older, telomeres at the end of our chromosomes shrink, which accelerates the ageing process. **SkinMXT TeloZyme™ Youth Activator** is a formulation based on this discovery and is specially formulated to target telomeres to help maintain skin's integrity. It works at the key matrix of skin's youthful appearance to help reinforce and protect skin's resilience, helping to redensify from within and minimise visible signs of ageing.



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