



Summer on a plate

What better homeware line would you consider for summer than SunnyLIFE? The new melamine range features bright crockery and practical picnic bits.

Got an update tip?
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EVOLUTION
-Mary Jane Duffy

I don't get out of bed early on a Sunday morning for much. Except, of course, when the eggs have been cooked, fresh orange juice squeezed and some toxically strong coffee is bubbling away on the stove (who, me? A princess?). Of course this Sunday morning ritual relies heavily on my coercion powers in buttering up the potential cook, which in itself can be exhausting.

But last Sunday was different. I launched out of bed before 8am and almost tripped over my toothy grin with glee. No, I wasn't attending a champagne breakfast, nor was I interested in cutting a chap lap around the tan. Last Sunday I joined the weekend cyclists on their morning jaunt. I'd even been to American Apparel and purchased my version of a cycling get-up: a fluoro Lycra body suit and little cotton shorts.

Not a terribly exciting Sunday morning, you say? Except I had a secret weapon. A weapon I hoped would leave other cyclists' bulging calf muscles in a cloud of dust.

I had an electric bike.

It looks like an ordinary bike (OK, slightly more geekish), can be ridden like a normal bike and even sounds like a normal bike. That is, until you're neck and neck with a seasoned cyclist and you turn the right handlebar toward you and wait for the thrill of the motor to shoot you to the front of the pack, all without pedalling. Gold!

It's called an Easy Bike, but I call it the Lazy Bike. My colleague thinks it should only be ridden by geriatrics, but I say embrace the laziness.

Equally as thrilling is the look on a fellow cyclist's face when you zoom past pedalling at low speed and not even cracking a sweat. Truth be told, in a race up the Little Lonsdale Street hill, my Easy Bike was hardly a match for a 16-speed racer. But my Lycra outfit was definitely a winner.

She how easy it is

I know what you're thinking: what would it take to make me look that good this summer? According to the ever-popular She brand, not much. Apart from bathers, the model is wearing She golden body air brush bronzer, She shimmering bronzing lotion, She foundation In Earth, She lip gloss wand in Lilit, She lip liner pencil in copper, She dusting powder in Empress and She sun bronzer pressed powder (for cheeks). Simple.



Yuva gotta try it

Summer means sand, sun and showing off your skin, so prepare to look your best with Yuva's skin care range. Yuva's active clearing gel, oil-balancing moisturiser and purifying mud mask will ensure you scrub up well and look hot. And if that isn't enough, the predicted heatwaves will help you look hot, too.

Jean jeansies

Who says denim is no good for summer? Henley Denim's range demonstrates wearing the fabric is in our jeans.



The Easy Bike takes a break in the city.
www.easybike-australia.com.au

Number of the week

The number of people required in a team to take on a hot and sweaty adventure to raise money for Oxfam's aid and development work around the world. The Rat Race challenge is on November 28-29 and will involve people riding, kayaking, climbing and abseiling through the city on a secret course revealed only minutes before the event. To register, visit www.oxfam.org.au/rat-race

3