

GIFT GUIDE



CUSHION, \$255,
by Lindell & Co at Manon Bis,
03 9521 1866.



YOUTHFUL HANDS DUO SET, \$49, by Clarins,
02 9663 4277.



MAKE-UP CASE,
\$19.95, by Jaj,
jaj.com.au.



BLENDER,
\$325, by KitchenAid,
1800 990 990.



TEA TOWELS, \$42 each,
by Busatti, busatti.com.au.



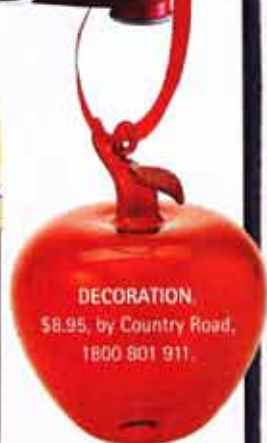
CUFFLINKS,
\$590, by Bulgari,
bulgari.com.



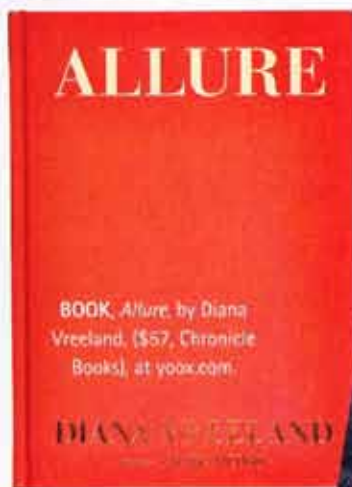
EIGHT HOUR CREAM SKIN PROTECTANT, \$35,
by Elizabeth Arden,
elizabetharden.com.au.



BEAUTY CASE,
\$4150, by Louis Vuitton,
1300 883 880.



DECORATION,
\$8.95, by Country Road,
1800 801 911.



ALLURE

BOOK, *Allure*, by Diana Vreeland, (\$57, Chronicle Books), at yoox.com.

DIANA VREELAND



BRA, \$79.95, and **BRIEFS**,
\$55.95, both by Oraton, oraton.com.



CARD HOLDER, \$280,
by Prada, 02 9223 1688.

AVEDA

THE ART AND SCIENCE OF PURE FLOWER AND PLANT ESSENCES

PROVEN IN SALONS PROVE IT AT HOME

Sample **damage remedy™** — for free!

The proof is in performance. See for yourself how organic-derived quinoa protein helps repair your hair with our free **damage remedy™** 3-piece sample pack: Small links of amino acids in quinoa penetrate your hair to help strengthen and repair it from inside.



To scan barcode
download
RedLaser App

For more information go to aveda.com.au
For participating salons/spas/stores call
1300 300 054.

TRY IT — FOR FREE!

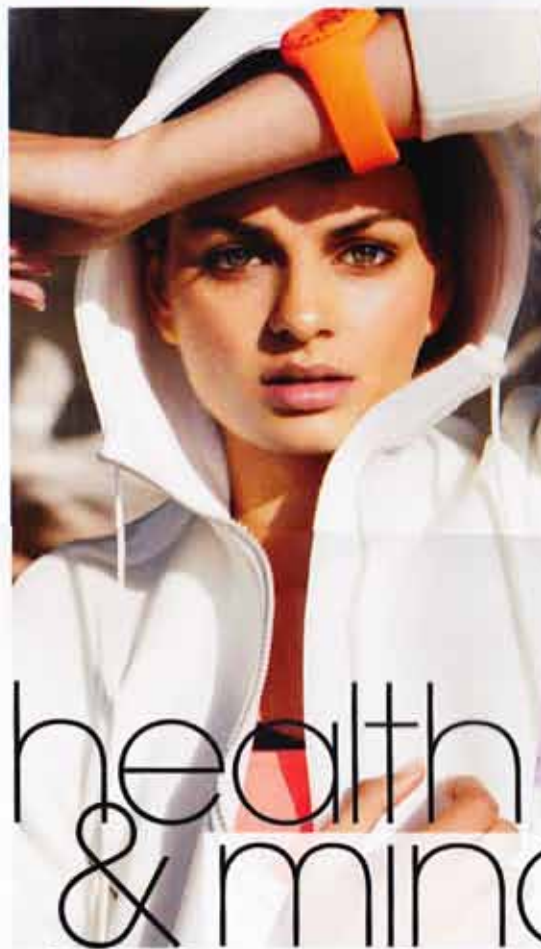
Your free sample pack contains
damage remedy™:

- restructuring shampoo 10 ml
- restructuring conditioner 10 ml
- daily hair repair 10 ml



*One per customer. While supplies last.

HEALTH



Pocket pal

Stuck in an exercise rut?

The Summer Confidence

Project is a new mobile

phone program that suggests

ways to integrate healthy

habits into everyday life.

Members are sent weekly

exercise advice via text

message to stay motivated and

get results. *Join by sending a*

text to 0409 917 563 or visit

myspecialk.com.au.

health & mind news



Fun in the sun

Kickstart your new year
health resolutions with
this outdoor fitness gear.

- 1. WETSUIT**, \$249.99, by Cynthia Rowley for Roxy, 1800 805 506, au.roxy.com.
- 2. BICYCLE**, \$499, by Papillionaire, 03 9525 0047, papillionaire.com.au.
- 3. BEACH PADDLES**, \$19.95, by SunnyLIFE, 03 9421 6325, sunnylife.com.au



WE
LOVE



Happy times

Three things we learned from *Spontaneous Happiness*,
by Dr Andrew Weil (\$32.99, Hodder & Stoughton):

- 1 Crack up.** Laughter yoga is an exercise routine where laughter is simulated in a group. Research has shown that the body cannot differentiate between real and improvised cackling, and that "faking it" can turn into real and contagious laughter, bestowing both psychological and physiological benefits such as lowered stress hormones. For more information visit laughteryoga-australia.org.
- 2 Try a media fast.** Choose one day where you avoid all news reports. Then reflect on how you feel, and be selective about the kind of media and other background noise you allow back into your life. Dr Weil advises setting internet limits to avoid information overload, which can lead to feelings of social isolation.
- 3 Surround yourself with beauty.** Transform your living spaces with natural objects such as fresh flowers – things that bring the natural environment indoors are instant mood-enhancers.



For more, go to madisonmag.com.au/life

BY SOPHIE MURPHY, STILL-LIFE PHOTOGRAPHY BY ERIN BARAKAT, PHOTOGRAPHY: CHRIS WATSON