

CRUELTY-FREE STOCKING STUFFERS

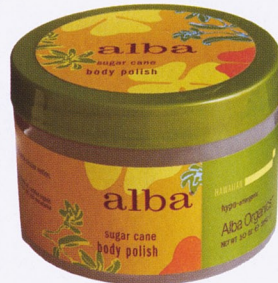
If you want to support only those brands that treat our animal friends with respect, www.animal-lib.org.au provides a comprehensive list of Australian animal-friendly organisations with some great gift ideas for Christmas.



Omveda Honey Body Lotion

(\$47.00 for 200 ml; 1300 662 383; www.omveda.com.au)

Made according to Ayurvedic traditions, it combines the protective properties of sandalwood with honey and pure black sesame oil. Most Indians believe in karma, and for that reason no animal is ever harmed in the manufacture of Omveda products.



Alba Organics Sugar Cane Body Polish

(\$18.95 for 280 g; 02 9584 3266; www.kadac.com.au)

A tropical treat, featuring sugar cane to exfoliate and kukui nut oil to nourish skin. A portion of all profits goes to environmental, social, and cultural causes, and only natural, organic ingredients are used. Alba does not test products or ingredients on animals.



Sodashi Energising Body Oil

(\$35.00 for 50 ml; www.sodashi.com)

A fusion of invigorating plant oils and essences – lime to refresh, grapefruit to stimulate circulation, and ylang ylang to relieve anxiety. Sodashi is against animal testing, and only uses natural ingredients and fragrances.

Look for paraben-free formulas with certified organic ingredients that simultaneously protect and moisturise skin (plus smell good), like olive oil, lavender, and linden flower.

strongly to DHA and can appear darker in the creases. Have someone help you with your back, to make sure you are completely covered. Wash your hands thoroughly afterwards, especially the palms and fingernails. If they are stained, scrub them with soap and water and an exfoliant.

4 Check first When trying a new brand, try one light application first to see how the colour develops. If you are happy with it – which can take a few hours, or overnight – re-apply the product. If you want to apply several coats for a darker look, let your skin dry completely between applications. Wear loose-fitting, dark clothing for a few hours afterwards to let the colour develop evenly.

5 Care for your colour Reapply self-tan once a week, and moisturise daily. Nothing will extend the life of your colour better than great skin hydration. Remember that self-tanners do not contain sunscreen, so they don't protect you from sunburn.

Need a quick fix for a patchy self-tan? Celebrity make-up artist Katrina Hess suggests dabbing missed areas with foundation, and then topping off with a bronzer to blend the colour with the rest of your body. When you shower later, gently loofah the area to blend in the splotchy sections. If you have streaks, gently wipe a cotton ball soaked in toner over the offending area to even it up.

You can also apply a bronzer for

a seamless finish. Start with clean, exfoliated, moisturised skin that is not damp. Dip your powder brush into the container, shake any excess into the lid, and tap the bottom of the handle with the brush head facing upwards on a hard surface – this settles the powder into the bristles. Buff skin in a gentle, circular motion to disperse bronzer evenly, building colour with light applications rather than one heavy one. “Mineral powder adheres to the skin immediately, and after five to 10 minutes the pigment minerals will begin to reflect light, resulting in a healthy, sun-kissed glow,” says Antonietta Bergamin, founder of Colores Mineral Cosmetics.



Our Beauty Editor **HELENE LARSON** has a degree in Economics and Public Health, and has written widely on health and fitness. Helene also worked in the cosmetics industry for many years as a make-up artist. Contact Helene with your beauty questions at Helene-NatureandHealth@hotmail.com.