

Women's Health

5TH BIRTHDAY
COLLECTOR'S ISSUE!

It's Good
To Be You

FITNESS

YOUR PERFECT BEACH BODY

In 30 Minutes A Day

HEALTH

Peace Out PMS!

Banish The Angst
& Be A Nicer Person

BEAUTY

Carrot-Proof Your Fake Tan

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Is Stress Sabotaging Your Slim Down?

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Stomach✓ Hips✓ Bum✓

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"Show
us yer
pompos!"

Suzy Green STRESS LESS

WE ASKED...
"YOU'VE BEEN WITH US FROM THE START. TELL US YOUR 5 FAVE THINGS ABOUT WH."

- 1/ "The rigour. I love the way WH brings science to life."
- 2/ "The vigour. You can feel the positive energy that has gone into creating the mag."
- 3/ "The passion. Everyone at WH walks the talk."
- 4/ "The commitment. WH has made a huge impact in helping destigmatise mental health issues."
- 5/ "The feelgood factor. Each issue is full of inspiring and interesting stories. Keep up the great work, guys!"

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Leona Watson FOOD

Director of Cheeky Food Group, she runs cooking classes and is working on her first cookbook.

3

Dr Traci Coventry PSYCHOLOGY

The horse-loving Melbourne-based clinical psychologist counsels couples and singles.

4

Michelle Bridges FITNESS

The Biggest Loser trainer runs the successful 12 Week Body Transformation online program.

5

Dr Ginni Mansberg PSYCHOLOGY

The chirpy clinical psychologist heads up the brand-new Positivity Institute.

6

Dr Elizabeth Dawes-Higgs BEAUTY

An award-winning consultant dermatologist, she also has a private practice in Sydney.

7

Tara Diversi WEIGHT LOSS

This dietitian is the author of *The Good Enough Diet* and is about to swim the English Channel.

8

Kristen Beck NUTRITION

The nutritionist and mother of three is the director of the Beck Health and Nutrition Group, an educational company.

9

Alice LeMessurier INVESTMENT

The investment adviser is MD of boutique stockbroking firm Lemsec and The Investment Stylist.

10

Nicole Walsh YOGA

An experienced yoga teacher, she runs BodyMindLife yoga studio in Sydney's Surry Hills.

11

Jacqueline Hellyer SEX

The sex therapist holds workshops and sessions on sexual empowerment and is penning her third book.

12

Ray Klerck FITNESS

The fitness writer, strength trainer and nutrition consultant recently co-authored *A Fist Full of Food*.

The advisory panel

Complementary Medicine

Dr Stephen Myers
Professor and director of the Natural and Complementary Medicine Research Unit at Southern Cross University, NSW.

Endocrinology/Diabetes

Dr Helena Teede
Endocrinologist at Jean Hailes for Women's Health.

Fertility

Dr Julie Lukic
Obstetrician and gynaecologist specialising in IVF infertility care.

Fitness

Kate Pumpa
Lecturer in exercise physiology at the Uni of Canberra, ACT.

Gastroenterology

Dr Alissa Walsh
Sydney-based gastroenterologist and hepatologist.

Gynaecology

Dr Elizabeth Farrell
Gynaecologist and founding member of Jean Hailes for Women's Health.

Mental health

Dr Anne Buist
Professor of Psychiatry at the University of Melbourne, Vic.

Relationships

Natalie Rinehart
Relationships counsellor; author of *The Organics of Relationships*.

Weight loss

Dr Eva Kemps
Senior lecturer in psychology at Flinders University, SA.



Later, carrot

Precisely how to get a natural-looking
fake tan (because there's no need to
look like a root vegetable)



beauty

Real Lady
Marmalade

By Caelia Corse

legs!



We should embrace the pale. Unveil our legs and go belting around on the beach epidermis au naturel. We know. But the indisputable truth is a lot of Aussies, actually, women around the world (bar the cast of *Downton Abbey*) feel they look better bronze. It's the bane of the Cancer Council's existence, but it's true. Even politicians and princesses can't resist the golden allure. Capital Hill has it Sarah Palin installed a tanning bed in the governor's mansion. Well, how else could she perfect her burnt orange mug in Alaska? And Kate Middleton's royal wedding fake tan prompted a 219 per cent spike in the sale of tanning products at UK department store Debenhams. Pippa's prompted comparisons to Snooki, but most of us were really looking at her arse...

With more than 10,300 cases of melanoma in Australia every year, self-tanning products are the sunless solution for many women who feel they look better brown. If you're keen to fake it this summer, here's the latest info on tanning safely, plus tips on getting it right.

Are spray tans still safe?

A recent report by ABC News America suggests dihydroxyacetone (DHA) – the chemical in spray tans that reacts with amino acids in the skin to turn it brown – has the potential to cause genetic alterations and DNA damage. Read: cancer scare. Read: panic attack. Six US medical experts in dermatology, toxicology and pulmonary medicine reviewed 10 of the most current studies on DHA – however none of these studies were conducted on humans. They were actually conducted on cells in a lab, which, according to Cancer Council Australia, can react very differently to what happens in the human body. A bit of background on DHA: the US Food and Drug Administration (FDA) approved DHA for external use in tanning products – back in the '70s. However the use of DHA in modern day all-over sprays has not been approved, as no safety data has been submitted since, for review. So, should we freak out about getting a spray tan? Or spray tans past? No, but be cautious. "There is no evidence

that spray tans applied to the skin cause cancer," says CEO of Cancer Council Australia, Professor Ian Olver. The concern is that if tanning solution is inhaled during a spray tan this could potentially trigger cancer with sufficient exposure. There are no reports of this to date, but experts suggest safety precautions, and further research is needed. "A face mask or goggles and nose plugs should be worn, and you should be sprayed in a well ventilated, non-confined space," says Professor Olver. What about other fake tan products? The issue is with DHA inhalation via the respiratory system; it is safe when applied to the skin in a cream or lotion, says WH beauty expert Elizabeth Dawes-Higgs.

Saving face

We reckon you're up to speed on spray tans but what about all those products out there now for tanning your face? Facial tanning products help colour match your face and neck to a freshly fake tanned body, and eliminate the need for applying excess bronzer – a minefield in itself. A quick application to your face, neck and décolletage will

Scientists have discovered moulted snakeskin can be used as an alternative to human skin for testing the effectiveness of fake tan formulas.

SOURCE: INTERNATIONAL JOURNAL OF COSMETIC SCIENCE

You don't
spray



also give you a fresh glow when you don't have time to coat your body. To achieve a look that's more golden honey than Vegemite moustache, exfoliate your face first to slough away dry skin and create an even base, says Dr Dawes-Higgs. "Use a daily tanning moisturiser that gradually builds colour to the face. Apply every night over your regular moisturiser and once you've achieved the right shade drop back to applying once or twice a week, after exfoliating, to maintain your glow," says expert facialist and beauty therapist Jocelyn Petroni from The Facial Room, Sydney. Try: St. Tropez Everyday Face (\$33.95). Alternatively mix a facial tanning product with your regular facial moisturiser to ensure a subtle effect, suggests Dr Dawes-Higgs. Clever tip: remove excess product from your eyebrows with a clean toothbrush to avoid hair follicles grabbing the colour, says Petroni. Good to know.

Get a real golden glow...
a tanning product
from US Cosmetics brand,
Hard Candy, claims to be
infused with 24 carat gold.
Not too much, clearly –
you can buy it at Walmart
for US\$8...

SOURCE: WALMART.COM

Braveheart, bagpipes, haggis...
paper G-strings.

The world record for the most
spray tans in one hour is 78.

It was set in Glasgow,
Scotland in 2010.

SOURCE: GUINNESS WORLD RECORDS

wh tests it...

Seen these nifty tanning
wipes but too nervous to try
them? Oh alright, we'll be
your guinea pigs...

Alice, Features
Assistant:

Kate Somerville
360 Body
Self Tan
Towelettes,
\$55 "I used one
towelette on my
legs and another on
my arms and chest
to make sure I was
evenly covered.
It was really easy
to use and dried
quickly (meaning
I didn't have to de-
pant for too long).
Bonus: the smell
wasn't offensive,
either. I was happy
with the results, the
colour was natural,
but when I saw
myself in daylight
I noticed my inner
arm was white as
a winter burn. The
invisible application
doesn't give
away any spots
you've missed.
I'll definitely try
the facial ones,
as I think it'd be
great for smaller
areas of skin."



Greer, Chief Sub Editor:
Tan Towel, \$29.95 (pack of 10)

"The results of fake tan can be
so dodgy that I don't do it often
(OK, it could be my application),
but I really liked the Tan Towel. It
wasn't messy at all and provided
a subtle, natural colour. The
downside? You can't easily tell
where you've used it so be careful
to apply thoroughly over areas
you want covered or you'll be
streakier than a rasher of bacon."

Felicity, Editor:
Dr Gross Alpha Beta
Glow Pads, \$45

"These are best for
using at night and waking
up with a hint of glow.
I actually got a tad
obsessed with people's
comments about my
'glow' so I started using
them twice daily and
a few days later I looked
way too Tahitian. Quick
and easy for the time-poor
who don't have time to
fake tan their whole body.
They'll see me through
summer and winter."

Caelia, Beauty
Ed: MODELco
Self Tanning
Glove, \$28
(pack of four)

"I usually love
MODELco's
tanning products,
and this did have
some definite
plusses, but also
one drawback.
It dried quickly
and didn't leave
me feeling sticky
at all, but when
I woke the next
day my tan was
streaky. I hadn't
achieved an
even coverage
with the glove,
missing bits on
my arms and
legs. I patched it
up with gradual
tanner over the
next two days. I'd
say it would be
great for quickly
topping up a
fading tan where
you already have
even coverage."

"I'm up the duff – can I tan?"

DIY tanning with creams and lotions is safe during pregnancy, says Allison Cummins, a lecturer in midwifery at the University of Technology, Sydney. The jury is still out on sprays. If you can't go without a spray tan (hey, they make you feel better when you're feeling frumpy), wear a face mask and opt for organic.

Bronze medallists

Got a big event? If you're tanning at home, allow 48 hours to prep, says St. Tropez tanning expert, Abbi Hollins. Here's the breakdown: two days before your event, rid your body of any previous tan. Use a loofah or tanning brand scrub to exfoliate. The night before your shindig, exfoliate again in the shower. Dry your body thoroughly and moisturise elbows, knees and ankles, apply tanning product and go to bed. In the morning, shower using a non oil-based shower cream. Try A'kin Uniquely Pure, Unscented Very Gentle Body Wash 225ml, \$14.95. The morning of your event, moisturise head to toe with an essential oil-free product.



● Peachy keen

PRODUCT	ST. TROPEZ	Pure Bronze	Dior Self Tanning Creme	Sukin	Avène	Sisley	Le Tan	Dove
	Self Tan Bronzing Mousse	Instant Tanning Lotion	Natural Glow	Sunless Bronzing Gel	Moisturising Self Tanning Lotion	Tinted Body Sun Glow Gel	Coconut Tanning Cream	Summer Glow
	\$39.95	\$29.95	\$49	\$17.95	\$28.95	\$120	\$12.99	\$10.52
THE SPIEL	This cult tanning mousse is coloured - handy as it provides a guide for even application.	A rapid fake tan that can be washed off after just one hour, however the longer you leave it the longer the colour lasts.	This luxurious cream contains plant extracts that claim to stimulate endorphins, sparking the pleasurable feeling you get from lying in the sun.	A sulfate- and paraben-free gradual tanning gel designed for everyday application, which smells like limes, not "tan".	This hypo-allergenic and non-comedogenic (aka non-clogging) fake tan is well tolerated by irritable skin and can be used for face and body.	This instant tanning gel contains water-soluble dyes and washes off with soap and water. Mother-of-pearl reflects light for a "glowy" look. Palms will be scary until washed!	This newbie from Le Tan has that delicious coconut scent that reminds you of your last holiday.	This supermarket fave is a gradual tanner that takes around five days to enhance your skin's colour.
BEST FOR	Tanning novices as the colour helps achieve streak-free coverage.	Last-minute plans requiring skin on show.	Those who miss the warm fuzzy feeling of sunbaking.	Fair skin types who want a subtle, buildable colour.	Normal and sensitive skin types who otherwise avoid fake tan.	Enhancing already tanned skin.	Fans of the Le Tan Original Tanning Cream; this is the updated version.	Dry skin types, as the daily application of lotion provides skin with added moisture. wh