

COSMOPOLITAN

health

FREE! 2-WEEK ORIGINAL BOOTCAMP PASS FOR YOU & A MATE WORTH \$240
+20% off hot gear from LONSDALE LONDON
Bootcamp offer not available in NT, Tas or NZ. Lonsdale discount available online only. See pages 133 and 172 for full conditions.

FREE BOOST SMOOTHIE
 worth \$5.30
Open to Australian residents only. Prices may vary. See page 187 for conditions.

YOUR SEXIEST BODY ever!

- Washboard abs ➤ Killer arms
- Kick-ass legs ➤ Tight butt

The *real* reason we overeat
+ how to stop

FUN, NEW WORKOUTS
SEE RESULTS IN DAYS

98 Best-ever fashion & beauty buys for under \$50

Success Drive Confidence
How to think like a champion

Rachael Finch
ON THOSE AMAZING CURVES

ISSUE
 Australia \$13.95 (inc. GST)
 New Zealand \$14.30 (inc. GST)

COSMOLIVE
 acp
 magazines





THE NAIL FILES

PROBLEM

Splitting cuticles

Culprit: Cleaning agents strip the skin of essential oils. **Natural solution:** "Omega-3 fatty acids in salmon help skin retain moisture," advises McNeill. "Use a hand cream after you wash up," adds Greene. **Quick fix:** Cuticle oils with vitamin E. **Try:** OPI Avoplex Nail & Cuticle Replenishing Oil (1), \$17.25.

PROBLEM

Slow-coach nails

Culprit: "Dehydration or low levels of essential fatty acids can slow down nail growth," says McNeill. **Natural solution:** "Evening primrose oil capsules are a rich source of fatty acids," continues McNeill. "Have a polish-free day," recommends Greene. **Quick fix:** Polish high in vitamin C and B5. **Try:** Sally Hansen Nail Growth Miracle (2), \$18.95.

PROBLEM

Break-easy nails

Culprit: A calcium or protein imbalance. **Natural solution:** "File nails short and squoval (half square, half oval) and eat pumpkin seeds for a protein and calcium hit," advises Greene. **Quick fix:** A strengthening base coat. **Try:** CND Toughen Up Strengthening Base Coat (3), \$19.95 (1800 449 109).

FACE FACTS

PROBLEM

Breakout zones

Culprit: "An over-production of the male testosterone hormone, androgen, which peaks when you're stressed," says cosmetic physician Dr Garry Cussell. **Natural solution:** "Pumpkin seeds boast anti-inflammatory properties to minimise redness, while vitamin B5 and B12 supplements help regulate adrenal functioning," advises McNeill. **Quick fix:** "Try spot treatments containing glycolic and salicylic acid to dry imperfections," says Dr Cussell. **Try:** MD Formulations Skin Perfection Gel (4), \$85 (1800 808 993).



Sulphur, found in garlic, repairs damaged collagen fibres.

Eat more vitamin C-rich foods like dark leafy greens that boost oxygen and nutrient delivery.

PROBLEM

Visible pores

Culprit: Excess sebum production. **Natural solution:** "Cod liver oil is a rich source of vitamin A to regulate oil flow," says McNeill. **Quick fix:** A gadget to cleanse pores. **Try:** The Clarisonic Plus Sonic Skin Cleansing System (5), \$369 (clarisonic.com.au).

PROBLEM

Tell-tale lines

Culprit: "Collagen production slows as we age, so skin loses fullness," says Scott. **Natural solution:** "Sulphur (in garlic) repairs damaged collagen fibres," says McNeill. Use foundation with SPF. **Quick fix:** Products with hyaluronic acid. **Try:** Avon Anew Clinical Derma-Full X3 Facial Filling Serum (6), \$79.99.

PROBLEM

Blotchy skin

Culprit: "An over-production of melanin caused by sun exposure and hormonal changes can lead to skin discolouration," says Dr Cussell. **Natural solution:** "Coenzyme Q10 capsules, SPF 30+ and staying out of the sun is key," says Greene. **Quick fix:** Massage a topical treatment into uneven areas to help lighten and brighten. **Try:** Priori Idebenone Even Tones (7), \$240 (1800 808 993).

MANE EVENTS

PROBLEM

Thinning on top

Culprit: "A deficiency in three major nutrients – iron, vitamin D and iodine – influences the thyroid hormone, responsible for hair growth," says trichologist Tony Pearce. **Natural solution:** "Eat three servings of lean red meat per week for calcium, protein and vitamin B12," says Pearce. **Quick fix:** Work a body-building lotion into damp hair before styling or try Activance Hair Stimulant, \$55 (activance.com.au). **Try:** GHD Fat Hair Lotion (8), \$35.

PROBLEM

Disappearing strands

Culprit: "An imbalance in oestrogen makes the body retain copper, which prevents zinc and iron absorption needed for hair growth," explains Pearce. **Natural solution:** "Brassica vegetables, like brussels sprouts, cabbage and cauliflower regulate oestrogen," says Pearce. Blowdry hair before tying it up to stop breakage as it dries. **Quick fix:** Snag-free elastics. **Try:** Scunci No Damage Hair Ties (9), \$7.95 for pack of 18 (ontrend.com.au).