

THE Sunday Telegraph

body + soul

REPORT

ARE WE OVER-MEDICATING OUR KIDS?

CELEBRITY DIET DANGERS REVEALED

5 EASY EXERCISES FOR OFFICE WORKERS



BLISS OUT

SPA SPECIAL: TOP 10 CITY RETREATS

PLUS ■ The blood pressure wonder juice ■ How to combat PMS

FIT KIT BY CHRISTINE SCHIEDEL



Bonds Girlfit pants, \$49.95, 1800 054 321

TIME OUT

PACK YOUR BAGS FOR A RELAXING WEEKEND



Adidas by Stella McCartney
Studio Flower tee, \$120, 1800 801 891



Cheeki Blossom bottle (500ml), \$17.95, www.cheeki.net.au



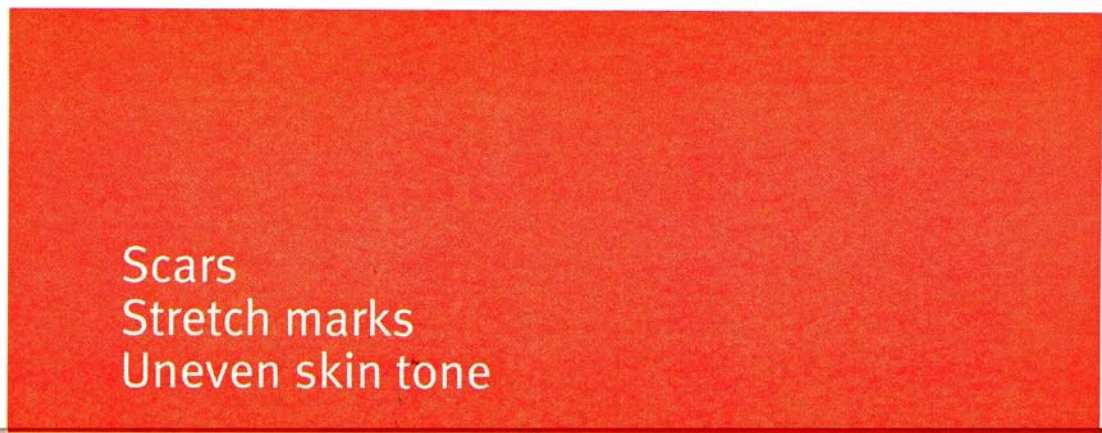
Smiggle retractable headphones (available mid-August), \$19.95, www.smiggle.com.au



Sportsgirl Honey beret, \$24.95, 1300 250 100, www.sportsgirl.com.au



Annabel Trends Pom slipper boots, \$29.95, (07) 5593 4755, www.annabeltrends.com.au



Scars
Stretch marks
Uneven skin tone



B-practical bag, \$199.95, www.b-practical.com.au



Kikki.K notebook, \$39.95, (03) 9645 6346, www.kikki-k.com



body + soul FAVE

Deshabille singlet, \$39.95, and shorts, \$44.95, www.deshabille.com.au

I picked up Bio-Oil on a whim while walking through the pharmacy. The product works. I am 47 years old and I have a few stretch marks, a couple of old faded scars, and dark bags under my eyes. After using Bio-Oil the appearance of the stretch marks is better, the bags are less noticeable (I get compliments all the time now on how young my face looks) and the scars also look way better. I will continue to buy Bio-Oil. It works.

Karen Jackson

Bio-Oil® is a skincare oil that helps improve the appearance of scars, stretch marks and uneven skin tone. It is also highly effective for ageing and dehydrated skin. Bio-Oil is a combination of natural oils and vitamins, together with the breakthrough ingredient PurCellin Oil™. For comprehensive product information, and details of clinical trials, please visit bio-oil.com. Bio-Oil is available at pharmacies and selected retailers at the following recommended prices: \$14.95 (60ml), \$24.95 (125ml) and \$34.95 (200ml). Results will vary from individual to individual.

