



Nose nuisance

CHAPPED SNEEZER GETTING YOU DOWN? WE'VE GOT JUST THE SOLUTION...

It's the season to have a red-raw nose, thanks to using endless amounts of tissues to ease the effects of a winter cold. But standard moisturising creams and balms will only end up increasing the pain and inflammation because of their perfumes and active ingredients. Instead, soothe and repair your flaky, cracked winter skin with the regular application of one of these remedies.

ANTIPODES SAVIOUR SKIN BALM
Packed with natural oils and beeswax and including active goodness from tea tree and echinacea extracts, this miracle salve has both an antibacterial and soothing effect. Plus, it's great on sunburn and blemishes too.

FESS NASAL GEL
Containing vitamin E, olive oil and sesame seed oil, this intense moisturising gel rapidly soothes the dry skin of a sore nose without leaving a greasy feeling. It's also safe for sniffling babies and children.

Antipodes Saviour Skin Balm (left), \$48.
Fess Nasal Gel, \$9.95.

NEW Health

Heidi Klum must work harder than boyfriend Martin Kristen for the same results.

Yes, men do lose weight faster!

Ever gone on a diet with your man only to find the kilos fall off him while you struggle to lose anything? You're not imagining it! Scientists have proven slimming down is more difficult for women – we have to work 20 per cent harder than men to get the same results! It's all due to hormones. Testosterone allows men to build muscle (which in turn burns more calories) while oestrogen encourages our bodies to store fat instead. Sorry ladies!

HEALTH notes

Tips and advice for a better you

ONE IN TWO AUSSIES WILL BE DIAGNOSED WITH SOME FORM OF CANCER IN THEIR LIFE, SO JOIN AMBASSADOR STEPHANIE RICE IN RAISING MONEY FOR DAFFODIL DAY ON AUGUST 23. 'IT IS A DAY OF HOPE!' SHE SAYS. 'HOPE TO CONTINUE RESEARCH FOR BETTER TREATMENTS, SURVIVAL AND, MOST OF ALL, A CURE!'

Want a smarter baby?
Studies show that kids who are breastfed exclusively for at least the first three months of their life have 20 to 30 per cent better brain development than those on formula or a combination of both.

ON THE SHELF
We're loving *50 Foods That Will Change Your Life: A Women's Guide to Health and Vitality* (Viking, \$35) by New Idea expert and nutritionist Emma Sutherland and home economist Michelle Thrift. It has great info on everything – from weight-loss tips to getting the right nutrition in your diet – and features 100 simple, tasty recipes for soups, salads, pasta and pastries! It's the perfect get-real guide to getting healthy by eating healthy.