

Looking good

Who doesn't love getting two for the price of one? Pare down your makeup bag with these dual-purpose products, writes Melissa Williams-King

Lips/cheeks

Any old lipstick can double as blush, but these two do it with a lot more style: Yves Saint Laurent's new Baby Doll Kiss & Blush, \$76, is made with a whipped-air formula that gives the perfect velvety finish – not too dewy and not too dull. It comes in 12 shades. Stila Convertible Color, \$52 (from Mecca Cosmetics), has developed a cult following for its flattering colours and staying power.



Brows

There are two parts to great brows: shape and colour. Benefit Brow Zings, \$59, takes care of the shaping thanks to mini tweezers. Next you apply the brow wax, followed by the powder (which sticks to the wax and truly stays on). The double-ended Smashbox Brow Tech To Go, \$43, includes a brow pencil as well as a clear brow gel to keep arches in place.

Lashes

Get two different lash looks from one mascara. Rimmel Glam-Eyes Day 2 Night Mascara, \$20.50, can either lengthen or volumise depending on which part of the cap you slide the brush out of. MAC Haute & Naughty Lash, \$48, works similarly (in fact the packaging system looks nearly identical).



Face/lips/eyes

If you often forget to bring sunscreen in your beach bag, I recommend ModelCo Daily Face Mattifying Sunscreen and Lip Balm, \$25, which has a handy SPF balm right in the cap. For the ultimate in luxury and convenience, La Prairie has packaged an eye serum and a lip balm into one sleek splurge – Anti-Aging Eye and Lip Perfection à Porter, \$225.

Hair

Like to wear your hair both wavy and straight? No need for two hot tools thanks to the ingenious Remington Styles Unlimited, \$129.99. Clamp the plates together and it forms a conical curling wand; leave them apart and it functions like a regular (albeit pointed-end) straightening iron. Multi-tasking BB Creams are now coming to hair products. If you want to streamline your arsenal, try the well-priced Schwarzkopf Essence Ultime Omega Repair BB Beauty Balm, \$14.99, which works as a styling cream as well as a conditioning balm.



Foundation/concealer

Buying concealer as well as foundation is no longer necessary. Lancome Teint Visionnaire, \$82, and Stila Stay All Day Foundation and Concealer, \$88, both have a perfectly matched shade housed in the lid. If you are going to splurge on a luxury brand foundation, it makes sense to at least buy one that comes with a bonus.



win win win



If you're a frequent traveller, you'll know all about jetlag. When you're crossing time zones, this knocks out the sync between your internal body clock and the day/night pattern.

Dr Andrew Veale, consultant at the New Zealand Sleep and Respiratory Institute, says that while our bodies will adjust – in about three to seven days – there are times when this is inconvenient. "Light therapy is the only way to reset your natural circadian rhythms quickly, so you can operate at peak efficiency from the moment you arrive," Dr Veale says. Re-timer glasses are ergonomic, lightweight and produce a 100 per cent UV-free green light, which helps to reset your body clock to bring it in line with the local day/night cycle as soon as possible.

Wearing the Re-timer glasses for 30-50 minutes a day for four days before you leave on a long-haul flight will gradually shift your sleeping pattern naturally, so you can arrive feeling on the ball.

For more information on the Re-timer glasses, contact: sales@nzrsi.health.nz

Tempo and the NZRSI have one pair of Re-timer glasses (including an embossed travel case), worth \$395, to give away.

To be in to win, send an envelope by July 14 with your name, address and phone number on the back to:

Tempo Re-timer glasses giveaway
Waikato Times
Private Bag 3086
Waikato Mail Centre, Hamilton 3240

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Well, of course we like lamingtons. But we particularly like this mixed six-pack from Countdown. Throughout the month of July, Countdown will sell more than 300,000 lamingtons made in Blenheim by Elite Foods to raise funds for the annual Alzheimers New Zealand Appeal. Every pack a customer buys will see 20 cents donated to the cause. Last year's appeal raised \$58,000. Indeed, Countdown has raised \$1.3 million for the organisation over a 10-year partnership. The lamingtons retail for around \$6.

Deborah Sloan

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