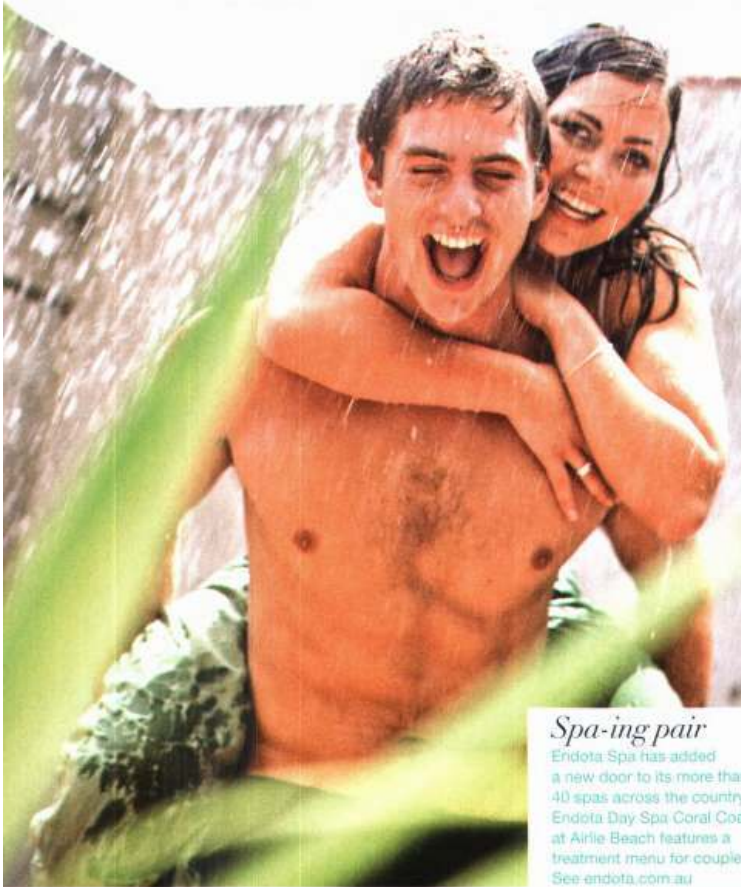




Bride To Be
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Spa-ing pair
 Endota Spa has added a new door to its more than 40 spas across the country. Endota Day Spa Coral Coast at Airline Beach features a treatment menu for couples. See endota.com.au

SUN FUN The Sunpouch 30+ Sunscreen Lotion Pouchie, \$7.95, is broad spectrum and fragrance free, and is convenient and light to carry around all day. Genius. See sunpouch.com



SMARTY PANTS
 There's no need to go gaga with great exercise gear like this from Running Bare. They call them Easy Wear, and there's a reason - they'll be your new weekend staple. Reece Easy Wear Kickbox pants, \$70. See runningbare.com.au

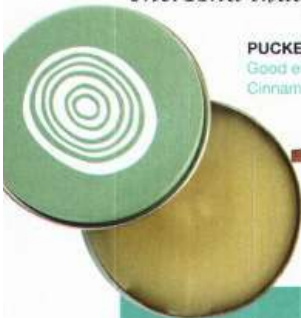


SMOOTHIE
 Protect hair from heat and humidity frizz. Aveda Smooth Infusion, \$39.95. See aveda.com.au

health & wellbeing

The most beautiful bride is a happy, healthy, relaxed one. And that goes for the grooms as well!

PUCKER UP
 Good enough to eat and 97 per cent organic. Cinnamon & Honey Lip Balm. \$17. See endota.com.au



Easy being green
 This stylish Icon Pool Lounger, from \$3449, is constructed with recycled teak, so you can feel tree-friendly while relaxing with all that wedding planning this summer. See mamagreen.com.au

GOOD ROOT
 Root Awakening Shampoo and conditioner, \$15.99 each. See www.johnfrieda.com



perfectly toned triceps



TRICEPS EXERCISES FROM TANYA WINTER
 1 Begin on hands and knees, with hands directly underneath shoulders and knees under hips. Bend elbows, lowering body towards ground.
 2 Keeping elbows in, move body weight forward.
 3 Press up and back to starting position.
 4 To finish, lay prone on floor. With face forward squeeze together shoulder blades and push hands towards feet. Keeping hands off the floor, rotate arms, turning palms up and down. Tanya and Jade Winter run Studio Pilates International. Don't crash diet, grab one of their great DVDs, from \$11.95. See studiopilates.com

COMPILED BY: ROSALIND THOMAS.