

# OTHER WAYS TO FEEL FAB

- Get a good night's sleep — and produce plenty of the all-important hormone melatonin which helps to preserve your youthful good looks
- Make new friends — you'll be amazed how this will broaden your horizons and enrich your life
- Take up a craft or hobby — the perfect way to relax and have me-time
- Go dancing — whether its tea dancing, salsa or clubbing all night, this is a fantastic workout
- Indulge in a luxe body massage — from hot stone therapy to exotic oriental scrubs, you'll be tingling with delight
- Go horse-riding — a great way to get outdoors and elevate your spirits

## COMMUNE WITH NATURE

Nothing beats the feeling of getting out in the fresh air and hitting the beach or park for a long brisk walk. It'll put a peachy glow in your cheeks and get your skin bright and radiant again. If you want something a tad more exciting, why not try a bush walk?

We're not talking a long hike into the depths of the forest (although that would work wonders too), but a nice leisurely walk through native bush with birds twittering overhead. We tried the roughly one-hour Auckland City walk at the Cascade Kauri park, located in the Waitakere Ranges about 50 minutes from central Auckland. The walk features hundred-year-old kauri, the Waitakere stream running alongside, and has a well gravelled, easy-to-manage track. There's also a short side track that leads to the stunning Cascade Falls — we could have sat there for hours. There are

several other walks in the Ranges as well — tree hugging optional.

## SHAKE UP YOUR MAKEUP

We know, we know: beauty comes from the inside. But after trying everything else on this list, why not do a little work on your outsides as well? A makeup makeover is a great way to inject something new into your look, and get you out of any makeup ruts you may have. Newmarket's Lucy and the Powder Room runs regular makeup workshops, where an expert shares inside tips and helps you learn the tricks of the trade. Up to six people can attend, so it's a great way to bond with friends as well. To book, ph 09 524 6702.

## GET A FOOT UP

Socrates was right: when our feet hurt, we hurt all over. Sore feet can wreck havoc on your posture as well as your wellbeing, and if you

wear high heels, have shoes that are too small, or play a lot of sport, chances are you'll have some sort of foot complaint. With summer coming up, what better time to fix your feet? Corns, bunions and callouses are gross — a visit to a podiatrist will get rid of any unsightly growths, and will help you in your quest to walk elegantly like a model. Add a pedicure to the mix, and gorgeous princess feet will be yours. A consultation appointment starts at \$52. Foot Mechanics, ph: 09 523 7051.

## INVITE A FASHION STYLIST OVER

If it feels like Groundhog Day every time you stare into your wardrobe, then it could be time for a wardrobe rehaul. A personal stylist is a good way to get an objective point of view — they're experts in dressing people. Stylist Ingrid Vink works with each client on an individual basis, figuring out a "delicate balance of fashion and what

actually suits". She edits the good and the bad from each client's wardrobe, comes up with a list of items to help pull the wardrobe together, and takes the client shopping to try on new looks and visit new stores. Then she will work with them to put together "looks", which are photographed or written down. "I never want my clients to look like a stylist has given them a 'makeover'," says Vink, who has also worked as the expert stylist on makeover show *10 Years Younger*. "It's so important they retain the essence of who they are." From \$120 an hour, visit [www.vink.co.nz](http://www.vink.co.nz).

## HAVE A RELAXING FACIAL

Possibly one of the easiest — and most indulgent — ways to get the feelgood vibes flowing is with a facial. There are hundreds of different variations but we suggest trying an ayurvedic facial, which uses traditional Indian medicine to purify and rejuvenate.

Tamara Spa combines contemporary therapies with traditional Indian techniques, and their 100 per cent natural facial will leave your skin feeling soft and nourished.

Each facial is unique, with different natural ingredients — like honey or oatmeal — used for different skin types.

For one hour your skin will be cleansed, exfoliated, moisturised and massaged, and you will leave feeling relaxed and glowing. \$120. Ph 09 358 2284.