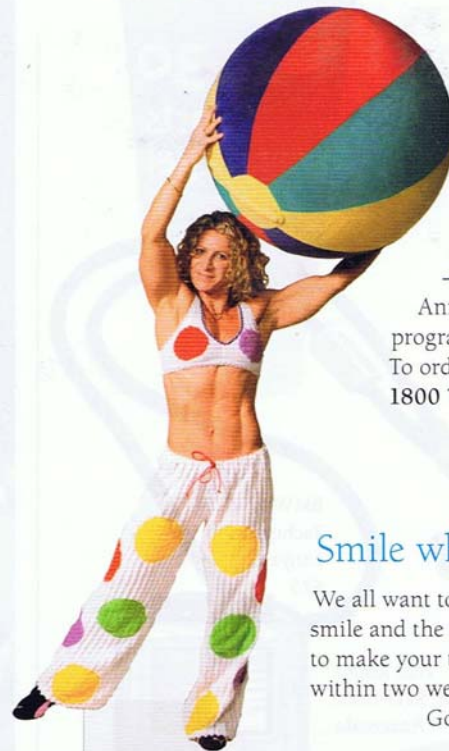


healthy living

Breathe easy

A blocked up nose makes everyone feel miserable, but for young babies nasal congestion can be very uncomfortable because they cannot blow their own nose. NoseFrida is a Swedish-designed product, which helps to clear nasal congestion in young babies. \$19.95 from selected pharmacies. www.nosefrida.com.au



Lounge fitness

If you want to get fit, but the thought of slugging it out in the gym is off-putting, why not get fit in the privacy of your own lounge room? *Block Training – Total Body Training System* by Annie Hewitt is a DVD fitness program for men and women. To order or for further details phone 1800 TURN IT ON.

Smile white

We all want to have a white, healthy smile and the Go SMILE range claims to make your teeth six shades lighter within two weeks. Try the GoSMILE GoBrilliant Starter Kit, \$190 available from Summaglo.

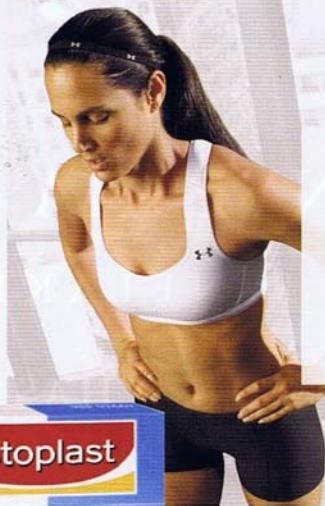


Active feet

A good shoe should be comfortable and stylish! Try the Active Casuals slip ons, which are slip-resistant and available for men and women. Active Casuals, \$79.95, phone 1800 776 738 for stockists.

Breast support

When exercising, breast support is very important to prevent damage and discomfort. The Under Armour Premiere 1 Sport Bra features motion control and support, as well as mesh inserts for breathability. Available from Foot Locker.



Blister relief

We love slipping into our sexy heels but big, painful blisters are not a good look. The Elastoplast Large Blister Plasters help blisters heal faster and their transparent material means they can be discretely worn even with your strappy heels. Elastoplast Large Blister Plasters available from selected pharmacies with prices from \$7.25.



No sweat

It can be very embarrassing if your antiperspirant does not work and you end up with unsightly sweat marks. Sweax Underarm Liners stick to the underarm seam of your clothes and absorb excess moisture from your underarms. Perfect for hot summer days! Available from selected pharmacies and supermarkets for \$4.99 for a pack of six pairs.

www.sweax.com.au

A Perth naturopath, who lost her husband to melanoma, recently launched a website as a resource to search for WA health and wellbeing services. www.onestophealth.com.au