



Formulated for healthy hair growth and scalp health. Enriched with Peptides* to strengthen hair follicles and Amino Acids to protect against breakage, promoting smooth and shiny hair. Safe for colour-treated hair.

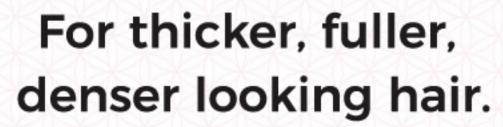
* Peptides in Shampoo only.













NIACINAMIDE



AMINO ACIDS



DENSIFYING



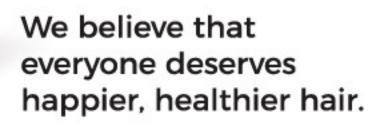


Formulated for fragile and thinning hair with Niacinamide* which is proven to increase the diameter of hair strands, and Amino Acids to increase hair thickness and elasticity, reducing thinning. Formulated for hair and scalp health. Safe for use on colour-treated hair.

* Niacinamide in Shampoo only.







That's our end game, in a nutshell. And in order to realise this, we've spent some time re-thinking hair care. That's how we came up with our everyday range of shampoos, conditioners and treatment products formulated to help you combat hair thinning and fragile hair and instead relish in longer, stronger and thicker, fuller hair.

Let's Grow better together.



welcome to Minter

his time of year invites us to slow down and sink into life's smaller comforts - the early sunsets, the chilly mornings, the cosiness of flannelette PJs and a warm cuppa - and this issue is full of ideas to help you embrace it all. On page 8, we check in with Sam and Snežana Wood, who share how they keep wellness front and centre in the cooler months, from staying active to sharing the load when it comes to family, fitness and business.

If you're struggling to switch off after a busy day, our guide to winding down before bed has everything you need to reset. Turn to page 63 for science-backed tactics for calming a busy brain so you can drift off to sleep.

Need a little midwinter glow-up? Our facial massage tutorial (page 24) is your ticket to soothing muscle tension and getting brighter skin, while our winged-eyeliner masterclass (page 36) finally demystifies the flick.

And if you've noticed everyone's talking about "glimmers" lately, we're here for it too. These fleeting sparks of joy are winter's hidden gems and on page 68, we help you tune into the ones already present in your day. So whether you're curled up on the couch or out chasing some winter sun, we hope this issue helps you get the most out of the season.

The Coles Health & Beauty magazine team

Our top picks for winter



L'Oréal Paris Elvive Glycolic Gloss 5 Minute Lamination Rinse-off

This treatment seals the cuticle to add serious shine to dry and dull hair.



Bali Body Gradual Tan

A daily moisturiser formulated with coconut oil and cocoa butter to drench the skin, while it delivers a buildable bronze glow.



e.l.f. Expert Liquid Eyeliner

With an extra-fine brush for precise application, this liquid liner glides on easily and has a high colour pay-off.

3 USEFUL **TAKEAWAYS** FROM THIS *ISSUE*



Feeling a little overwhelmed by life? Finding small "glimmers" of joy every day can help bring a sense of calm. Try noticing the play of sunlight or enjoying the scent of a favourite candle.



Having a high-protein breakfast - such as an omelette with veggies and cheese, or hummus and tomatoes on a higherprotein bread - is a great way to start the day.



Tight jaw or stiff neck? Consider trying a DIY facial massage. Along with boosting your skin's glow, it can help reduce stress, ease sore jaw muscles and smooth fine lines.

The Magazine Team

Acting Content Director Michelle Bateman
Executive Creative Director Tory Lattin
Art Director Lisa Balemi
Contributing Designer Chloe Yeoman
Sub Editor Carol Hawkins

Commercial Content Director Lauren Maher Commercial Content Manager Helen Petrou Commercial Project Manager Melinda Woods Production Coordinator Diaz Frost Administration Assistant Tara Benson

Head of Content Strategy & Insights Sarah Bush
Content Insights Manager Emily McLaren
Head of Partnerships & Operations Alira Connell
Account Director Victoria Keitel
Account Manager Madeleine Gale
Content Planner Sarah Wearne
Junior Accountant Carina Law
Production Manager Chrissy Fragkakis

Editorial Enquiries

(02) 8114 8900 colesmagazine@mediumrarecontent.com



Managing Director Nick Smith

General Manager - Operations & Partnerships Teagan Barr

General Manager - Coles Group Claire Bradley Head of Content - Coles Group Emma Palmer

coles

General Manager - Brand, Digital & Design Kate Bailey

Head of Brand & Media Lauren Shepherd

Head of Performance & eCommerce Marketing

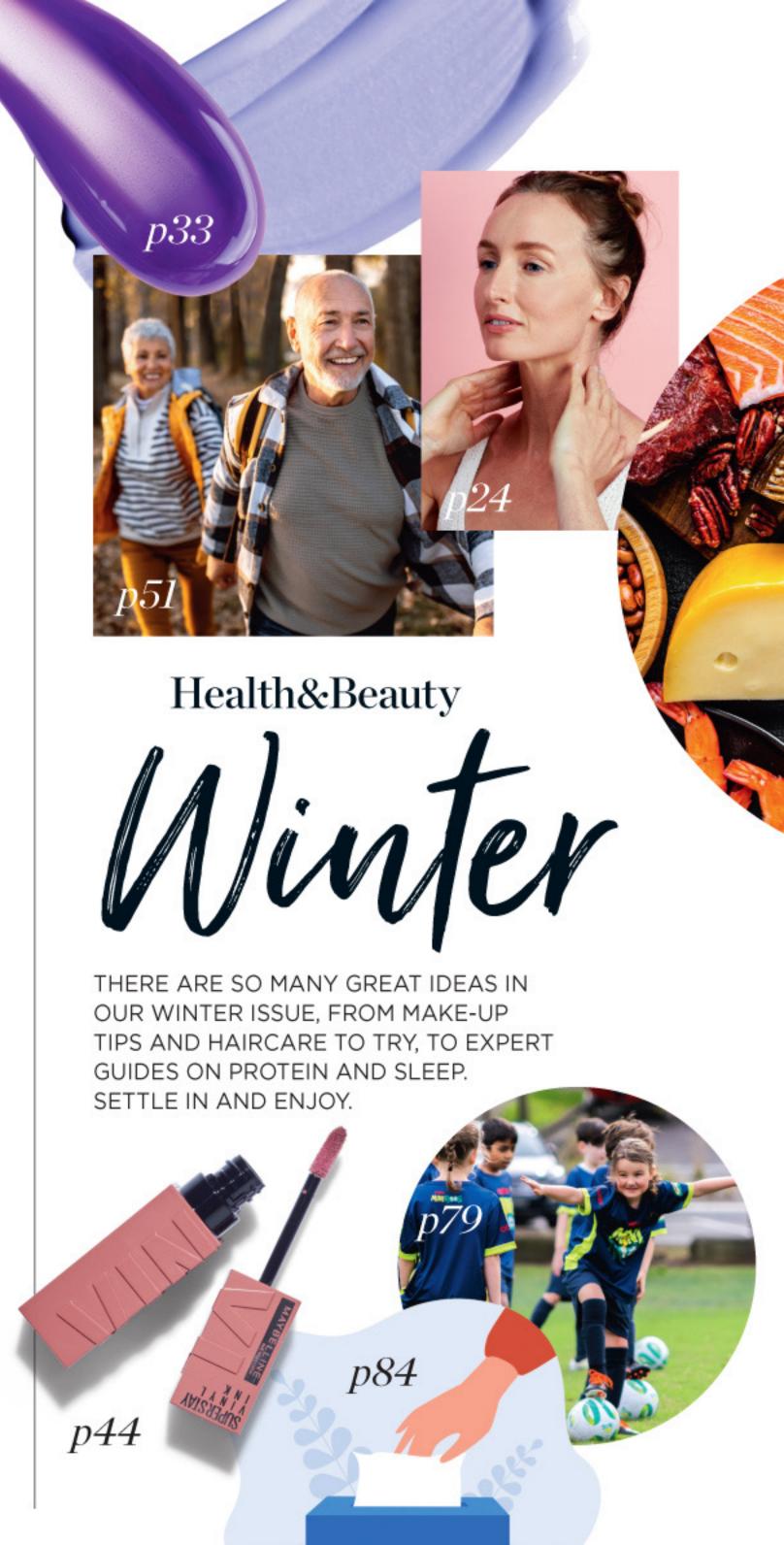
Matthew Tovey

Senior Marketing Manager - Content Patrick Breen Content & Audience Manager Caitlyn Shiel Influencer Marketing Manager Amy Thiessen

Published by Medium Rare Content Agency
Pty Ltd, ABN 83 169 879 921, Level 1,
83 Bowman St, Pyrmont, NSW 2009 for
Coles Supermarkets Australia Pty Ltd,
ABN 45 004 189 708, 800 Toorak Rd,
East Hawthorn, Vic 3123. © 2025 All rights reserved.

Please forward queries or feedback to: Coles Customer Care Dept, Att: Coles Magazine Team (Coles Health & Beauty Winter issue), PO Box 480, Glen Iris, Vic 3146. Call toll-free: 1800 061 562. Website: www.coles.com.au

To view Coles Group Ltd Privacy Statement, refer to the "Contact Us" section at www.coles.com.au. Products featured in the magazine are on offer while stocks last. Products featured may not be available in all stores. Coles reserves the right to limit sale quantities. Some products or varieties featured may not be available in all stores or Coles Online and excludes Coles Express. Some products pictured may have additional varieties available. Prices shown are Coles prices at the time of publication and some prices listed may vary between stores and in regional areas. The offering in this magazine is not available at Coles Express or Coles Central stores. Not all products available at Coles Online. Prices available from O7/O7/25 to O5/10/25. Prices may vary between stores. Pricing is to be used as a guide only. This publication is not for sale.





SAM AND SNEŽANA WOOD: FITNESS, FAMILY AND FINDING CALM IN THE CHAOS

The beloved Bachelor couple share how they thrive in winter through regular movement, family connection and flexible routines.

GOOD TO KNOW 17

WINTER AT A GLANCE

The latest health and wellbeing news.

BEAUTY TOOLKIT 23

HOW TO GIVE YOURSELF A FACIAL MASSAGE 24

33

Enhance your glow and target tight facial muscles with a salon-style face massage at home.

LATHER, RINSE, REPEAT

Looking for new haircare options and products to try? Here, real women road-test four brands and tell us what they think.

HOW TO MASTER A WINGED EYE

Whether you want to dial up the drama or create a softer line, our guide shows you how to nail this classic look.

SET & FORGET 44

These long-wearing products deliver a polished finish - no salon visit required.

HEALTH MATTERS

THE POWER OF PROTEIN

Find out how much protein you need for optimal wellbeing and how it changes through different life stages.

FUEL YOUR PERFORMANCE

Discover how the Coles PerFORM range can support your health and fitness goals.

THE EXPERT GUIDE TO A DEEP. RESTFUL SLEEP 63

Learn how to unwind and set yourself up for a truly restorative slumber.

THE JOY OF GLIMMERS

Change the colour and mood of your day with small moments of bliss.

FAMILY & COMMUNITY 77

MEET OUR JUNIOR SPORTING HEROES

52

60

These three young athletes are having a ball while playing a sport they love.

9 WAYS TO MANAGE WINTER ILLNESS AT HOME

Tips and advice on how to stay well during winter illness season.

FIND LOVE BUY 91

93 IN THE AISLE

There are so many great picks to discover in the health and beauty aisles.

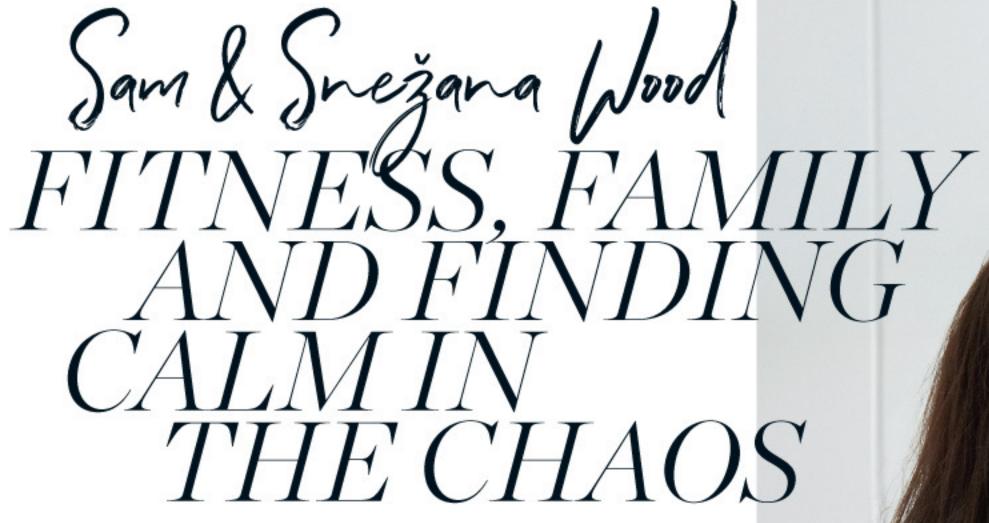
GREAT FINDS UNDER \$25 97

Fab buys to brighten up your day.

68

79

84



FOR SAM AND SNEŽANA WOOD, THRIVING IN WINTER IS LESS ABOUT PERFECTION AND MORE ABOUT FLEXIBLE ROUTINES, REGULAR MOVEMENT, TIME WITH THE KIDS AND TUNING INTO EACH OTHER'S STRESS SIGNALS.

f you swing by the Wood household on a rainy day, you might have to spend a few minutes searching behind doors or around corners for Sam, Snežana and their girls. "In winter when it's darker earlier, the kids are massive fans of us all playing hide and seek inside with little torches," Sam says with a laugh. "Now, that's chaos."

The couple has well and truly embraced this whirlwind mode since falling in love on *The Bachelor* back in 2015, as they navigate family life with daughters Willow, seven, Charlie, six, Harper, three, and 20-year-old Eve, who is currently studying in New York. Multiple businesses occupy their world, too, including fitness and wellbeing platform, 28 By Sam Wood, which serves up equipment-free workouts and family-friendly recipes for whatever level and life stage you're at.

But despite the juggle, as Snežana and Sam share with us after our photo shoot, they wouldn't have it any other way. Here, they talk winter wellbeing strategies, the magic of lounge room training and why a dose of dad dancing is sometimes all you need.

Can you believe it's been a decade since Australia watched you meet on *The Bachelor*?

Sam: What's that saying? Long days, fast years. I can't even remember what life was like before meeting Snez and how different things are now, how much better. There's always a balance of trying to be present in such chaos, but also it does go so quickly. It's been the best 10 years of my life by a long way.

Sam, you're 45, and Snežana, 44. How have your health and wellbeing priorities evolved with time and age?

Snežana: As you get older, I think it's less about aesthetics - the



six-pack and looking really toned and fit - and more about feeling healthy and having mental clarity, as well as the energy to run around after young kids and keep up with them. Sam: Yeah, I agree. I exercise now far more for my mental health, mood and energy than I do for how I look. I think being a dad has changed my outlook a lot, too. Every now and then, you imagine not getting to see the kids grow up or spending all that time with them. So, there's also that motivation for taking care of ourselves for the future and staying healthy as we get older.

What does your approach to fitness look like and does this shift in winter?

Sam: We both rely heavily on our home workouts and the beauty of that is it's not too seasonally dependent. There's a little home gym above the garage or we'll train in the lounge room with a mat. The night before, we chat about who'll exercise first while the other gets the kids' breakfast, and then we'll swap. I've always been a believer in moving in the morning from a consistency perspective. Life is pretty unpredictable and you get thrown curveballs, so if you can >

Favourite Winter Warmer

LOOKING FOR MID-WEEK MEAL INSPIRATION? SNEŽANA SHARES THE FAMILY'S GO-TO DISH DURING THE CHILLY SEASON.

get that workout done early, there's a lot less to stop it happening. I've then got better clarity, productivity and am better to be around. I need a workout and a coffee before Snez really has a deep and meaningful conversation with me.

Snežana: I'm a morning person, so I wake up and can get into a full conversation! Exercise-wise, my go-to is working out with light resistance bands or my body weight, rather than on gym equipment. Plus, I like some loud music - like Bad Bunny or Beyonce's Lemonade album - to motivate me.

Any other tricks for boosting our motivation at this time of year?

Sam: A lot of people think you need motivation or energy to exercise, but the reality is you get motivation and energy from exercise. That's where having a good routine can hold you in good stead. Getting out of bed is much harder when it's cold, so prepare the night before by having your workout gear laid out and putting your phone on the other side of the room, so you have to get up to turn your alarm off.

Can you share some tips for making the most of home workouts?

Sam: Don't underestimate what you can do with them. You can get

incredible results with just body weight and dumbbell training at home: I've seen tens of thousands of people completely transform their fitness without needing fancy gym equipment. I think where people come unstuck is not having a plan, so it's about understanding what the workout is and really starting to push yourself from an intensity and resistance perspective. Don't forget to warm up properly, too: even just two or three minutes to get the blood flowing, whether it's light boxing, skipping or jogging on the spot, and doing some dynamic stretches. Warming up isn't just about avoiding injury; it's about improving the quality of your workout.

What helps you keep the kids active and entertained, especially on rainy days?

Snežana: They do after-school activities and things like tennis, swimming and gymnastics throughout the year. But if we're at home and it's raining, they love arts and crafts, or we might get raincoats and scooters out for a quick scoot around the block. They also love having little dance parties with us in the lounge room and laughing at Sam's dance moves – think Elaine from Seinfeld!

"You can get incredible results with just body weight and dumbbell training at home."

Sam Wood



Shopping list picks

THESE FOODS ARE ON HIGH ROTATION IN THE WOOD HOUSEHOLD RIGHT NOW.



couscous

"This is great for hearty, grainy salads with pumpkin and other veggies," says Sam "Harper is obsessed with couscous - it's funny to hear a three-year-old ask for it"



MANDARINS

"They're so sweet, easy and convenient for kids' lunches," he savs.



FROZEN BERRIES

"This is a staple all year round for smoothies and more. They last longer than fresh berries and don't lose any of their nutritional value"





Sam: Yeah, I'm by far the worst dancer in the family. Obviously if it's pouring with rain, you've got to be realistic, but our girls are just as happy to go to the park in their gumboots and stomp around in puddles. So, it's about being flexible. Something else that's important is that our kids see us working out. They'll stretch with us, or do some push-ups. That's a positive role modelling message to show them.

How do you find a balance with screen time?

Snežana: Between homework. activities, dinner, baths and so on, they don't really get an opportunity for it during the week. That said, screens are sometimes our co-parent when we're in survival mode.

Sam: Snez's parents live in Perth and mine are in Tassie, so an iPad on those flights can be an absolute saviour. On the weekends, we don't count the minutes or worry about that, but I think we're both aware of balancing it out with some kind of physical activity.

What's your mindset around nutrition for the family?

Sam: 'Progress not perfection' is our attitude towards both exercise and

nutrition, so we try to eat 'real' food wherever we can and keep it pretty simple. If there's some protein and veggies in there, you can't go too wrong. Snez is an amazing cook and there are some beautiful Macedonian dishes that we all love. like stuffed capsicum with ground beef and cabbage. We usually do half-weekly shops, too, and find that works best for us, rather than trying to plan a whole week ahead.

Can you share any strategies for fussy eaters?

Snežana: We encourage the girls to serve themselves, which means they tend to eat more for some reason. Perhaps it's that extra sense of it being their choice. At the moment, they love raw carrot sticks but won't have carrot cooked in a stew or soup; if they see it, they won't eat it.

Sam: It's not a perfect science, and obviously you'll always have two kids loving this and one not liking it. We try to let them be as involved in the mealtime and food-prep process as possible. They love cooking with us on weekends and on holidays, whether it's omelettes, smoothies, pancakes or muffins.

How have you learned to share the mental load and show up for each other in that sense?

Sam: Look, you're never both going to be at 100 per cent. But if you can share 100 per cent between you, and if you can tell that the other person is at 20 per cent, then it's your job to pick up the slack. I think we do it intuitively, especially now being together for 10 years. You get pretty good at reading the signs. Snežana: When Sam walks through the door after work and he sees that I'm flustered and stressed and all the kids are running around and I'm trying to make dinner, he's good at picking up on that and going, 'Alright girls, come on; let's get you in the bath'. He just takes that part of the workload off me so I have my space and can do what I need to do. >



Sam: We might go outside and play soccer, go for a walk or a scoot if it's not too dark. It's a great little circuit breaker for everyone. But I also think it's being comfortable enough with each other to say, 'I'm absolutely exhausted' or 'I'm really stressed at the moment'. Actually communicating that in a proactive manner can really help.

Our mood and energy can dip in winter. What helps you take care of your mental wellbeing?

Snežana: Getting outside for some fresh air and movement, even if it's a walk for 15 or 20 minutes, can really reset your mind and change how you're feeling. Chatting with Mum and my sister is good, too, because you can get everything off your chest or just talk about nothing for a while.

Sam: Snez will FaceTime her mum and sister in Perth - I'm not exaggerating - 10 times a day. And I think that's an important part of her health routine: the social connection element. In winter, it's perhaps not as easy to be social. So, you might have to do a bit more planning or "Getting outside for some fresh air and movement can really reset your mind and change how you're feeling."

Snežana Wood

choose a different activity, but even just putting your puffer jacket on, meeting a friend for a walk and grabbing coffee can help. I know that Snez is really energised when she catches up with friends.

What are you looking forward to for the rest of 2025?

Sam: There's lots happening.
Professionally, we've just launched
28 by Sam Wood's menopause
program, which is something that
I'm super proud of, as we had so

many questions and requests to create a program for that life stage. Personally, I think it's travel. With Evie living in New York and Harper now being three, we'll be planning some exciting family trips where we can all come together.

Snežana: And maybe we can finally go on our honeymoon!

Sam: We were pregnant with Charlie, unbeknownst to us, when we got married. Then we said, 'OK, when Charlie gets to this age, we'll try and sneak off' – and then we were pregnant with Harper. So, we haven't quite gotten to our honeymoon yet, even though we've been married for nearly seven years.

Can you see life slowing down any time soon?

Sam: My dad always asks, 'Do you feel like you need to slow down?' and he probably has a point. But, almost since the day we met, it's been this tempo. The snowball has continued to roll down the mountain and I think we both kind of like that. My attitude is to just let the madness roll on for a bit longer and it'll naturally slow down whenever it does.

ULL-BODY WORKOUT

NO GYM? NO PROBLEM. GET FIT AT HOME WITH SAM'S HOME EXERCISE CIRCUIT.







Squat and pulse

START HERE: Stand with feet slightly wider than hip-width and toes slightly turned out. Keep your chest proud and your core switched on throughout the move.

WHAT TO FOCUS ON: Drop into your squat like you're sitting back into a chair, keeping your arms

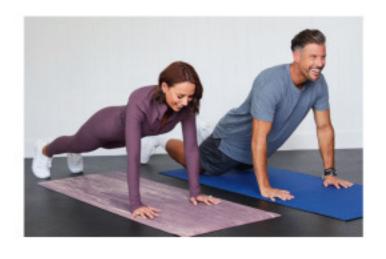
outstretched in front of you. At the bottom of the squat, make one small, controlled pulse up and down, then drive through the heels to stand back up.

WATCH OUT FOR: Keep your knees tracking over your toes; if they collapse in, push them out slightly. Is your back rounding?

Point your chest to the front of the room and brace your core.

MAKE IT WORK FOR YOU: To make it easier, skip the pulse and focus on the squat. Want to make it harder? Do a double pulse before standing or hold a weight between your hands while squatting.

Do 12 to 15 reps







Push-ups on knees or toes

START HERE: Hands should be a touch wider than your shoulders. Create a straight line from head to heels (or knees), keeping your core tight and glutes squeezed.

WHAT TO FOCUS ON: Lower your chest to elbow height, then push

back up strong. Keep your elbows pointing at about 45 degrees, not flaring out like chicken wings. Keep your head in line with your spine.

WATCH OUT FOR: Sagging hips or a mountain-peak bum - aim for a straight line. Try to work through

the full range of the movement, no half reps (you've got this!).

MAKE IT WORK FOR YOU: If you're new to push-ups, do them on your knees instead. Want a challenge? Slow the movement right down.

Do 8 to 12 quality reps >







Plank dips

START HERE: Make a low plank shape resting on your forearms, with elbows under shoulders. Keep your feet together and your body straight like a board.

WHAT TO FOCUS ON: Slowly dip your hips to one side, making a small, controlled tap towards the ground. Come back up through the centre, then dip down on the other side. Keep your upper body steady and your core switched on.

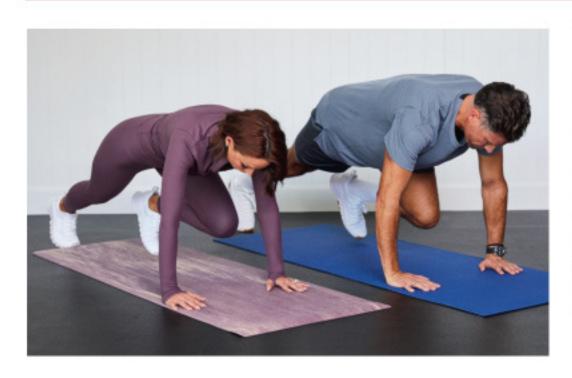
WATCH OUT FOR: Think of isolating your hips; don't drop or lean the whole body down. If your

hips are sagging, lift them just enough to stay in a strong line.

MAKE IT WORK FOR YOU:

Feeling wobbly? Skip the dips and just hold a low plank position. Feeling strong? Dip a bit lower.

Do 20 to 24 in total, alternating sides





Mountain climbers

START HERE: Set up in a high plank, with shoulders positioned above hands and your back flat. Keep your core switched on and feel light on your toes.

WHAT TO FOCUS ON: Drive one knee at a time towards your chest in a move that is fast but controlled, alternating knees. Keep your hips low and your core tight - imagine there's a drink on your back that you don't want to spill.

watch out for: Bouncing your bum too high - aim for that straight line. Also be mindful of sloppy hands; keep your wrists strong and your hands stacked under your shoulders.

MAKE IT WORK FOR YOU:

Dial up or down the intensity by varying the pace. Take it more slowly if you need to or go faster for more of a cardio workout. Crossing each knee to the opposite elbow will also be more challenging.

Do 20 to 30 in total, alternating legs as you go

FIRE UP YOUR FITNESS

Regular physical activity is the key to long-term results. "The great thing about home workouts is the convenience and that's where consistency comes in," says Sam. "For more of my at-home workouts, sign up at 28bysamwood.com."

Glute bridge

START HERE: Lie on your back, with knees bent and feet close to your bum. Keep arms relaxed by your sides.

WHAT TO FOCUS ON: Press through your heels and squeeze your glutes to lift your hips high. Keep your core tight and ribs tucked - you want a straight line from shoulders to knees. Hold it strong, no wobbles.

WATCH OUT FOR: If you feel this move in your lower back, try tilting your pelvis under slightly and focus on squeezing your glutes. Feet too far out? Shuffle them in to feel it more in your glutes.

MAKE IT WORK FOR YOU: To scale back the intensity, hold each bridge for a shorter time or drop down and come back up. For more of a challenge, try doing it on a single leg or slowly marching between legs.

Aim for 15 glute bridges, holding each one for 30 to 45 seconds



Squat jumps

START HERE: Plant your feet a touch wider than hips, with toes slightly turned out. Keep your chest up, core on and be ready to move.

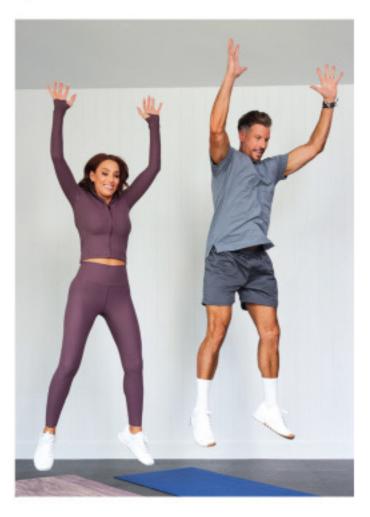
WHAT TO FOCUS ON: Drop into a strong squat, then power up and jump, using your arms to help with lift-off. Your landing should be soft and controlled, like a ninja.

WATCH OUT FOR: Knees buckling in; think of driving them out as you jump. Landing heavily or losing form? You want to control the movement from top to bottom.



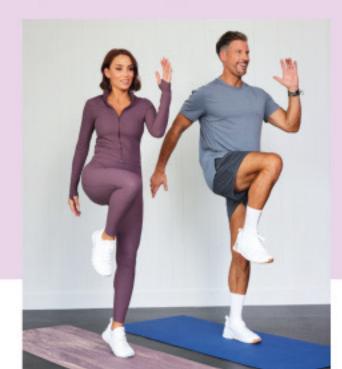
MAKE IT WORK FOR YOU: To dial back the intensity, stick with bodyweight squats (no jump). To fire things up, pause at the bottom or do a double bounce. Aim for 10 to 12 explosive reps and you'll feel the legs light

up in no time



Knee highs

START HERE: Stand tall with feet hip-width apart. Stay light on your feet with arms bent, like you're ready to run for a bus. Bring your right knee up towards your chest, aiming for hip height, as you simultaneously bring up your left arm. Return, then repeat on the opposite side.



WHAT TO FOCUS ON: Switch your core on, and stay tall through your chest. Lift those knees up nice and high as you pump your arms to keep a good rhythm.

WATCH OUT FOR: Don't slouch or lean back, keep your chest up with a proud posture. Stay light and springy through your feet. with no heavy landings.

MAKE IT WORK FOR YOU:

Just starting out? March it out with purpose. Want more burn? Go faster and get those knees even higher.

Go hard for 20 to 30 seconds and earn that sweat



BREAKTHROUGH Bond Repair

NON-STOP DAMAGE PROTECTION*







BEAUTY AND WELLBEING NEWS AND IDEAS TO TRY THIS SEASON. at a glance

QUENCH THE **THIRST**

Dry and irritated skin drinks in hydration at this time of year. If you don't like the feel of rich creams, layer up hydrating serums and lotions instead.

START WITH: Neutrogena Hydro Boost Niacinamide Serum, applied to freshly cleansed skin. The hyaluronic acid-rich formula helps skin retain moisture for a comfortably soft complexion.

FOLLOW WITH: Olay Complete+ Hydrating Lotion - Sensitive. The silky, ceramide-powered moisturiser nourishes skin for a healthy-looking glow.

DON'T FORGET: The skin on your body also needs some love. Dermaveen Intensive Moisturising **Lotion** is a nourishing top-to-toe solution.



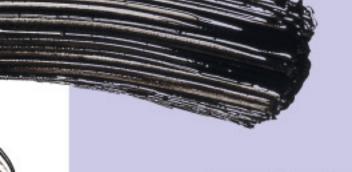






Academy of Dermatology and Venereology, October 2015

Photography Getty Images *Journal of the European



EYES ON THE PRIZE

If the freezing temps have left your lips dry and your nose pink, turn the focus to your eyes with a lash-enhancing mascara. These three are the perfect finishing touch to an on-trend eye look - like the one on page 36.

L'Oréal Paris Lash Paradise Waterproof Mascara

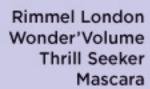
A true multitasker, it adds both volume and length and the waterproof formula ensures longevity without smudging.



COLOSSAL BIG SHOT

Maybelline New York The Colossal Big Shot Mascara

With its collageninfused formula and unique brush design, this mascara delivers major volume in just one coat. Ideal for a bold lash look.



This gives pumped-up volume without weighing down lashes. The buildable formula allows for both natural and dramatic looks.





Staying hydrated in winter is just as important as in summer, even though you may not feel as thirsty. Here's why: the season's lower humidity and biting wind mean there's less moisture in the air, and hot showers and indoor heating deplete it even further*. Here's how to combat the elements and stay hydrated inside and out.

Stay hydrated on the inside...

 Sip on warm, water-based drinks throughout the day. Try herbal tea, decaffeinated green tea or even just warm water infused with slices of ginger and a generous squeeze of lemon.

- Enjoy soups and broths like bone broth, veggie broth or miso soup, which are hydrating and nourishing.
- Snack on waterrich fruits and vegetables like oranges, kiwifruit, cucumber and celery, or blend them into a juice.

Stay hydrated on the outside...

- Switch to a richer moisturiser and look for hydrating ingredients like hyaluronic acid, ceramides, shea butter or glycerin.
- Avoid hot showers and baths, which strip skin of its natural oils. Use lukewarm water instead and limit your shower time to 5-10 minutes.
- Use a humidifier indoors. It adds moisture back into the air, helping your skin stay soft and supple. >







CUB 99% Water Biodegradable Baby Wipes took out top honours in the Baby Care category of the 2025 Product of the Year (POY) Awards, More than 5000 Aussies voted in this year's awards, which recognise product quality and innovation. Here's what gave CUB baby wipes the edge:

✓ They're specially formulated and tested to be gentle on delicate skin.

They're free from alcohol, parabens and fragrances.

They have a minimal ingredients list, with 99 per cent water.



MAKE TIME TO CONNECT

Got the winter blues? Research shows that regularly spending time with others can lift your mood and help you handle stress better, making it easier to get through a slump. Try these fun activities to stay connected.



Volunteer Helping others can provide a sense of purpose and community.



Take up a group fitness class Signing up to a regular class has fitness and social benefits - that's a win-win.



Join a book club Meet new people and take part in stimulating discussions. Check social media or your local library to find a group near you.



Host a movie night at home Invite friends over for a good film followed by great conversation.



2025

Schedule regular video calls Stay in touch with loved ones, even if they're far away.



repair and restore

dry, damaged strands



argan oil repairing collection

www.haskbeauty.com.au | @haskaustralia



HOW TO

GIVE YOURSELF A FACIAL MASSAGE

ONCE A SALON-ONLY TREATMENT, FACIAL MASSAGE HAS BECOME AN EASY WAY TO BOOST YOUR SKINCARE RESULTS AT HOME. TRY IT FOR YOURSELF WITH THIS DIY GUIDE.





ant to smooth out worry lines, reduce puffiness and get an envy-inducing glow? All you need is your hands and 15 minutes each day. "Facial massage boosts blood flow, delivering oxygen and nutrients to skin cells, which results in a brighter, healthier complexion," says facialist Pippa James, an expert in different facial massage techniques. It feels good, too. "Facial massage can relieve tension in facial muscles, and the gentle, rhythmic movements promote relaxation and reduce stress levels," Pippa adds.

For best results, aim to make your facial massage a daily treat. "Consistency is key, so finding

a time that you can stick to regularly is most important. To address puffiness in the face, it's usually best done in the morning, whereas releasing tension in the face after a long day is a nice way to wind down," Pippa says.

BEFORE YOU BEGIN

Start with a freshly cleansed complexion. Rub a few drops of facial oil or moisturiser between your fingertips to warm it up. "You need enough 'slip' for your hands and fingers to glide easily on the skin," Pippa explains. "Oil tends to work well for longer routines. A moisturiser will absorb more quickly, so it's best for a quick massage. Massaging in your products can aid their absorption into your skin." Alternatively, you can create

a two-in-one cleansing ritual by massaging with a balm or oil-based cleanser.

Use pressure that's firm enough to feel the massage working, but gentle enough not to cause pain or discomfort, Pippa advises. "Think of it as a gentle, gliding motion rather than a deep, forceful one." The delicate eye area needs a very light touch, while the cheeks and jaw can typically handle more pressure. "When working on areas with muscle tension, like the jawline, a slightly firmer pressure can be beneficial, but still avoid any pain," she adds. "Pay close attention to how your skin reacts to the massage. If you notice any redness or irritation, reduce the pressure. If you feel any pain, stop the massage immediately." >

REVLON

Revion's 3D Color Gel Technology™ delivers natural-looking, multi-tonal colour, giving your hair definition and dimensionality from root to tip.



COLORSILK

Get long lasting high definition colour & shine

- Achieve 100% gray coverage in the comfort of your own home
 Now enriched with silk amino acid
 - * Circana Total US Multi Outlet Women's Hair Coloring Latest 52 weeks Ending 03.02.2025.

 † Formulated without adding ammonia

STEP-BY-STEP GUIDE







STEP 1 ACTIVATE LYMPH NODES

Lymph nodes are part of your body's natural detox system. Gently activating them encourages the movement of lymph fluid, to flush out toxins, reduce puffiness and support a clearer complexion. Do this by gently 'stretching' down the skin from the nape of the neck to the top of the shoulders. "Take it slow and use featherlight movements," says Pippa.







STEP 2 RELEASE NECK TENSION

Releasing tension in the neck helps relax the jaw and face. Find the long muscle down the side of the neck and grip it between your thumb and forefinger, working your way from the collarbone to under the jaw. "Try tilting the head to grab at the muscle," says Pippa. "It shouldn't feel like you're pinching the skin." Repeat on the other side.







STEP 3 TARGET A TIGHT JAW

This move really helps to target tight and tender jaw muscles. Tilt your head to one side and hook the tip of your thumb under the side of the jaw that's tilted up. Use your bent pointer finger to apply pressure as you draw it from the hinge of the jaw to the jawbone. Repeat on the other side of the jaw. "Find any tender spots and massage them out," Pippa says.







STEP 4 FIRM THE JAWLINE

"This little move can help lift and tone the neck and jowls," Pippa explains. "Use your index and middle knuckles and place one on each side of the jawbone. Glide them from the chin to under the ear with as much pressure as feels comfortable. It can help to use some cream or oil for extra slip as you're moving up the jawline." Repeat on the other side. >



QV

Care behind moisturised skin



New look, same (2)

STEP-BY-STEP GUIDE







STEP 5 SOFTEN SMILE LINES

"Never stop smiling," says Pippa, "Do this instead to smooth out smile lines." Use your index and middle fingers to massage the lines that run from the corner of your mouth to the outer edge of the nose, always moving in an upward direction.







STEP 6 SMOOTH THE BROW

To smooth away the lines and furrows on your brow, pinch the skin at the start of the eyebrow between your thumb and index finger; squeeze gently as you slide along the brow. This is a good one to try if you find yourself squinting or concentrating hard throughout the day.







STEP 7 TREAT THE EYE AREA

Show tired or puffy eyes some love. Use your index and middle fingers to gently tap around the eve area, starting from the inner corner and moving outward. Then, gently glide your fingertips under the eye, following the curve of the orbital (eye) bone up to the temple. Always use a very light touch to prevent dragging the skin.







STEP 8 RELAX THE SCALP

"Massaging the scalp relaxes the stiff skull muscles and improves blood circulation to the head and face," says Pippa. It also happens to feel good. Start on the hairline at the front of your face and work your way back to the nape of the neck, focusing on any spots that feel tender or tight. >









COLOUR-CORRECT YELLOW TONEST FOR A WHITENING BOOST



What makes PURPLE SERUM unique?





Refreshing Mint & Yuzu Flavor





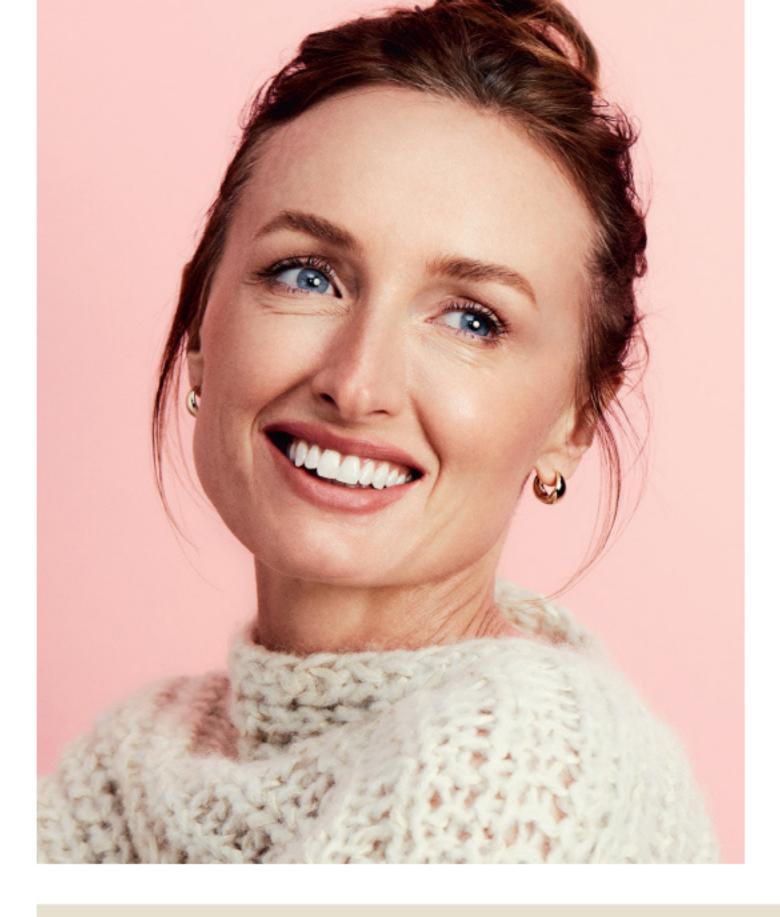




PUMP







level up your technique

- Always use gentle movements, working up and out towards the edges of the face. Avoid aggressive pulling or tugging down the skin.
- Make sure your hands and face are clean to prevent spreading bacteria that may clog pores.
- Use lighter pressure if you have sensitive skin or are prone to eczema. Rough or vigorous massage can irritate the skin.
- If you have active acne or rosacea, avoid those areas of the face, as massage may worsen these conditions.
- If you've recently had facial injectables, such as fillers or muscle relaxers, always check with your injector before doing any facial massage.

Toolkit picks

ADD THESE PRODUCTS TO YOUR FACIAL MASSAGE ROUTINE TO NOURISH THE COMPLEXION.



Sukin Signature Facial Moisturiser

With its blend of rosehip, avocado, sesame seed and jojoba oils, this moisturiser hydrates and softens thirsty skin.



DermaVeen Face **Hydrating Facial** Moisturiser

Designed for a dry or sensitive complexion, this moisturiser helps hands glide across the face, without feeling greasy.



Bio-Oil Skincare Oil

Doing the full massage sequence? A facial oil like this is ideal and also contains skin-loving ingredients to protect and even out the complexion.



Sukin Hydrating Mist Toner

If your complexion can't tolerate oily products, use a facial mist between each massage step to add slip and hydration.



QV Face Nurturing Night Cream

Incorporate this cream into a night-time massage - it's formulated with vitamin B3 and safflower oil to promote visibly smoother skin.

SKIN SENSITIVITIES?

NO WORRIES























People Haircare All-In-One range

MY HAIR IS: Thick, coloured and wavy.

MY MAIN HAIR CONCERNS ARE:

Frizziness and dryness.

I USE THEM: Weekly
for the shampoo and
conditioner and every
few days for the
All-In-One Treatment.

THEY MADE MY HAIR FEEL: Softer and in

better condition.

People Haircare products had caught my eye in Coles. I liked the cool packaging, so I was intrigued by the brand. The noticeable difference with this shampoo is that it makes my hair feel soft as I wash it, unlike other shampoos I've used, which feel like they're stripping my hair, making it tangled. The conditioner consistency is quite thin so I didn't think it would be rich enough for my

People Haircare All-In-One Leave in Treatment, Shampoo and Conditioner thick hair, but I was pleasantly surprised. My hair feels soft and manageable and I really liked the fresh subtle fragrance of the products.

The All-In-One
Treatment is a
leave-in conditioner
with a similar light
consistency to the
conditioner. I use it on
damp hair every few
days to revive my curls,
and it makes my dry
ends look healthier.

My daughter straightened her thick, wavy hair after using the shampoo and conditioner and felt her hair was softer and less frizzy. I'd happily buy this range again.





John Frieda Violet Crush For Blondes range

MY HAIR IS: Colourtreated and damaged.

MY MAIN HAIR CONCERNS ARE:

Brassiness and frizz.

I USE THEM: Every second time I shampoo my hair.

THEY MADE MY HAIR LOOK: Bright and shiny blonde.

I'll cut to the chase: this shampoo has become my secret weapon in my ongoing fight against the merest hint of brassiness. I prefer my hair to be a very pale shade of platinum blonde and love the clean, creamy hue my colourist can achieve - even though it can be challenging to maintain between salon visits. The Violet Crush shampoo does the trick. Its deep purple colour acts as a toner to knock out any brassiness without leaving my hair feeling stripped or frazzled. I use it as a second shampoo

> John Frieda Violet Crush For Blondes Shampoo and Conditioner

every second time I
wash my hair. You need
to emulsify it first by
adding plenty of water
and mixing it in the palm
of your hand; this makes
it easy to work through
the hair. If my hair is
feeling particularly
'warm' in colour, I'll let
it sit for a few minutes
to neutralise any
golden tones.

After rinsing thoroughly, I slather on the Violet Crush conditioner. It also contains violettoned pigment but its main role is to drench hair in moisture, leaving the colour bright and the texture smooth. It does such a good job I can almost forget how much damage I regularly inflict on my locks.





L'Oréal Paris Elvive Glycolic Gloss range

MY HAIR IS: Fine. MY MAIN HAIR CONCERNS ARE:

Flatness and dandruff. I USE THEM: Twice

a week. THEY MADE MY HAIR FEEL: Smoother and

with added volume.

The Elvive range gets off to a good start with its ingredients list: the shampoo and conditioner are sulphate-free and made with glycolic acid, which the brand says helps with shine and smoothness.

A 20 cent-sized dollop of the shampoo goes a long way, removing build-up of my dry shampoo without the need to double wash. Next up, the sniff test. The shampoo has a sweet bubblegum scent to match the on-trend bubblegum pink packaging. Once I've

> L'Oréal Paris Elvive Glycolic Gloss Shampoo and Conditioner

rinsed it clean, only a trace of the sweet fragrance remains.

I feel the shampoo delivers on its claims, smoothing down my hair's cuticles so much that if I was feeling lazy, I could skip conditioner altogether. Instead, I use a tiny amount. When I comb through my hair later, I notice minimal fallout. After a blow-dry, it looks glossy, voluminous and thick. I ask my husband for his opinion and he looks up from the TV and says, "Ooh la la". I guess that's the tick of approval.





Tresemmé Keratin Smooth range

MY HAIR IS: Colour-treated.

and smooth.

MY MAIN HAIR CONCERNS ARE: Oily scalp and frizzy ends. I USE THEM: Every two to three days. THEY MADE MY HAIR FEEL: Hydrated

My hair has been coloured for many years and I straighten it after every wash. Given this combination of heat and chemicals, it's hardly surprising that it's been showing signs of stress. It's dry on the ends and oily on the scalp; frizzy but also flat. I've tried hard to embrace natural shampoos and conditioners, but found they did little to help the problem. But I was impressed to discover that this trio of shampoo, conditioner and serum worked

I've noticed that my hair feels softer after

well for me.

Tresemmé Keratin Smooth Serum. Shampoo and Conditioner

blow-drying and it's a lot less frizzy. The serum works a treat - I use it on wet hair before blow-drying, and then apply the tiniest dab to smooth down any fine baby hairs when it's dry. It doesn't feel heavy or oily. The scent is pleasant, and even my teenage daughters who are prone to sensitive, itchy skin have enjoyed using it. The three of us have very different hair types - one has very curly hair, the other's is thick and wavy - but it works well for all of us. No more oily scalps or frizzy ends. The bottles look lovely too, in sleek black, white and gold. I'll definitely be buying this set again. 🜚





Trusted tools

These handy picks will help you create a winged eye, whether it's a softly smudged look for day or a more dramatic graphic line for evening.

here's a reason winged eyeliner has been a go-to beauty look for decades: the curve of the wing gently elongates the eye, adding definition and giving an instant visible lift. It's also more versatile than you might think. Make a bold statement with a sharp, graphic line; dial up the drama with

an exaggerated cat eye; or add

a tiny flick at the outer corners.

everyday polish and definition with

You can even skip liquid liner altogether and use an eye pencil and powder eyeshadow to create a soft and smoky winged look. It's easier to create and is ultra-flattering on almost every eye shape. "Winged eyeliner is stronger and more dramatic, whereas winged eyeshadow is almost like a soft smoulder," says make-up artist Desiree Wise, who created the look on these pages. "You get the general effect of a winged style without the appearance of a lot of make-up."

PERFECTING THE WING

To draw the wing using liquid eyeliner, Desiree recommends starting at the tip and working your way back down to the lash line. "Think of it as though you're making a little triangle with the wing and your natural lash line, then filling it in. From there, you can continue

EcoTools The Core Five Set e.l.f. Expert Liquid Eyeliner Revlon ColorStay Eyeliner in Black Brown Maybelline New York Color Tattoo EyeStudio L'Oréal Paris Eyeshadow in I Am Courageous Telescopic Mascara e.l.f. 16HR Camo Top tip Concealer To keep your hand steady while applying your eyeliner, try propping your

the line along the lid, using your lashes as a guide."

pinky finger on

your cheek.

To ensure the wing position and weight matches on both eyes, she recommends going slowly and working in stages. "Don't complete one eye and then do the other. Do a little bit of one and then a little bit of the other, so you're basically following the same stroke on each

eye." Got shaky hands? Use an eye pencil first, to create the shape, "Often we'll draw the liner on with a soft pencil to mark out the shape, then trace over the top with the liquid," Desiree says.

It can take time and practice to master this style. If you make a mistake, simply use a thin, toothpick-style cotton tip dipped in micellar water to clean up the area, without removing the rest of your make-up. >



24 hr lotion-soft skin try our best body wash ever



STEP-BY-STEP GUIDE



STEP 1 / PRIME

The thin skin on your eyelids can show veins and be prone to oiliness. To create a smooth, even base, apply a small amount of cream concealer to lids and the inner corners of the eyes, then use your fingertip to gently blend.



STEP 2 / BASE

Build a base colour using a powder eyeshadow in a soft matte shade of taupe or brown. "Use a small fluffy brush to press the powder onto the lid," says Desiree. "By pressing rather than wiping it on, the shadow will have greater longevity."



STEP 3 / PENCIL

Take a soft eyeliner pencil in brown or charcoal and draw a rough line along the upper lashes, following the curve of the lash line. "The trick is to use the lashes as a guide," Desiree adds. "When you get to the outer corner, take it slightly out and up."



STEP 4 / SMUDGE

Using a small smudge brush or angled brush, blend the liner outward and slightly upward into a wing shape. "Start from the inner corner and work out, so you're distributing more pigment on the outer corner of the eye," she says. >

HYDRATED, DEFINED FRIZZ-FREE CURLS



STEP-BY-STEP GUIDE

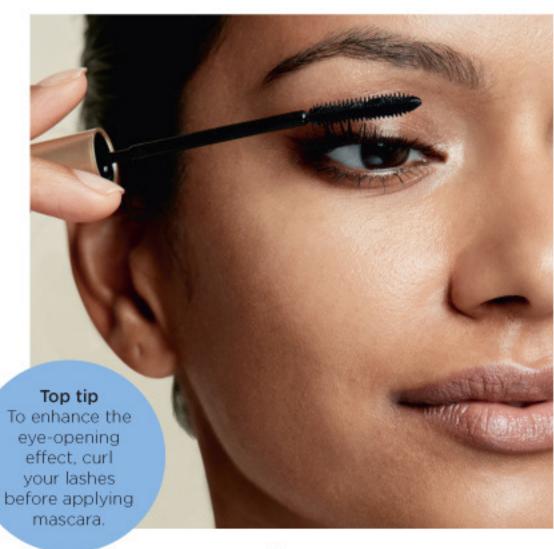


STEP 5 / LOWER LASHES

For a soft, sultry look, lightly run the same eyeliner pencil along the lower lash line. Concentrate on the outer third of the eye, connecting it at the corner to the top wing. "A brown pencil is soft and flattering," Desiree notes.

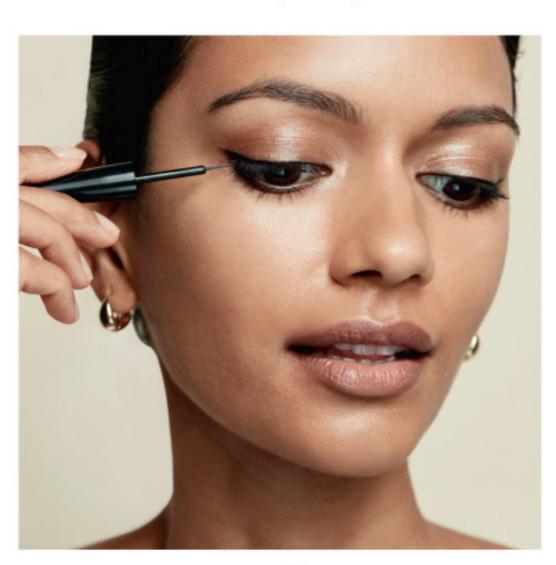


Dab a small amount of metallic cream eyeshadow in the centre of the eye, near the lid's crease. "The beauty of a crayon-style eyeshadow is that you can draw it straight on and use your fingertip to blur out the edges," says Desiree.



STEP 7 / MASCARA

Apply a generous coat of lengthening and volumising mascara to the top and bottom lashes - this helps to tie the whole look together and enhances the soft, lifted effect. Gently wiggle the mascara brush into the lash root before pulling it through.



STEP 8 / LINE

For more drama, finish by applying black liquid eyeliner along the upper lash line, extending it slightly from the outer corners. Start at the outermost tip and work in towards the eye, following the shape created by the pencil liner in step 3. >

For Ever Sensitive DERMATOLOGIST TESTED DERMATOLOGIST Cetaphil TESTED FOR TESTED FOR Cetaphil Cetaphil TESTED FOR baby baby baby Cetaphil Cetaphil Cetaphil Gentle Skin Cleanser **Moisturising Lotion** Oily Skin Cleanser All Skin Types Combination to Oily, Sensitive Skin Dry to Normal, Sensitive skin **Dailty Lotion** Instantly soothes and protects skin Hydrates as it cleanses, to help soothe Deeply cleanses and minimises pores and replenish skin's moisture without stripping skin of natural moisture from dryness for 48 hours Baby's Delicate Skin & Hair Baby's Delicate Skin

Clearnes and nourishes without

Glycorie & Pro-Vitamin 85

Aloe Wes & Almond Oil

400 mi.

(U)

Nourishing lotion that preserves skin's moisture barrier

Shoo Duffer, Vitamin E & Pre-Vitamin B5

DERMATOLOGIST RECOMMENDED BRAND*

Vitamin B3 & Pro-Vitamin B5

Hydrating Glycerin, Vitamin B3 & Pro-Vitamin B5 Avocado Oil & Vitamins E & B3 /

WINGED EYELINER FOR DIFFERENT EYES

A FEW SMALL TWEAKS TO THE WAY YOU APPLY EYE MAKE-UP CAN MAKE A BIG DIFFERENCE. MAKE-UP ARTIST DESIREE WISE EXPLAINS HOW TO CUSTOMISE YOUR APPLICATION, ACCORDING TO YOUR EYE TYPE AND SHAPE.





HOODED EYES

"As the lid isn't fully visible when eyes are open, the liner can disappear or transfer on hooded eyes. To keep it visible, apply a thicker line to the lids, and extend it in an upward flick from the outer corners of the eyes."

ROUND EYES

"To elongate round eyes, draw the wing only on the outer third or half of the eye, depending on how round they are. Avoid bringing it into the centre of the eye, as it can make the eyes look smaller and more circular."

CREPEY LIDS

"Never pull your lid taut to apply make-up, as it makes the liner uneven. Instead. use a pencil or a shadow liner rather than a liquid liner. Keep the line as fine as possible, with minimal extension beyond the lash line. "



SMALL EYES

"For small or close-set eyes. focus on the outer corners and be very light-handed on the inner half of the eyes. Also avoid lining under the eyes as it can make them look closed in."



WIDE-SET EYES

"To visibly bring eyes closer together, take the line all the way to the inner corners of the eye; you can even extend a fine line past the inner corner. Keep the wings smaller and less dramatic."



TIRED EYES

"If you're prone to dark under-eye circles, avoid applying pencil, eyeshadow or mascara along the lower lash line. It can make the eyes appear heavier and accentuate shadowing."



Pick these for a salon-style finish

IF YOU WANT...

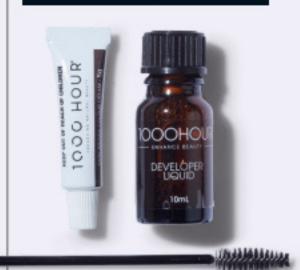
THEN YOU NEED...

Beautifully groomed evebrows and lashes

A semi-permanent tint that's smudge-free, waterproof, easy to apply and works in minutes. Tinting adds fullness and definition to brows and lashes, so they look naturally polished without make-up. A single application lasts up to six weeks and saves you so much time applying mascara and brow products each day.

PRO TIP: To stop the colour from staining your skin, dab Vaseline on the skin around your eyebrows and carefully apply the tint using the clean spoolie brush in the kit. Concentrate on any fair hairs or areas that are more sparse, such as the tail of the brows. Always follow the enclosed directions for use.

TRY THIS...



1000 Hour Lash & Brow Dye Kit

A salon-style manicure at home

Artificial nails that give a professional-looking mani in minutes. Their smooth, even surface helps polish go on more evenly and stay put for longer. Plus, you can pre-paint them ahead of time, so they're ready to go when you need them. Want a new vibe for the weekend? They're easy to remove and replace, so why not get creative and experiment with some nail art? PRO TIP: For better adhesion, ensure your natural

nails are clean and dry, and free from old polish or oily hand cream. Then, apply a small amount of glue to the back of each artificial nail and hold it in place for 15 seconds.

Long-lasting volume or curls

Velcro rollers. Does your carefully styled 'do fall flat after just a few hours? Give these rollers a try - used on dry hair, they're an easy way to style without using heat. The small rollers are ideal for creating tighter curls, while the large rollers can be used for loose waves or overall volume and bounce.

PRO TIP: Working with a 5cm section of hair, position the roller halfway down the length, wind the end around the roller first, then roll it up to the roots and pin it in place. Spray generously with hairspray and leave in for 20-30 minutes.

Helios Nail Systems Almond Nails HAIL CLUE Slick Hair Heatless Velcro Hair Rollers

A glamorous lash look

Easy-to-apply false lashes. Faster and more convenient than salon-style lash extensions, false lashes give instant glamour when you need it. Pre-glued lashes come with the adhesive already applied, making the application quick and hassle-free. They're ideal if you're new to using false lashes, as the flexible band makes it easy to adjust the placement on your lash line without tugging.

PRO TIP: Apply lashes as the final step in your eye make-up routine. Use tweezers to peel one lash from the tray and measure the length against your eye. Trim the length if needed before applying to the upper lash line. >

Glam by

Manicare Glam

Ready Pre-Glued Lashes

ELEVATE YOUR HAIRSTYLE WITH

TONECUY

SALON QUALITY BRUSHES & COMBS

PROFESSIONAL QUALITY
GLOBAL SUPERBRAND
MADE IN KOREA*

toniandguyhairaccessories
 toniandguyhairaccessories.com.au

SHOP NOW



*Excl. the Dual Bristle Up Do Brush

Great picks for extra staying power

IF YOU WANT...

THEN YOU NEED...

Make-up that stays the day

A lip colour that goes the distance. It's frustrating to spend time applying your lipstick, only to discover it barely outlasts your morning coffee. Try Maybelline's long-wearing liquid lip colour, instead - the ultra-pigmented formula is available in either a matte or a high-shine vinyl finish and it stays put for up to 16 hours. Just as important: it feels comfortable to wear and doesn't leave lips feeling dry or chapped.

PRO TIP: Before applying, blot away any lip balm or oil that can stop the lip colour from adhering. Start in the centre of the lips and work your way out to the edges.

Fuller-looking lashes and brows

A lash-loving serum that gently revitalises your eye-framers. Rimmel's Wonder'Serum is formulated with a nutrient-rich complex of vitamins, proteins and peptides to support natural lash and brow growth, plus bamboo extract and castor oil to strengthen and reduce lash breakage over time. With daily application, brow hairs look fuller and more defined and lashes appear less sparse.

PRO TIP: Use the serum as an overnight treatment to allow the nutrient-rich complex to work while you sleep. Apply it to clean, bare lashes and brows using the precision tip applicator. For best results, apply daily for at least four weeks.

A flawless glow all year round

A great self-tanner. The beauty of tanning drops is that you can add them to your favourite facial oil or body moisturiser, allowing you to customise the shade to your preferred level of intensity while reaping the benefits of extra hydration. A couple of drops gives a subtle colour; 10-12 drops will deliver a deep shade of bronze.

PRO TIP: When using self-tanner on your face, start at the centre and smooth the product out towards the edges. Don't forget to wash your hands after, to remove any tanning residue.

Coverage that won't quit

A long-wearing foundation. If you haven't tried one in a while, you might be surprised by how comfortable the newer formulas actually are. L'Oréal's Infallible 32H Foundation feels breathable and looks natural all day, while giving impressive staying power and buildable coverage. It dries to a fresh semi-matte finish that's not too dewy, not too flat and doesn't cling to dry patches or fine lines.

PRO TIP: Apply it with a damp beauty sponge for a more skin-like finish, or use a buffing brush for extra coverage. Set it with a light translucent powder in your T-zone to control shine without caking.



Rimmel London Wonder'Serum Revitalising Serum for Lashes and Brows





L'Oréal Paris Infallible 32H Fresh Wear Foundation







STYLING FIBER

FLEXIBLE
MEDIUM HOLD
LOW SHINE
Suitable for all hair types



PLIABLE PUTTY

ADD TEXTURTE & THICKNESS STRONG HOLD MATTE FINISH Suitable for shorter hair



TEXTURE

ADD DEPTH & TEXTURE LONG LASTING MATTE FINISH Suitable for all hair types THE CODRAL RANGE PROVIDES

EFFECTIVE RELIEF

FROM COLD & FLU
CONGESTION | PAIN | COUGHS



AUSTRALIA'S #1
COLD & FLU BRAND*

Always read the label and follow the directions for use.
*Data sourced from Circana MarketEdge AU Scan Database,
Value & Units Sales, MAT to 10/11/2024

Codral SOLDIER ON







t's often associated with fitness aficionados, but there's much more to protein than fuelling stamina and muscle growth. A vital macronutrient, it supports just about every essential function of the body, from muscle and tissue repair to hormone production, cell maintenance and a healthy immune system*. Unlike fellow macronutrients fat and carbohydrate, the body doesn't store protein so a daily intake is needed to keep things running smoothly*. Lean meats, seafood, dairy and eggs are a go-to protein source for many people. But plant-based sources in the form of tofu, tempeh, legumes and nuts also pack a protein punch and bring their own valuable nutrients, including various vitamins, minerals and fibre to the table. This is why consuming a combination of both animal and plant protein is often advised for general health*.

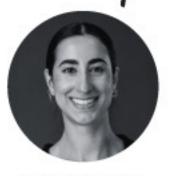
But let's get down to it: just how much protein do you actually need? The recommended dietary intake (RDI) for adults in Australia is around 0.8g of protein, per kilogram of body weight each day[†]. So, if you weigh 70kg, that equates to 56g of protein each day. Most Australians will achieve this through a balanced diet that incorporates food from the five food groups[‡]. But substantial evidence shows that increasing your daily consumption of high-quality protein at certain life stages can optimise your wellbeing".

When considering making changes to your protein intake, it's important to take into account various factors such as age, physical activity levels, health status and goals, according to functional medicine practitioner Lorraine Cussen. Regardless of your life stage, if protein is on your radar, remember to look at it in the context of "a balanced wholefood diet to ensure you are getting all the nutrients you need," she says. Fresh vegetables, dairy, a variety of protein sources, wholegrains, fruit and healthy fats are all important to maintain health and wellbeing. "Ideally protein intake should be individualised based on your own needs," she adds, "so always consult with your preferred health professional if you're considering making major changes to your diet." >

Meet the experts



Lorraine Cussen, functional medicine practitioner, Melbourne Functional Medicine



Julia Perruzza, Coles Group dietitian



Jaime Rose Chambers, accredited practising dietitian and nutritionist

HOW MUCH PROTEIN DO YOU NEED...

If you exercise at a high level?

Protein is crucial to recovery and muscle repair, so if you're hitting the gym hard, your protein requirements (and your energy and carbohydrate requirements, too) will be higher than someone leading a more sedentary lifestyle. Coles Group dietitian Julia Perruzza recommends around 1.5g/ kg/day of protein if you're regularly exercising at a moderate to high-intensity level, and up to 2g/kg/day if you're regularly weight training or training for endurance events such as a marathon.

As for timing your intake, does it really matter? A popular fitness concept known as the anabolic window suggests consuming protein within a short timeframe after a workout can optimise muscle repair, but scientific research on this is inconclusive, "Actually, muscles remain really sensitive to protein and absorb it for four to six hours after exercise*." says Lorraine. "The most important thing is to consume an adequate amount of protein across the day," she advises. "Keep it easy by having good quality protein in every meal and snack."

IS ALL PROTEIN CREATED EQUAL?

Julia explains that both animal and plant-based proteins can provide support in meeting individual protein needs and body composition goals, but they have different amino acid and nutrient profiles, which is why experts advise consuming protein from a variety of sources. She recommends aiming for 25-30g of protein per meal and 10g protein for snacks, adding that "eating a high-protein breakfast will make it easier to meet your protein requirements". Mix things up with a high-protein yoghurt bowl with oats, nuts, seeds and fruit; an omelette with veggies and cheese; or hummus and tomatoes on a higher protein bread, she suggests.

Is more protein always better?

No, say the experts. "Too much protein can't really be used efficiently by the body," says Lorraine. Plus, it can create extra work for the liver and kidneys to process it. Instead, stick to the recommended daily amount and prioritise lean, high-quality protein sources (find some suggestions on page 59).

HOW MUCH PROTEIN DO YOU NEED...

If you're trying to gain lear muscle mass?



Lean muscle mass doesn't just make us look toned, "it improves our physical performance, energy levels and quality of life," explains Lorraine. "It also strengthens bones, which reduces the risk of osteoporosis and fractures as we age." But the idea that simply eating more protein will help you build muscle is a misconception, "Muscles need to be stimulated via resistance (weight) training for muscle growth to occur, and eating more protein without an additional training load will

not result in an increased muscle mass," says Julia.

SIMPLE SWAPS TO INCREASE YOUR PROTEIN INTAKE

Julia advises aiming for 1.5-2g/kg/day of protein if gaining lean muscle mass is your goal, and distributing it evenly across meals to ensure optimal muscle synthesis. You can also add some incremental protein to your day through snacks and simple swaps. Julia's tips? Choose hummus or nut butter over jam on toast; opt for high-protein pastas; or add nuts and seeds to breakfasts, voghurt bowls and salads for a small protein boost, "And if you're still struggling to meet your protein requirements, consider incorporating a protein supplement in the form of powders or bars," she says.

HOW MUCH PROTEIN DO YOU NEED...

f you're in menopause (or perimenopause)?

The hormonal changes that come with perimenopause can lead to muscle loss and reduced bone density, explains Jaime Rose Chambers, an accredited practising dietitian, nutritionist and author of The Peri Diet. "Instead of just consuming enough protein to maintain our muscle mass, we now need extra protein to balance out the loss of muscle. The literature suggests that we should be having somewhere between 1.2 to 1.6g/kg/day," she adds. While meat, poultry, seafood, dairy and eggs are all rich sources of protein at this time, "plant sources, like pulses and lentils, nuts, seeds, tofu and other whole soy-based

products - such as edamame, soybeans and whole soy milk can be great, too," advises Jaime. "Omega-3 fatty acids found in oily fish, chia seeds and flaxseeds, as well as foods containing phytoestrogens (soy products, peanuts and some fruits) are also suggested to be protective to health for women during and post-menopause," adds Julia.

THE BENEFITS OF A HIGH-PROTEIN BREAKFAST

Many of us tend to have most of our protein in an evening meal, but Jaime suggests that "in an ideal world, we should try to stack that protein earlier

in the day, with around 30-40g at breakfast". Not only will this accelerate protein synthesis throughout the day, "it will also help with appetite management at a time where it's common for women to gain unwanted weight", she adds. Need inspiration? Jaime's 'peri berry smoothie' combines skim or soy milk, ground flaxseeds, probiotic yoghurt, berries and good quality whey protein (or soy protein for vegans), for an impressive 35g of protein. Prefer something more savoury to kickstart your day? Jaime recommends a couple of eggs, two slices of grainy toast and either cottage cheese or smoked salmon for an easy 25-30g of protein. >





MAXIMISE YOUR PERFORMANCE

WITH COLES PERFORM BALANCED MEALS

- Sports Dietitian approved

- RSPCA Approved chicken
- One serve of veg





HOW MUCH PROTEIN DO YOU NEED...

Ly you're a vegetarian?

The notion that you can't get enough protein on a plant-based diet is outdated. "We know for sure that's not the case," says Jaime, clarifying, "we just need to carefully plan and curate our meals to make sure that they've got adequate amounts of protein". Julia agrees, adding that typically "you need to consume a larger serving of a plant protein source to get the same amount of protein as an animal source". For a healthy vegetarian diet, Julia recommends including dairy foods (or soy-based alternatives) such as milk, cheese, yoghurt, as well as eggs, tofu, tempeh, legumes (beans, peas and chickpeas), seitan (wheat protein) and smaller amounts of protein in the form of nuts, seeds and wholegrains.

WHAT ABOUT VEGANS?

Soybeans and quinoa both contain a broad range of essential amino acids, but "it's important not to rely on a single plant source for your protein needs," advises Julia. "Include a variety of different plant-based protein sources each day to ensure you're consuming adequate quantities of all nine essential amino acids." Jaime also suggests that you can up your protein intake by drinking calcium-fortified soy milk, and adding things like spirulina and nutritional yeast to your diet. "They are rich in protein without adding lots of extra calories."



HOW MUCH PROTEIN DO YOU NEED...

If you're always hungry?

Struggling with constant hunger? Research suggests that eating 20-30g of protein per meal helps control appetite by regulating hunger hormones like ghrelin^{*}. "Protein stabilises glucose straight away and supports nutritional needs in a regulated way, giving us a stable platform of satiety," says Lorraine.

Studies also suggest that eating a high-protein breakfast can help with appetite control, and reduce cravings and late-night snacking[†].

TIPS FOR MINDFUL EATING

The key to satiety (feeling full) is balance, according to Julia. So, as well as ensuring adequate protein, "include healthy fats and a source of fibre-rich carbohydrates in each meal, and focus on

a combination of protein and fibre for snacks. Opt for wholefoods, as they typically contain more fibre than processed foods - with fibre also playing an important role in satiation¹", she says. "Ensure you're adequately hydrated and consider not always choosing the 'low-fat' or 'fat-free' options as fat is an important macronutrient that supports satiation as well as other vital processes." >



Time to Pikster!



Like Floss, Only Easier

Use Piksters daily to easily remove plaque & food debris from your tooth gaps. Keep by your toothbrush as a reminder.

"#1 Brand in Australia" refers to Piksters as the top-selling interdental brush brand across Australian pharmacy and grocery channels, based on value and unit sales (52 weeks ending 29/03/2025).

How much protein is in that?

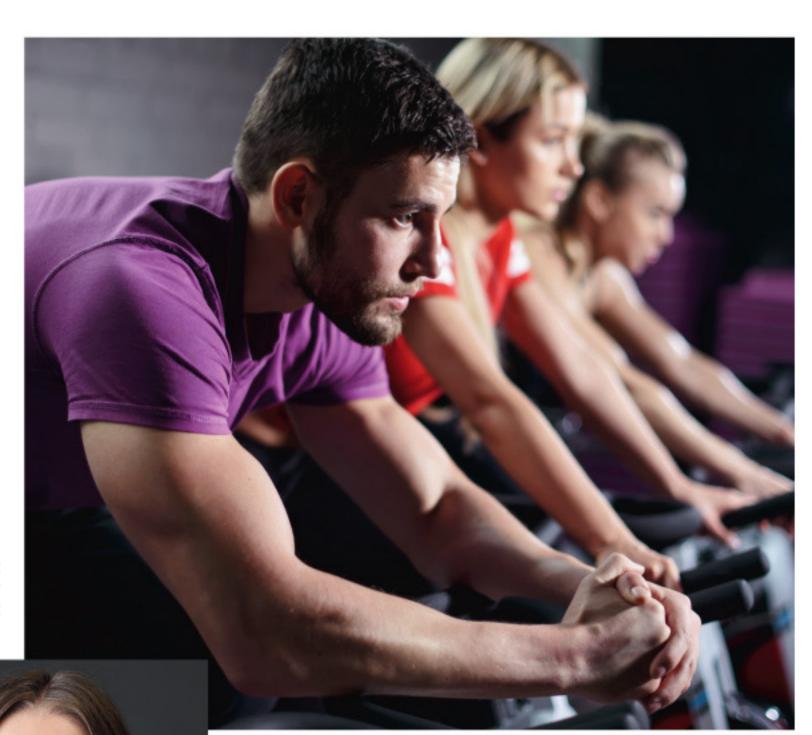
Use this chart as a guide to find out how much protein is in an average serve.

December 2013 "How protein can help you lose weight naturally, healthline.com, May 2024 *Nutrition Journal, August 2014 '14 of the most filling foods, healthline.com, October 2024 *Functions of protein, healthline.com, February 2023 "betterhealth.vic.gov.au *Food & function, March 2016 "healthdirect.gov.au "Applied Physiology, Nutrition and Metabolism, May 2016 "Function and sportsmedicine, June 2009 "Journal of the International Society of Sports Nutrition, January 2013 "Journal of the International Society of Sports Nutrition,



FUEL YOUR PERFORMANCE

COLES PRODUCT DEVELOPER KATE ABBOTT TAKES US BEHIND THE COLES PERFORM RANGE, SHARING HOW IT GOES FROM IDEA TO AISLE.



Coles product developer Kate Abbott (below).

> laying sport or just trying to stay active? You're not alone - many Aussies are looking for ways to feel fitter and healthier. That's where Coles hopes to lend a hand, with a range of products designed to support everyday health and fitness goals. Called Coles PerFORM, the range includes food and drinks that have been given the thumbs up by sports dietitians. With great-tasting meals and snacks, they make it easier to fuel your body, whether you're training for a marathon or just

juggling a busy week. Here, Coles product developer Kate Abbott tells us more about the PerFORM range.

Tell us about the Coles PerFORM range.

The Coles PerFORM range was developed to support active Australians achieve their health and fitness goals by providing a selection of quality products that are approved by Accredited Sports Dietitians. Targeting gym goers and health-conscious individuals, the range consists of more than 60 products, including chilled

and frozen ready meals, yoghurt, protein powders, protein bars and much more.

Within the chilled ready meals category, we have the Build and Lifestyle ranges. Build products have a higher protein and carbohydrate content, targeting those wanting to build muscle, while Lifestyle products have a lower calorie content with a balance of macronutrients.

There are a lot of protein-rich products out there. What makes PerFORM different?

Coles PerFORM is the only private label range that is approved and endorsed by Sports Dietitians Australia, Australia's peak professional body for dietitians specialising in sports nutrition. The organisation's member dietitians help active Australians maximise their training, performance and recovery with credible nutrition support. All food and beverage products that sit under the Coles PerFORM brand are approved and endorsed by Sports Dietitians Australia and their advisory panel of Accredited Sports Dietitians.

Each product range also has a set of specific nutrition criteria to ensure PerFORM products are suitable for reaching optimal performance, recovery and assisting in maintaining

good health. Additionally, each of our ready meals contains at least one serve of vegetables. so you know every meal is not only delicious but well balanced.

Can you take us through the development process of Coles PerFORM products?

We start by reviewing the market to understand the key health needs of our target customer, as well as analysing flavours and recipe trends. We then work closely with our manufacturer in Australia, our development chefs and our nutrition team to develop recipes that are delicious and meet the PerFORM nutrition requirements. Once we're happy with a recipe, it's reviewed and approved by Sports Dietitians Australia's advisory panel and then we begin production and getting products onto the shelf.

How can people incorporate PerFORM into their weekly meal planning?

When you have a busy day in the office, or don't have much time in the evening, our PerFORM ready meals can be a great solution for a guick, healthy dinner or lunch. We have a range of different flavours so you can rotate your favourites to ensure you've always got variety throughout the week.

Grab and go

THESE SATISFYING MEALS FROM THE COLES PERFORM RANGE ARE GREAT PICKS FOR QUICK AND HEALTHY LUNCHES OR DINNERS.



Coles PerFORM Lean Black Pepper Beef



Coles PerFORM Build Butter Chicken



Coles PerFORM Italian Style Meatballs



Coles PerFORM Build Chicken Pesto Gnocchi

Kate's favourite picks



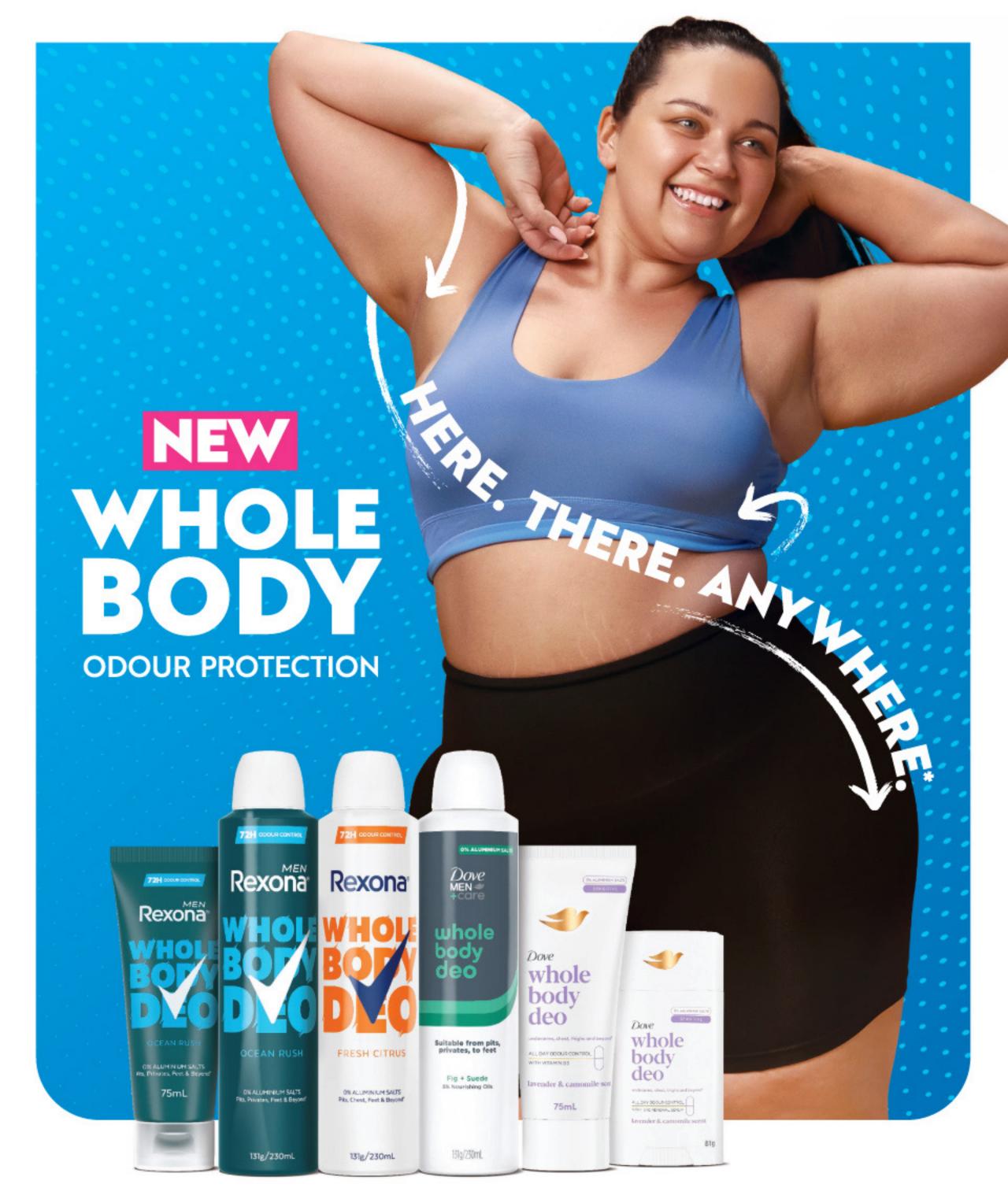
Coles PerFORM Build Chipotle Chicken Burrito Bowl

"It's full of flavour, with a delicious smoky chipotle sauce and contains 43g of protein."



Coles PerFORM Smoky Chicken & Chickpea Snack Soup

"This taste explosion is a real winter warmer on a chilly afternoon."



PITS, CHEST, FEET & BEYOND*

*Use product as directed



o you ever climb into bed, only to scroll through your phone as the minutes tick by? Or are you plagued by an overactive mind the moment you settle in for slumber? Whatever the reason, if your sleep patterns have gone havwire, making a few tweaks to your evening habits can often get them back on track. The path to deep, restorative sleep starts long before your head hits the pillow, and a calming wind-down routine can make all the difference to the quality

The average adult needs about seven hours of sleep a night, says Professor Delwyn Bartlett, a psychologist and insomnia specialist for the Woolcock Institute of Medical Research. However, a 2024 report from the Sleep Health Foundation found that 40 per cent

and quantity of your sleep.

of Australians aren't getting the sleep we need*. As well as making us feel lousy, poor sleep can be associated with a range of health conditions such as type 2 diabetes, obesity and depression*, according to the Sleep Health Foundation report.

"As we age, the quality of our sleep changes dramatically," says Professor Bartlett, "We want people to have healthy sleep habits [but] it's really about tuning in and figuring out what works for you." It's also important to have realistic expectations around your sleep. "We spend most of the night in relatively light sleep and only 20 per cent in deep sleep," she adds.

From being mindful about your nightly screen usage to gentle stretching and dimming the lights, here are some simple tips for planning an evening that helps you unwind and drift off to sleep.

BEFORE BED

ENJOY AN EARLY EVENING MEAL

Giving your body a few hours to digest dinner before bedtime can support better sleep. "It's best to not eat for about three hours before you go to bed," says Professor Robert Adams, a respiratory and sleep physician at Flinders University.

A 2021 study found that eating dinner later in the day can also lead to health problems such as higher blood pressure, blood sugar or cholesterol, and it may make it harder to lose weight.

If you do like to eat something a bit closer to bedtime. Professor Adams suggests reaching for a light snack such as a piece of fruit.



Meet the experts



Professor Delwyn Bartlett, psychologist and insomnia specialist



Professor Mark Harris, general practitioner



Professor Robert Adams. respiratory and sleep physician





2 HOURS **BEFORE BED**

LAST DRINKS

"If you're using alcohol as a way to get to sleep, that's where it becomes unhelpful," says Professor Bartlett. "It can help to make you feel drowsy, but halfway through the night it can cause you to wake up feeling wired and fragment your sleep, especially in the second half of the night." Aim to finish any alcoholic beverage about two hours before bed to minimise sleep disturbances, she says.

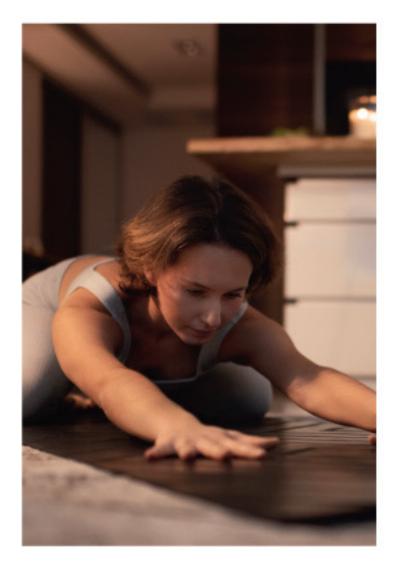
Australian alcohol guidelines from the National Health and Medical Research Council suggest adults should drink no more than 10 standard drinks a week, and no more than four standard drinks on any one day, to reduce the risk of alcohol-related disease^t.



EASE OFF THE CAFFEINE

After you've finished dinner, try to avoid having caffeinated drinks, like coffee or cola. Tea also contains caffeine, so if you enjoy a soothing cuppa in the evening, consider switching out black tea for a herbal blend such as chamomile a 2019 meta-analysis of several trials found it helped improve sleep quality[†].

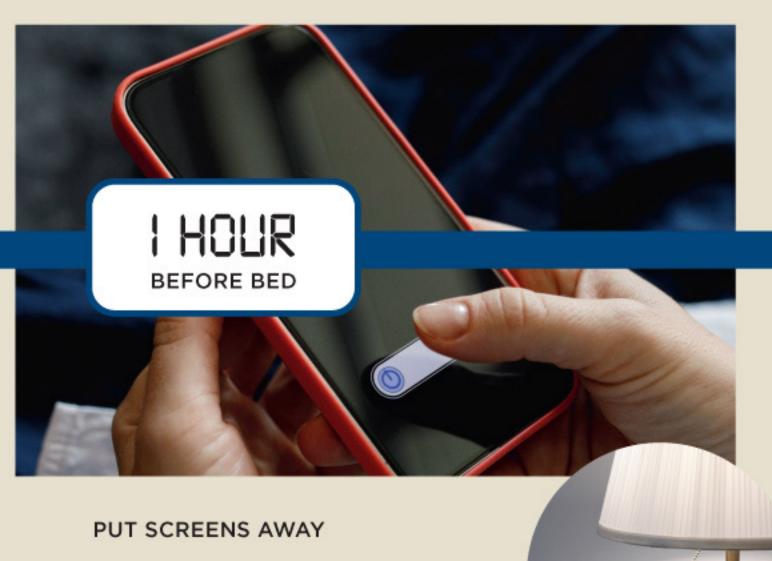
"It's best to avoid stimulants." Professor Adams says. "So, no caffeine three hours before bed, and if you're struggling with your sleep, it might even be six to eight hours before bed that you have your last coffee of the day."



SLOW DOWN

Exercising during the day supports better sleep, but try to ease off the high-intensity workouts a few hours before going to bed. "You want to avoid very active aerobic exercises," says general practitioner Professor Mark Harris, explaining that high-intensity exercise, such as running or a cardio gym glass, can raise our body temperature and adrenaline levels, which then can make it harder to relax and fall asleep*.

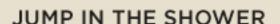
Light movement, such as a gentle yoga class or stretching, may help loosen muscles and relax the mind before bedtime, says Professor Bartlett. >



It's tempting to scroll through your social media after dinner. but screen activities on devices such as laptops and smartphones can be too stimulating before you turn in. "[Screens emit] blue and green light which can suppress melatonin," says Professor Bartlett. "Melatonin is our sleep hormone. It triggers a drop in body temperature and if that doesn't start to fall, it's hard for us to get to sleep." Enjoy watching TV in the evening? As the screen is typically further away from you than your phone or laptop, the blue light isn't as big a concern, according to Professor Bartlett.



About an hour before bed is a good time to turn off harsh overhead lighting, which can suppress the sleep-triggering hormone melatonin, and switch on a softer option, such as a lamp. Some research suggests we're more likely to go to bed later when we have overhead lights blazing, leading to a shorter sleep duration-.



Having a warm bath or shower feels good on a chilly winter's evening and it helps prepare your body for bedtime, too. "A warm bath or shower can be soothing," Professor Bartlett says.

Aim to have a bath or shower at least 30 minutes prior to bed – this gives your body time to cool down, which makes it more receptive to sleep". "If you're too warm you're going to struggle getting off to sleep," explains Professor Adams. "One of the triggers to getting to sleep is a drop in the body's core temperature, so we tend to get cooler as we go off to sleep."

IS MINS

BEFORE BED

PARK BIG CONVERSATIONS

Try to limit any big emotional thought processes or conversations close to bedtime. "A quick chat about who is picking up the kids the next day is one thing but having a conversation about your finances with your partner as you hop into bed is probably not a good idea," Professor Harris says. "It's best to avoid things that are a bit stressful or anxiety-provoking."



WRITE A TO-DO LIST

"When people have busy lives, the first time they get a chance to think about things may be when they get into bed," Professor Bartlett says. "You start to worry about sleep or work, which inadvertently trains yourself to be awake." Take a few minutes to put your thoughts on paper – research has found that writing a to-do list before bed can help us fall asleep up to nine minutes faster*.







ENJOY A WARM DRINK

Sipping on a warm uncaffeinated beverage can help make the final 15 minutes of your day a period of calm. "A small glass of warm milk can help, particularly with getting to sleep," Professor Harris says. This isn't just an old wives' tale - milk contains tryptophan, an amino acid that supports the production of the hormone serotonin*. which promotes relaxation.

SWITCH TO RELAX MODE

The final 15 minutes before bed is ultimately time to do what works for you. "Learning what helps us feel a little less tense is really important," says Professor Bartlett. "It's about doing something kind for yourself at the end of the day." A short meditation may be effective, or reading a few pages from a book, "Lower the noise volume and any potential disturbances as much as you can," Professor Adams adds. "You're telling your brain and body that it's time for sleep."

Start the day right

The way you start the day can also play a big role in the quality of your sleep. "Having a consistent waking time is more important than having the same bedtime," says Professor Bartlett. She adds that getting outside for a morning walk is also a smart move, "Morning light suppresses melatonin and. combined with exercise. helps to reset your body clock on a daily basis."

If exercising first thing in the morning doesn't work for you, aim to find time for regular physical activity throughout the day. A 2023 study found that it can improve sleep quality and help manage sleep disorders such as insomnia[†]. Try to be active most days and aim for between 2.5 and five hours of moderate physical activity - such as brisk walking or swimming - each week, recommends the Department of Health and Aged Care's physical activity guidelines¹.

Best buys for bedtime



Bosisto's Sleep Aroma Mist



EpZen Dream Bubble Natural Aromatic Bathing Bubbles



Coles A5 Spiral Notebook



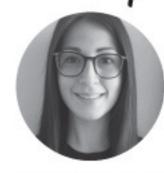
Eureka Lavender Water Soluble Solution



Meet the experts



Lucy Archinal-Hudson, clinical psychologist, Archwise Psychology



Kirsten Forgione, psychologist, Myndly



Justine Williams, therapist and meditation teacher, The Feel Good Studio





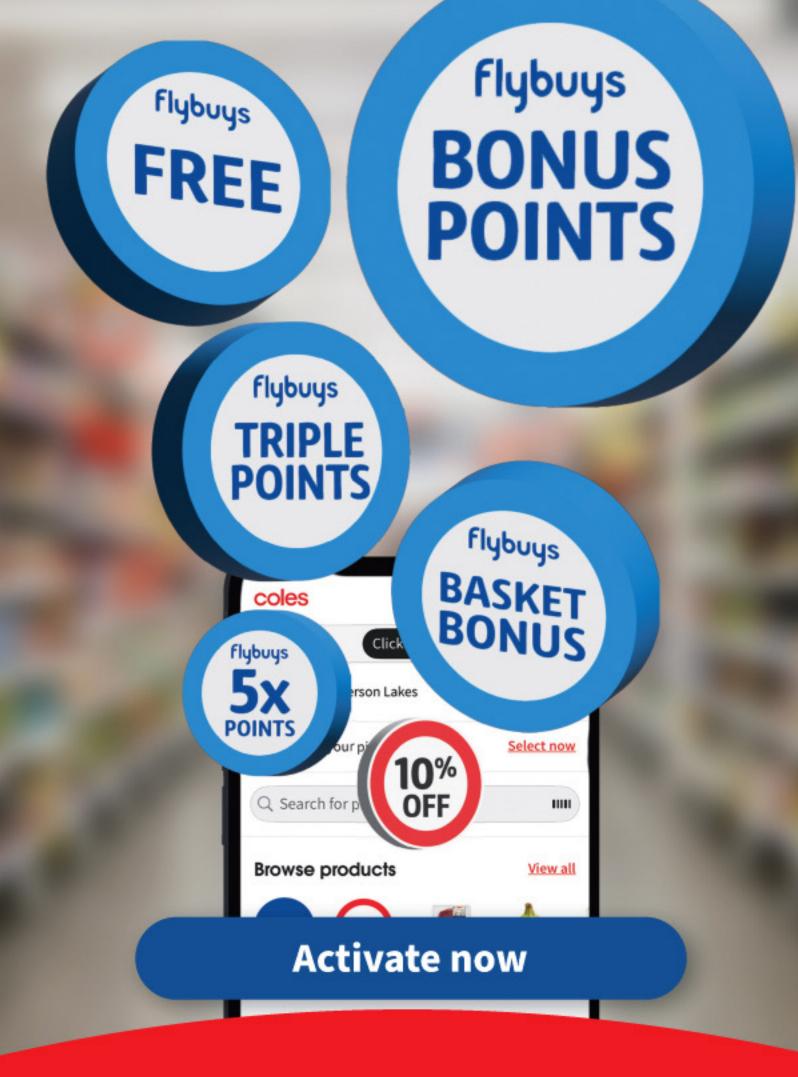


Think of a glimmer as the emotional opposite of a trigger. "Where triggers bring about the fight-orflight stress response, glimmers can help calm the nervous system," explains clinical psychologist Lucy Archinal-Hudson. She adds that glimmers can also make us feel connected to people and things in the world around us. "This helps us engage in the present moment, rather than ruminating on internal thoughts or listening to a harsh inner critic."

HOW TO SPOT A GLIMMER

In the busy-ness of daily life, it's easy to miss a glimmer. "They're not grand or loud; they arrive as gentle invitations to come back to ourselves," says psychologist Kirsten Forgione. "But the more we notice them, the more they seem to appear."

Hearing your favourite song playing when you don't expect it, the smell of something from your childhood, or that first satisfying sip of coffee are all examples of glimmers. Noticing them is the first step but to really maximise their impact, Kirsten suggests slowing down to fully appreciate the moment. >



Activate for bonus value

Get money off your in-store shop faster by linking your Flybuys and activating all your Coles offers in the Coles app before you shopt

Download the Coles app Store







GLIMMERS ARE PERSONAL SO FIND THE ONES THAT **RESONATE WITH YOU -**HERE ARE A FEW IDEAS.

Finding a book in a waiting room that you loved when you were a kid.

Getting a funny voice memo from a friend.

Noticing how sunlight illuminates an object or piece of furniture in a room and how its rays shift with the seasons.

Relishing the sizzle and smell of garlic and onions when they hit hot olive oil.

Feeling your pet shift and fully settle against you.

Hearing a random song lyric that syncs up perfectly with the way you're feeling.

Slipping into bed with freshly washed linen.

"Breathe it in, feel it fully. Just a few seconds of awareness can turn something fleeting into something grounding," she says. "When we give these moments our attention, they begin to shape how we feel and how we move through the world."

You can bring more glimmers into your day by setting a deliberate intention to look for them, Lucy says. "Think of it like a treasure hunt for your brain," she adds. Other ways to keep glimmer-hunting top of mind are to keep a list of moments as they occur throughout the day and to share them with others - and encourage them to do the same.

WHY DO GLIMMERS MATTER?

It can be easy to notice when things go wrong, but we can train ourselves to also notice what's right - even if it's small. Noticing glimmers doesn't erase hard things, but it helps bring balance to our day. "There's a big difference between trying to notice the positive things, versus trying to minimise the negative things," Lucy explains. "Glimmers can co-exist with stressful times. In fact, stressful

times are when they might be needed the most, to remind us that moments of small joy can be found even in difficult circumstances. They offer reprieve and hope or even just momentary relief from stress." She suggests thinking about glimmers as a tool that helps us build the resilience and mindset needed to tackle problems or deal with stressors.

They may be spontaneous by nature, but there's nothing to say you can't give glimmers a nudge. Therapist and meditation teacher Justine Williams says leveraging anticipation is a powerful way to create glimmers, noting "the joy of anticipating something exciting or happy is a glimmer in itself". She likes to plan events across different timeframes - ranging from a weekly walk with a friend to a monthly movie night and an annual week away.

"It's not just about the moment when something happens, but also the build-up and the hope it creates within us," she says. "Having something to look forward to releases positive emotions and helps us feel motivated, connected and engaged with life." >





FIND WAYS TO RECOGNISE AND CREATE YOUR OWN SMALL MOMENTS OF JOY. HERE'S HOW TO GET STARTED.

Harness your senses

TAPPING INTO YOUR SENSES CAN BE A POWERFUL WAY TO LEVERAGE GLIMMERS, SAYS LUCY. HERE'S HOW.

SMELL

Burn a favourite candle, inhale the scent of a luxe body wash or use a scented hand cream you got for Christmas but were saving for a special occasion. Add a bit of joy to your day.

SIGHT

Look at your favourite things through fresh eyes - for example, by moving a beautiful cushion from the bed to the sofa. "Change it regularly because visuals can become 'unseen' quickly without variety," says Lucy.

TOUCH

Spend a little longer washing your hands - notice the smell of the soap, the warm temperature of the water and the texture of your hands.

TASTE

Split a homemade dessert with a partner or close friend. Relish the feeling of shared bites as much as the rich. delicious flavours.

Try these joy-inspiring picks



Enjoy the feeling of lathering up a luxe body wash in the shower; deeply inhale the scent of cucumber and waterlily to amplify the moment.

Everyday by Frank **Body Hydrating** Body Wash



Wearing a vibrant lip colour can feel exhilarating. A deep berry hue is flattering on practically every complexion.

Revion ColorStay Overtime Lipcolor in Infinite Raspberry



Burn a scented candle to make a rainy night at home feel cosy. Woody notes like sandalwood, vetiver and cedarwood feel grounding and nurturing.

Botanica Caribbean Vetiver & Sandalwood Candle

Keep a glimmer journal

Glimmers are fleeting and spontaneous but writing them down can help anchor them and create deeper and longer-lasting feelings, says Kirsten. "The simple act of putting something into words creates space for clarity and reflection."

WRITE IN THE MOMENT... to capture the raw sensory details of your experience. "This is great for anchoring yourself when you feel that spark of calm or joy and want to hold onto it a little longer," Kirsten explains.

OR WRITE AT NIGHT... to pause and reflect. "This also allows you to notice patterns - what kinds of things tend to make you feel at ease?"

HUGGIES®

NEW at coles

WELCOME OUR NEW ARRIVALS



New arrival

Try our SkinProtect™

premium Nappy Pants with
Zinc-Enriched* Liner that's
clinically proven to help
protect against skin irritation



New arrival

Try our AirSoft™ comfort
to keep your baby's skin dry,
soft and happy.

Available in Nappies and Nappy Pants



New innovation

Nappy Pants now with HugFit Protection & Ultra-Dry Absorption.

Keep active bottom covered & skin dry



New arrival

Peaceful night start with **Huggies Little Sleepers.**

Advanced Overnight Protection lets you both rest easy. Available in the Nappies and Nappy Pants - Only at Coles



Delicious recipes prepared with care for your baby.







Feel good baby care

CUB Nappies and Nappy Pants

CUB Ultra Dry nappies and nappy pants have and a super soft breathable cover for extra





$JUNIOR\,SPORTING$ HEROES

PLAYING SPORT AT A YOUNG AGE IS A GREAT WAY TO BOOST KIDS' HEALTH AND FITNESS. MEET THREE YOUNG ATHLETES FROM AROUND THE COUNTRY WHO ARE HAVING FUN WHILE PLAYING A SPORT THEY LOVE.

hen kids get involved in community sport, they have a great opportunity to learn and develop lifelong healthy habits around eating well and staying active. The teamwork required for many sports can also help build strong social skills that are vital throughout life. Coles is

committed to supporting grassroots sports programs and partners with a number of organisations, including Football Australia and the Coles MiniRoos program, the AFL, AFLW and Coles Healthy Kicks program, as well as Coles Little Athletics Australia.

To celebrate young Aussies playing sport, Coles recognises a Junior Sporting Hero each quarter. These young 'heroes' have been nominated by people like their coaches, teachers or parents as they demonstrate their commitment to the values of their sporting code, such as passion, dedication, resilience and respect.

Here, we meet a football lover who does cartwheels when she scores a goal, an athlete who loves shot-put and a young player from South Australia who is learning new skills in the Coles Healthy Kicks program. >



Nourish what truly matters

Supplementary to a varied diet when energy and nutrient intakes may not be adequate. From 1 year of age.

Sporting,



A proud partner of Little Athletics since 2017, Coles has provided more than \$2.5 million in grants to centres across the country. This contribution helps provide new sports equipment, allowing kids to try different events and develop their skills.

Name: Stephanie Davies

Age: 9

From: Mount Low, Qld Centre: Townsville Central

Little Athletics

Nominated by: Coach

Jane Chester

About Stephanie: A kind and compassionate athlete, Stephanie loves cheering on her teammates in training and events. She's particularly passionate about throwing events in athletics.

What are your favourite events in Little Athletics?

I love discus and shot-put.

How did you get started?

My parents encouraged me to give it a go.

What do you like most about doing Little Athletics?

Learning new techniques and making new friends.

What's your proudest moment so far?

Being nominated for the Little Athletics Qld state championships.

What's the hardest event for you and how do you try to improve?

The high jump, but I keep working on my sprinting [in the run-up].

How do you feel just before a race or event?

I feel nervous but also excited.

Who's your favourite coach and what's the best advice they've given you?

My dad. He said to go out there and try your hardest but also have fun and don't overthink things.

Do you have any goals for Little Athletics?

To achieve the club record for shot-put at the state championships.

What's your favourite memory from Little Athletics so far?

Winning Most Improved Junior for the club in my first year.

What's your favourite healthy snack while doing Little Athletics?

Bananas. >

HOW TO JOIN UP

Have an aspiring athletics champ in your family? There are so many events to try and skills to learn, so why not encourage them to get involved? To find out more, go to www.joinlittleathletics.com.au



Matthew Denny

Olympic Bronze medalwinning discus thrower and Coles ambassador

What are your most valued takeaways from your early years in athletics?

When I was younger, I really enjoyed the self-discipline and the rewards of getting better. Athletics taught me to figure out my body and how it worked.

What do you love most about discus?

I love the balance of perfection required across the technical, mental and physical aspects of the sport. What I really enjoy now is being my best when it counts the most.

What do you find rewarding about inspiring the next generation?

It's great to see kids get excited by what I do - not just because they watch me compete, but because I can help them find joy in the sport, too. Athletics has given me so many great memories, and I hope those who pursue it get to experience incredible moments, too.

Can you share a memorable athletics experience from your childhood?

One funny memory was when I went to my regional trials and my mum was away, so my dad stepped in to coach me. I was struggling with grip on the discus and he thought putting Coca-Cola on my hands would help. I then fouled out three times and didn't make the trials. Safe to say, that was the last time dad ever coached me!

Photography Getty Images

Sporting to Sealthy Kicks



Coles' partnership with the AFL and AFLW offers youngsters aged six to 12 the opportunity to take part in the Coles Healthy Kicks program. This fun fitness program is designed to help kids live healthier, happier lives.

Name: Elise Asciutto

Age: 11

From: Magill, SA

Program: Coles Healthy Kicks

camp at AFL Max
Nominated by: Teacher

Mel Pietrobon

About Elise: An inclusive player who enjoys working in a team,

Elise loves putting the skills she's learned into practice, especially those around leadership and strategy. She has a strong desire to continually improve her skills.

Why is Australian Rules Football your favourite sport to play?

Because anyone can play and it's fun to play in a team.

How did you get started?

My dad would play with me after work and take me to matches. My cousin also loves to play.

What's the best part about being in a team or group?

Making new friends and feeling like you belong. When we work hard and win, it's the best!

What's your favourite healthy snack to have while playing Australian Rules Football or in the Coles Healthy Kicks program?

A banana split with Greek yoghurt, banana, maple syrup and peanut butter.

Who is your favourite AFL or AFLW player and why?

Patrick Cripps [captain of Carlton FC] - he's such a good player and leader.

How do you prepare to play?

I make sure I'm well hydrated and also do some stretching.

What's one thing you're really good at when playing Australian Rules Football or Coles Healthy Kicks?

Running fast and for a long time.

What's the hardest thing about playing football, and what do you do to improve?

Scoring goals is hard; I have to keep practising my kicking skills.

Do you have any goals?

I'd like to learn how to kick straight and do a torpedo kick.

How do you stay positive when you don't win a game?

I think about the fun I had playing and the things I do well.

LEARN MORE

The Coles Healthy Kicks program helps Aussie kids live healthier and happier lives, with a focus on getting kids active, eating well and developing lifelong healthy habits. Learn more at play.afl/coles-healthy-kicks



Sarah Rowe
Collingwood FC midfielder
and Coles Healthy
Kicks ambassador

Can you share a special memory from one of your childhood games or events?

Playing in the Under-19
European Championship
finals with Ireland was
something I hold close
to my heart. Wearing
your country's colours
[Sarah is Irish and was
recruited from County
Mayo] represents so
much more than yourself
and I was lucky enough
to do that for many
years. My path was

slightly different to that of an Australian [player] but it shows that there are many roads you can travel; always pick the one that's right for you.

What do you love most about playing football?

What I appreciate most is the special people you meet along the way and the feeling of consistent growth and improvement, be it mentally or physically.

Even when you have bad days in sport, you still come out the other side a better person and better player.

What's your top piece of advice for young athletes?

Take feedback and actively seek it out, and march to the beat of your own drum. We all offer something unique, so find your superpower and don't be afraid to use it.

Sporting He inikous



As the official junior grassroots program of Australian football for kids aged four to 11, Coles MiniRoos caters to all skill levels and experience. It focuses on being active, learning about the game and making great friends along the way.

Name: Isabella Railey Meiners

Age: 7

From: Camperdown, NSW Club: Leichhardt Saints FC Nominated by Club secretary/ administrator Kay Harris

About Isabella: Spending time with her friends and staying fit are two of Isabella's favourite things about playing football. She's proud of her defending skills and her goal scoring. CommBank Matildas' striker Sam Kerr is a big inspiration.

Why is football your favourite sport to play?

I love football because of the sportsmanship and how much fun you can have. I get to run around with my friends and get fit.

How did you get started playing?

I was watching a CommBank Matildas game on TV. I realised that ballet didn't look as much fun and I was way better at football.

Who is your favourite football player?

Sam Kerr. She is the best striker and even when she gets hurt, she still comes to support her team.

What are you really good at when playing Coles MiniRoos? Defending and scoring goals.

What's the hardest thing about playing Coles MiniRoos, and how do you try to improve?

Attacking other players who are good. I go to the park to practise.

Do you have any goals when playing Coles MiniRoos?

I have two goals: get better at tackling and score more goals.

Do you have a favourite memory from playing Coles MiniRoos?

Yes, when I got a medal at the end of last season.

How do you get ready to play?

My dad is the coach and we do warm-up drills. I also drink plenty of water and eat a banana.

How do you feel when you score a point or do something great in a game or at training?

I get so excited, when I score a goal I do a couple of (terrible) cartwheels!

What would you say to someone who wants to play Coles MiniRoos but feels nervous?

I'd say, don't be nervous; just come along and give it a try.

HOW TO JOIN UP

Getting fit and having fun with friends are just two of the benefits of playing football. To find out more about joining the official junior grassroots program of Australian football, head to miniroos.com.au

Chloe Lincoln CommBank Matildas goalkeeper



What do you love most about playing football?

Hove that it's given me opportunities and experiences I never would have had without it. Also, I've met so many inspiring and incredible people.

Michelle Heyman CommBank Matildas forward



What's your top piece of advice for young players?

Make sure you're enjoying the game, because playing sport is about fun and being with friends. Make sure you enjoy it every time you get to kick the ball.

Holly McNamara CommBank Matildas forward



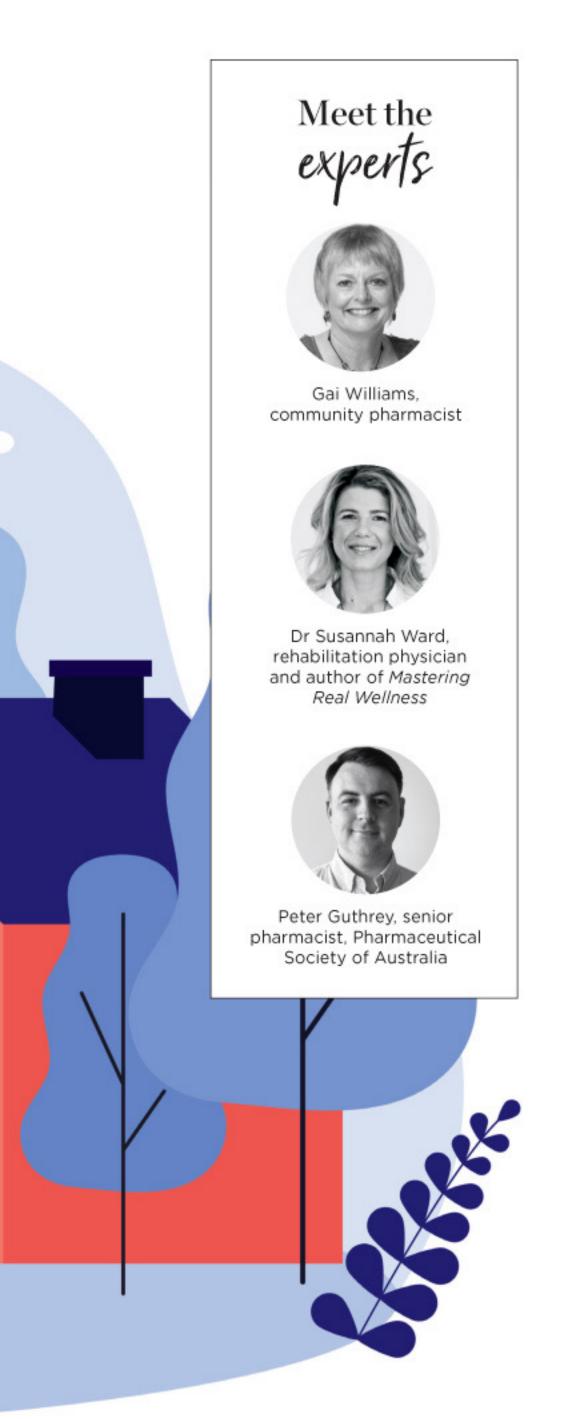
What do you find most rewarding about inspiring the next generation of players?

Seeing little boys and girls playing and enjoying football is so rewarding. And having so many kids at our games cheering us on is really amazing.



LOOKING FOR WAYS TO TAKE CARE OF YOUR FAMILY'S HEALTH THIS WINTER? THESE EXPERT TIPS CAN HELP YOU STAY WELL AND MANAGE SYMPTOMS IF THEY DO ARISE.







t might start with a tickle in your throat or a stuffy nose that gets worse as the day goes on. Before you know it, your entire household has become a hotbed of symptoms, "Colds and other illnesses do tend to spread through households, no matter how careful you are," confirms community pharmacist Gai Williams.

Winter is peak season for colds and coughs, agrees rehabilitation physician and author of Mastering Real Wellness, Dr Susannah Ward. Some people are at risk of developing more serious illnesses. These include people who have underlying health conditions or are immunocompromised, the elderly, children aged under five and pregnant women. It's recommended to see your healthcare provider if you fall into one of these categories and experience symptoms, or if your symptoms are severe or persistent*.

However, we can all benefit from being more in touch with how we feel on a daily basis, adds Dr Ward. "At

the heart of staying well is self-agency. That means tuning into how we feel, accepting our limits without unrealistic expectations. and responding to life's curveballs with flexibility and compassionate intention." She recommends doing a quick body check-in every day, to monitor for tension, fatigue or irritability. "This self-awareness lets you adapt early, before burnout or illness hits."

"While we can't entirely avoid getting sick or being exposed to germs, we can take meaningful steps to support our immunity, reduce the risk of illness spreading and the burden when it does," she says. We asked the experts for practical tips to stay well and manage symptoms if they do arise.

TAKE PRECAUTIONS If you're out and about at work, using public transport or with children at school or in daycare, it can be difficult to avoid winter illnesses. But time-tested tactics will help. "Wash hands >



because nappies need changing





"...the only nappies that prevent 99% of blow outs for us & last a solid 12 hours over night."

EMILY FROM PRODUCTREVIEW.COM.AU









thoroughly with soap and water for at least 20 seconds, especially before eating, after blowing noses and after being in public spaces. Alternatively, use hand sanitiser," says Dr Ward. In shared spaces like an open-plan office, disinfect common touchpoints such as door handles, light switches and phones. Remind kids not to share food or drink bottles with their friends.

EAT FOR IMMUNITY

"A fully functioning immune system helps to ward off illness," says Gai. "Be aware that colds are a viral condition but a good immune system may help to prevent secondary bacterial infections in the sinuses and chest." A diet of antioxidant-rich fruits, vegetables and wholefoods helps protect your body's defences, she says. Probiotics - found in foods like yoghurt, kombucha and miso - may also be beneficial. "They're a valuable aid in improving digestion, building immunity and preventing allergies."

GET QUALITY R&R

"Sleep is your immune superpower," says Dr Ward. She advises having a good sleep routine and aiming for 7-9 hours of shut-eye each night. Studies have shown that people who habitually sleep for less than six hours or more than nine hours have a significantly higher risk of catching colds^{*}. Supplement your sleep schedule with gentle periods of rest and relaxation, advises Dr Ward. "Schedule slow evenings or tech-free times to wind down." DON'T PUSH THROUGH

If you've fallen
ill, getting enough rest
is even more important,
says Gai. "Rest is essential
when fighting a cold as
the body needs time and
energy to fight off infections.
People often try to 'push
through' illness and this
may prolong the condition,
as a tired body can't fight
very hard." >



MARCALAN FOR BREASTFEEDING MUMS



PLAN AHEAD

Coughs, colds and other illnesses can spread quickly. "Having a plan is the best way to make sure you're able to support each other at home if multiple people are sick," says Peter Guthrey, senior pharmacist with the Pharmaceutical Society of Australia. He recommends stocking a medicine cabinet with oral rehydration fluids, sore throat lozenges and other remedies to help ease common symptoms. Don't forget tissues, lip balm for dry lips and a heat pack or hot water bottle for chills, aches and pains.



STOP THE SPREAD AT HOME

If one family member goes down with an illness, encourage them to use separate towels and cutlery and try to keep them isolated in their own room if possible, Dr Ward says. Regularly opening windows will improve airflow. The rest of the household should "double-down on handwashing, disinfecting and masks," she adds. It's important to "support immunity, but don't panic. Ensure everyone else gets extra sleep, eats well and avoids unnecessary stress".



PROTECT **VULNERABLE** FAMILY **MEMBERS**

"Some people are more at risk than others if they get sick," notes Peter. "Having a plan and seeking early treatment is particularly important for those who are elderly or live with chronic health conditions." Make a note of telehealth services so you have the details on hand if an at-risk member of the family can't see their healthcare provider in person. "Telehealth services can also be valuable when multiple people are unwell at home," he adds.



SOOTHE THE NOSE AND THROAT

Simple home remedies may provide relief for a sore throat or stuffy nose. "Honey and lemon in hot water is soothing for the throat," says Gai. And "steam inhalation is still a valuable tool" for a blocked

nose or painful sinuses, especially before bed. Fill a bowl with hot, steaming water and add up to 20 drops of eucalyptus oil, then place a towel over your head to create a 'tent'. Slowly breathe through your nose for 10-15 minutes or until you feel it starting to clear.



STAY WARM

You might have heard the old adage of keeping warm in winter to prevent catching a chill. So, does it stack up? "There's not a lot of evidence to prove that being cold precipitates a cold," says Gai. "However, preventing large temperature fluctuations certainly keeps your body on an even keel."

The advice in this story is general in nature. If symptoms are severe or persistent, or if you have an underlying health condition, talk to your healthcare professional.



Stock up on these handy helpers



Coles 100% Australian Pure Honey



Coles 3-Ply So Soft & Strong Aloe Vera Facial Tissues



Pukka Lemon, Ginger & Manuka Honey Tea Sachets



Palmolive Japanese Cherry Blossom Hand Sanitiser

Enhance your everyday wellness



Support your everyday health and wellbeing with UltraLife. Simply select from a range of vegetarian or vegan gummies, all made with no artificial colours, flavours or sweeteners.

This product may not be right for you. Always read the label and follow the directions for use.

UltraLife



SALON QUALITY

SUPERIOR HAIRCARE FOR MEN

MADE IN MELBOURNE

CONFIDENCE IS KING



KINGS DOMAIN®

MELBOURNE



BREAKOUTS MEET THEIR MATCH

Blemishes have a habit of popping up when they're least wanted but Garnier PureActive 8 Hours Hydrocolloid Pimple Patches offer a discreet and effective solution. They absorb excess fluid and sebum from pimples to visibly reduce their appearance, and act as a protective barrier against external irritants like dirt*.

IN THE MORNING

Cleanse and pat dry, then apply a patch directly to

the pimple. Patches come in two sizes (10mm and 12mm), so choose the size that best suits. The ultra-thin, translucent patches are designed to blend seamlessly with all skin tones, making them nearly invisible. You can even wear them under make-up: lightly apply foundation or concealer directly over the patch, using a stippling motion with a sponge or brush to

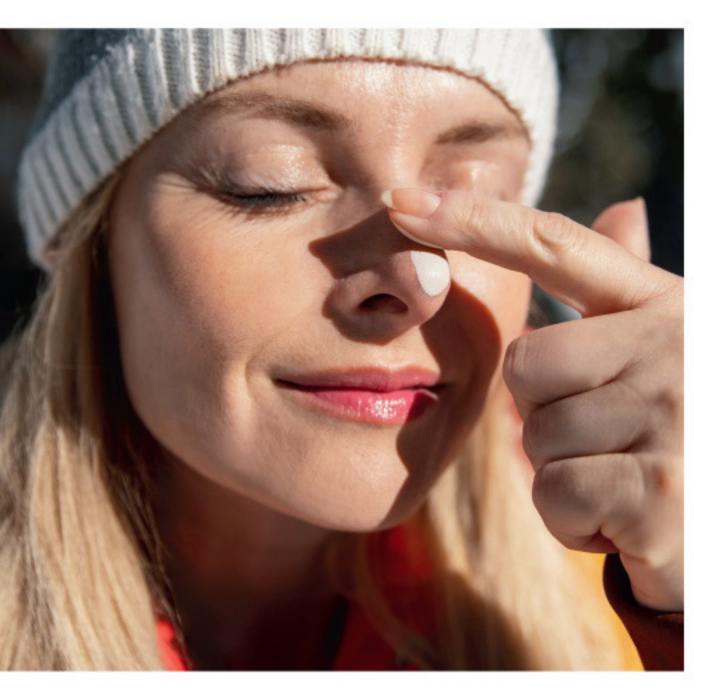
avoid dislodging it. Finish with a light dusting of translucent powder over the area to set the make-up and reduce shine.

IN THE EVENING

If a new pimple has surfaced throughout the day, cleanse skin thoroughly to whisk away dirt, oil, pollution and other impurities. Apply a fresh hydrocolloid patch to create a protective seal and prevent the urge to pick. By morning

you should see a visible flattening and reduction in the appearance of the blemish, without leaving residual marks. >





Winter rays STILL BLAZE

The Cancer Council recommends wearing sunscreen on days when the UV index is 3 or above. Depending on which part of the country you're in, this might mean using it all year round (don't forget, UV rays can be brutal on the snow). Coles SPF50+ Ultra Sunscreen gives broad-spectrum UV protection and is suitable for all skin types. Wear it alone or under make-up.

Always read the label and follow the directions for use. Avoid prolonged sun exposure and wear protective clothing, eyewear and a hat. Reapply as directed.



GET THE GLOSS

Haircare's Slick Styler is a wax stick that smooths unruly locks in a heartbeat. Here are four ways to use it:

People

- 1. Want a tight ponytail or updo? Run Slick Styler along the hairline and nape of the neck to tame any fine strands and new growth.
- Rub it over coarse or unruly strands to smooth frizz or flyaways.
- Gently run it across braids or a bun for a clean, sleek appearance.
- Keep it in your handbag, car glove box or desk drawer to add shine as needed throughout the day.





If you like what Aussie skincare company QV does for your skin, chances are you'll love its haircare products, too. QV's Nourishing Shampoo and Conditioner work together to deeply hydrate the scalp and hair without weighing down locks or leaving a greasy residue. The formula is free from soap, colour and fragrance and is suitable for coloured hair.







One formula, MULTIPLE BENEFITS

You don't need a 12-step skincare program to transform your skin. Just look for a product with multiple benefits, like Olay Super Serum. Here's how it can boost the look of your complexion:

- ✓ Visibly firms and tightens skin for a more lifted appearance.
- Reduces the appearance of fine lines and wrinkles.
- Evens skin tone and gives a radiant glow.
- Reduces visible spots and acne marks for clearer-looking skin.
- Works with your moisturiser to give long-lasting hydration.

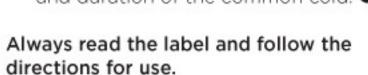
Super Serum is lightweight and absorbs quickly, making it suitable for all skin types, including dry, normal and combination skin. Use it morning and night under moisturiser.

WELLNESS WARRIORS

A strong and healthy immune system works best when it's supported with a balanced diet of nourishing wholefoods, enough sleep and exercise, and regular stress management. These products are all formulated to support immune system health speak to your healthcare practitioner if you think additional supplementation might be required.



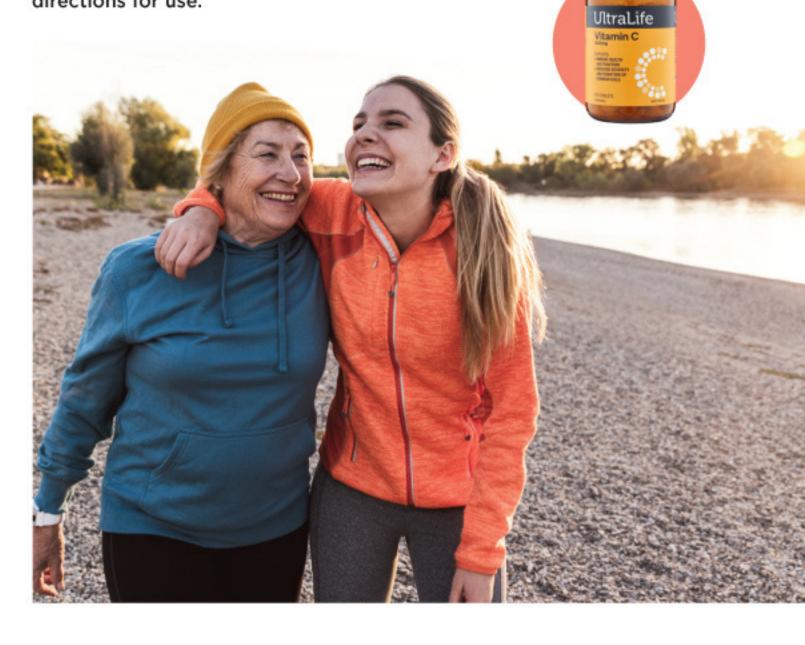
- Vöost Immunity Effervescent Tablets in Blackcurrant come in a fizzy formula and contain zinc and 1000mg of vitamin C.
- With probiotics plus vitamin C and zinc, Blackmores Probiotics+ Immune **Defence** supports immune system health and general wellbeing.
- Formulated with 1000mg of vitamin C, UltraLife Vitamin C helps reduce the severity and duration of the common cold.













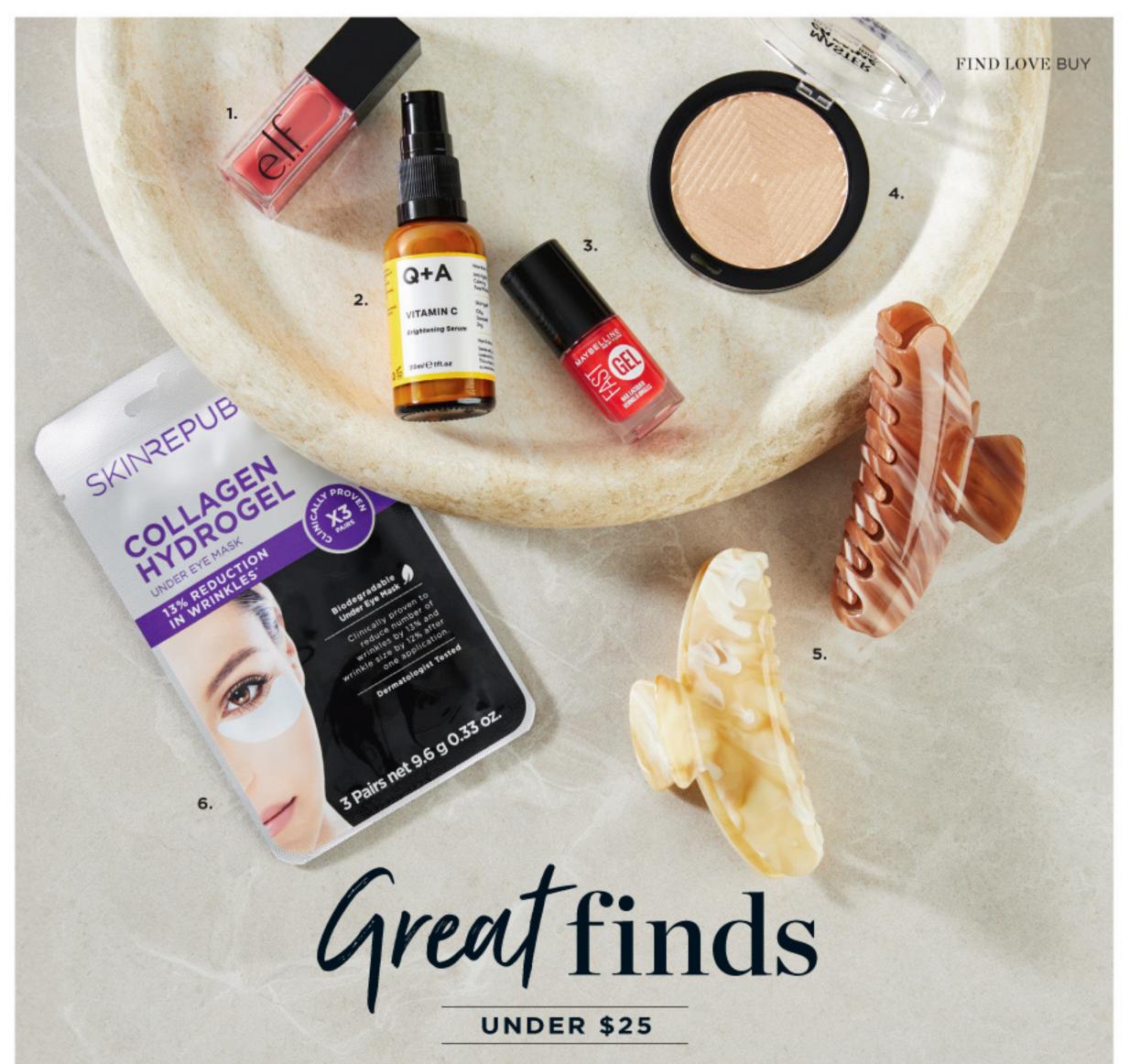
Bellamy's Organic new look and formulation* is made with certified organic milk, naturally gentle and crafted for little tummies. No added nasties, just uncompromised quality.



Love, Organically with Bellamy's Organic

Formulated supplementary food for young children when intake of energy and nutrients may not be adequate.

*New formulation does not apply to Step 4.



IN NEED OF A QUICK PICK-ME-UP? THESE FAB BUYS WILL BRIGHTEN YOUR DAY WITHOUT BREAKING THE BANK.

1. Nourishing and ultra glossy, this lip oil boasts a sheer rosy tint and a fresh minty scent.

e.l.f. Glow Reviver Lip Oil in Rose, \$18

2. Apply this lightweight serum under moisturiser to visibly brighten and even out the complexion.

Q+A Vitamin C Brightening Serum, \$18

3. You'll be turning heads with a manicure in this striking fire-engine shade of red.

Maybelline New York Fast Gel Nail Lacquer in Red Punch, \$10.50

4. Dust this light-reflecting powder onto cheekbones and brow bones for an instant glow.

Maybelline New York Master Chrome Metallic Highlighter, \$21

5. Practical and chic, these claw clips make it easy to create different looks, from an updo to a loose bun.

Coles Marbled Claw Clip Set, \$8 (2-pack)

6. An eye treatment that's infused with antioxidants to revive the eye area.

Skin Republic Collagen Hydrogel Under Eye Mask, \$11



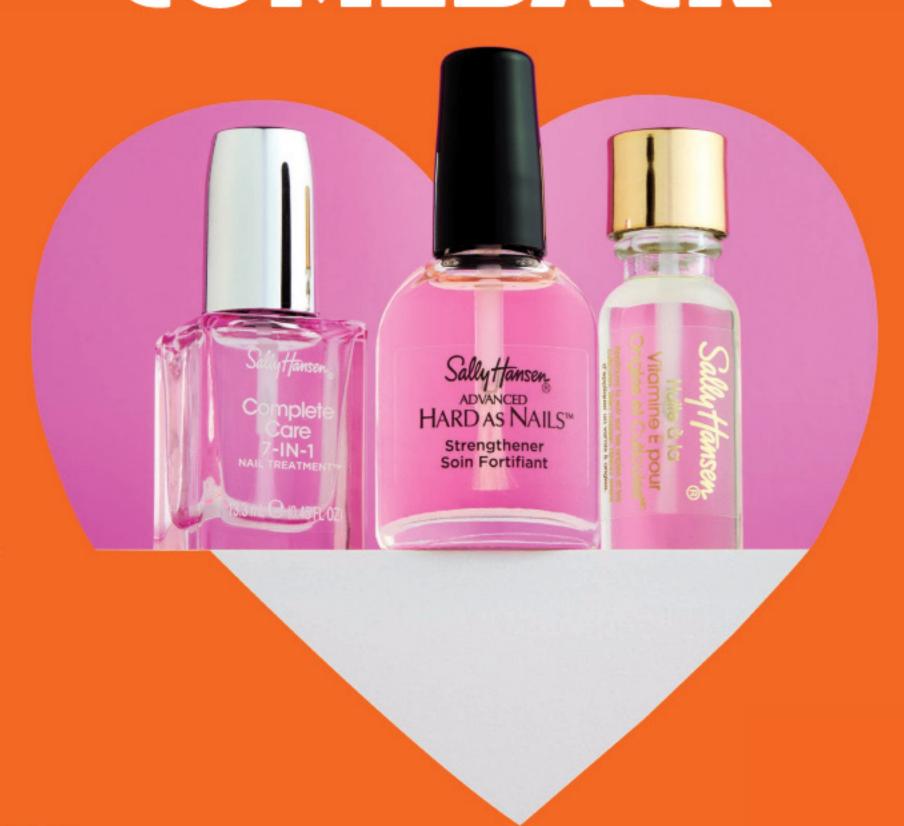




RETHINK YOUR PROTECTION.

Sally Hansen.

YOUR COMEBACK



#1 NAIL BRAND IN AUSTRALIA