

**ONE BUY  
TWO USES**

Paint Orly Cutique stain removal onto cuticles, wait a few minutes and push cuticles back with an orange stick, then clean nails with nail enamel remover. For a double delight, paint product onto nails to remove yellowing – but don't leave it on for longer than 5 minutes before removing with nail enamel remover.



Orly Cutique, \$23.95



# Treat OF THE week

The ultimate 'me time' gift



East Day Spa Body Exfoliation, \$145

There is not a lot that beats a body treatment. Walk through the doors of East Day Spa and the busy world we live in melts away. Already in the zone after the foot bath, the sheer delight of avocado cream massaged through your hair is almost too much to bear. Balinese coconut milk is then rubbed into your skin, and then exfoliated off, leaving skin gloriously soft. Off to a hot shower, then slip back under the duvet for the final full body rub down with fragrant oils.

**MAKE A DATE**

**When** Best experienced at the end of the day before sliding off home and into your own fresh bed linen.

**Why** For pure self indulgence – or an amazing gift. Available at East Day Spas nationwide.

**BUDGET  
BLOWOUT**



M.A.C Heatherette Eye Shadow Trio, \$82

Calling all party princesses – the new M.A.C eye shadow compact is sexy and fun.

**BEAUTY  
MYTH  
BUSTED!**

**Pumping your mascara gives it a good coating and gets rid of lumps ...**

Forget it! All you are doing is pushing air into the container making the mascara dry out quicker. If you have clumps, wipe the wand clean with a tissue and start again.

*Note to self ...*

Some products that come across my desk get flagged as special. They go straight from the photography studio to my bathroom counter – and they make me happy every time I see and use them. The NZ-made Nellie Tier range is one such collection. Previously only found in our top luxury lodges, you can now get the entire range, including scrubs and lotions, at Smith & Caughey's or visit [www.nellietier.co.nz](http://www.nellietier.co.nz)

Nellie Tier Hand Soap in Vanilla or Geranium & Bergamot, \$20

