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instanthealth

Health buzz

THE LATEST NEWS IN NUTRITION AND EXERCISE
FOR THE FITNESS FANATIC IN ALL OF US

FACE IT

Everyone knows that Gatineau does the world's best facials, but the latest 'more than just a beauty treatment' is the Melatogenine Radiance Anti-Wrinkle Facial, a one-and-a-half-hour total wellbeing experience (prices start at \$120). The mini massage uses shiatsu points around your eyes, forehead and cheeks, banishing wrinkles and soothing the soul at the same time. For more information call 1800 037 076.



Pore girl

If you're one of the thousands of women who've tried 'miracle' scrubs, toners and peels to sort out enlarged pores, genuine help is finally here. Laser Facial Rejuvenation is the latest technology to target skin scarring. Using a double-headed laser, it targets trouble spots more directly than other lasers and is less painful than traditional laser treatments too. Prices start at \$440, available from The Eden Institute of Plastic and Cosmetic Surgery. For more info, visit www.edeninstitute.com.au.



COMPUTER SAYS YES

All it takes to motivate you to go to the gym is a phone call, according to new research from Stanford University. During the study, a pre-recorded voice would praise people for their last exercise session – and suggest they push themselves a little harder next time. And guess what? At the end of the study, participants were exercising for 39 minutes a week more than those who weren't getting phone calls! We suggest getting a friend on the blower pronto.



Sweat less, spend less

We're giving away five Everlast EverDri sportswear packs, worth \$225 each, to keep you cool while you're heating up. With mesh panels to ensure ventilation, the curved seams are designed for minimum rubbing and maximum comfort. If it's good enough for Tour de France cyclists, it's good enough for us. Each kit contains a crop top, leggings, tank top and cap. For stockists, call 1800 639 301. To enter, log onto newwoman.com.au, enter the codeword "NWEVE02" and tell us in 25 words or less what makes you sweat. See newwoman.com.au for full terms and conditions.

The torture test

THIS MONTH AQUAVEE

'When I moved into my new apartment with a swimming pool, I was convinced I was going to be fitter and trimmer in no time. But it didn't take long to realise my new fitness regime was going to struggle. The pool is small. Very small. In fact, it takes six strokes to get from one side to the other. Great for splashing around, not so great for exercising.'

Enter AquaVee, a 'portable swim system' that promises to turn my mini-pool into the Pacific Ocean. How? Basically, you tie the inflatable belt around your waist (which in turn is attached to two bungy cords, which are attached to the pool's wall using suction caps. Keeping up?), allowing you to swim on the spot, giving you an uninterrupted workout.

It's a simple enough premise. The cords hold you in place, giving you a great resistance workout, even in a tiny pool. Fine in theory, not in practice.

For the first two minutes of breast stroke, I could feel the muscles in my arms and stomach working much harder than if I was swimming normally. But two minutes in and 'Ping!', the suction caps catapulted from the wall, propelling me forward with slingshot speed, while the cord flew in the air and whacked me in the back of the head. I tried again, but the same thing happened. I soon realised I'd need some pretty strong glue for the suction pads to stay firmly in place – not something I imagine my landlord would be too happy about.

While it provided plenty of comedy value for my partner, next time I think I'll stick to plain old laps. **Katherine Barnes, entertainment editor** For more information, visit www.aquaveeonline.com.



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