



WITH ROS REINES

THE ANTI-AGEING hit list

While most creams offer nothing more than shiny packaging, a few offer real results

My dressing table is an arsenal of some of the best products the beauty industry can produce in the war against ageing. If I believed all the hype, I would look so young I wouldn't even qualify for a pen license. But I still look roughly my age – maybe a couple of years younger when I am not stressed and have had a good night's sleep. If I told you my age (which I won't as it scares me), you might do that fake surprise thing to be polite, but you would not be shocked.

I'm a believer in Botox and fillers. If the lotions, potions and serums really made a difference, I would never leave them alone. But most of them remain three-quarters full until they are eventually discarded. This doesn't stop me from going to launches and looking up at a whiteboard as a scientist talks up the latest ingredient for cellular rejuvenation. The packaging makes me feel like the Queen of Sheba when I start using the product. But in a few weeks, I go back to the creams I have always used.



The heavy hitters That was until I had a discussion with cosmetic surgeon Dr Van Park. She has a hit list of seven products, which she has collected from around the world. Between them, they cover the five bases of anti-ageing ingredients: vitamin A, vitamin C, acid, growth factors and sunscreen. They are: SkinMedica TNS Recovery Complex (\$199, 1800 648 851) (1), SkinCeuticals Ultimate UV Defense SPF30 (\$38.80, 1800 242 011) (2), SkinMedica TNS Illuminating Eye Cream (about \$135) (3),

SkinCeuticals CE Ferulic Combination Antioxidant Treatment (\$146.90) (4), Aspect Dr Exfol A Plus Serum (about \$115, 1800 648 851), Biologique Recherche Lotion P50 (about \$99, salon only), and Colorescience Pro Sunforgettable Mineral Powder (about \$75, salon only). This last one is for those who don't like liquid sunscreen. It acts like a powder without looking cakey. It has been over a month since I have been using Dr Park's hit list of

products, along with my favourite cleanser (Napoleon Perdis Marshmallow Foaming Makeup Remover, \$35, (02) 8595 0911) and moisturiser (YSL Top Secrets Sleep Restoring Skincare Palette, \$105, (02) 9931 8888) and I have been receiving some positive feedback on the condition of my skin. It took a little while to get used to applying sunscreen in winter when I spend most of my time indoors, but these products probably make the skin more sensitive to UV rays. The Aspect Dr serum is my favourite – it smells like orange blossom and quickly penetrates the skin – while the Lotion P50 makes my skin so tingly I know it's doing something. I shall keep using them all and buy more when they run out – not only because I trust Dr Park's advice but because it feels more authentic to use products that are not elaborately packaged or cost as much as a pair of designer heels. I'm not looking for miracles. All I want is to look good for my age. **B**

Drink Yourself THIN!

- FACT:** You are not overweight because of your genes or lack of exercise.
- FACT:** You are overweight because you eat too much.
- FACT:** The more calories you eat, the more weight you gain.

With the ordinary foods you eat every day, many have high caloric content without filling you up. So you keep eating and taking in more calories.

You can't stop because you're always hungry, and regular food doesn't satisfy you and fill you up – at least not for long. The proof is you wanting to have dessert or grab a snack not too long after a meal. How many times have you done that or felt hungry soon after eating?

"Super Food" to the rescue!

The surest way to turn off your hunger switch is with "super foods." These are nutrient-rich foods that rapidly fill you up – and fully satisfy your appetite – without packing on the calories.

Now SUPER SLIM™, a delicious chocolate, kiwi, or berry-flavoured drink, gives you a dozen super foods in a single glass. Including: acai berry ... alfalfa ... barleygrass ... chia seed ... dandelion leaf ... green tea extract ... parsley ... spirulina ... wheatgrass ... and goji berry.

Drink yourself thin

But the real secret behind SUPER SLIM™ is a new weight loss ingredient called Olibra. It has been proven to help reduce hunger feelings, which is especially useful for people who normally have problems sticking to diets. Clinical studies show a reduction in calorie intake at meals following ingestion of Olibra of up to 29 percent.

Simply mix SUPER SLIM™ thoroughly with milk or water, and drink up. SUPER SLIM™ is 58.1%

dietary fiber by weight. It expands inside your stomach. That makes you feel full – and stay full – longer. All without fattening calories.

The end of ... overeating?

We all know that nutrients ensure a healthy metabolism. Not getting enough of the right nutrients could have an effect on your metabolism and may slow down weight loss.

"In my opinion, this causes us to have sluggish metabolisms which, as a result, is making us one of the fattest nations," says nutritionist and weight loss expert, Maria Fernholm.

"I believe the key to weight loss is eating less, while at the same time supplying your body with essential nutrients it needs to help speed up weight loss and keep our body healthy."

SUPER SLIM™ is packed with health-enhancing nutrients including vitamins, minerals, and super foods you should be getting enough of in your regular food but probably aren't. They are also a superior source of antioxidants.

The ingredients in SUPER SLIM™ work synergistically to nourish your body with the nutrients it needs to stay healthy, curb food cravings while helping you lose weight.

Turns off your hunger switch

It's well known that 95% of dieters who lose weight fail to keep the weight off. The reason is willpower: when you are hungry, the temptation

of your favorite foods – steak and potatoes, pizza, chocolate, ice cream – is too difficult to resist. We have the desire to lose weight, but not the willpower!

SUPER SLIM™ removes willpower from the weight loss equation. Just drink 2 full glasses of SUPER SLIM™ per day. The super foods in SUPER SLIM™ will turn off your hunger switch -- and no matter how much or how little you've eaten, you'll feel full and satisfied.

Food cravings will disappear, you won't overeat, you will reduce your calorie intake and you'll lose weight!

TRY IT FOR FREE FOR 14 DAYS

Drink SUPER SLIM™ for 14 days FREE in the comfort of your own home. Feel less hungry – and fuller. Reduce your appetite ... and your eating.

Then, you be the judge. If you are not 100% satisfied with SUPER SLIM™, simply send it back ... and it will have cost you no more than the \$14.95 for postage and handling.

What are you waiting for? To order SUPER SLIM™, call 1300 775 622 today and mention promotional code BS36SS. But I urge you to hurry: free trials are available for the first 200 callers only. And if operators are busy, please call again.



LOOK!! Here's what you get:

- ✓ Delicious fullness beverage.
- ✓ Free healthy eating and exercising plan developed by a qualified expert.
- ✓ Free ongoing guidance and support from qualified nutritionists and weight loss experts on hand to assist with any questions you have.

FREE TRIAL OFFER ONLY AVAILABLE DIRECT ON 1300 775 622 (QUOTE PROMO CODE BS36SS). PLEASE NOTE: THIS OFFER IS NOT AVAILABLE IN STORE.

SUPER SLIM™

