



BAZAAR health

Problem: You're constantly bloated.

Solution: A live blood test to examine your blood chemistry.

The man to do it: Sydney-based Dr Chris Manton, who is a natural therapist and biochemist. Manton identifies the issue and then sets up a program of supplements and appropriate dietary choices to fix it. "Most get symptomatic relief within a month," says Manton, "but the real healing can take longer if there are factors such as heavy metal toxicity or extreme microbiological imbalances."

Interim advice: "Avoid cow's milk products, wheat, foods high in simple sugars and those that are very difficult to digest such as pork and hen's eggs."

Dr Chris Manton, (02) 9387 8777; healthdetective.com.au

Try: **RoC Retin-Ox Illuminateur, \$49**, which combines wrinkle-fighting retinol collagen boosters and light-reflecting particles. Think of it as a foundation, anti-ageing skincare and illuminator in one. Mix with your moisturiser for light coverage or with your foundation for an all-over radiance. Don't forget the sunscreen, as retinol increases your skin's sensitivity to the sun.



SK-II fan?
You'll be all over their
new Signs Transform
Foundation. \$98, boasting
antioxidants, skin-firming and
hydrating properties as well as
hero ingredient Pitera. The
finish is creamy and the
slick compact is
dreamy...



Gwyneth Paltrow



Kate Moss



Madonna

The blunt & the beautiful

We asked Andrew Barton, British Hairdresser of the Year, where hair is at right now.

The cut: Shoulder length. "Conceptual, sharp, short cuts are over," says Barton. "Instead, we're seeing a blunt, shoulder-length cut that's tousled or wavy."

The colour: Monotone. "Block hair colour with a tiny amount of shimmer gives the appearance of more thickness and depth, especially when teamed with a uniform length such as Madonna's hair," says Barton. Maintain your coloured locks with **Goldwell's** colour-depositing **Color IQ range, \$22.95**.

The fringe: It's simple, says Barton: "Choppy, deep and chunky." Tame and smooth an unruly fringe before blow-drying with **L'Oréal Professionnel Silky Sunrise Play Ball spray, \$26.95**.

The texture: "Thick and healthy with natural, beautiful movement," says Barton. Try applying **Redken's new Body Full Carbo-Bodifier Volumizing Foam** for baby-fine hair, **\$26**, on damp locks for body and movement.