



Beauty & Health

CHERISH
the moment

JUST JESS
 GP caught up with super sailor Jess Watson to discover her beauty and health secrets.

DID YOU KNOW?
 Jess is an ambassador for Aussie cherries - they're in season now! Check out www.cherries.com.au.

WHAT ARE YOUR TOP THREE TIPS FOR STAYING FIT AND HEALTHY?

1. After a long day out on the water, I always get a bad case of the munchies, so my first tip would be to always have a healthy snack on hand, like cherries!
2. Find a kind of exercise that you really enjoy, that way it won't feel like work. I love going for a jog on the beach because it doesn't feel like work at all!
3. Exercising with friends is always fun too. I love working out with my team members - we all give each other so much encouragement.

DO YOU HAVE ANY HANDY BEAUTY SECRETS?

I'm very lucky to be sponsored by Ella Baché. My most important beauty tip would be to use sunscreen all the time. I don't think you can ever do enough to protect your skin from the sun. Ella Baché have a great sunscreen, Sportsbloc SPF 30+, that's great for wearing every day and it replenishes your skin as well.



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Reader road test



This month, 12-year-old Lucy was GP's beauty tester! She tried: **Miki Fruity Lip Balms, \$2.95 each.**
Lucy says: "I loved these lip balms, they felt very soft on my lips. They also smell so nice – the pineapple was very nice. These balms can be a bit messy because you have to use your finger and sometimes dirt can get in. They come in a really cool slide container that I liked. I think Girl Power readers would love these. I definitely did!"

Rating: 

Wanna be a GP beauty tester? Email girlpower@next.com.au with your full name, age and postal address and tell us why you should do a reader road test!

QUICK QUIZ TEST YOUR SUNSMARTS!

1. To keep your skin sweet, do you think of UV and not heat?
a) Yes - it is ultraviolet radiation (UV) not heat that causes sunburn so even when it's cloudy, UV rays can penetrate the clouds and cause you to burn.
b) No

2. What style of hat looks great and also protects your face, neck and ears from the sun's rays?
a) Baseball cap
b) Broad brimmed hat

3. Is a tan a sign of good health?
a) Yes
b) No – a tan is a sign of your skin cells in trauma. A tan can increase your risk of skin cancer, sunspots and wrinkles.

4. Sitting in the shade is a great form of sun protection when combined with a hat, SPF 30+, long-sleeved clothing and sunnies.
a) True – never just rely on sunscreen for sun protection.
b) False

5. Only sunbathers get skin cancer.
a) False - Most people get burnt or a tan when they are playing sport, hanging outside with friends or swimming at the pool.
b) True

Get more info about protecting your skin this summer at www.cancer.org.au/sunsmart

ANSWERS 1.a,2.b,3.b,4.a,5.a

go yoghurt!

Not only is yoghurt yummy, it's also really good for you! Did you know...

Yoghurt is alive! This sounds totally gross, but yoghurt is full of bacteria. Don't worry though, it's good bacteria that fights off bad bugs in your stomach.

It builds healthy bones. Yoghurt is made from milk, so it's full of calcium to keep your bones strong. Studies have shown it's super good for tween girls! Handy!




PSSST! Speaking of yoghurt, we're obsessed with the Lip Smacker Yummy Yogurts Trio. \$8.25. The creamy berry flavours are fab!

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ANSWERS 1.a,2.b,3.b,4.a,5.a