



## FEET FIRST

Sore tootsies? Try the Indulging Signature Treatment (\$85, 1 hr) at New Farm's Thai Foot Spa. It's heaven for tired feet, but the best thing about visiting is the shopping. Owner Belinda Sidwell was intent on having products exclusive to Brisbane (and Australia), so she teamed up with Thailand's famous Spa Siam to create a range. Try the Spa Siam Pomegranate and Jasmine Massage Cream (\$21), which contains vitamin C and tannin for effective natural whitening and wrinkle protection. If you love beautiful oils, the Jasmine Rice Oil (\$19) is divine, as is the Rosemary and Mint Oil (\$8). Soak sore feet in the Green Tea Ginger Foot Soak (\$24.20) and follow with the Oriental Herbal Body Polish (\$27) for happy feet. Available exclusively from the Thai Foot Spa, 50 James St, Fortitude Valley, ph: 3358 3600.

is for all skin types except oily or acne-prone skin. C-10 contains 10 per cent vitamin C and a moisturising liquid base – use it under moisturiser for a smoother, even skin tone. The Ultra Milk Cleanser (\$53, 200ml) is another goodie, ideal for dry, sensitive and combination skin. Beauty from the inside out is also part of the Ultracellucials philosophy. Try their Ultra Active Multi (\$39.95, 30 capsules), designed to boost antioxidant levels. Available from David Jones and selected retailers. Stockists, ph: 1800 355 890, [www.ultracellucials.com.au](http://www.ultracellucials.com.au)

## NEED TO NOSE

If you're not game enough to don a red nose on Red Nose Day on Friday, June 27, buy a lip balm instead. During the month of June you can purchase a Red Nose Strawberry Lip Balm (\$3) with SPF 30+ and help to support SIDS and Kids Queensland. At participating