

HEALTH

DETOX WATERS

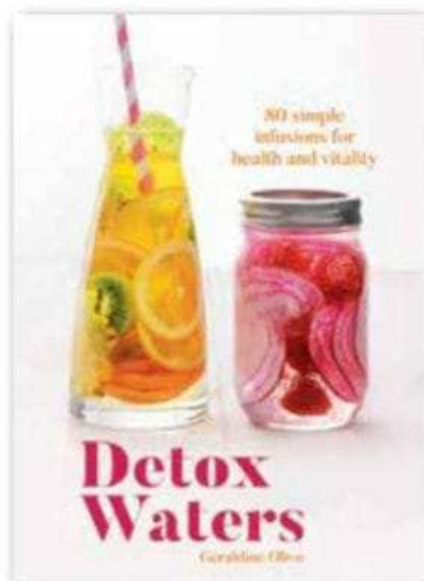
By Géraldine Olivo

RRP \$ 14.99

Available from

www.mysweetfaery.blogspot.com.au

Discover how to marry spring water, fruit, vegetables, herbs and spices to create delicious, detoxifying flavoured waters that are packed with health-enhancing vitamins and antioxidants to purify, fight against bloating and aid weight loss with Detox Waters. Increase your daily water intake the easy way with appetising delicious recipes – including Summer Peach, Courgette and Thyme, Rosemary and Lemon and ‘Carrot Cake’ drink – put the taste back into detoxing.

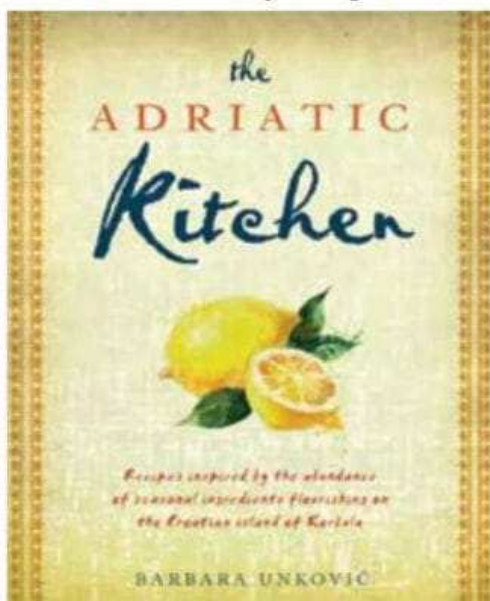


THE ADRIATIC KITCHEN

By Barbara Unkovi

RRP \$ 14.99

Available from www.exislepublishing.com.au



Barbara Unkovi has always been drawn to the land of her father, the sun-soaked Croatian island of Korula in the Adriatic Sea. She spent several years living there, in the seaside village of Rašice, immersed in its way of life, its culture, history and food.

Now, inspired by the island's culinary traditions and its abundance of fresh, seasonal ingredients, Barbara has produced The Adriatic Kitchen, a delightful, rustic cookbook full of gorgeous recipes and evocative memories.

From the vivid tangerine blooms of pomegranate stems in spring to grapes and olives 'beginning to grow fat and ripen' beneath the intense heat of the Adriatic summer sun, Barbara viscerally evokes her love of place and intoxication with a landscape and culture overflowing with the



SLOW AGEING GUIDE TO SKIN REJUVENATION

By Kate Marie, Professor Merlin Thomas & Dr John Flynn

RRP \$ 34.99 Available from www.slowaging.org

Whilst it's not possible to turn back the clock or stop ageing, the science of skin has developed treatments that are evidence-based and improve skin health.

In her new book, Kate Marie, along with co-authors Professor Merlin Thomas and Dr John Flynn bring together years of experience and scientific research in diet, nutrition, and overall well-being to show women that cosmetic medicine is about more than just feeding into a culture obsessed with perpetual youth.

The book presents a best practice approach, showing readers how to achieve greater skin health by eating well and exercising, as well as skin rejuvenation technologies that best support ageing skin. Starting with what happens to the skin as it ages, the book also covers the environmental impact on skin ageing, diet and lifestyle, hormones and skin care through to more intensive treatment options that rejuvenate the skin and restore its healthy function. Every treatment is connected to the relevant science that demonstrates its value and lasting effects on your skin.