



New Idea
Monday 6/02/2012
 Page: 70
 Section: General News
 Region: National, AU
 Circulation: 305037
 Type: Magazines Lifestyle
 Size: 1,219.10 sq.cms.



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YOU Beauty

TIFFINY HALL'S Beauty bag
The Biggest Loser trainer shares her tips

What are your beauty bag essentials?
 I'm not normally a make-up girl but my TV job requires it, so I embrace it with the best products I can. I love my Dior Addict Lip Maximizer, \$48, Mason Pearson hairbrush, from \$115, and M.A.C Blushcreme, \$40 – it's dewy and stays on when I'm exercising, which is important for me while filming. I also use M.A.C False Lash Mascara, \$42, and Giorgio Armani Luminous Silk foundation, \$90, because it's light and doesn't make me break out. And I love YSL Touche Eclat, \$55. I always have two of them – one in the glovebox just in case the one in my bag has gone missing!

What are your skincare favourites?
 I treat my skin like I treat the inside of my body, with lots of vitamins. I like CosMedix Benefit Clean Gentle Cleanser, \$72.60, and I won't go anywhere without Aspect Extreme B 17, \$114.40, and SkinMedica TNS Recovery Complex, \$199.

Do you have any secret beauty bargains?
 Rimmel Professional Eyebrow Pencil, \$8.50, is good, and I use paintbrushes rather than make-up brushes – they're cheaper but still feel beautiful to apply make-up with.

What are your essential hair products?
 I wash my hair in mint tea – it makes it really shiny! I use Kerastase Resistance Bain De Force, \$36, then put mint tea in and leave it.

What's your biggest beauty blunder?
 A bad fake tan. Being on the White Team, I can't afford a bad fake tan – it's traumatic!

Can you share your best beauty tip?
 Proskins Slim leggings, \$150. There are microcables woven into the yarn along with vitamin E, aloe, fatty acids and caffeine. They help reduce fat, even skintone and reduce cellulite – it's like having a facial on your legs!

What would you take to a desert island?
 I'd want to take The Commando – he'd build me a whole beauty factory!

PROFESSIONAL EYEBROW PENCIL RIMMEL LONDON

3 OF THE BEST FAKE TANS

Love a faux glow like Tiff? Take DIY tanning to the next level with these terrific tints...

1. L'Oréal Sublime Bronze Self-Tanning Smoothing Gel, \$23.95. Scared of DIY? This easy-to-spread gel hydrates while building a subtle colour. Almost foolproof!
2. Vani-T Liquid Sun Organic Tanning Mist, \$46.85. Its bevy of beautiful organics will moisturise and treat your skin, while a mist spray ensures you're streak-free.
3. Le Tan Fast Tan Instant Foaming Mousse, \$12.99. This mousse is easy to apply and dries almost instantly. If you're not used to tanning, opt for Bronze and use a mitt for fast application – and to avoid tan hands!



WE ASKED...

WHO IS TIFF'S BEAUTY ICON?

'I love Jen Aniston,' Tiff says. 'She's healthy and works beauty from the inside out – and that's very much where I'm at. She lets her inner beauty glow.'

