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Your how-to for healthy, stylish living

THIS MONTH: relax in style

INDULGE IN an exotic yoga and wellness holiday at a boutique beachside resort in Fiji or Thailand. There's no better way to get fit, rejuvenate and drink in the culture of a country. See page 180 for your exclusive discount.



GET THE LOOK 1 Crabtree & Evelyn Nardia Environmental oil with dropper, \$14.95; 03-8551 1000. 2 Fila Lycra Rhythm tank, \$60; 03-8336 7321. 3 & 4 Puma Nuala cotton-jersey pants, \$180, and microfibre top, \$90; 1800 811 511. 5 Shiseido Relaxing fragrance, \$61/100ml; at dept. stores. 6 Husk scented candles, from \$28; 03-9528 7411.



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