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LETTERS ASTRO PSYCHIC HEALTH BEAUTY FASHION TIPS CRAFT COOKERY HOME

# Down to basics

Here are 10 good reasons why you should use a primer

- 1 It soaks up excess oil and controls shine in oily and combination skin types. Evens out skin tones and disguises imperfections. Makes a great base for make-up with extra staying power.
- 2 Reduces the appearance of enlarged pores.
- 3 Softens fine lines and wrinkles.
- 4
- 5
- 6 Can contain an SPF to protect from sun damage. Reduces skin redness and inflammation.
- 7 Offers ingredients to moisturise and nourish the complexion.
- 8 Allows foundation to go on more smoothly.
- 9 Tinted primers can replace foundation if skin needs some concealing.
- 10

**TIP:** Apply primers to cleansed and moisturised skin as with foundation. Allow a few minutes to settle before applying your base.

## Primers to try ...

**Nutrimetics NC Face Prime Foundation Base, 50ml, \$29.** Helps hydrate skin.

**Australis Eyeshadow Primer, 10ml, \$12.95.** Keeps eyeshadow on lids and out of creases.

**L'Oréal Paris Base Magique, 15ml, \$29.95.** Illuminates the complexion.

**EmerginC Red Carpet Primer, 30ml, \$60.** A tint and vitamin C brighten and nourish.

**Face of Australia Face Base Primer a la 1 SPF15 (oil free), 50ml, \$12.95.** Contains sunscreen.

**Reader's road test**  
 Lisa Laming, West Bunelton, WA.  
**Anti-dandruff shampoos**

**Head & Shoulders Smooth and Silky Shampoo, \$5.99**  
 This rich shampoo really did what it claimed. After a couple of washes, I saw less dandruff.  
 ★★★★★

**Garnier Fructis Anti-Dandruff Shampoo, \$5.99**  
 I really noticed an improvement after a couple of washes. It was rich with a nice fragrance.  
 ★★★★★

**Proactiv Solutions Soothing Anti-Dandruff Shampoo, \$20.95**  
 It took a long time to notice a change, but after a while there was less itching.  
 ★★★★★

STOCKISTS: AUSTRALIS 1300 650 981; EMERGINC (02) 9712 8188; FACE OF AUSTRALIA (03) 9338 5222; GARNIER 1300 659 259; HEAD & SHOULDERS 1800 028 280; L'ORÉAL PARIS 1300 659 259; NUTRIMETICS 1800 802 151; PROACTIV 1800 338 383

**Win!**

**Reader's tip**  
 To keep your tweezers sharp and clean, regularly and lightly "file" the tip with a non-metal nail file.  
 Tania Ford, Kadina, SA.

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