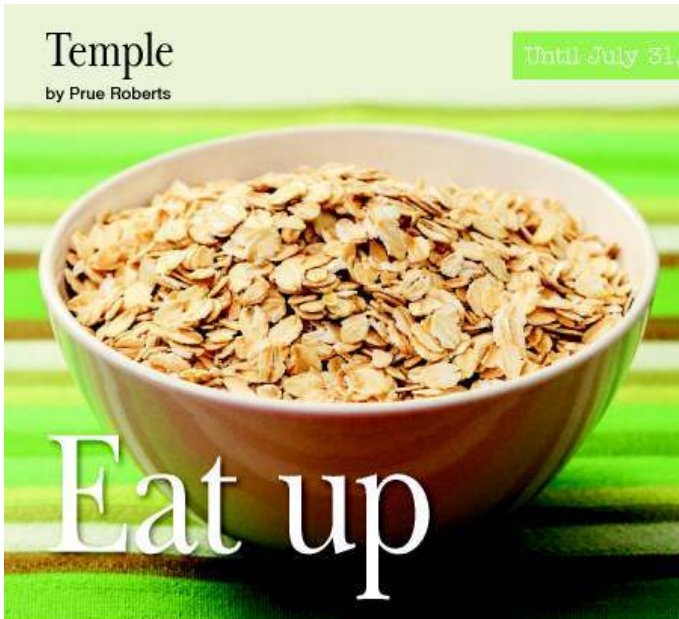




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Temple
 by Prue Roberts

Confused about what you should pack in your winter work lunchbox?

Until July 31, Estée Lauder is offering customers a free facial at the Myer appointment and is fully redeemable with Estée Lauder. Appointments are strictly limited, phone 9238 9848.

Sydney dietician Susie Burrell, who sees individual clients for sport nutrition, fat loss and childhood and adolescent obesity, shares her top tucker tips for breakfast, lunch and snack-attack time.

"The best winter options will have a low glycaemic index and not be too heavy in carbohydrates," she says.

The five best breakfast options she suggests are oats made with milk and fresh fruit; bircher-style muesli with thick yoghurt; eggs on wholegrain toast; baked beans on a wholemeal or grain English muffin; or a breakfast smoothie full of fresh berries and flax seeds.

"For lunch time, definitely soups are fantastic because we know they are full of nutrition and low energy, people eat up to 20 per cent less kilojoules when they've had soup," she says.

Another middle-of-the-day recommendation is dinner leftovers such as pasta bake or leftover stir-fry, "People tend to have a heavier meal in the day which means they can keep it light at night," she says.

Toasted sandwiches with chicken or ham and roast vegetables and miso soup and sushi are also good ideas.

For snacks, Burrell says to keep them light, so a small skim milk coffee or small skim hot chocolate, small tub of thick yoghurt, or piece of fruit.

"Most office workers won't be burning significant amounts of calories to mean they need a massive feast; it's more of a top-up."

For more information, visit www.susieburrell.com.au

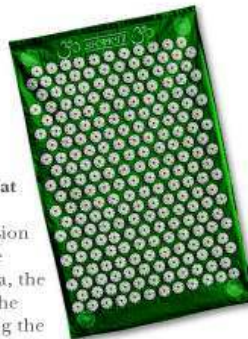
Sydney City store. \$50 booking fee is needed to secure an skincare purchases on the day.



Knowing your body's capabilities is important when starting a new fitness program. **Active Edge** in Rose Bay can let you know exactly where you're at before guiding you through your own program. "We look at every aspect of a client's lifestyle to achieve long-term results," owner David Darvill says. "Exercise, nutrition, metabolism, monitoring and goal-setting are all utilised in our plan." The gym's great atmosphere and staff also makes training more enjoyable. www.activeedgefitness.com.au.

Product of the week
SHAKTI MAT, \$149

Known as the bed of nails, the **Shakti Mat** treats acupressure points and nerve endings along the spine, dissolving tension and releasing endorphins. Based on the 5000 year old Vedic tradition from India, the mat has 6000 points of contact, giving the perfect meditative deep relaxation. Using the mat for 10-15 minutes a session on a bed or soft surface is recommended to help with migraine, stress and sciatica. Available from www.shaktimat.com.au.



VANITY CASE

DOVE'S MINI BEAUTY BAR, \$1.50

Dove's popular Beauty Bar is now available at a quarter of its size in a new mini version, which is a great gym or travel toiletry bag companion. Containing Dove's signature 1/4 moisturising cream and ultra mild pH neutral cleansers, lathering up with this so-cute soap will ensure your skin is hydrated and cleansed without irritation or dryness. Available from **Woolworths and Priceline**.



Tried & Tested

PIERRE HADDAD CONDITIONING TREATMENT AND BLOW DRY

For city-dwellers, Pierre Haddad's newest hair salon next to the Hilton Hotel is super convenient for that lunch-time treatment or after-work pampering session. It's an even better choice if you're a fan of poker straight blow dries. Stylist lyhab did a wonderful job making my locks super smooth, shiny and extra soft. This was after I had a great moisturising hair treatment in the sophisticated salon. Valet parking and a private treatment room for parties are also offered. Cost: \$80 and up. **Shop 4, 255 Pitt St. Ph: 9264 1115**