



Core Integrity

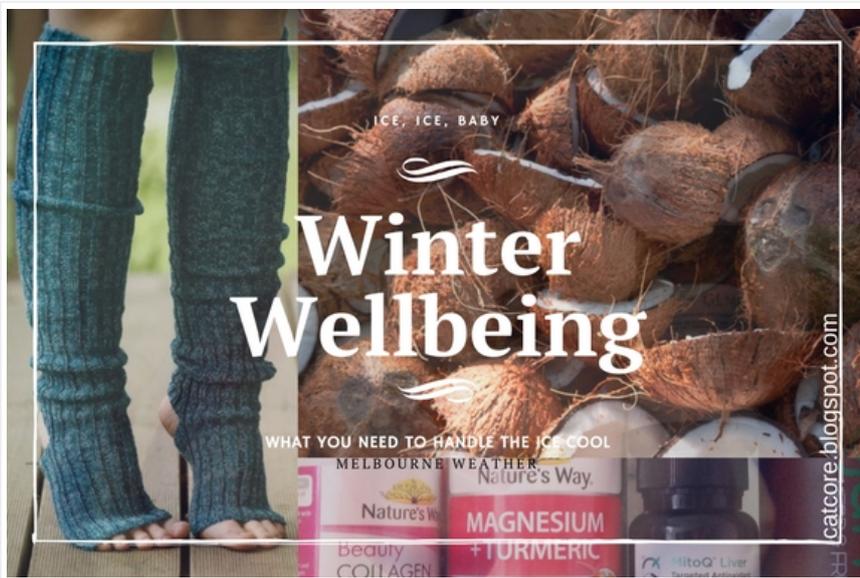
WITH CAT

MOVE. EAT. LIVE WELL

Writer, yoga pilates and barre instructor Cat Woods blogs on fitness, health, beauty, wellness and nutrition.

Tuesday, 20 June 2017

Winter Wellbeing: Body, Hair & Face



As you know - or will come to know - I get excited at anything that sparkles, glows, emanates colour, smells beautiful, looks amazing... whether it's eyeshadow, yoga pants, organic coconut oil, if it's divinely presented and a joy to use, I'm all for it.

Now that Winter Is Here, it's time to ease up on the self tanning if you're so inclined and instead to slather on moisturiser under your socks and sleeves. If, like me, heavily over heated rooms and shops really play havoc with your sinuses, I totally recommend [Xlear](#). I discovered it at a health foods store but it's also in Priceline and other pharmacies. No steroids, no nasties, all natural and it clears up and moisturises at the same time. Alternatively, saline spray might be your best friend.



Life is short, and you only get one, so use all the good things and indulge yourself in beauty and wellness rituals that revive your body and your spirit. Sometimes it's the tiniest luxuries that remind you there are simple joys to be had every single day.

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body



woolies



Who am I?

Hi, I'm Cat. I am passionate about lots of things - art, music, dance, nature, fashion, people, but I'm also really into leading an active, healthy life. For me, that means yoga, pilates, dance and logging some gym time. I want to share with you what I learn and what I find motivates and inspires me. Hope you find something that works for you too.

<http://www.facebook.com/coreintegritywithcat/>

Nourished Life Banner





Eminence Coconut Body Firming Lotion is a richly scented, creamy lotion that is perfect for winter. Rather than disguising your scaly little limbs under full length leggings all winter, get out of your steamy shower and smear this all over. Then go forth into your day or night, knowing you are channelling some tropical summer vibes of your own.



I've just had my hair lightened to a very pale blonde ombre at the ends so it is super sensitive and dry. Because I refuse to give up on sleek, smooth and straight, I have to do all the things. Here's my advice regardless of whether you have coloured hair or not:

- Use a heat-protection spray or leave-in product
- Don't use the same old straightening irons you've been using for years (they're too hot!)
- Invest in quality hair care and high tech stylers if you use them regularly (I have recently discovered 100% Australian EVY iQ styler. Never going back - this is the best!)
- Wash twice a week and use a masque once a fortnight or more often if needed

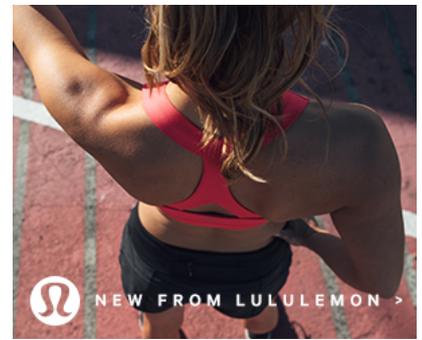
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