SMOOTH UP!

GF recommends Nivea visage young smooth in Exfoliator. It has beautiful peach extracts to remove dead skin cells and smooth your complexion, leaving your skin looking radiant and feeling peachy soft. Yay!

OCTOBER MUST-HAVE!

Earrings are one of those accessories that can be hard to store as they're always getting tangled up with all your other accessories – but never fear, GF has found the perfect solution! Bling Thing from Accez can hang in your wardrobe or on your b'room door and you can store up to 60 of your earrings. Talk about super-handy! For stockist info visit accez.com.au. RRP $24.95.

"Wouldn't it be boring if we were all the same? We should celebrate what makes us different, rather than hating or making fun."

LEONA LEWIS, Singer

GIRLFRIEND

LIFE

COME ON

It's easy to let things g
it's school issues, friend
breakdowns. Here are
those sad feelings and

* **KEEP YOURSELF DISTRACTE** by engaging other parts of your brain. Instead of focusing on how sad you are, try reading a good b or painting a picture.
* **JUST 90 SECONDS** of visua imagery is all it takes to lo your heart rate and stress