



what we're loving...



WALKING FOR A CAUSE

We've spent twilight hours after work walking and talking (...sorry, training!) so Team Prevention can take part in the annual 30km Sydney Coastrek walk on March 27, and raise funds for Beyond

Blue. The training's been a special way to be together. You should try it! Check out the annual walks at coastrek.com.au



A FASTER, SHINIER BLOWDRY

The new Helios dryer from ghd is built for women like us. It's lighter, extremely powerful and dries hair with 30 per cent more shine. \$290, ghdhair.com/au

HEAVILY MEDITATED

A warm, wise and enjoyable guide for anyone who ever wanted to learn how to get calm, and make it a habit. (Hardie Grant, \$29.99)

