

“Lubricant can take away pain and discomfort. It doesn’t mean your partner is a dud in the sack, it just means real life is getting in the way.”

Dr Ginni Mansberg

EVERYDAY GAME CHANGERS

TOP PRODUCTS TO BUMP UP YOUR WELLBEING

65 SLIQUID ORGANICS NATURAL GEL LUBRICANT, \$24.95

With neutral pH and extracts of hibiscus, flax and green tea, it cuts down friction and takes a regular romp into wet-and-wild territory.

66 KENKŌ TEA ORGANIC MATCHA – PREMIUM GRADE, \$44.90

With 137 times the antioxidants of regular green tea, prepare to be super-alert yet chill, courtesy of the jitter-free L-theanine.

67 DERMAL THERAPY BLISTOP, \$5.95

Race day or long hike? Eff off, friction blisters. Prevent them forming through a water-resistant layer of film sprayed on your feet.

68 S’WELL DRINK BOTTLE, \$49.95 @ UNTIL

Crafted from non-leaching, non-toxic stainless steel, this sleek design keeps drinks cold for 24 hours and hot for 12. Breaks up your toxic relationship with plastic, too.

69 LUNCHBOTS BENTO TRIO, \$44

A stainless steel all-in-one for your weekday al-desko lunch. The three-compartment design makes portion control simp.

70 FRANK GREEN SMARTCUP, \$34.95

Keeps lattes hot, hormones safe and your eco cred in the green. This Aussie-designed BPA-free mug also has a payment chip embedded for when you can’t find a fiver.

71 SLEEP MASTER SLEEP MASK, \$39.95

Light eliminating *and* sound muffling, this mega mask feels like a bear hug for your face. Hypoallergenic and super-comfy, too.

72 ORAL-B TRIUMPH 5000 WITH SMARTGUIDE, \$219.99

This power brush signals when to change position by pulsating and counts you down for the recommended two minutes.

73 THE BEAUTY CHEF’S HYDRATION INNER BEAUTY BOOST, \$39.95

This organic, bio-fermented probiotic is your winter skin SOS in a bottle. Store in the fridge and add a capful to your water.

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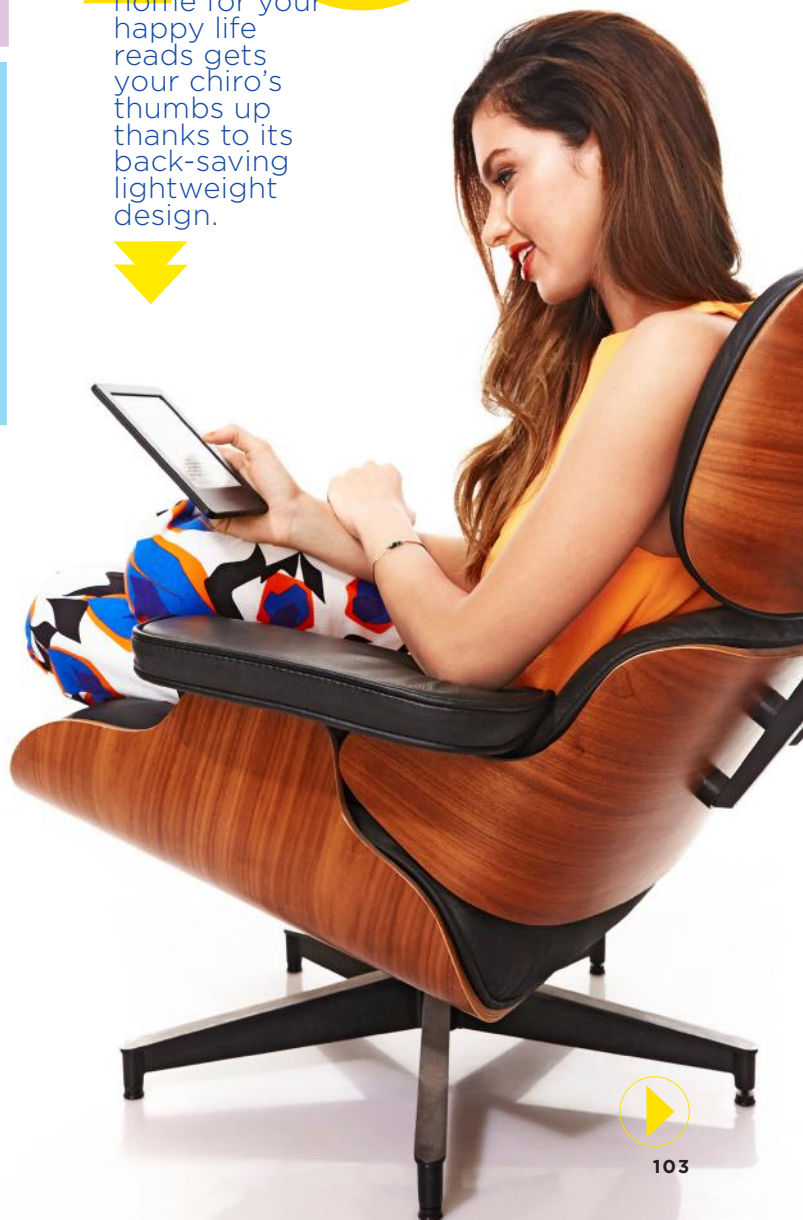
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KINDLE TOUCH, \$99 @ DICK SMITH ON EBAY

The digital home for your happy life reads gets your chiro's thumbs up thanks to its back-saving lightweight design.



74 SQUEAKIE HAND SANITISER, \$8.95

The active antibacterial agent in this natural germ-killer is made from pure milk whey alcohol. Kind on hands and others too (10 per cent of profits go to charity).

75 AVEDA STRESS-FIX COMPOSITION OIL, \$49

Made from certified organic lavender, lavandin and clary sage, add to your bath or massage tired temples for a soothing effect.

76 ORGANYC TAMPONS, \$6.95

Over a lifetime, you'll have 33,600 hours of (very) intimate contact with your feminine hygiene products. These tampons are chlorine bleach-free and biodegradable, too.

77 SKIN PATROL SKIN CANCER EARLY DETECTION TOOL, \$20

Quit WebMD-ing and find out if that mole really is dodgy by answering five yes/no questions using the tabs.



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