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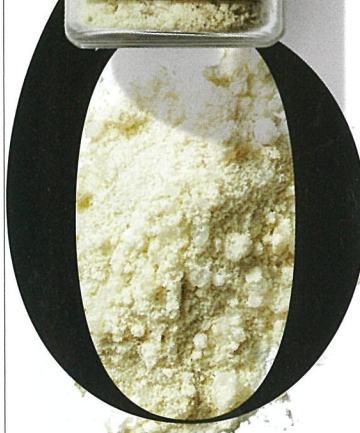
ALL-OVER SERUM

In response to the lack of serums made specifically for the body, The Chemistry Brand brings us Hyaluronic Concentrate (\$50; chemistrybrand.com). Potent levels of hyaluronic acid and red algae deliver a hit of hydration wherever it's applied.

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VITAMIN DRIP

Not for the faint of heart, having vitamins and minerals delivered intravenously is now considered a beauty treatment (at duquessa.com.au). As well as enhancing your overall wellbeing, this energy-booster will refresh and brighten your complexion in a flash.



TEA TONIC

Matcha isn't only making waves in health, it's buzzing in beauty, too. Salt by Hendrix Coco-Soak Matcha (\$22.95; saltbyhendrix.com) combines the green tea extract with coconut milk for a dreamy detoxifying bath.



SPRAY SOLUTION

Face-only mists are old news: this mix of La Prairie's moisturising marine complex and fragrant essential oils makes the brand's Cellular Energizing Body Mist (\$180; laprairie.com.au) a nourishing top-to-toe essential. Apply every day for a spa-like experience at home.



SKIN SUPERFOODS

Consider Sukin's Nourishing Chia Seed Oil+ (\$20.95; sukinorganics.com) a smoothie for your face. It's packed with the South American superfood's proteins, vitamins and antioxidants and your skin will drink it up.



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REVERSE ROUTINE

R+Co Palm Springs Pre-Shampoo Treatment Mask (\$43; 1300 725 122) isn't your traditional hair mask: the lightweight mousse formulation is designed to treat locks before you wash and condition.

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CRYOTHERAPY

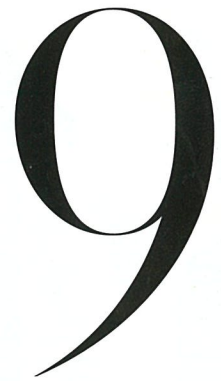
It's quick, easy and energising, aids in muscle repair, reduces inflammation and rejuvenates skin. But what is cryotherapy? While you sit inside a space-aged chamber, nitrogen mist surrounds you and drops to sub-zero temperatures, which causes oxygen-enriched blood to flood your organs. Visit cryo.com.au.



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POSITIVELY CHARGED

If you're into the healing power of crystals, M.A.C Mineralize Charged Water Face And Body Lotion (\$55; maccosmetics.com.au) is for you. Infused with gemstones and ionised water, a little of this nourishing cream goes a long way.



DEODORANT WITH A DIFFERENCE

A unique balm of coconut oil, beeswax and essential oils, No Pong All Natural Anti Odourant (\$6.95; nopong.com) is the perfect aluminium-free alternative to traditional spray or roll-on formulas.

