

AUTUMN WINTER 2016

MOTHER'S DAY

HOW TO PICK  
THE **PERFECT**  
PIECE OF  
JEWELLERY  
**FOR MUM**

S  
MAGAZINE

AT HOME WITH  
**DARREN  
PALMER**

*Tips and tricks to  
bring your home  
into the new season*

FRESH FROM  
**THE RUNWAY**

*The must-haves and how to style them*



**Stockland**  
*it's your place*

STOCKLAND SHELLHARBOUR

# FOR ALL THE UNIQUE MOTHERS



**PANDORA SHELLHARBOUR**  
KIOSK 103A · STOCKLAND SHELLHARBOUR SHOPPING CENTRE  
LAKE ENTRANCE ROAD · SHELLHARBOUR CITY CENTRE · NSW · 2529  
T: 4297 8700

**PANDORA**

## Cosy up this Winter

Welcome to the Stockland Shellharbour Autumn Winter 2016 magazine!

We love having our finger on the pulse and staying up-to-date with the latest trends. In this magazine, you'll find nine fashion pages brimming with hot buys for women, men and the little ones.

Plus, *The Block* judge Darren Palmer shares his tips on how to take your home from Summer to Winter, and Goldmark jewellery buyer Brooke Werner spills the beans on how to choose the perfect piece of jewellery for Mum this Mother's Day.

You'll also find pages filled with beauty, health and fitness tips, recipes for some delicious delights, the ultimate guide to dining in-centre and some inspiration for your next getaway.

So sit back, relax and enjoy everything Stockland Shellharbour has to offer this Autumn Winter.

**Happy reading!**



20



7

ON THE COVER: COUNTRY ROAD SNAKE JACQUARD KNIT \$149, A-LINE CORD MIDI SKIRT \$119



12



22

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## STAY IN THE KNOW

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Watch this look come to life on our Facebook page!



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# WINTER WARDROBE

We've scoured the European runways to bring you our favourite Autumn Winter fashion trends for 2016.



1.



2.



4.



3.



SPORTSGIRL

CHANNEL THAT '70S VIBE WITH A VERSATILE BUTTON-UP SKIRT THAT WILL COMPLEMENT ANY STYLE OF SHOE.



5.



6.

## SKIRTS ALL 'ROUND

PAIRED WITH A BLOUSE, HEELS AND STATEMENT EARRINGS, MIDI-LENGTH SKIRTS ARE GREAT FOR A DINNER DATE OR NIGHT OUT WITH FRIENDS.

### EXTRAS



7.

8.

9.

10.

11.

12.

13.

COSY UP IN KNITS ALL WINTER LONG. PAIR A TEXTURED KNIT WITH A SKIRT AND ANKLE BOOTS.



1.



2.



3.



SPORTSGIRL

SUSSAN

## RIGHT ON TOP



6.



7.



8.



9.

RELEASE YOUR FEMININITY BY MIXING IT UP WITH BLOUSES IN DIFFERENT FABRICS AND PRINTS WITH PUSSY CAT BOWS AND NOSTALGIC NECKLINES.

### EXTRAS



10.

11.

12.

13.

14.

15.

16.

17.

1. R.M.WILLIAMS SOUTHERN SKIRT \$369 2. MYER SASS & BIDE AUTUMN DAYS SKIRT \$420 3. JAY JAYS CORD SKIRT \$39.95 4. BARDOT BRONTI MIDI SKIRT \$69.95 5. JEANSWEST LARA GARMENT DYED UTILITY MIDI SKIRT \$79.99 6. TARGET FUTURE YOU SUEDE BUTTON UP SKIRT \$29 7. COUNTRY ROAD SHAKY LEAF EARRINGS \$39.95 8. JEANSWEST SALLY TURTLE NECK PULLOVER \$49.99 9. BLUE ILLUSION WHITE MINI KITTY KEY RING \$19.99 10. TERRY WHITE CHEMISTS OSCAR DE LA RENTA OSCAR EDT SPRAY 30ML \$29 11. WITTNER DANE HEEL \$179.95 12. FOREVER NEW VIVI STUDDED CLUTCH BAG \$39.99 13. FOREVER NEW MOLLY TASSEL ANKLE BOOTS \$89.99

1. MYER SASS & BIDE THE UNIVERSE COMPRISES KNIT \$350 2. DOTI SHOREDITCH FRINGED VEST \$69.95 3. MILLERS CABLE STITCH ROLL NECK JUMPER \$35 4. WITCHERY TIE FRONT KNIT DRESS \$149.95 5. PRICELINE ESSIE NAIL COLOUR IN FIJI \$16.95 6. JACQUI E ARDEN WRAP BLOUSE \$79.95 7. COUNTRY ROAD TUCK FRONT SHIRT \$149 8. COUNTRY ROAD PRINT TIE NECK BLOUSE \$149 9. SPORTSCRAFT KEYHOLE FRONT BLOUSE \$179.99 10. COLETTE BY COLETTE HAYMAN KHLOE STRUCTURED TOTE \$59.99 11. MYER SASS & BIDE CLUSTERED STARS SKIRT \$420 12. LOVISA STATEMENT CIRCLE EARRINGS \$13.99 13. COTTON ON KNITTED PANAMA HAT \$16.95 14. MYER CUE MOCK CROC MINI SKIRT \$159 15. GIFTS OF TIME CHRISTIAN PAUL WATCH \$199 16. WANTED SHOES LULU FLAT \$119.95 17. COTTON ON DRAMA GUSSET BOOT \$59.95



RUNWAY STYLE



EMBRACE YOUR INNER TOMBOY WITH THIS TOO-COOL-FOR-SCHOOL BOMBER JACKET.



THE EPITOME OF WINTER WARMTH, YOU CAN NEVER HAVE TOO MANY COATS. THIS YEAR, GO FOR A TRENCH COAT IN A SOFT COLOUR, OR TRY A TEXTURED BOYFRIEND BLAZER.

EXTRAS



A SUEDE JACKET IS AN EASY WAY TO DRESS UP A SIMPLE OUTFIT. THROW ONE ON OVER A TEE AND CULOTTES AND SLIP ON SOME FLATS.



SO LUXE



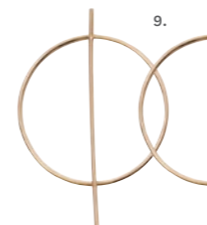
FOR SOMETHING DIFFERENT, TRY A DARKER, SEXIER SHADE OF SUEDE SUCH AS MOSS GREEN OR NAVY.



PAIR A SUEDE SKIRT WITH A TURTLE NECK AND SOME STILETTO BOOTS FOR A FEMININE EVENING LOOK.



EXTRAS



1. MYER SASS & BIDE EVENING EMBERS TRENCH COAT \$790 2. ICE DESIGN JACKET \$49.95 3. SPORTSCRAFT AMBER WRAP COAT \$499.99 4. COTTON ON QUILTED BOMBER JACKET \$59.95 5. SPORTSCRAFT DANA TEXTURED COAT \$379.99 6. TARGET DANNII MINOGUE LUXE LACE BOMBER JACKET \$99 7. TATTOO WAKEE DENIM FITTED HIGH RISE JEAN \$44.90 8. WITCHERY RUDY BAG \$169.95 9. MATHERS DIANA FERRARI LOREDO BOOT \$169.95 10. AHINAH FAUX FUR BAG CHARM \$14.94 11. CITY CHIC MONO MAGIC TUNIC \$69.95 12. SCARLETTE SHOES CHALLENGE OVER KNEE BOOT \$129.99

1. JEANSWEST EVA SUEDE JACKET \$299 2. SPORTSGIRL SUEDE BIKER JACKET \$299.95 3. FOREVER NEW MADDY SUEDETTE SHIFT DRESS \$119.99 4. SHEIKE SIROCCO DRESS \$159.95 5. SUPRÉ SUEDETTE DRESS \$40 6. FOREVER NEW ALEXA A-LINE FAUX SUEDE MINI SKIRT \$69.99 7. JEANSWEST HANNAH SUEDE SKIRT \$149 8. PRICELINE PHYSICIANS FORMULA BRONZE BOOSTER GLOW-BOOSTING AIRBRUSHING BRONZING VEIL DELUXE \$29.95 9. LOVISA CIRCLE AND BAR STATEMENT EARRINGS \$15.99 10. WITCHERY TATUM CROSS BODY BAG \$199.95 11. JACQUI E ANASTASIA COWL NECK TUNIC \$99.95 12. THE OPTICAL SUPERSTORE SASS & BIDE ARIZONA SUNGLASSES \$229 13. BETTS FOR HER FREEDOM FLAT \$59.99 14. WANTED SHOES BARKER TAUPE SUEDE BOOT \$199.95 15. ALLY FASHION PU BIKER JACKET \$59.99



# White walker

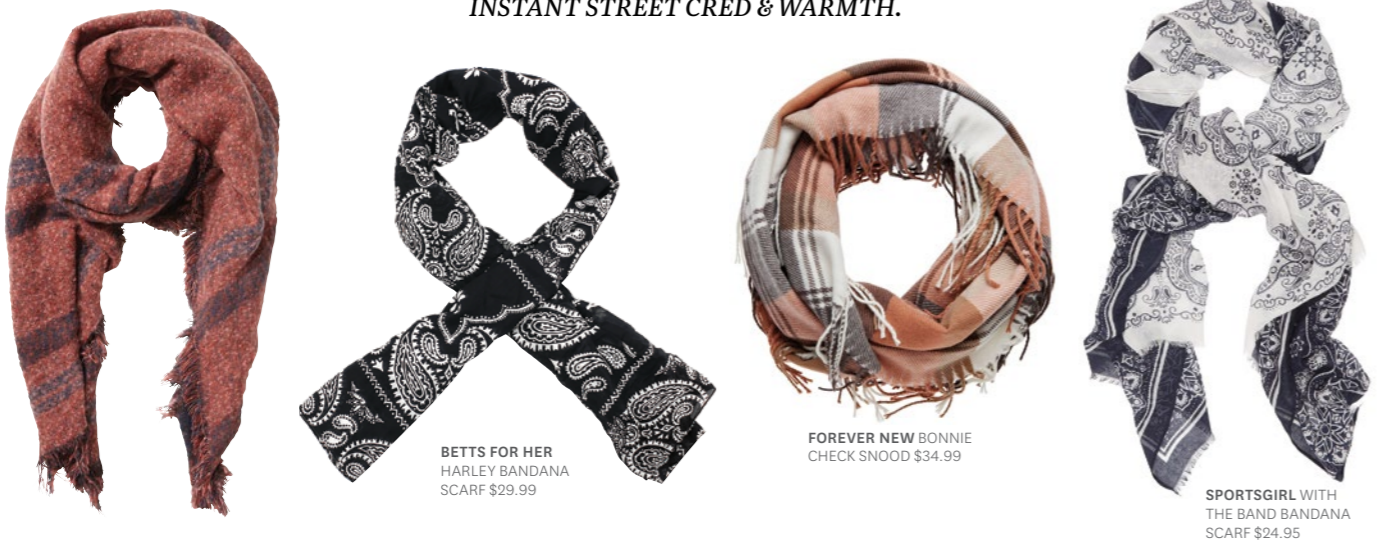
A TREND INITIALLY INSPIRED BY STREET STYLE, CRISP WHITE SNEAKERS GO WITH ABSOLUTELY ANY OUTFIT.



1. FOOT LOCKER NIKE DUNK SKY HI SHOE \$159.95 2. FACTORIE SPLICE PLATFORM SNEAKER \$29.95 3. NIKE WOMENS ROSCHE ONE SHOE \$140 4. GENERAL PANTS CO. GLOBE MAHALO LYTE SNEAKER \$129.99 5. HYPE DC ADIDAS ZX FLUX RACER SNEAKER \$119.95 6. IN SPORT NIKE COURT ROYAL SHOE \$100 7. PLATYPUS SHOES VANS AUTHENTIC LO PRO SHOE \$89.95 8. HYPE DC ADIDAS STAN SMITH SNEAKER \$119.95 9. WITTNER BARRY SNEAKER \$159.95

## SCARVES

ACCESSORISE ANY OUTFIT WITH A SCARF FOR INSTANT STREET CRED & WARMTH.



COTTON ON ON POINT BLANKET RUSTY STRIPE SCARF \$19.95

BETTS FOR HER HARLEY BANDANA SCARF \$29.99

FOREVER NEW BONNIE CHECK SNOOD \$34.99

SPORTSGIRL WITH THE BAND BANDANA SCARF \$24.95



ALL THE TRIMMINGS  
Stand out from the crowd with a faux fur collar, a cool hood or fancy lapels.

# SNOW ANGEL

Brrrrr, it's cold out here! Mountainwear doesn't have to be boring. Invest in pieces that will take you straight from the slopes to the party.



UNDER \$25

WHEN YOU'RE NOT OUT WORKING UP A SWEAT ON YOUR SKIS OR SNOWBOARD, LAYERING IS THE KEY TO STAYING WARM IN THE SNOW.

1. FOREVER NEW TESSA FAUX FUR PUFFA GILET \$99.99 2. ALLY FASHION SLEEVELESS HOODED PUFFER JACKET \$35.99 3. PARLIAMENT ALL ABOUT EVE FRANKO JACKET \$129.95 4. FACTORIE SANTIAGO JEAN \$39.95 5. COTTON ON ROLLIN ROUND SUNGLASSES CLEAR GREY SILVER LENS \$14.95 6. SURF DIVE 'N' SKI HURLEY AUGUSTINE PUFFER JACKET \$219.99 7. SUPRÉ RIBBED SWEAT \$35 8. FOREVER NEW WATCH \$34.99 9. COUNTRY ROAD MULTI STRIPE CREW SOCKS \$12.95 10. PLATYPUS SHOES TIMBERLAND 6 INCH PREMIUM BOOT \$299.95



CITY BEACH



FACTORIE POLLY POM-POM BEANIE \$14.95

BLUE ILLUSION FARLIE FAUX FUR BERET \$49.99

BLUE ILLUSION DAPHNE WOOLLEN GLOVES \$49.99

# Something Special

CHOOSING THE PERFECT PIECE OF JEWELLERY AS A GIFT CAN BE A DAUNTING EXPERIENCE, BUT NEVER FEAR! WE'VE ENLISTED GOLDMARK BUYER BROOKE WERNER TO GIVE YOU THE LOWDOWN ON THE LATEST JEWELLERY TRENDS AND THE PIECES YOU CAN'T DO WITHOUT.

At just 28 years old, Sydney local Brooke Werner has been buying jewellery for seven years. Brooke enjoys looking for all the latest trends and buying anything based on the market of the day.

**What are the key things to take into consideration when buying pieces of jewellery that will last?** You should look for quality, classic and timeless pieces that won't go out of style.

**What questions should you ask yourself when buying a piece of jewellery as a gift?** What item best reflects the receiver's personality and would make them feel special? Is it a sentimental piece that has a special story behind it?

**What are some classic pieces that you can't go wrong with?** Curb chains, padlock bracelets, bangles, and simple earrings.

**What is the hottest jewellery trend right now?** Geometric and rose coloured stainless steel, dream catchers, feathers and spiritual symbols or tree of life items.



GOLDMARK  
FEATHER  
BANGLE \$49



GOLDMARK  
STERLING SILVER  
STUDS \$35

**LOOK FOR QUALITY, CLASSIC AND TIMELESS PIECES THAT WON'T GO OUT OF STYLE.**



GOLDMARK  
TREE OF LIFE  
NECKLACE \$69



GOLDMARK  
CUBIC ZIRCONIA  
RING \$29



**FINE AND SIMPLE NECKLACES WILL NEVER GO OUT OF STYLE.**

**STACK 'EM UP**

Dainty rings work really well together. Pitch in with your siblings to buy a nice set for your mum.

## TO BE CHERISHED

THE RIGHT PIECE OF JEWELLERY IS A BEAUTIFUL WAY TO SAY "I LOVE YOU, MUM" AND YOU ARE SPOILT FOR CHOICE AT STOCKLAND SHELLHARBOUR.

**A SWEET INSCRIPTION IS A CUTE WAY TO TELL MUM YOU CARE.**



**IF YOUR MUM IS SPORTY, GO FOR SOMETHING THAT WON'T GET IN THE WAY. A CURB CHAIN IS PERFECT!**

**A PADLOCK-STYLE BRACELET OR NECKLACE IS A TIMELESS GIFT FOR A CLASSIC MUM.**

**IF YOU HAVE A BEACHY MUM, CHOOSE SOMETHING WITH A DREAM CATCHER OR SPIRITUAL SYMBOL.**

**ROSE GOLD AND PEARLS ARE A DIVINE CHOICE FOR A FASHION-SAVVY MUM.**



**IF MUM DOESN'T WEAR MUCH JEWELLERY, OPT FOR A WATCH - IT'S PRETTY AND PRACTICAL!**



**THE FINISHING TOUCH**

Earrings complete an outfit. Go for a costume pair Mum can wear to dinner or something simpler for everyday use.



1. GOLDMARK 9CT GOLD PADLOCK BRACELET \$1,299 2. SWAROVSKI ATTRACT PIERCED EARRINGS \$119 3. BEME AMBER ROSE PHOENIX DROP EARRINGS \$12.99 4. GOLDMARK STERLING SILVER PADLOCK BRACELET \$129 5. BEME WRAPPED STONED CUFF \$9.99

1. PANDORA LUMINOUS HEARTS COLLIER NECKLACE \$139 2. ANGUS & COOTE 9CT CUSHION SPLIT SHK RING \$2,499 3. BELLINO LEADING EDGE JEWELLERS CANDID S/S PENDANTS FROM \$69 4. SWAROVSKI ALPHA MEDIUM NECKLACE \$149 5. PANDORA LUMINOUS FLORAL STATEMENT RING \$79, INFINITE LOVE RING BAND \$49 6. GOLDMARK STERLING SILVER INFINITY BANGLE \$59.90 7. SWAROVSKI CITY SIMPLE WHITE BRACELET WATCH \$499 8. MICHAEL HILL BAR NECKLACE IN 10CT GOLD \$209 9. BELLINO LEADING EDGE JEWELLERS CANDID S/S PENDANTS FROM \$59 10. SWAROVSKI DAYTIME PEACH BRACELET WATCH \$499 11. SWAROVSKI EMPIRE RECTANGULAR PIERCED EARRINGS \$149 12. ANGUS & COOTE 9CT SPLIT DOUBLE HOOP EARRINGS \$169 13. MICHAEL HILL PATTERNED EAR CLIMBERS IN STERLING SILVER \$59



FORGET THE BLACK LEATHER GOODS. THIS AUTUMN WINTER, GO FOR TAN ACCESSORIES.



INVEST IN EASY ACCESSORIES AND STAY COOL WITH A BEANIE AND SLICK SUNGLASSES.



ENGLISH GENT

Forget the bad boy look. This Autumn Winter is all about the dapper man. How do you get the most popular hairstyle of the season? Choose your beard! A clean shaven face is best but anything will work with a rugged look. Style your hair with short sides and a swept-back top.

IN HIS SUITCASE

The trick to being a savvy traveller is to make sure you have all your travel essentials sorted, packed and ready to go.



WORK & PLAY

FROM CRISP TAILORING TO LAIDBACK GENT, THIS SEASON IS ALL ABOUT DARK HUES, LIGHT LEATHER AND STYLISH WATCHES.



JUST JEANS



STREET STYLE  
Stock your wardrobe with stripes for the ultimate cool casual look.



MOUNTAIN MAN  
Stock up on good quality Après-ski gear that will last you year after year.

1. TARGET SUIT BLAZER \$99 2. R.M.WILLIAMS DEANS MARSH BELT \$70 3. SIMONS JEWELLERY MICHAEL KORS WATCH \$449 4. YD. EURO FLORAL TRIM SLIM FIT SHIRT \$89.99 5. LOWES BISLEY COUNTRYMAN SHIRT \$39.95 6. ROGER DAVID CRUZ ELASTIC BOOT \$179.99 7. BELLINO LEADING EDGE JEWELLERS DISNEY STAR WARS SMART WATCH \$299 8. JEANSWEST ZEKE CREW HENLEY SHIRT \$49.99 9. COUNTRY ROAD HEYWARD MOCCASIN BOOT \$199 10. COUNTRY ROAD SLIM GARMENT DYE JEAN \$109 11. JEANSWEST NATE PUFFER VEST \$99.99 12. KMART MEN'S CASUAL BACKPACK \$15

1. SUNGLASS HUT OAKLEY SUNGLASSES \$159.95 2. FACTORIE GUYS WAFFLE BEANIE \$14.95 3. THE BODY SHOP FOR MEN MACA ROOT FACE WASH \$17.95 4. THE BODY SHOP FOR MEN MACA ROOT OIL BALANCING FACE PROTECTOR \$22.95 5. TERRY WHITE CHEMISTS DAVIDOFF COOL WATER EDT SPRAY 125ML \$34 6. SHAVER SHOP PANASONIC BLADE SHAVER \$399 7. COUNTRY ROAD DEVOTE LEATHER WETPACK \$129 8. MISTER MINIT SONNET STAINLESS STEEL CHROME TRIM BALL POINT PEN \$84.95 9. KMART JOURNAL \$5 10. VICTORIA STATION LUNAR SATURN 66CM SPINNER CASE \$199.99 11. COUNTRY ROAD RIB KNIT SCARF \$69.95 12. PROUDS THE JEWELLERS PULSAR LEATHER STRAP WATCH \$149 13. SURF DIVE 'N' SKI ELEMENT FOUNTAIN JACKET \$139.99 14. JEANSWEST BARLOW HOODED JACKET \$149 15. PLATYPUS SHOES TIMBERLAND 6-INCH PREMIUM WATERPROOF BOOT \$299.95 16. COUNTRY ROAD SPECKLE KNIT GLOVE \$59.95



## STREET STYLE

# Kids' corner

WHETHER IT'S EVERYDAY CASUAL OR SOMETHING FOR THOSE SPECIAL OCCASIONS, YOUR MINI-ME WILL LOOK ADORABLE IN THIS WINTER GEAR.



## FANCY PANTS

1. PUMPKIN PATCH STRIPED RIB DRESS \$39.99 2. TARGET RHONDA JUNIOR FOLD OVER BOOT \$20 3. COUNTRY ROAD WOLF APPLIQUE CREW SWEAT \$54.95 4. COUNTRY ROAD CAMO SCARF \$39.95 5. BEST&LESS BOYS PLAIN CHINO PANT \$25 6. PUMPKIN PATCH POCKET PUFFER VEST \$42.99 7. TARGET ELDO JUNIOR HIGH TOP SHOE \$25 8. COUNTRY ROAD TEXTURED SWEAT DRESS \$59.95 9. MYER BARDOT JUNIOR BABY BOY'S BASIC CHINO WITH BRACES \$59.95 10. BEST&LESS BOYS LS SHIRT \$15 11. BLUE SKY KIDS DRESS \$125 12. MYER BARDOT JUNIOR LITTLE GIRLS MICRO LIMITS DRESS \$79.95 13. MYER BARDOT JUNIOR BOBBY CHECK BOW TIE \$16.95 14. BLUE SKY KIDS BOYS SHOE \$35 15. BLUE SKY KIDS GIRLS SHOE \$32 16. MYER BARDOT JUNIOR BOW TOP SLING BAG \$39.95



COUNTRY ROAD  
QUILTED TRAPPER \$39.95



COUNTRY ROAD  
PUFFER JACKET \$119

## RUG UP



COUNTRY ROAD  
MOCCASIN WORK BOOT \$89.95



PUMPKIN  
PATCH CABLE  
FINGERLESS  
GLOVES \$14.99



PUMPKIN PATCH  
FUR POMPOM  
BEANIE \$19.99

ADAIRS HOME REPUBLIC MARBLE  
TEXTURED PRINT 50X70CM \$129.95



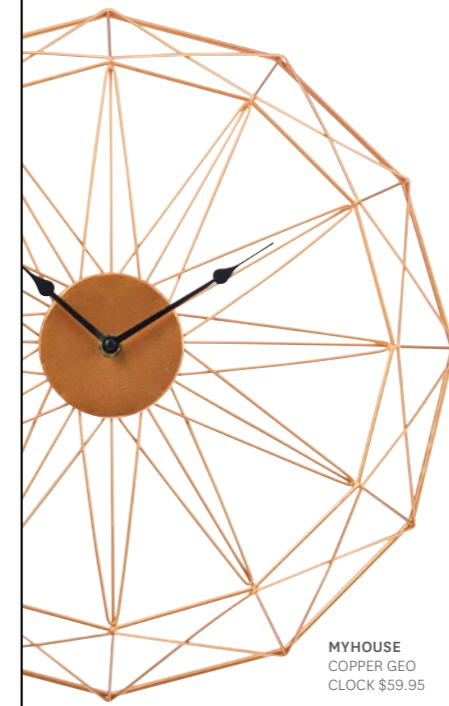
BED BATH N' TABLE  
ARCTIC FAUX FUR  
CUSHION \$49.95



THE REJECT SHOP HELLO PRINT \$12



HARRIS SCARFE SIMPLY  
VERA KNIT THROW \$119.95



MYHOUSE  
COPPER GEO  
CLOCK \$59.95

## COSY LIVING

Warm up your living areas and make them extra inviting with touches of copper and fur.

AHINAH HOWMAN FAUX FUR  
TIMBER STOOL \$109.95



MAGNOLIA FLORIST VINTAGE JAR \$35

BEST FRIENDS PETS  
FUZZYARD CAT  
POD \$109.95



THIS CAT POD WILL  
HAVE YOUR FELINE  
FRIEND SNOOZING  
IN STYLE.

HOWARDS STORAGE WORLD ROUND  
TAPER COPPER WIRE BASKET \$49.95







# AT HOME WITH DARREN PALMER

WITH A HABIT OF REDESIGNING ROOMS WHENEVER HE WALKS INTO THEM, IT'S NO WONDER DARREN PALMER MADE THE SWITCH FROM GRAPHIC DESIGN TO INTERIOR DESIGN AND NEVER LOOKED BACK.

Darren Palmer has wanted to make houses from the moment he realised that people work for a living. It wasn't so much a choice for *The Block* judge – it was something Darren felt he had to do. We sat down with the man himself to find out his favourite style for this season, how to take your home from Summer to Winter, and how he juggles a busy work schedule with keeping an organised home.

**With a six-year-old, a partner, three dogs, a cat and a career, how do you keep your home organised?** We get help where we need it. We have someone to walk our dogs a few days a week, we have a cleaner help out because of all the hair and we otherwise live a really simple life that doesn't need a lot of maintenance. We're homebodies so we're not running around a lot, preferring to stay in and enjoy a movie together in our ugg boots.

**Any tips on how to organise the home for busy mums and dads?** Make sure you have a place to put everything so you can easily sweep stuff into a box, onto a shelf or behind a closed door. Just being organised and having somewhere for everything will help keep your home as tidy as it can be.

**Do you have any rules when it comes to interior decorating? If so, what are they?**

1. Write a brief
2. Create a visual reference
3. Source all of your inclusions at once
4. Make sure that all of your furniture, décor and soft furniture choices are locked in before you buy
5. Buy what you're able to when you're able to with the above in mind

**What is the biggest mistake people tend to make when dressing their home for a new season?** The biggest mistake people make when styling is not planning their space as a whole. Going out and finding a new cushion and hoping it will work isn't the best approach. The only way to know you will have a coherent result is to work out the pieces you want to replace, find all of the elements so you have everything you're thinking of using locked in, and then purchasing what you're able to. When you've sourced and purchased and installed in this way, you will know that everything has a place and ties in nicely with everything else.

**What are the base colours we should be including in our homes this Autumn Winter?** A neutral palette is always a safe bet as a base for your home no matter the season. Whites, greys and beiges all layer well together and create the perfect backdrop to any seasonal colour changes you desire. If you're turning your Summer vibe into a Winter feeling, you need only change out your soft furnishings and décor, favouring a warm palette with red, orange or yellow bases. Deep plum and olive also sit nicely in a Winter scheme.

**What is your personal favourite trend for this season?** These days, the biggest trend when it comes to home interiors is personalisation and individuality. The most important thing at the moment is to put your own stamp on your own space, interpreting your home's needs and your stylistic desires in your own way to create a unique and bespoke outcome.

**What is the easiest way to make a Summery home feel cosy and warm for Winter?** You need to apply the opposite logic from Summer to Winter. So where Summer is all about blues and

whites, flowing spaces and connecting to the outdoors, a Winter space is about warm colours, closing in spaces to heat them well and buffering your doors and windows from the cold glass with well-considered window treatments. Think about layering in big chunky weaves, throw rugs, blankets and lots of layers of cosy soft furnishings just like you do with your wardrobe.

WALL DECALS ARE THE BEST THING AROUND AT THE MOMENT FOR KIDS' ROOMS. THE KIDS CAN PUT UP THE DECAL THEMSELVES, THEY CAN CHOOSE TO MIX AND MATCH THE DECALS OR PICK FROM ANY NUMBER OF COLOURS, SHAPES AND SUBJECTS.

**What are your top three must-haves for the home this season and why?** I would love to have a fireplace in my home for this Winter. It's not going to happen this year and we'll have to settle for a great heater but there's nothing quite like watching the flames of an open fire. It's a sensory feast.

Covering the floors with large and soft rugs is a must for Winter. Provincial lane rugs are perfect underfoot with their chunky felted wool loops keeping your tootsies nice and toasty.

A change is as good as a holiday, so mix up your bookshelves with some new décor items, change up your table vignettes with more Autumnal tones of books and flowers and layer in some softer, chunkier woolly weaves in your soft furnishings on your bed or sofa.

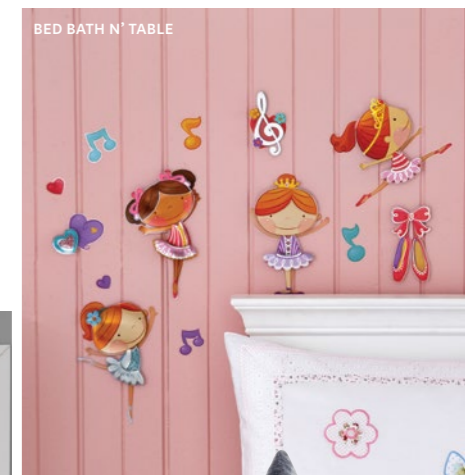
**What home decorations are worth investing in and why?** You can never have too many décor items. I always buy things when I'm overseas to remind me of my travels but you can do the same thing whether you travel to Austria or Alexandria. You just need to pick up a few things that appeal to you personally and represent your lifestyle. You'll always be able to find a spot for a treasured item.

**What is your favourite way to add life and colour to a kid's bedroom?** Wall decals are the best thing around at the moment for kids' rooms. The kids can put up the decal themselves, they can choose to mix and match the decals or pick from any number of colours, shapes and subjects. You can really add a lot to a kids' room with this one simple trick.

**Do you have any unique storage tips?** Build in your storage wherever possible – that goes for everything from entertainment units, hallway cupboards to whatever nook and cranny you can fit storage into. Multipurpose your furniture so you can get storage space from the areas that go to waste, such as under your bed or inside the sofa. You can even get ottomans with storage in them as well as some very clever table and coffee table solutions. Look for ways to integrate storage in your home wherever possible. Also look at putting baskets under your side tables or coffee table to hold loose items. I personally keep all of our son's Lego in three big plastic tubs that sit neatly under the table where he plays. It's a simple solution but it helps to keep everything as orderly as possible.



BED BATH N' TABLE



BED BATH N' TABLE



HOWARDS STORAGE WORLD



ADAIRS MERCER + REID MOHAIR THROW \$199.95



KMART MARBLE EFFECT CLOCK \$12



WILD CARDS AND GIFTS ASSORTED MUGS \$11.99EA

CHANGE IS AS GOOD AS A HOLIDAY, SO MIX UP YOUR BOOKSHELVES WITH SOME NEW DÉCOR ITEMS.

# HOME

SEAWEED AND SAND CONCRETE HOME WORD \$39.95

# Made with love

PAMPER YOURSELF PRETTY WITH OUR DIY HAIR MASK, FILLED WITH EVERYTHING YOUR LOCKS NEED TO SHINE AND SHIMMER.



### INGREDIENTS

**1 BANANA**  
STRENGTH: WILL HELP PREVENT BREAKAGE AND PUT THE BOUNCE BACK INTO YOUR HAIR

**1 EGG**  
GROWTH: FULL OF PROTEIN, VITAMIN D AND B12 AND CALCIUM

**1 TABLESPOON OLIVE OIL**  
CONDITIONING: GREAT AT NOURISHING BRITTLE HAIR

**1 TABLESPOON HONEY**  
MOISTURISING: RESTORES DULL, DRY HAIR

### METHOD:

Blend all of the ingredients together until you get a thick consistency. Work the mixture through your hair. Make sure to massage the mask into the ends. Cover your head with a shower cap for a minimum of 30 minutes. Wash the mask from your hair with your regular shampoo and conditioner with cool water. Enjoy your soft, rehydrated locks!

JUST CUTS JUSTICE PROFESSIONAL TREATMENT MASK \$19.95



1.

# PURE RADIANCE

Jam-packed with high concentrations of everything nice, serums are an easy and effective way to nourish your skin and target problem areas without changing your entire skincare regimen. With an abundance of options on the market, you'll find both a formula that can help your skin radiate health and a brand to suit your budget.

### DEHYDRATION

Hydrators such as ceramides, amino acids, essential fatty acids, hyaluronic acid, glycerine and thermal water will put life back into thirsty skin. Glycerine and cassia angustifolia seed extract are a great combination for the drier months.

### AGEING

Pomegranate extract, vitamin A, C and E, grape seed extract, rosehip oil, retinoic acid, argan oil, acai and goji fruit extracts and omega-3, -6 and -9 will help firm and brighten the face and fight sun damage.

### ACNE

Anti-inflammatories such as zinc, aloe vera and goldenseal will help neutralise redness. Tea tree oil and glycolic acid are great for treating blemishes.



1. LASER CLINICS AUSTRALIA SKINSTITUT REJUVENATE 15 SERUM \$45 2. TERRY WHITE CHEMISTS RESTALYNE NIGHT SERUM 15ML \$38.95 3. BLOOMS THE CHEMIST CLARINS SUPER RESTORATIVE SERUM 30ML \$153 4. PRICELINE A'KIN PURE ALCHEMY CELLULAR RADIANCE SERUM 23ML \$41.79 5. PRICELINE NIP+FAB GLYCOLIC FIX SERUM 30ML \$26.39

# FIT AND FAB

Feel as good on the inside as you look on the outside with these health and wellness tips and tricks.



YOGA AND COLOURING IN ARE GOOD FORMS OF MEDITATION TO KEEP YOUR MIND WELL.

1. LORNA JANE ICONIC GLASS WATER BOTTLE \$35.99 2. LORNA JANE LIMITED EDITION SAVASANA LONG SLEEVE TOP \$79.99 3. BONDS CROP \$17.95 4. HYPE DC ADIDAS ZX FLUX SMOOTH SNEAKER \$99.95 5. LORNA JANE ALTITUDE CORE STABILITY FULL LENGTH TIGHT \$99.99 6. KATHMANDU JOULE 20L GYM YOGA TOTE BAG \$139.98, JUTE EXERCISE MAT \$89.98 7. SHELLHARBOUR SQUARE NEWSAGENCY SECRET LAGOON COLOURING BOOK \$12.95, DERWENT COLOURING PENCILS 12 PACK \$29.95



### SWEAT IT OUT WITH FIT N FAST

Personal trainer and sports coach Damian Hrynuik gives us the lowdown as to why we may put on weight in Winter and how to avoid it.

#### Why do we tend to put on weight throughout Winter?

Simple! We exercise less and eat more high-calorie foods. The weather is cold and rainy, there are fewer hours of daylight to exercise in and people tend to eat more hearty hot lunches and dinners to help warm up on a cold day.

#### What food should we eat more of in Winter to stay lean?

Homemade vegetable-based soups, steamed vegetables, rice and lean meats will help to keep your energy levels up and let your muscles recover.

#### What are your tips for keeping the extra weight at bay?

1. Don't let the weather stop you. Try some indoor activities such as dancing, swimming, squash, yoga, indoor rock climbing or working out at the gym.
2. Exercising with a friend, signing up for a team sport or having a personal trainer may increase your motivation to exercise when the weather is colder.
3. Remember that your energy input (food intake) should be balanced with your energy output (exercise) to remain fit and healthy.

FIT N FAST P 8071 4480

### TAKE CARE OF YOURSELF



### ENERGY KICK

Did you know that spirulina is super high in iron? Add it to your daily smoothie.

HEALTHYLIFE ORGANIC SPIRULINA POWDER 250G \$29.95



### HEALTHY SNACKS

Snacks high in protein will keep you fuller for longer and help fight the munchies.

HEALTHYLIFE LOVE NATURAL HIGH PROTEIN MIX 160G \$5.95



### COMBAT DRY SKIN

Add coconut oil to your moisturising regimen to help fight dry skin in Winter.

NUTRITION BOSS NIUGINI ORGANICS RAW 100% VIRGIN COCONUT OIL 1L \$27.95



### BURN, BABY, BURN

For a metabolism kick, try a tablespoon of apple cider vinegar in warm water.

NUTRITION BOSS BRAGG ORGANIC APPLE CIDER VINEGAR 473ML \$7.95

# SPANISH BAKED EGGS

COURTESY OF BAKERS DELIGHT

INGREDIENTS *Serves 4*

- 1 Bakers Delight Authentic Sourdough Vienna
- 1 tablespoon olive oil
- 2 mild chorizo sausages, sliced
- 100ml tomato passata (or tomato puree)
- 1 teaspoon brown sugar
- 1 teaspoon harissa (optional)
- ½ cup marinated red pepper strips
- Salt and pepper for seasoning
- 4 free-range eggs
- ½ cup pitted green Spanish olives (rough chop in large segments)
- Chopped Italian parsley to serve

## METHOD

Preheat oven to 200°C.

Heat oil in a medium frying pan, add chorizo and cook for a few minutes. Add tomato passata, sugar, harissa and red peppers. Bring to the boil, lower heat and allow sauce to gently simmer for about 10 minutes.

Divide sauce equally among 4 shallow ramekins. Make a small well in the sauce in each ramekin and crack an egg into each. Sprinkle with olives and cover with foil.

Place in oven and allow eggs to cook for 5 minutes or until whites are firm, but the yolks are still runny. Sprinkle with parsley and serve with large chunks of the Authentic Vienna.



### DID YOU KNOW

Harissa is a North African chili paste and is available in the spices aisle of Coles and Woolworths.



# Charcuterie

## BUILD YOUR OWN BOARD

**MEATS** The more meat the better. Pick up some Italian salami, prosciutto, pancetta, cabanossi, Spanish chorizo, serrano, Aussie ham or French saucisson, terrine, pâté, or rillettes. **CHEESE** A charcuterie board is all about the meat, but if you want to add cheese then stick to hard varieties such as cheddar. **PICKLES** No charcuterie plate is complete without cornichons (pickled cucumber). Add some pickled onion and carrot too. **BREADS** Include a few slices of fresh crunchy bread to enjoy with your terrine, pâté or rillettes, and top with mustard and a cornichon. **CONDIMENTS** Do as the Belgians do and dip cabanossi in mustard or sprinkle celery salt on the cheddar cubes.

# BRIOCHE DONUT & COFFEE CRÈME

COURTESY OF JAMAICA BLUE

INGREDIENTS *Makes 6 donuts*

## COFFEE CRÈME

- 300ml cream
- 30ml espresso coffee – 1 shot (chilled)

## EGG MIX

- 3 eggs separated (yolks only)
- 400ml cream
- 1 tsp vanilla essence
- ½ cup caster sugar
- 1 tsp ground cinnamon
- ½ tsp ground nutmeg

## CINNAMON SUGAR MIX

- 2 tsp cinnamon, ground
- ½ tsp nutmeg, ground
- ½ cup caster sugar

## TO SERVE

- 3 brioche rolls
- 20g butter (for cooking)

## METHOD

### FOR THE COFFEE CRÈME

In a bowl, place the coffee and cream. Whisk until soft peaks form, then set aside in the fridge.

### FOR EGG MIX

First separate the egg yolks from the whites.

In a bowl, place the egg yolks, cream, vanilla essence, caster sugar, cinnamon and nutmeg. Mix together until combined, then place in the fridge.

### FOR CINNAMON SUGAR MIX

Add the cinnamon, nutmeg and ½ cup of caster sugar into another small dry bowl and mix well; set aside.



## TO SERVE

Heat the oven to 180°C.

Trim off a thin layer from the top and bottom of the brioche using a bread knife to expose the inside of the bun. Cut through the middle of roll to make halves.

Heat a large fry pan on medium heat.

Place the sliced half brioche roll into the egg mix and submerge to coat generously.

Press down on the brioche to allow mix to soak into the middle of the bread.

Allow the brioche to sit in the egg mix for 1 minute to absorb the mix then place the brioche onto a plate to drain excess mix from brioche before grilling.

Place the butter into the pan, then place the brioche into the pan for approx. 1-2 minutes on each side or until golden brown.

Transfer to an oven tray and place in the oven to cook through for 3-4 minutes.

Once the brioche is cooked, toss it in the cinnamon sugar mix to coat all over.

Place the sugar-coated brioche onto a platter and serve with the coffee crème.

# SURF & SKI

ESCAPE THE AUSTRALIAN WINTER WITH A TRIP TO SUNNY HAWAII OR SWAP CITY LIFE FOR THE MOUNTAINOUS VIEWS OF JAPAN.

## YOUR DINING GUIDE

Satisfy your tastebuds with a delicious meal from one of Stockland Shellharbour's fantastic takeaways, cafés and restaurants.



### FOR THE QUICK FIX

For breakfast on the run, check out the tasty new range of options at **MUFFIN BREAK**, grab a takeaway coffee from **KREMA BAR** or a protein ball from **BOOST JUICE**.

**SUBWAY** has you covered for a healthy lunch wrap. If you're feeling like something with a spicy kick, head straight to **GUZMAN Y GOMEZ** for a burrito bowl, or try **OPORTO'S** red jalapeño bites.

For an afternoon treat, grab a fresh cinnamon donut from **DASHIN DONUTS** or a slice of mousse cake from **MICHEL'S PATISSERIE**.

Open until centre close, **NIRAND THAI** offers refreshing, healthy takeaway dinners if you need to pick something up on the run. Earn brownie points with your kids by bringing home sushi from **WASABI SUSHI** or **SUSHI BAY**.



### FOR THE FINER DINER

Sit back, relax and enjoy a meal with friends. Meet for mothers' group at **THE COFFEE CLUB** for a divine breakfast. Pull up a chair at **RASHAY'S** or **LYSANDERS CAFE** for a hearty lunch and finish off the meal with coffee and cake. For a lighter lunch, a sandwich from **FIBONACCI COFFEE** will do the trick.

If you're in the mood for a burger dinner, you'll find your fix at **JAMAICA BLUE**. For dessert, you can't go past a **MAX BRENNER** hot chocolate and fondue for two.



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Japan is the perfect holiday destination all year round. Pick your season and experience the magic of the cherry blossoms in Kyoto in Spring, shopping and cultural activities in Tokyo in Summer, the Autumn maple leaves in Shizuoka, or Hokkaido's perfect skiing conditions in Winter.

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Whether you want a holiday of adventure sports such as hiking, skiing and skydiving or something a little more relaxing such as discovering different islands, eating delicious food and wine-tasting, New Zealand is a fantastic holiday destination. Pop into Escape Travel and Travel Money Oz for great getaway packages.

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