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## A-ha!

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**Jennifer Hawkins'**  
10 bikini commandments

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# 10 *Jennifer Hawkins'* SECRET BIKINI COMMANDMENTS

If anyone knows how to look illegally sexy on the sand this summer, it's our former Miss Universe, who practically lives in a cossie.



# 1 *Buy the right swimsuit for your shape*

"Looking fabulous at the beach has a lot to do with wearing a swimsuit that flatters your body. Be honest with yourself when you're trying something on. If you look in the mirror and think, 'Oh, I don't know ...', put it back on the rack immediately. If you look in the mirror and think, 'Damn - I look fine', that's the one. You really have to love the look straight away. Brazilian bum (high-cut briefs) are all right if you're sunbathing because, most of the time, small briefs are the most flattering as they elongate your body. Black is a good option as far as colour goes because it's always classy on the beach. I also like bright, plain colours as they make you look more tanned."

# 2 Bring a monster beach bag

"Never head out for a day at the surf without a well-thought-out, well-stocked (and washable) beach bag. The bigger the better, because you can fit more in it! Pack Lucas Papaw Ointment to moisturise your lips, plus a pair of thongs, high SPF moisturising sunscreen, a hat, sarong (which can double up as a towel if you're pushed for space), water, snacks, magazines to read and your iPod. I also like to take a sexy summer dress and CoverGirl bronzer to swipe over my cheeks in case I want to go for drinks afterwards."

# 3 Avoid fatty foods at the kiosk

"Steer clear of foods that make you feel yuck. Everyone is different, but bread and dairy are my triggers for bloating. Also, drink heaps of water so you don't get dehydrated and retain fluid. I always take my own food to the beach too - hot chips at the kiosk are hard to resist, I know, but eating greasy, fatty food is a big no-no if you want a nice, flat stomach."

# 5 *Score a summer-ready body*

"Shaving, exfoliating and moisturising are all important for smooth skin. Get your nails looking nice with a mani or pedicure, and remember to keep up your fitness regimen. A tinted moisturiser with a high SPF is great for your face because you don't want to wear heavy make-up when you're at the beach. I also like to use lipgloss to give my lips a bit of shine."

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# 4 *Pack your suitcase like a pro*

"When going on holiday, always give yourself the luxury of choice - you'll always look and feel more confident if you can pick something to suit your mood. Havaiana thongs, a really big beach towel and sunscreen are also a must. As for clothes, wear what you feel comfortable in. Cute summer dresses are great because you can easily slip your swimmers off and put dry underwear on if you want to go straight to lunch from the beach. Loose pants, shorts or skirts that you can pair with a bikini top also make a fun outfit."

# 6 Make sunscreen your bestie

"A burnt, patchy body is really unsexy, so load up on the sunscreen. The spray bottles are best because they're easy to apply and don't leave that ugly white film on your skin. I hate the ones that make you look like you have zinc all over your body! I put SPF 30+ everywhere because I'm a skin nut. When I was in Hawaii recently, I used SPF 45+ lotion. I didn't burn, but I did go brown and that's what you want. Sunglasses to protect the delicate skin around your eyes and a cool peak cap are also beach necessities."





In her cheerleading days with NRL team the Newcastle Knights



JUNE 2004  
Winning the Miss Universe pageant



JUNE 2006  
With boyfriend Jake Wall at the L'Oréal Colour Design Awards in Sydney

## 7 Boost your beach-babe confidence

"The best way to look sexy on the sand this summer is to stop worrying about what other people think. I know everyone stresses about walking from the water to their towel, but you just have to pull your shoulders back and have a carefree, fun attitude. When you come out of the water, your hair is tousled and you're all wet and glistening, you're guaranteed to look great, no matter what. You do have to be in the mood to go to the beach, though, so if it's that time of the month or you're hung over from a big night, don't push yourself to go. Sometimes a movie in a dark cinema with a box of popcorn is just what you need to make yourself feel better."

## 8 Protect your hair from salt and sun

"Looking hot at the beach is really all about having fabulous hair. If it looks sexy, so will you. Use a hair sunscreen to protect it from the salt and sun – I like Sun Worshipper Leave-in Conditioner from ghd. I also use those beach-and-ocean hairspray products because, when you get out of the water, they help your hair dry in a sexy, beachy style. If you can't be bothered with that, slick your hair back into a ponytail and wear a hat."

## 9 Get the right amount of glow

"Sunbathing for eight hours straight in scorching 30-degree heat is definitely *not* the way to a beautiful bronzed body. You have to be really careful with your skin – the last thing you want is to look old and crusty before your time! The trick to the ultimate summer colour is to go half fake tan and half natural. I apply a light shade of fake tan and then allow the sun to add some of my own colour. That way I get a nice, healthy, even glow all over my body (without having to resort to tanning nude!). And don't forget to apply self-tan to your face, because you don't want to get your nose and cheeks burnt. It never works – they'll only go red and then peel."

## 10 Take the time to enjoy!

"I don't like exercising in a bikini, but sometimes I'll throw a ball around or play beach cricket with the family just to get my blood pumping. Massages are a great way to relax too. I also love getting lunch – or a cocktail or ice-cream – brought to me on the sand. Bliss. I find that mornings at the beach are best – if you stay in the sun too long, you can feel over it and that's when you end up looking your worst."

# New Special K<sup>®</sup> Light Muesli



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High in fibre and 97%\* fat free, it's got the healthiness of muesli, but not the heaviness.

\*Contains less than 3% fat





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