



ON OUR RADAR

What's firing up the wellness world?

WORLD CHOCOLATE DAY

It's a thing, and it's on July 7 - the perfect excuse to treat yo'self. Need inspo? Adixions' antioxidant-rich dark chocolate bars are cleverly flavoured with native superfoods - good for your mood *and* your bod. We're sold. \$14, adixions.com.au

PIT DETOXING

If you're considering the switch to a natural deodorant, you might wanna detox your pits first. Kind-Ly's Armpit Detox enlists activated charcoal, bentonite clay and colloidal silver to draw out impurities and correct your pits' pH. Think of it as an underarm mud mask. \$24.95, kind-ly.com.au

WATER IN A BOX

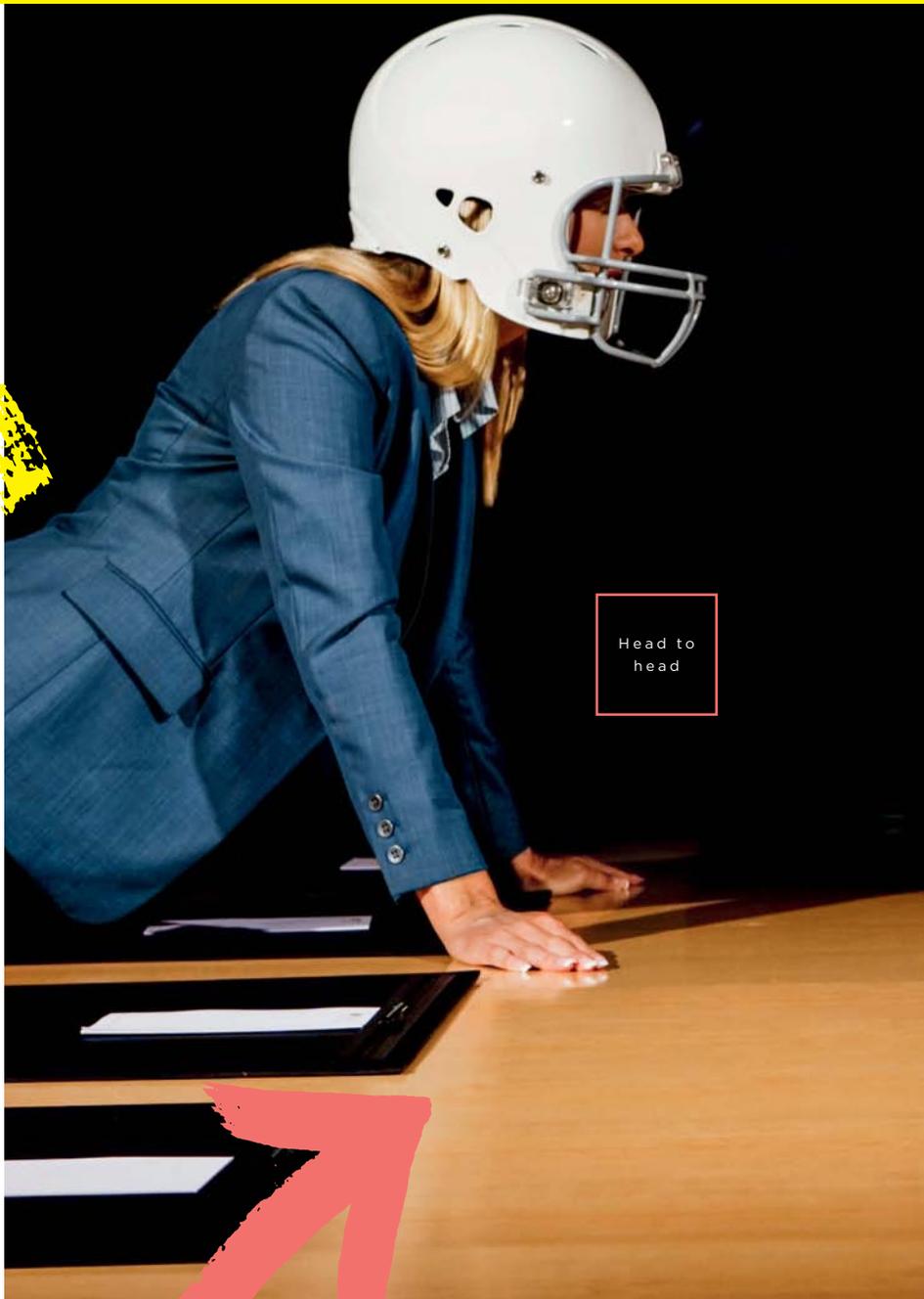
Let's hear it for Just Water, an eco-friendly alt to single-use plastic bottles. Founded by Jaden Smith (yep, Will and Jada's son), it's Aussie spring water packaged in a fully recyclable carton. Grab some at Woolworths and 7-Eleven.

NATURAL WINE

We're calling it: pétillant-naturel, or 'pét-nat' wines, made without preservatives and fermented naturally in the bottle, are about as close as you can get to a good-for-you drop. A little fizzy and funky, they're lower in alcohol than regular wines. Chin-chin!

DENIM UNDIES

Also known as 'janties', they take your regular denim cut-offs to the cheeky extreme. We're not sure why or where you'd wear a pair, but hey - if you've got it, flaunt it, right?



Head to
head

**I work with a
mate and there's
an opening for
a promotion.
How do I deal
with the friendly
competition?**



Ask

Women's Health

We asked so you don't have to

LIKE A BOSS

Editing meeting notes, crunching numbers, moodboarding your mate's hens ... Our fave new laptop has your back. HP's lightweight-but-sturdy Spectre Folio converts smoothly from a laptop into a tablet. Top tech in a soft leather case. \$2999, harveynorman.com.au



Is margarine more healthy than butter?

First, some background: butter is made from cream, water and salt and naturally contains vitamins A and D, while margarine (or 'spread') is made by mixing plant oils – such as canola, sunflower or olive – with water, milk solids, salt and emulsifiers, and may have vitamins or plant sterols added. The upside to margarine and spreads is that they're lower in saturated fats than butter. "People who need to limit their saturated fat intake may benefit from switching from butter to margarine, particularly if they use a lot," says registered nutritionist Sarah Moore. "Margarine is high in healthy mono and polyunsaturated fats, which have the ability to lower 'bad' LDL cholesterol." Cooking with margarine instead of butter can also be an easy way to slash kJs, she adds. That said, because butter has a rich flavour, it can be easier to use less overall – when stirring through steamed vegies or spreading on toast. Whether you're team butter or team marg, both are a 'sometimes' food. If you do prefer the latter, opt for one with a low amount of saturated fat per 100g. We're fans of the Flora ProActiv range, which includes a new low-salt spread. Top that. wh

Answer The inevitable bad news is that someone is going to come away from this feeling a bit shit about themselves. But there's an upside: you and your pal probably already communicate well, and if one thing can take the edge off the office awks, it's that. "Be honest with your friend that you're applying, wish them well but don't share your ideas or prepare for the interview together," says career and leadership expert Michelle Gibbings. "Talk through how you can best support each other through the process and set some ground rules on what's acceptable – like agreeing to not talk about the interview." Once you've each put your best pitch forward, trust the outcome, remembering that career success is a long game, that companies are always evolving and positions ever-changing. If she gets the job? Try your best to be happy for her. At the very least, develop a watertight poker face – a mature response will play in your favour for the next opportunity. And if you get it? "Be gracious and don't gloat," says Gibbings. In other words, save the victory dance for home.