



ALEXX STUART

Pantry and personal care makeovers
alexstuart.com

Iwant to help people want to – not have to – make changes for the better in their lives, so they feel more awesome! I believe we can be healthier, surround ourselves with less toxic stuff, be kinder to our planet and I believe we can make the journey deliciously inspiring and fun. I love to help families detox their pantry, cleaning and personal care products. You'll receive support, tools and a delicious list of new things to bring into your lives, to feel awesome and build strong little people in your family. I believe there's no guilt in where you've come from. There's just excitement for where you choose to go today!

KAY MARCO

Personal concierge at Hectic Helpers
hectichelpers.com.au

As a personal concierge, I give women some breathing room. I do the things that they don't have time to do and give them space to do the things that matter in their lives. I run the errands, organise the holiday, wait for the Foxtel man to arrive, buy the Christmas presents – and yes I also wrap them and send them. I free them up to visit friends, watch the kids play soccer, focus on their business, go and have a massage and facial and many other things. I become part of the family, often knowing what needs to be done before they do. Sitting down over a cup of tea and getting a list download from a client is one of my favourite things. They leave with their shoulders sitting lower as the weight of all the 'stuff' is lifted from them.

HEALTH

KAREN ROBERTSON

Personal trainer at Healthy Fit People
healthyfitpeople.com.au

As a female personal trainer working within a very competitive industry I have naturally been drawn to working with women. I have found that one of my main strengths is to help educate my clients on the advantages of strength training and to help them not be afraid to lift weights with the fear of bulking up. Strength training is so important – especially for women as it will help to tighten your muscles and give you tone but the advantages go way past this. Strength training is one of the most effective ways to burn fat, increase your metabolism so you are burning calories well after you have finished your workout and help to prevent the loss of bone density which unfortunately as women start to age we lose it if we don't use it from as early as 30 years. In this day and age women are busy, with this in mind I like to provide my clients with high intensity targeted workouts that go no longer than 45mins, make working out fun, provide plenty of variety and help them with nutritional advice so they get a holistic approach to getting results that will last for the long term.

KATHRYN MCCUSKER

Yoga teacher at KMYOGA
kmyoga.com

Are you looking for something that will de-stress you, energise you, awaken your creativity and propel you into action? Then Kundalini Yoga is what you are looking for. Kundalini Yoga combines powerful breathing techniques, postures, mantras and meditation to help you unlock your true potential. It helped me enormously in my career as an international opera singer and I now use this experience when I teach to help students awaken and channel the flow of Kundalini energy that exists within each of us. Practising Kundalini Yoga increases oxygen, boosts blood flow, balances the glandular system, strengthens the nervous system, reduces stress-induced toxins and can help address the imbalance of hormonal fluctuations. The positive effects of Kundalini Yoga can be experienced within a matter of minutes, which makes it an effective tool for women with busy lives.

SPEED DIAL

BLACK by ezard is an award-winning contemporary Australian grill, with a menu featuring signature seafood dishes and Australian grass-fed beef. The restaurant boasts spectacular panoramic views across Sydney Harbour with two intimate private dining rooms, a stylish wine bar and an international cellar.

Built on the rooftop of The Star with views over Sydney Harbour and the city skyline, **The Star Event Centre** has been designed to host A-list acts from around the world in intimate concert settings as well as domestic and international conferences, exhibitions and awards functions. Multi-use in every sense, it accommodates 3000 guests in a theatre set up and up to 930 for a banquet setting.

Since opening in April 2012, **Marquee** has built an undisputed reputation as one of Australia's premier entertainment destinations and celebrity venues. Located on the entire top tier of The Star's harbour-side entrance, **Marquee** commands expansive views of Sydney Harbour and the city skyline.

The Astral Tower and Residences, located at The Star, in the heart of Sydney's only integrated resort, features a range of luxury hotel rooms, suites, serviced apartments or penthouses - all offering sweeping views over beautiful Sydney Harbour, as well as a business centre, fully equipped health club and a 16-room luxury day spa. star.com.au



TO YOUR GOOD HEALTH. FROM LEFT: KAREN, KATHRYN, LARINA AND TIFFANY. SHOT ON LOCATION AT ASTRAL TOWER & RESIDENCES, THE STAR

LARINA ROBINSON

Dietician and nutritionist at
The Body Dietetics
thebodydietetics.com.au

I tailor expert wholefood nutrition advice right down to the individual's genetic profile. Using convenient online consultations, I empower and support women to take control of their health in a non-clinical or threatening way. I provide simple, delicious food ideas, and the essential tools and knowledge to easily transition to a nourishing wholefood eating style. The overwhelming fear of dietary changes disappears when I show my clients that with the right knowledge and attitude, being healthy can be easy. I work with their schedule, their lifestyle and their circumstances, opening up a world of alternatives. They never need to feel like they are missing out! Personally having food intolerances, I specialise in helping individuals embrace their dietary restrictions, instead of seeing them as a burden. I practise what I preach and am truly passionate about helping women take their health to the next level.

TIFFANY SHARP

Health strategist at Epiphany
Health, epiphanyhealth.com.au

A health strategy is an evidence-based natural medicine program tailored to your needs and based on a multi skilled holistic approach. A strategy that takes into account your lifestyle, stress and genetic vulnerabilities. A tailored health strategy is much like daily insurance. You incorporate little changes over time into lifestyle to ensure you can operate at a level that enhances work, play and your ultimate goals in life. Clinical nutrition is incredibly empowering and you can start today making choices for functional food to enhance the quality of your life in all areas. I combine medical herbalism, acupuncture, neuroplastic mindfulness techniques to formulate a tailored strategy, that makes long term impact on your wellbeing, resilience, mind body fitness and overall health. I have overcome many painful physical and emotional ailments, and without the knowledge of natural holistic strategies behind me, I would not be here today in great health, recovered and thriving.

CAREER

SARAH DONGES

Personal stylist at **The Beauty Tutor**
thebeautytutor.com

You're trying to do it all. Working, looking after your family, growing your career, trying to find time for friends. How can you possibly fit in time to plan your wardrobe or research a hair style that suits your face shape? With the help of a stylist! We make looking good easy. We work with your personality, lifestyle, body shape and needs to create a wardrobe that works for you. We also teach you how to do your hair and makeup so the whole 'getting ready' process is quick. The aim is to make you feel good. To me, feeling great is a major part of looking good. If you are feeling great about yourself then you exude confidence that will lead to your personal success.