



BODIES
by Rachel

28 DAY SHRED 2.0

Beauty
BODIESBYRACHEL.COM.AU



BEAUTY ISN'T ALWAYS PHYSICAL; IT'S A FEELING.

**HEALTH IS HOLISTIC; IT'S HOW WE MOVE OUR BODIES,
WHAT WE DRESS OURSELVES IN, WHAT WE PUT IN OUR
MOUTHS, AND WHAT WE PUT ON OUR SKIN.**

Beauty isn't always physical; it is a feeling. For myself, I know that even on my worst days, if I just do a little something to my face, put on some nice jewellery, wash my hair, and maybe do a face mask, it always makes me feel better; more beautiful. When I take care of my body, my hair and skin... that is when I feel my best.

This plan is more than just fitness; it's a lifestyle, and life should be filled with beauty. I want you to feel beautiful and confident every day.

So here are some of my favourite super simple, easy, yet effective beauty tips. Pick one and treat yourself a little every day.

In this section you'll find everything from DIY masks, to helpful make up tips and fashion tricks.



FOUNDATION
BY MAC + TOO FACED



BRONZER
BENEFIT - HOOLA

CONCEALER
NARS - RADIANT CREAMY CONCEALER



LIPS
BOBBI BROWN
RICH NUDE

A FEW OF MY *favourite* THINGS



EYEBROWS
HOURGLASS
BROW PENCIL



HIGHLIGHTER
SILK OF MOROCCO
USE RACHEL10 FOR
DISCOUNT AT CHECKOUT!



MASCARA
TOO FACED
BETTER THAN SEX





AZTEC DETOX MASK

WHAT YOU NEED:

1 teaspoon of bentonite clay
A couple of drops of Jojoba Oil

METHOD:

1. Simply mix them together and apply to your face.
2. Leave on until it dries hard on your face then rinse off.

THE BENEFITS:

- Detoxifying
- Removes blackheads
- Shrinks and unclogs the pores – reducing future chances of pimples
- Heals and rejuvenates the skin

Beauty tips

MY BEST KEPT BEAUTY
SECRETS + TIPS TO KEEP
YOU FEELIN' FRESH



DRY EYES

If you find that your mascara is drying out, simply add a couple of eye drops and shake – and you will get lots more mileage!

THICKER LASHES.

Dust translucent powder on to your lashes with an eye shadow brush in between mascara coats. This helps the mascara grip – leaving you with more voluminous lashes.

DARK CIRCLE MASK

WHAT YOU NEED:

1 teaspoon of coffee granules
1 teaspoon of coconut oil

METHOD:

1. Mix together and apply under your eyes!

THE BENEFITS:

This mask is only for the circles under your eyes. It will help reduce inflammation and puffiness. You can use this mask 2-3 times a week.

Hair

HYDRATING HAIR MASK

If your hair is feeling dry and straw-like then this mask is the perfect little pick me up!

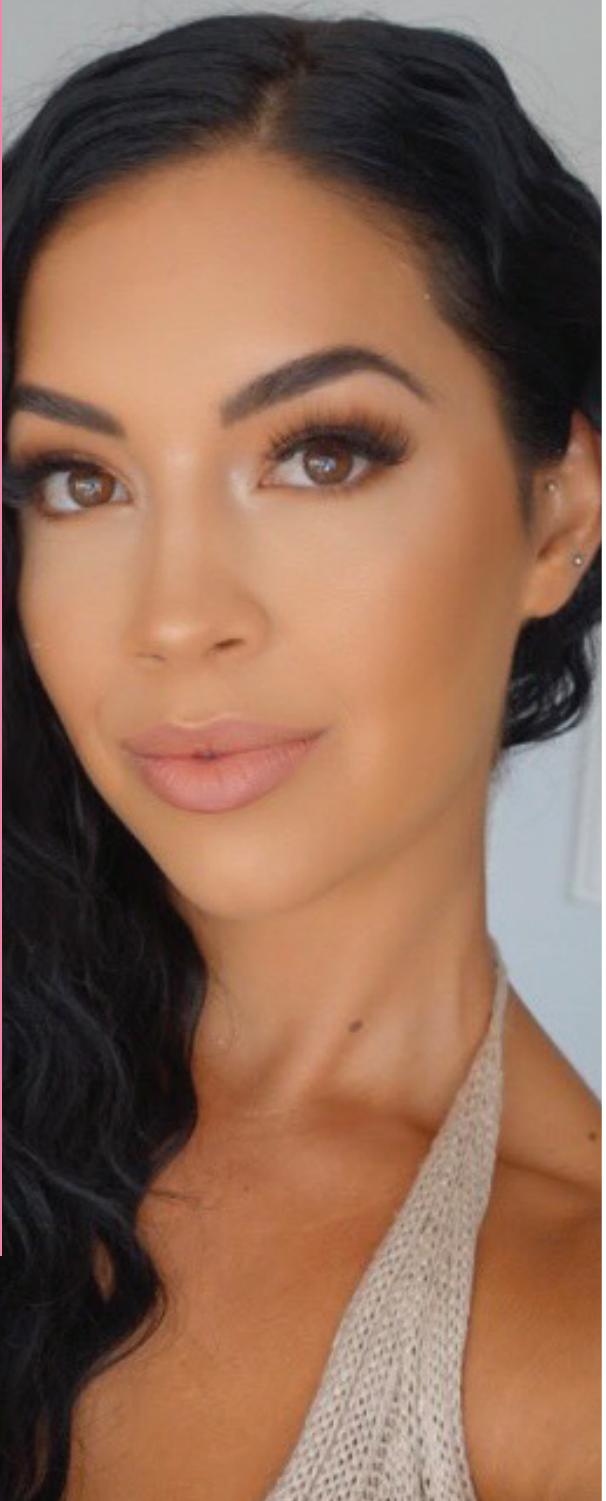
Simply blend half an avocado with a few tablespoons of coconut cream. When it's a nice, smooth consistency, place on your dry hair. Leave it in for 30 minutes, and then rinse out.

MY GO TO HAIR PRODUCT:

Silk Oil of Morocco Argan Intense Hydrating Hair Masque

[www.silkoiolofmorocco.com.au/
product/argan-intensehydrating-
hair-masque/](http://www.silkoiolofmorocco.com.au/product/argan-intensehydrating-hair-masque/)

Use code RACHEL10
for a discount



LOCO FOR COCO

Coconut oil is a miracle oil; use it on your hair as a mask or as moisturiser for your body. It is intensely hydrating and fights off skin conditions like eczema.



Face + Skin

PRIME AND PROPER

Did you know that you can use men's aftershave as face primer?

The Nivea "post shave balm" works a treat and makes a perfect canvas for your makeup.

NATURAL TONE

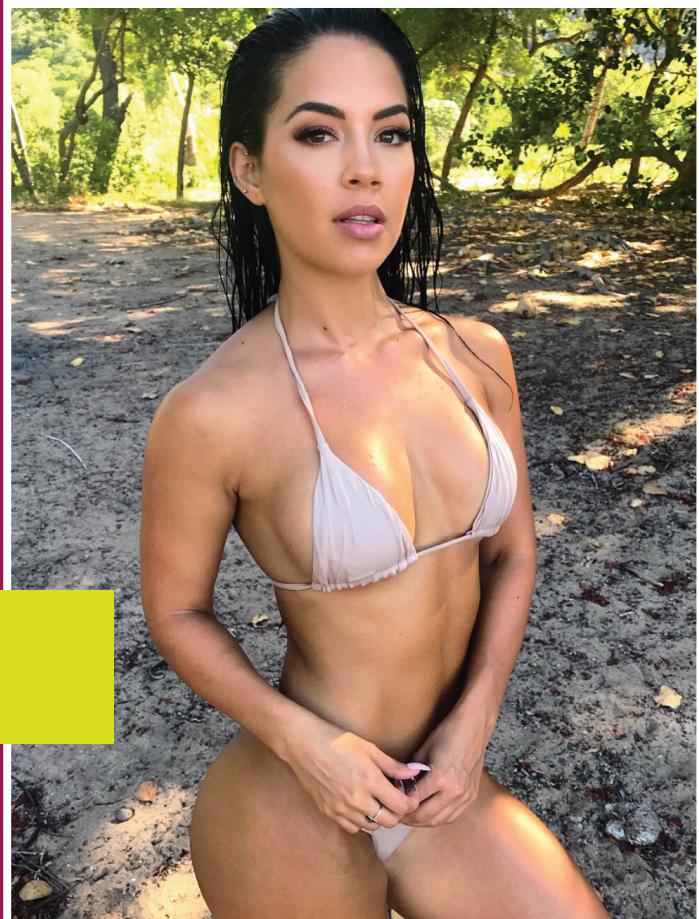
Use apple cider and water or green tea as a toner before applying your moisturiser. This trick helps with oily skin and helps balance the ph level of your skin.

ICE QUEEN

After your morning shower, grab an icecube and run it all over your face repeatedly until the water has melted. This will take away any puffiness, redness and help with keeping your skin "tight" for the rest of the day.

Pretty in zinc

DID YOU KNOW THAT YOU CAN USE THE SKIN-TONED ZINC AS AN AMAZING CONCEALER AND IT HELPS NOURISH YOUR SKIN WHILST PROTECTING IT FROM THE SUN? TALK ABOUT ANTI-AGING!



Scent

LOCATION LOCATION

When it comes to perfume and the longevity of the scent, it comes down to where you place it. The key areas are in your hair, on neck, behind your ears, behind your knees and behind your elbows.

my go-to scent



Bargain Buy!

My fav body moisturiser is Vaseline Cocoa Butter moisturiser. Great for keeping your skin soft and smooth, and has a gorgeous scent.

Products



WASH YOUR BRUSHES

Your make up brushes accumulate dirt and bacteria, which can lead to pimples and acne. Use a face wash to wash your brushes. Having clean brushes will also help your makeup go on easier.

MY FAVE BRUSHES FROM ZOEVA!



I LOVE SILK OIL OF MOROCCO PRODUCTS. THEY ARE AUSTRALIA OWNED,
VEGAN AND CRUELTY FREE. I LOVE USING PRODUCTS THAT ARE FREE
FROM HARSH CHEMICALS AND KIND TO YOUR SKIN.

Use code RACHEL10 for a discount at www.silkoilofmorocco.com

Best part is, they also have Afterpay!

My favourite picks:

PURE ARGAN OIL



ARGAN COSMETIC TRILOGY



EYESHADOW TRIO



ARGAN THERMAL PROTECT + SHINE



Lips + mouth

NATURAL LIP FILLERS

Want the appearance of fuller lips in a second. Add a few drops of peppermint oil in to your lip gloss before applying.

NATURAL TEETH WHITING

This little beauty has been known to whiten your teeth. Mix together 1 teaspoon of coconut oil, charcoal and baking soda in a dish then brush your teeth for 2 minutes. Repeat every day or as often as you like.

FAKE IT TIL YOU MAKE IT!

My favourite lip-plumping product for a peachy pout.

mecca.com.au/too-faced/lip-injection-extreme/V-015460.html



FAVE PRODUCT PICK

Bargain Buy!

Keep your lips soft and subtle. Especially good for when you're going in the sun or have been!

Mario Badescu Lip Wax Available for \$6.00 from Mecca

mecca.com.au/mario-badescu/lip-wax/I-024080.html

Consumables

VITAMIN WATER

Did you know that adding fruits, herbs and vegetables to your water alters the way your body absorbs nutrients, in a good way. Some people like to call it “charging” your water, as adding cucumber etc makes the water more alkaline and hydrating. Simply choose a few ingredients such as cucumber and mint or mango and basil (the options are endless) and refill your water bottle all day using the same batch. For extra minerals and electrolytes, add a crack of pink salt to the mix.

VITAMIN S

My favourite vitamins for the skin are collagen, krill or fish oil and silica.

TEA TIME

This tea is perfect for when you’re feeling run down and want to fight off the flu.

In boiling water, mix together 1 tablespoon spoon of honey and apple cider vinegar, a few slices of ginger and the juice of one whole lemon. You’ll be healed in no time.

My favourite type of tea is peppermint tea.

Peppermint tea is a delicious and refreshing way to boost your overall health in a number of ways as it has the ability to improve digestion, reduce pain, and eliminate inflammation. It relaxes the body and mind, cures bad breath, aids in weight loss and boosts the immune system. Its impact on the digestive system is considerable, and the base element of menthol in this tea is perhaps the most valuable part of its organic structure.

read more:

[https://www.organicfacts.net/healthbenefits/
beverage/peppermint-tea.html](https://www.organicfacts.net/healthbenefits/beverage/peppermint-tea.html)

YOU
ARE
WHAT
YOU
EAT

THESE ARE MY 5
FAVOURITE FOODS
FOR YOUR SKIN;

- Salmon
- Avocado
- Coconut oil
- Berries
- Kale and greens

ADD COLLAGEN TO YOUR DAILY DIET

I notice tighter skin, reduced cellulite and faster growing hair when I take my daily dose of collagen.

Opt for a HYDOLYSED BEEF or MARINE COLLAGEN from your closest health food store!

Or if you're happy to order online, my recommendation is GREATLAKES COLLAGEN HYDROLYSATE:

get it here! <http://bit.ly/2npuu0i>

I SWEAR by
collagen and it's
benefits to my
hair, skin and
nails!

Beauty

NATURAL BEAUTY

To give your self a mini make over without doing to much simply fill in your brows with a pencil, pop on some mascara, put some lip gloss on and use the left over bronzer on your brush. This is perfect for early mornings or the gym.



Gym

DRESS TO IMPRESS

Get creative with your gym gear. Find some style with what you wear. This will motivate you to work it!



RACHEL10 for a discount at checkout

<https://www.musclenation.org/>

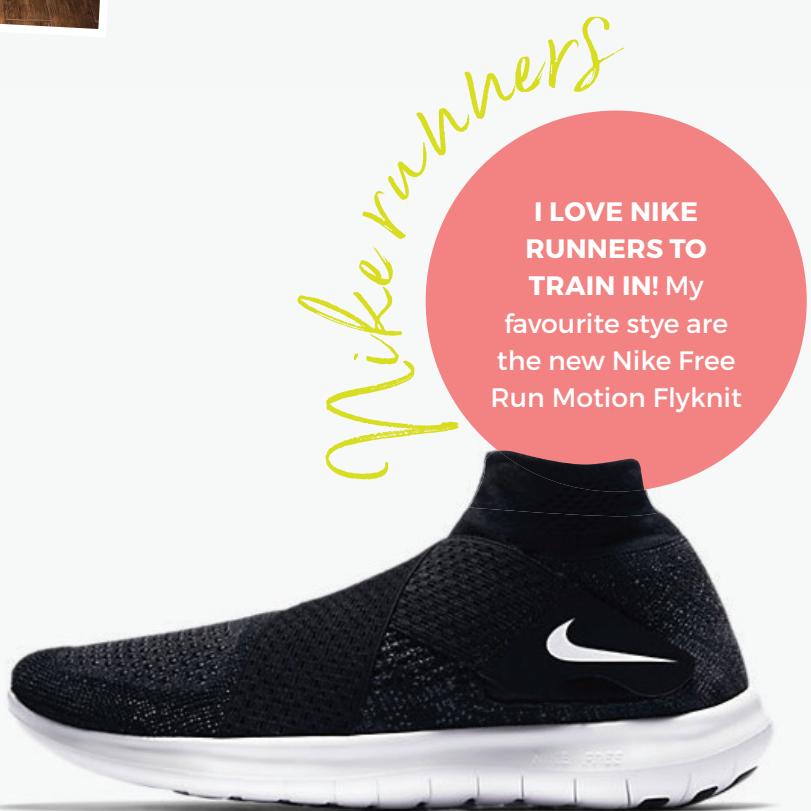
Exclusive update:

Did you know that Muscle Nation have a WHOLE NEW RANGE dropping soon? The new range also includes a very special piece that I have been working on with Muscle Nation – it is a MN x RD Gym Crop Top!

I love to mix gymwear with fashion, and I have worked with Muscle Nation to develop this strapless bandeau style top which will be available soon. It's coming out in two shades of camo fabric, and features a cute "love Rachel" embroidery on the front. I will email and let you know as soon as it drops!



I USE AND LOVE MY BEATS
BY DRE POWERBEATS
2 IN-EAR HEADPHONES





If you follow me on social media you will know that my new venture, Amor Swimwear, has recently launched! I truly couldn't be more excited to share one of my greatest passions with you all.

WHAT IS AMOR SWIMWEAR?

Amor Swimwear is a line of swimwear that Lauren Simpson and myself have been working on for quite some time now.

If you follow Lauren or myself on Instagram you will see that we both have a shared passion and love for all things summer, sea and of course swimwear.

Lauren and I often spend quality time together at the beach, this is where we relax, become grounded, connect to self and hold a space of gratitude. It is where we feel most free.

That feeling becomes addictive, and wanted to share it; this is why we created Amor.

WHY “AMOR”?

AMOR means love in Spanish and that is exactly what we endeavor to promote and carry throughout our brand.

The line was created to be more than just superficial material; we wanted the brand to embody energy. We shaped these pieces with the hopes of building a brand that would empower women to love and respect either. In a world where there is endless amounts pressure to look and feel a certain way, we aspired to build a feminine community where the energy is pure and inviting, where every woman can love her self and feel comfortable in her own skin.



DISCOUNT CODE **TEAMBBR** FOR 20% OFF // AMORSWIMWEAR.COM.AU

WHERE DO
I SHOP?

FASHION NOVA

WWW.FASHIONNOVA.COM

M E S H K I

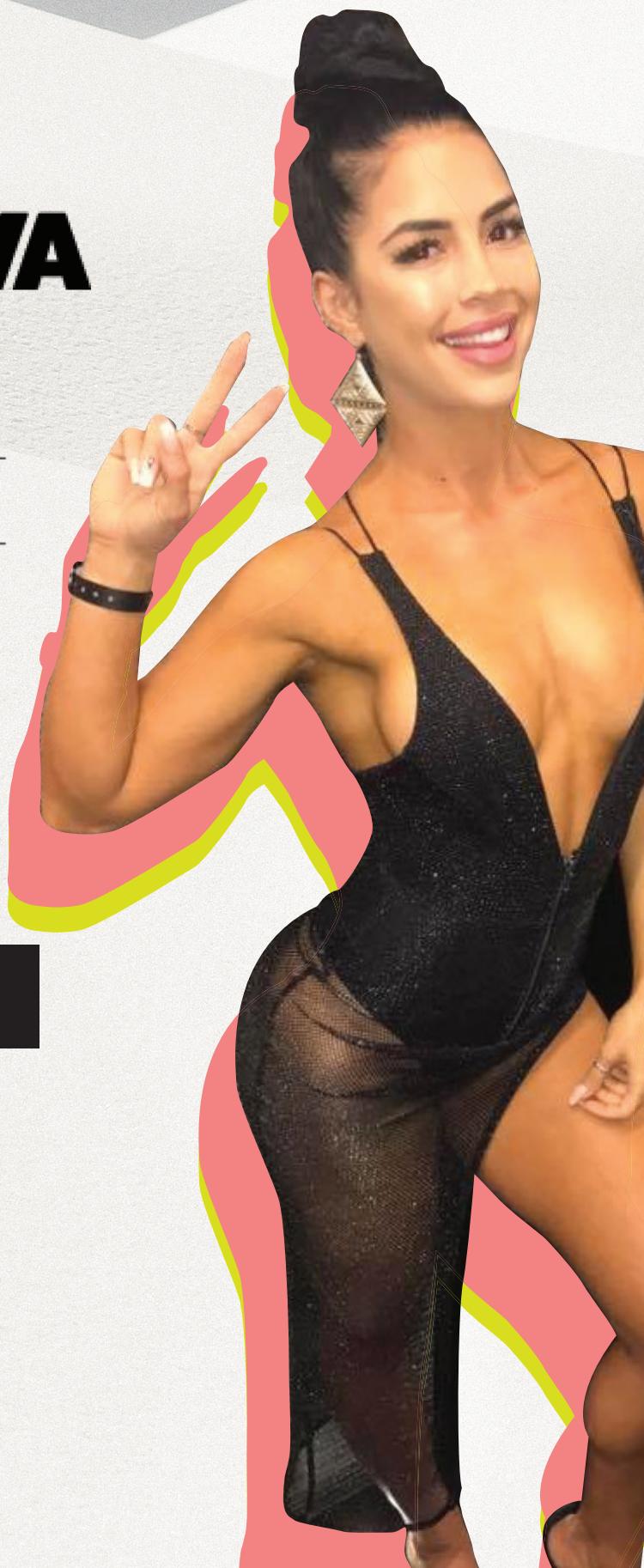
WWW.MESHKI.COM.AU

OH POLLY

WWW.OHPOLLY.COM

BABYBOO FASHION

WWW.BABYBOOFASHION.COM



PERSONAL Training FORUM



JOIN MY
Facebook
forum

THERE'S OVER 5000 WOMEN FOR
24/7 SUPPORT AND MOTIVATION!

This is the health and fitness forum
where my team and I will answer
your questions and provide advice
and support.

[www.facebook.com/
groups/81617225104382/](https://www.facebook.com/groups/81617225104382/)

Yana Melekhina 1 hr

After a long unhealthy relationship with food, I feel so healthy, strong and energised. And it's only been 3 weeks ! Doing 8 week personalised challenge. So so happy that I joined BBR, these girls are amazing at what they do ❤️💪



Like Comment

Rachel Dillon and 71 others

View 3 more comments

Emily Eve I just started my 8 week program today and this was exactly what I needed to see to push the starting motivation way up!! You look amazing!

Kristy Rumsby Omg 😍😍❤️ 1

Like · Reply · 29m Like · Reply · 19m

Write a comment...

DRINK SMART GUIDE

THE BEST WAY TO HAVE A SOCIAL DRINK
BUT AVOID THE NASTY HANGOVER

1. My number one tip here is “keep it simple”. Do not go and splurge on calorie dense cocktails. Stick with straight vodka or tequila with lots of fresh lemon or lime.
2. Before you go to bed make a conscious effort to hydrate; drink a litre of water and if its accessible add a lemon. This will just help the cleansing process and helps prevent hangovers. Double your water intake the next morning too!
3. Cleanse the morning after a night out with some greens powder, lemon or charcoal.
4. If your gut isn’t happy, neither are you. Ensure you’re dosing up on probiotics, L glutamine and fermented foods after a night out.
5. B-vitamins are responsible for many metabolic processes of the body and the liver detox pathways rely on B’s to detox effectively. Ensure you’re taking your B Vitamins or a Berocca after a night out.
6. Focus on good, nutritious whole healthy fat sources, proteins and vegetables.
7. It is important to stimulate the lymphatic system to excrete toxins and get the blood flowing. If you are too damaged to exercise, try the sauna or a swim in the ocean, which has the added benefit of magnesium through sea salt.
8. Do a liver detox! Lemon water with apple cider vinegar works a treat!



Body

SORE MUSCLE SOAK

This is perfect for when you've been working hard and your body needs to relax. In a bath add in some coconut milk, magnesium oil, lavender and Epsom salts. Lay in bath for 20 - 40 minutes and let those muscles soothe.

SUN KISSED

Invest in a good body moisturizer! I love using one with tint in it like Palmers or Dove. This helps give you a lovely glow even when you haven't been in the sun.

SCRUB-A-DUB-DUB

For a perfect body scrub mix together $\frac{1}{4}$ cup of honey and $\frac{1}{4}$ cup of brown sugar. For your lips you'll want to be a little more gentle so combine a teaspoon of white sugar and Vaseline.

Sleep

SLEEPING BEAUTY

If you are having trouble sleeping add a few drops of lavender oil to your pillow and spray some magnesium oil behind your knees. You'll be surprised how well this works

