



Sweet dreams from the Sutton sisters – Danielle (left) and Tara.

## sweet dreams

After spending too many nights lying awake worrying about the day ahead, sisters Tara and Danielle Sutton (pictured left) of Sleep Sanctuary decided they needed to do something about it. Recognising that slumber time is the only time women truly have to themselves, they created a luxurious range of sleep aids to make women feel pampered and relaxed as they catch some zzzs. To buy the full range of Sleep Sanctuary products, visit [www.sleepsanctuary.com.au](http://www.sleepsanctuary.com.au). Sleep tight!

**BELOW** (from left) Chamomile Delight **herbal tea** (in reusable tin), \$19.95 for 40g. Slumber **mist**, \$14.95 for 100ml. Infused **face mask**, \$39.95 for 12 sachets with gift box (not shown). Bedtime **balm**, \$24.95 for 80g. Cashmere **eye cocoon**, \$39.95. Bedtime **essential oil blend**, \$19.95 for 10ml.



writer kris franken, alex noonan photography acp photographs (salad)

# fact file

**In the mix:** sleeptime secrets | oily business | colour combos | green machines | healthy life

Curious if you're going to live to a ripe old age? Tap your details into this website – [www.livingto100.com](http://www.livingto100.com) – and the online calculator will work out your life expectancy, plus tips on ways to live longer.



## oils ain't oils

Zing up your salads with a drizzle of 2007 vintage Australian extra virgin olive oil. Experiment with peppery new-season olive oil, fruity late-season, and try the delicious buttery-and-fresh "grassy" oils, too. Find your favourite and enjoy! Available at specialty food stores, some supermarkets and farmers' markets ([farmersmarkets.org.au](http://farmersmarkets.org.au)).



Try a new oil variety.

**green power** Before buying your next car, make sure you log onto [www.greenvehicleguide.gov.au](http://www.greenvehicleguide.gov.au) to find out which motors are the most eco-friendly, and more importantly, those that aren't. Star performers include Toyota Prius, Honda Civic Hybrid, Smart ForTwo, Fiat Punto and the Citroën C3 (left) and C4.



*Colour confident Mixing and matching colours in your home can be a challenge. So, if you're thinking of changing the look of your interiors, visit [www.603010.com.au](http://www.603010.com.au) for a little help selecting the perfect palettes.*