



LEFT TO RIGHT Yu Ling Ong; Katrina Hemingway; Louise McKean; Lara Crompton and Ava; Brooke Penning; Sarah Chibnall; Samara Martin; Lisa Farrelly; Indira McDonald.

what we know now:



YOU HAVE TO



ABOVE Baby Ava looks on, while her mum, Lara, settles in for a pedicure.



LEFT Bonds underwear had the calendar girls covered. BELOW Hairstylist Michael Brennan, adds some glam.





Indira McDonald, 38 (left)
 "Pregnancy has made me a lot more confident about my body. It's such a small amount of time in your lifespan that your body is capable of doing such amazing things, so I just say let it happen and admire how incredibly complex and wonderful we are. Kate Hudson lost post-baby kilos in weeks, and Britney too, but that's the pressure they're under. For most women, the body knows what it's doing. If you put on weight, you put on weight for a reason and it will come off when your body is ready."

RIGHT Indira's bump gets the Doti treatment. LEFT Polaroids provide a preview of the final shots. BELOW LEFT Debbie shields her face from hairspray.



Shauna Newman, 19 (right)
 "I was a dancer for ten years and a lot more petite than I am now. When I injured my back, I put on a bit of weight and it took me a while to come to terms with what I look like. There was always pressure to be smaller when I was dancing, but now I've learnt that loving your shape is the only way to get through the body blues."



Katrina Hemingway, 45 (right)
 "Many women my age don't want to accept that their bodies are changing. There used to be a furious battle to maintain an image or a shape we had in our youth. I want to debunk the myth that my self-worth should be attached to how thin I am. I have enough challenges in my life, such as serious health issues [Katrina has insulin-dependant diabetes]. I don't have time to worry about what I look like on the exterior."

"I want to debunk the myth that my self-worth should be attached to how thin I am"



ABOVE
 Body love is genetic for Pem-Pem, and her daughter, Kesang.



Pem-Pem Wongchuck, 46, and Kesang Wongchuck, 21 (above)

Pem-Pem: "I came here at the end of 2004 from Bhutan. The good looking ladies there are actually very big and healthy because they have to work in the fields. The skinny ones are considered sickly."

Kesang: "This younger generation seems to like trying to be thinner. Being a mother [Kesang has a 20-month-old daughter] you have a wider perspective. You realise your life shouldn't be dictated by other people."





Shauna Newman, Jessica Camara, Erika Camara, Jody Sanders, Kesang Wangchuck, Pem-Pem Wangchuck, Christina Donoghue, Debbie Theo, Nicola Magiros and Marina Vejanoska.

LOVE YOUR BODY

DOVE TOOK UP THE CHALLENGE OF BROADENING THE STEREOTYPE OF BEAUTY - SELECTING 19 REAL, UNIQUE AND GORGEOUS WOMEN TO STAR IN THEIR 2006 CALENDAR. WE WENT BEHIND THE SCENES - AND CAN GUARANTEE THERE WASN'T AN AIRBRUSH IN SIGHT. PHOTOGRAPHY BY CARLOTTA MOYE



LEFT THE Dove girls, with (from left), photographer Carlotta Moye, stylist Ken Thompson (also pictured far left), madison advertising creative director Adeline Cessario, hair stylist Michael Brennan, madison editor Paula Joye and make-up artist Dotti. →



ABOVE and LEFT The surf rowing team play it up for the camera.

"When we think of our bodies, we think of how healthy we're being, not of what our shape is like"

Lisa Farrelly, 26, Sarah Chibnall, 29, Samara Martin, 27, and Brooke Penning, 26.
 "As surf rowers, our confidence comes from our achievements and abilities. It's us against some pretty serious waves and if we can't hold on we'd be in danger! We need to be big and strong to battle the surf. Being stick-thin wouldn't work for what we do - we'd be snapped in half. We're on the beach every weekend in bathers, so we have to be comfortable with our bodies. We wouldn't be human if we didn't have hang-ups, but when we think of our bodies we think of how healthy we're being, not of our shape."



ABOVE Make-up artist, Dotti, applies moisturiser to Samara's abs. LEFT TV crews get in on the action, too.

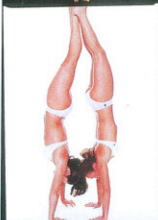


Jody Sanders, 31 (above)

"My sister entered me in the competition and I was absolutely rapt when I got the call to be a part of it. My husband is a positive influence on my body image. When I was younger, I was quite overweight and I had a lot of stretch marks on my hips and boobs. When we first started dating, I was so paranoid that he would look at me and think, 'Oh my God, they're revolting!' But he loves everything about me and would never say a negative word." →



KODAK 06 06 06



KODAK 06 06 06



KODAK 06 06 06



"There are a lot of girls who feel they have to be skinny... I think it's too exhausting to be on a diet!"



ABOVE RIGHT Indira talks babies with Lara and Ava (also above). RIGHT Mum and daughter. BELOW RIGHT Debbie has a quick bite.

Jessica Camara, 20, and Erika Camara, 22 (left)

Jessica: "Listening to thin actresses say, 'I eat junk and I'm allergic to exercise,' is not real. I understand that now, but when you're a teenager forming your personality, you are defined by what you see." Erika: "I have one body and two choices. The first is to not be happy with myself. The second is to accept myself, even if I don't fit the narrow stereotype of beauty."

Louise McKean, 23 (left)

"When I was younger, I used to be quite thin. Then you become a woman, get curves and deal with it. You know you're never going to be the size you were when you were 16. There are a lot of girls who feel they have to be skinny. Just be who you are. I think it's too exhausting to be on a diet!"



KODAK 06 06 06



Lara Crompton, 29, and Ava Redfern, eight months (above)

"There was nothing better than realising that a beautiful baby came out of my body. I have both fat days and skinny days, but at least it's an interesting body, one that has a bit of character and can spring a few surprises on me every now and then - like producing a baby girl and continuing to provide her with sustenance. I also have a Caesarian scar - that's my body's song line, evidence of my amazing glory."



"I'm finally in the right frame of mind, I'm going to get my kit off!"

Yu Ling Ong, 27 (right)

"I've worked hard at the gym to get this body and seen the results I've wanted. I've accepted that I'm never going to look like Heidi Klum, but I'm happy with what I have got. I entered this event because as a teenager, I never felt good enough for modelling competitions.

With this, I thought, 'I'm finally in the right frame of mind, so I'm going to get my kit off!' And it feels great."

ABOVE LEFT Long shoots mean lots of lounging around. BELOW Dove's Pip Yeo and stylist Ken Thompson, pose for the December shots that never made the calendar. BELOW RIGHT Make-up is a top-toe business for Dotti.

Christina Donoghue, 28 (above)

"My body is just a part of me - it's never played a huge role in how I value myself. I love it all, though. I think it's bootylicious. It's hard growing up as a mixed-race person in Australia - the images portrayed in the media have been predominantly white. There's no touchstone, nothing that reflects who you are. It's so important that all women have strong, positive, confident role models."



Dobbie Theo, 27, Nicola Magirola, 29, and Marina Veljanoska, 29 (above)

Debbie: "We always tell each other we're beautiful. Part of growing up and being mature is not comparing yourself to other women. One of the photos we sent in was a bum shot... I'm glad we got to do it again for this shoot"

Marina: "We entered this competition for ourselves, but also to show other people that we are confident in what we look like, and that there's nothing wrong with liking how you look."

Nicola: "Enjoy the things that make you feel better. Go out and get pampered, do your hair, your make-up, your nails, have a facial. This is not for anyone else, it's all about making you feel more confident." **m**