

## **From chip-free nail polish to pore ‘refiners’ - here’s the products that leave us disappointed**

### **Jamie First**

How gullible are we? Apparently, very much so.

Let’s be honest, many of us take things at face value and like to believe what we’ve been told.

Often, it’s a matter of stroking our egos and a desire to look younger or slimmer that gets the better of us.

But, that’s not all.

Even the most commonly used medications are guilty of misrepresentation.

After decades of use by millions of people with lower back pain, it turns out that paracetamol doesn’t deliver the goods.

A new study by Aussie researchers has found paracetamol doesn’t speed recovery or reduce the pain.

Associate Professor Christine Lin of the George Institute and Sydney University tested more than 1600 patients and found the median recovery time from lower back pain was 16-17 days whether patients used paracetamol or not.

Which got us thinking. How many products fail to deliver what they say they will?

Here’s what we’ve come up with.

Can you think of any others?

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### **Anti-aging creams**

Defying age is the plot of a good movie. It’s not real. Thousands of manufacturers claim to hold the key to erasing wrinkles, firming sagging skin or turning back the clock to a time when iPods didn’t exist and parachute pants were all the rage. But, and I hate to break it to you, scientists are yet to discover the secret, let alone beauty companies. Nothing, and we mean nothing, can compete with gravity.

### **Cat toys that will entertain “for hours”**

Has your cat just looked at them and walked away? We know the feeling.

### **Cellulite creams**

It’s safe to say you should always be wary of a product that promises miracles in the form of a bottle or tube.

### **Chip-free nail polish**

The day someone figures out how to make a manicure last longer than a few days will be cause for celebration.

### **Cleaning products**

From getting rid of the mould in your shower to cleaning the grease from your stove, sometimes your own natural remedies are more effective (not to mention cheaper) than spending your hard-earned dollars on chemicals at the supermarket. Especially the ones that promise to eradicate mould from your bathroom.

### **False lash mascara**

How can a \$15 mascara compare with \$180 set of false eyelashes?

### **Itch relief creams**

Mosquitos are hated for a reason. Unfortunately there isn't a quick fix to cure their pesky bite, despite what those ointments claim.

### **“Ladder-resistant” tights**

We can put a man on the moon, but can't crate tights that don't rip on the second wear. Why is that? It's simple, don't waste your time or money on these.

### **Lip plumpers**

Plumpers promise you fuller and bigger lips instantly, but you will be thoroughly disappointed if you're expecting to be the next Angelina Jolie. Even worse, they hurt! The gloss stings because it's made with ingredients that purposely irritate the skin to create the irresistible “swollen” look.

### **Nail hardeners/strengtheners**

What actually is that?

### **“Painless” hair removal**

Don't be sucked in by the allure of a painless, hairless body. You're pulling out hair lodged deep within. Think about it.

### **Pain relief medication**

Most of us head to the medicine cabinet when we're struck down by some form of ailment, but is it worth it? How much does our mind play a role in pain relief? A recent study conducted by Australian researchers tested 1600 patients and found the commonly-used drug paracetamol had little impact in aiding back pain.

### **Quick oats sachets**

Is it just me, or do ads make it look like one sachet will fill an entire bowl (and your appetite), but in reality you need at least two or three to get the same result?

### **Smoothing serums**

No frizz, no fuss. Yeah, right. Anyone with curly hair knows it takes a village to get those wild locks under control.

**Teeth-whitening toothpaste**

Unless you're willing to dip into your life savings and see a professional dentist, that Hollywood smile is but an unattainable dream.

**Water-proof mascara/eyeliner**

Every woman knows the feeling of trying to hold back tears, especially when watching a sad movie (*The Notebook* anyone?) But, sometimes, it just isn't possible to fight it. And, when it rains, it pours... as does your black, thick, lumpy mascara and ink-like eyeliner.

**Weight-loss "cures"**

If you switch on the TV, flip through a magazine or turn on the radio, you're bound to know about the ads promising to melt the kilos away, often with little more effort than a drink of water. But these products are designed to prey on the vulnerable and, ultimately, they just end up hurting you and your bank balance in the long-term.