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From the EDITOR

Last year we dedicated an issue of CosBeauty to self-care in the midst of the global pandemic. Who would have foreseen we'd be back in lockdown more than 18 months after the outbreak of COVID-19, or that self-care would be the new skincare?

Self-care looks different to each of us – and for beauty aficionados, sometimes it really does mean taking care of our skin, hair and body and putting on makeup. On page 48 we explore the connection between self-care and self-esteem, and how our daily skincare and makeup rituals can promote confidence and feelings of empowerment and control.

To get you started, we've curated some of the all-time skin products to create a DIY skin treatment at home (p126), share an expert's tips on cultivating lush and lustrous hair (p124), reveal the cult body products for your smoothest skin yet (p102) and take a look at the modern-day male grooming rituals (p92).

We're also preparing for a return to "normal" – on page 82 we investigate the best "quick fix" cosmetic procedures to help you as soon as you emerge out of lockdown to be looking and feeling your best, and we celebrate the start of wedding season with our special bridal countdown feature on page 54.

During this time of collective anxiety, it's never been more important to focus on the beauty within us as well as the beauty around us. We hope this issue brings you a little bit of sunshine and reminds you to practice extra self-care – and indulge in some beauty rituals and positive self-talk!

Michelle Kearney
Editor-in-Chief
michelle@bellamedia.com.au
Dr Lisa is a female Specialist Plastic and Cosmetic Surgeon based in Sydney, Australia. She has worked in France, Germany and the USA.

- Breast augmentation
- Breast lift
- Breast reduction
- Abdominoplasty
- Mummy makeover
- Liposuction
- Lip lift
- Non-surgical facial enhancement including wrinkle injections and fillers
KATE WINSLET IS THE NEWEST BRAND AMBASSADOR FOR L'OREAL PARIS

Fresh off her hit show, Mare of Easttown, Academy Award-winning actress Kate Winslet has been named the new face of iconic beauty brand L'Oreal Paris. She'll join the L'Oreal “sisterhood” which includes Viola Davis, Eva Longoria, Helen Mirren, Elle Fanning, Aja Naomi King and Camila Cabello.

Winslet intends to use her platform to uplift and inspire other women to feel “worth it”.

“‘It’s taken work to get to a place where I make no apology for who I am, where I accept my flaws,’ she said. ‘I’m delighted to join the L'Oreal Paris sisterhood to say: it takes courage and strength to believe that you are worth it. Sometimes, you may not feel worth it at all... We all have moments like that, and that is what makes us all human. But, the more you say these words and believe in everything that you truly are, and however you identify, then with time and belief in yourself, you too will feel worth it.’

Winslet's first campaign is for the brand’s Superior Preference Hair Colour line.

ELLA BACHÉ’S ALL NEW RESTORATIVE HAND WASH

It’s safe to say extra hand washing is here to stay, pandemic or not. And Ella Baché is raising the hand-care bar with their first-ever Botanical Hand Wash. This sophisticated hand wash doubles as a hand cleanser and nourishing hydrator, enriched with natural botanical extracts. Distinctive in Ella Baché’s signature midnight navy bottle, the Australian-made formula will treat your hands with the attention they deserve.

To hydrate and restore the skin, Mountain Pepper Leaf is combined with soothing Wild Roselle Flower Extract. Antioxidant-rich Lily Pilly, Lemon Aspen and Davison Plum work together to keep the skin smooth, soft and hydrated.

TANOSTOLIST DROPS NEW DAILY-USE GLOW SERUM
Meet Day Glow, a hydrating, dewy glow serum for daily use. It's essentially soft, smooth, sun-kissed skin in a bottle. This hyaluronic infused, gradual self-tan priming super serum gives a radiant bright, dewy finish. It's enhanced with anti-inflammatory ingredients like hyaluronic acid, juniper and pink grapefruit. Plus, with the Derma-Seal of Approval, there's no need to worry about clogged pores or breakouts.
Available at Priceline. RRP $19.99

ELIZABETH ARDEN LAUNCHES NEW RETINOL CERAMIDE LINE ERASING EYE CREAM
Elizabeth Arden started a revolution with ceramide capsules over 30 years ago – single-dose serums tailored to individual concerns making skincare effortless. Now, from the creators of the award-winning retinol capsules, the brand is introducing a multi-benefit eye cream formulated with clinically proven retinol and moisture-boosting ceramides – Retinol Ceramide Line Erasing Eye Cream.

An anti-ageing blend of microencapsulated retinol, peptides and niacinamide smooths, brightens and depuffs to help reduce the appearance of fine lines and crow's feet, improve the look of dark circles and refine the texture and radiance around the eye area.

The new Retinol Ceramide Line Erasing Eye Cream will be available from 8 August 2021 at Myer, David Jones and selected pharmacies nationwide. RRP $115.
GET A GLOW UP WITH THE LATEST INNOVATION FROM PETER THOMAS ROTH
Introducing Water Drench Hyaluronic Glow Serum, the latest Water Drench innovation from Peter Thomas Roth. Packed with a 75% Hyaluronic Acid Complex and 3% HydraFence, a new breakthrough ingredient, this glow serum leaves skin moisturised and plump-looking with a beautiful dewy glow.

In a 28-day study on 41 subjects applying a 3% HydraFence formulation twice daily, average skin hydration levels across all subjects remained enhanced for 5 days (120 hours) after last application.

MEDIK8'S NEW PLATINUM FACIAL
This, dear beauties, is the ‘Rolls Royce of Facials’. Medik8’s signature Platinum Facial, performed in-clinic, is a high-performance, results-driven experience that delivers immediate visible results for anyone concerned with signs of premature ageing. Featuring their new Scientific Mushroom Thermal Exfoliator and exclusively using their Age Defying Platinum Mask, this facial works to help visibly lift, rejuvenate and firm the skin for a more youthful-looking appearance. It's well worth it to make this a skincare priority once lockdown is over!
SKINCEUTICALS ANNOUNCES NEW PRODUCT THAT TARGETS SIGNS OF NECK AGEING

SkinCeuticals Tripeptide-R Neck Repair is a welcome addition to the burgeoning neck correction skincare category. This daily-use corrective treatment is scientifically demonstrated to smooth the appearance of horizontal neck lines, firm neck skin, and visibly reduce neck skin crepiness.

Neck skin ages differently than facial skin; it is thinner and more fragile, similar to the skin around the eyes, making it a difficult area to treat and more prone to earlier signs of ageing.

SkinCeuticals has designed an ideal formula for the delicate neck area with retinol at a neck-specific concentration appropriate for daily use.

Tripeptide-R Neck Repair is specifically formulated with an optimal dose of 0.2% pure, slow-release retinol, tripeptides, and glauccine to target early to advanced signs of visible neck ageing. These three key ingredients are combined within a hydrating delivery system.

This unique neck formula is tolerable for daily use and delivers results on multiple signs of ageing, with visible results in as early as four weeks.

SkinCeuticals Tripeptide-R Neck Repair is available online at Adore Beauty, as well as partner skincare professionals nationwide. RRP $225.
In life, there is no such thing as impossible; it’s always possible.

VENUS WILLIAMS
Courage, sacrifice, determination, commitment, toughness, heart, talent, guts. That’s what little girls are made of; the heck with sugar and spice.

BETHANY HAMILTON
If you want to achieve something in life, you have to take risks.

KARMAKAR
Don’t let people tell you that you can’t do something.

Laurie Hernandez
Rather than focusing on the obstacle in your path, focus on the bridge over the obstacle.

MARY LOU RETTON
HOW TO CARE FOR YOUR SKIN
at home

WHEN LIFE (AHEM, COVID) WON’T LET YOU VISIT YOUR SKIN THERAPIST OR FAVOURITE PAMPER PARLOUR, YOU CAN DIY A PRETTY EFFECTIVE FACIAL AT HOME THAT WON’T BREAK THE BANK. SLIPPERS NOT INCLUDED.

Whether you’ve been enjoying some Netflix and chill, homeschooling small children or trying to work as normal from your dining room table in your PJs, lockdowns (shoutout to Melbourne and Sydney at the time of writing) can take their toll on our wellbeing and also our appearance.

‘A lot of us have been turning to junk food and haven’t been exercising as much as we normally would. As a result, many of us are feeling and looking a bit blah,’ says Dr Vincent Candrawinata, research scientist and founder of Renovatio BioScience, which develops and manufactures Activated Phenolics.

‘Additionally, when we stay at home without needing to socialise with people or go to work, we tend to be more relaxed with our washing routine, including our hair and skin. This can lead to the build-up of sebum and dead skin cells which over time can cause irritation or skin issues.’

Thankfully, with a slew of effective products across a range of budgets, we don’t have to let our skin go haywire during this collective time of anxiety. Here are some of our go-to products that have helped save our lockdown skin.
1. Bobbi Brown Vitamin Enriched Face Base, $88. A genius moisturiser and primer in one, this is like a multivitamin for the skin. The vitamin blend helps nourish, moisturise and cushion skin.

2. mesoestetic ha densimatrix, $159. This isn’t your regular hyaluronic acid-based serum; this concentrate provides skin with hyaluronic acid in different molecular forms. The purity of hyaluronic acid in multiple forms provides a revolutionary moisturising and anti-ageing treatment that helps provide firmness and elasticity, as well as helping to minimise the appearance of wrinkles.

3. Medik8 Advanced Day Ultimate Protect, $127. This is the new Medik8 sunscreen everyone’s talking about. In addition to super-charged sun protection, it includes DNA repair enzymes, blue light shield, pollution defence and anti-infrared technology, all delivered in a beautifully rich daily moisturiser that leaves the complexion with an invisible finish.

4. Dermalogica Barrier Repair, $74. A saviour for stressed-out skin, this velvety moisturiser helps fortify sensitised skin and shield it from skin stress triggers while helping to restore a healthy barrier function.

5. CALECIM Professional Multi-Action Cream, $190. Part of the groundbreaking CALECIM Professional range, the world’s only skincare powered by ethically derived Red Deer Umbilical Cord Lining Stem Cells, the Multi-Action Cream revitalises ageing skin with a lifting and tightening effect. It also helps improve skin fullness and skin laxity by providing hydration for firmer looking skin.
6. Skin Virtue Future Advanced Vitality Cream, $100. Skin Virtue, an anti-ageing and anti-allergen skincare range, has created a powerful anti-ageing cream that helps reduce the visible signs of skin ageing and promotes elasticity. Next-generation biotechnological active ingredients work to significantly moisturise skin with a firming and plumping effect, revitalising tired-looking and sagging skin.

7. Finishing Touch Flawless Cleanse, $69.99. This daily facial cleansing device is designed to help you cleanse away makeup and impurities and massage your skin. Choose from four modes: gentle cleanse, deep cleanse, gentle massage + cleanse and deep massage + clean.

8. Trilogy Rosehip Transforming Cleansing Oil, $28.95. Formulated with Certified Organic Rosehip Oil, sweet almond and papaya oils, this silky emulsifying cleanser thoroughly cleanses without stripping moisture.

9. Murad Clarifying Oil-Free Water Gel 50ml, $75. Ideal to help ward off the dreaded 'maskne' effect, this water-light hydrator contains hyaluronic acid for deep hydration and salicylic acid for exfoliation and balancing.

10. Murad Blemish Control Clarifying Cream Cleanser 200ml, $65. Poor eating habits, poor skincare habits and stress can exacerbate acne and blemishes. This rich, yet gentle, creamy cleanser helps treat and prevent blemishes as it calms and soothes.

11. Skeyndor Essential Hydratant Cream with Amino Acids 50ml, $44. This moisturising cream for dry and normal skin types helps preserve the hydro-lipidic layer of the epidermis and regulate pH levels.
1. LaGaia Unedited Micellar Cleansing Water 100ml, $49.50. Designed to calm and assist your skin’s regeneration process, this micellar technology contains a blend of activating extracts and potent actives to hydrate and protect against moisture loss with an easy wipe-away action.

2. Ancien True Miracle Hand Cream – Jasmine, $32. Our hands can often be neglected, so we were eager to try this anti-ageing and nourishing botanical hand cream. Hands are left silky smooth with long-lasting hydration.

3. Biossance Squalane + BHA Pore-Minimizing Toner 120ml, $42. The secret to this product’s effectiveness is willowbark extract, a source of natural BHAs that help calm inflammation, dissolve dead skin and smooth skin texture. The result is minimised appearance of pores and calmer skin.

4. Avène Cicalfate+ Scar Gel 30ml $19.99. Best for recent scarring, the unique gel formulation helps to improve and soften the appearance of scars.

5. Avène Cicalfate+ Restorative Skin Cream 40ml $16.99. Ultra gentle and healing, this helps restore the skin’s cutaneous barrier and its high content in Avène Thermal Spring Water soothes irritations.

6. Dr. LeWinn’s Line Smoothing Complex – Triple Action Defence, $74.95. Line Smoothing Complex Triple Action Defence serum is formulated with the power of Snap-8, a super-potent peptide proven to help reduce expression lines and wrinkles, while a unique combination of antioxidants helps defend against free radicals responsible for premature ageing.

7. Dr. LeWinn’s Reversaderm Corrective Skin Peel, $39.95. We are loving the results from this overnight skin peel. It contains 15% Alpha Hydroxy Acid Complex of Glycolic, Lactic and Mandelic Acids for a micro-cellular exfoliation to resurface the upper skin layer, remove dead skin cells, unclog pores and help to diminish the look of skin imperfections.

8. Dr. LeWinn’s Ultra R4 Collagen Surge Plumping Gel, $74.95. This, with its super-soft collagen pearls, is as effective as it is pretty! The collagen-plumping pearls are absorbed into the skin upon application and are combined with hyaluronic acid and Neodermyl, which has been shown to improve the appearance of lines and wrinkles and increase firmness and elasticity.

9. A’kin Ultra Hydrating Cream Mask, $29.95. The perfect lockdown partner for your skin, Australian Tasman Pepperberry, Riberry and Muntries help boost hyaluronic acid and fight free radical damage while moisturising and calming dry skin.

10. A’kin Kangaroo Paw Flower and Hyaluronic Acid Face Sheet Mask, $7.95. This bio-degradable, lightweight and soft sheet mask harnesses the power of Australian Kangaroo Paw Flower Extract and hyaluronic acid to combat lines and wrinkles and leave skin looking firm and rejuvenated.
1. Dr Roebuck’s Ningaloo Firming Serum, $98. Copper Peptide helps boost the skin’s ability to produce collagen and elastin, helping to reduce the depth of fine lines and wrinkles, and hyaluronic acid attracts and retains moisture deep into the skin to plump from within.

2. Andalou Naturals Rejuvenating Eye Balm, $39.95. A plant-based retinol alternative, this gentle eye cream uses the recent breakthrough ingredient, Bakuchiol, which helps to improve the look of lines and wrinkles without any irritation.

3. Andalou Naturals Rejuvenating Serum, $44.95. This Bakuchiol-based retinol alternative serum is formulated with a highly concentrated fruit stem cell complex and super antioxidants to boost dermal vitality and reduce the appearance of fine lines and wrinkles.

4. Ella Bache Rose Hydration Mist, $39. Give your skin (and mind) an instant reboot with this beautifully fragranced hydration mist. It also helps prevent and improve long-term dehydration.

5. Morphe 2 Restart Detox Face Mask, $20. This is beauty on a budget without compromising quality. The holographic peel-off mask (so fun!) is made with activated charcoal, French pink clay and willow bark extract to absorb impurities and excess oil.

6. Morphe 2 Bubbly Fresh Gel-To-Foam Cleanser, $23. Made to balance skin in addition to cleansing, this formula leaves skin feeling soft and fresh. Blue-green algae, or spirulina, detoxifies and provides nutrients, while aloe vera water keeps skin soft and calm.
For your cleanest cleanse yet, try this silicone face egg. It has ultra-soft anti-bacterial bristles that deeply cleanse your skin without causing any irritation. The sonic vibration penetrates pores to ensure that 99.9% of impurities are removed.

8. Dr Roebuck’s Noosa Nourishing Cream Cleanser, $42. Oat Leaf, Calendula, Arnica and Green Tea form a powerful combo to cleanse, hydrate and soothe skin while helping to reduce inflammation and accelerate the healing process.

9. Peppy Co LED Light Therapy Mask, $179. Can’t get to the skin clinic? Bring the skin clinic to you with Peppy Co’s medical-grade LED Mask. It harnesses three therapeutic lights – blue to banish bacteria, red to help prevent wrinkles and yellow to detox the skin – for a clearer complexion in just 10 minutes a day.

10. ZitSticka GOO GETTER Spot Clarifying Dots Hydrocolloid Patches x 36, $29. Breaking out? Finally, we may have the quick-fix you’ve been praying to the skincare gods for. GOO GETTER is a moisture-drawing hydrocolloid patch that absorbs fluid, impurities and goo from your surface-level zit to quickly shrink its appearance.

11. ZitSticka HYPERFADE Microdart Blur Patch for Dark Spots x 12, $49. Pigmentation can be a long and uphill battle to control. Try this innovative self-dissolving microdart patch that lightens and brightens post-pimple dark spots.

12. Paula’s Choice 2% BHA Liquid Exfoliant, $38. Channel your inner facialist with the brand’s #1 product worldwide. This gentle leave-on exfoliant, brightens and even out skin tone.


3. **Nair Soft Natural Large Wax Strips** for face and body 40pk, $15.95. We hear you; you don’t want to emerge out of lockdown looking like a yeti. Trust us when we say these wax strips from ol’ faithful Nair will be your best friends.

4. **Mavala Hydro-Repairing Foot Care**, $29.95. Even if you can’t get in for your regular pedi, that’s no excuse for course and callous feet! Mavala’s rich formula immediately soothes and moisturises your skin whilst efficiently fighting against any abnormal thickness of the corneous layer of the feet.

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**THE BEAUTY FRIDGE WE ALL NEED**

Need a place to store your skincare goodies? The Flawless Beauty Fridge, $150, from Finishing Touch is a compact cooling system that perfectly houses serums, creams, masks and more. By keeping your beloved products at optimum temperatures, you can also help extend their shelf life. What’s more, the cooling effect on the skin can help complement the active ingredients in your products and even decrease inflammation and puffiness!
C A L E C I M® PROFESSIONAL INTRODUCES PROFESSIONAL PIGMENT SOLUTION, THE FIRST OF ITS KIND IN THE TREATMENT OF SKIN DISCOLOURATION.

Freckles, age spots, brown spots or pigment spots: whatever you call it, irregular skin discoloration is a common and often distressing problem caused by factors such as sun damage, inflammatory skin disorders and hormonal fluctuations.

 Australians are exposed to some of the strongest UV levels in the world – and we suffer among the highest incidences of skin cancers globally and, by association, other collateral dermal damage.

Skin cells in the top layer of skin (epidermis) produce a pigment called melanin that gives skin its unique, natural colour. When exposed to UV radiation, more melanin is produced, causing the skin to darken, often in irregular patches or spots, including freckles.

In its various forms, hyperpigmentation affects over 80 percent of women over the age of 25. If you’re a sufferer, you’ll know pigmentation is notoriously difficult to treat.

HOW DOES IT WORK?

Professional Pigment Solution is a long-term topical skincare treatment formulated specifically to address the appearance of skin hyperpigmentation.

It promotes skin resilience to help support the skin’s reaction to inflammation, the key cause of skin discoloration, thus helping to minimise the appearance of hyperpigmentation in the future.

It can be used by all skin types, tolerates long-term usage, and supports clinical discoloration procedures. It’s also simple to use – apply AM and PM to affected areas before application of moisturisers. Apply sunscreen liberally in the morning and re-apply regularly when in direct contact to sunlight or water.

FINALLY, AN AT-HOME SOLUTION TO PIGMENTATION

Years of research, novel ingredients and several new technologies combine in C A L E C I M® Professional’s new Professional Pigment Solution, formulated to help treat the toughest skin discoloration problems. This combination of technologies offers the potential to provide a long-term solution to help improve the appearance of hyperpigmentation, while promoting skin resilience to help prevent future skin discoloration.

Hydroquinone-free and non-irritating to the skin, it works effectively as a standalone product for daily use and also in conjunction with clinical skin procedures.
IN ITS VARIOUS FORMS, HYPERPIGMENTATION AFFECTS OVER 80 PERCENT OF WOMEN OVER THE AGE OF 25.
The CALECIM®
Professional range

CALECIM® PROFESSIONAL SERUM (6 X 5ML)
Professional Serum contains a high concentration of Cord Lining Conditioned Media (CLCM) that helps skin to renew and repair when used daily. It’s used at home and in-clinic after cosmetic procedures to help boost the skin’s regenerative response and reduce redness, swelling and discomfort immediately post-procedure, as well as enhance results.

CALECIM® PROFESSIONAL
RESTORATIVE HYDRATION CREAM
Naturally derived Hyaluronic Acid (HA) from cord lining extract replaces moisture instantly within the deeper layers of the skin while Cord Lining Conditioned Media helps boost HA production, providing hydration at every level. Restorative Hydration Cream helps treat dry skin, targeting signs of premature ageing. It replenishes and helps retain optimal hydration to aid in the skin’s natural renewal and repair process.

CALECIM® PROFESSIONAL
MULTI-ACTION CREAM
Revitalises ageing skin with a lifting and tightening effect. Multi-Action Cream helps improve skin fullness and skin laxity by providing hydration for firmer looking skin. It helps improve facial definition and appearance of lines and wrinkles. It also helps enhance and prolong the aesthetic results of in-clinic procedures.

CALECIM® PROFESSIONAL
RECOVERY NIGHT COMPLEX
For use 2-3 times a week at night or whenever skin is feeling dry or sensitised, this advanced complex helps relieve and restore skin in distress from in-clinic procedures, extreme conditions and severe dryness. It also provides cool, comforting relief in a gel application that glides onto the skin, coating it with a thin layer of skin-restoring stem cell proteins and providing it with non-stop hydration throughout the night.

CALECIM® PROFESSIONAL
PROFESSIONAL PIGMENT SOLUTION
The first of its kind in the treatment of skin discolouration, Professional Pigment Solution contains novel as well as proven technologies targeted to improve the appearance of hyperpigmentation, while promoting skin resilience to help prevent future skin discolouration.
AN ANTI-AGEING BREAKTHROUGH IN STEM CELL SKINCARE

CALECIM® Professional is the world’s only skincare range that has gone beyond plant stem cells to harness cord lining stem cell technology.

CALECIM® Professional is changing the playing field for anti-ageing skincare, and now skin discolouration with the groundbreaking Professional Pigment Solution, with its patented complex of cord lining stem cells. Developed by CellResearch Corporation, a Singaporean biotech company specialising in stem cell research, it is the only skincare range in the world to harness cord lining stem cell technology derived from red deer umbilical cord.

The groundbreaking technology used by CALECIM® Professional is called Cord Lining Conditioned Media (CLCM). It is made using a mix of two types of powerful stem cells – mesenchymal and epithelial – that are ethically and harmlessly extracted from the outer lining of the umbilical cord of red deer.

The result is CALECIM® Professional’s patented mix of stem cell proteins, growth factors and cytokines. When applied, it helps promote repair, renewal and regeneration of the skin to visibly improve the appearance of lines and enhance skin fullness.

In high concentrations, CALECIM® Professional products have been shown to deliver significant, fast-acting benefits for the skin, both for in-clinic treatments and at-home skincare.

In split-face clinical studies, it was shown that in as little as two weeks of use, patients can start seeing an improvement to their skin.*

The growth factors found in CALECIM® Professional signal skin restoration in a way human skin cells can understand, and in a way plant-derived ingredients cannot. This discovery is patent-protected in 62 territories worldwide.

Professor Mitchel P Goldman, double-board certified cosmetic dermatologist and known as the Grandfather of Growth Factors, is Chairman of the CALECIM® Professional Medical Advisory Board. ‘This is the first time that umbilical cord lining stem cells – or stem cells in general – are being truly utilised in a topical skincare to promote skin health,’ he says.

The proteins from the umbilical stem cells don’t just affect the epidermis but also the dermis, giving the fibroblasts nutrients to help with elastin and hyaluronic acid, as well as offering anti-inflammatory proteins. This is what gives a lifting and plumping effect of the skin and helps encourage skin mobility and efficient epithelisation, particularly after the skin has been compromised such as after laser or microneedling treatment.

The comprehensive skincare range has five high-performance products and, in addition to post-procedure recovery, is designed to be used as an everyday skincare system to promote optimum epidermal cell turnover and enhance skin repair from environmental damage and the natural ageing process, improving the look of lines and wrinkles and enhancing skin fullness.

The patented mix of proteins, growth factors and cytokines are found in all CALECIM® Professional products. CBM

WHERE TO GET IT

CALECIM® Professional is available in select clinics and is distributed in Australia by Advanced Cosmeceuticals. To find a stockist call 1800 242 011 or visit www.calecimprofessional.com.au

These days we expect our beauty with a side serve of benefits – makeup that's actually good for our skin – and foundations have well and truly stepped up to the plate.

Many of today's foundation formulas fuse skin technology with colour correction and flawless coverage. Some foundations promote collagen production and strengthen elasticity of the skin to help fight signs of ageing, usually with active ingredients such as hyaluronic acid, peptides and Vitamin C. Others are enriched with vitamins and antioxidants to help even out skin tone, add hydration and radiance and boost the look and function of the skin. More still are specifically formulated to act as a second skin for compromised or sensitive skin.

Cosmetics manufacturers have long included sun protection to their product lines. With moisturisers and foundations now including an SPF of 15, 30 and even 50, we're provided with extra protection from the sun while we perfect our canvas. (Of course, we should still apply a traditional sunscreen product for maximum protection.)

Once considered a simple tool for covering up unwanted blemishes and uneven skin tone, the humble foundation is now anything but basic. Here are our favourite foundations with benefits.
DOUBLE-DUTY FOUNDATION TIPS

For an ultra-natural daytime look, mix your foundation with your favourite day moisturiser. And to ramp up your luminescent glow for a night out, try mixing your foundation with a highlighting primer.

**Bobbi Brown** Intensive Skin Serum Foundation SPF25, $103. With its Active Skin Energizing Complex, as well as Argireline Peptide and hyaluronic acid, this formula instantly brightens and covers imperfections while recharging the skin’s appearance and fighting the visible signs of ageing.

**Sisley** Phyto-Teint Ultra Éclat in Ivory, $115. This light-diffusing fluid foundation includes a mineral complex to enhance the complexion’s natural radiance, Buckwheat seed extract which acts as an anti-pollution shield, and extracts of Mallow and Gardenia flower to provide hydration and comfort for fresh-feeling skin.

**Charlotte Tilbury** Airbrush Flawless Foundation, $65. This cult favourite bottles the smoothing, pore-blurring airbrush effects with the anti-ageing skincare benefits of a serum.

**Jane Iredale** Liquid Minerals A Foundation, $95. The grand dame of skincare makeup, this is essentially a serum with pigment that provides sheer to medium coverage, providing hydration, smoothing the appearance of fine lines and wrinkles and minimising the look of pores.

**YounGBLOOD** Loose Natural Mineral Foundation, $84.95. This fan favourite mineral foundation looks after sensitive skin while providing broad spectrum sun protection.
Clinique Even Better Clinical Serum Foundation SPF 20, $65. Built with three serum technologies, this satin matte oil-free formula is packed with actives: Clinique’s exclusive dark spot-fighting molecule UP302, Vitamin C, salicylic acid and hyaluronic acid.

Skeyndor Vitamin C Brightening Matte Foundation, $83. Vitamin C, algae extract and a moisturising complex give greater luminosity to the skin while improving firmness. The fluid medium to high coverage works especially well to cover imperfections and unify the tone for mature skin.

Lycogel Breathable Camouflage SPF30, $108. This buildable matte foundation works hard to deliver oxygen, moisture and nutrients to the skin, making it great to use post-treatment or for uber sensitive skin types.

Morphe Filter Effect Soft Focus Foundation in Shade 16, $30. An oil-free, skincare-infused foundation that delivers a natural yet medium coverage for a flawless, filter-effect finish.


Ella Baché Superfluid Great SPF50+ Skin Tint, $55. Available in four colours, this skin tint combines maximum sun protection with an ultra lightweight, glowy sheer coverage.

Invisible Zinc Tinted Daywear, $32. We all know the most important skincare product is sunscreen so this is definitely a triple-duty winner that combines SPF30 sunscreen plus moisturiser plus sheer foundation.
T H E P R O F E S S I O N A L A N TI- A G EI N G
S Y S T E M I N S PI R E D B Y T H E
M O S T A D V A N C E D A E S T H E TI C
T E C H N O L O G Y.

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of each skin. The new
age element skincare system by
mesoestetic, one of the world’s
leading pharma companies,
combines customisation and the
most recent scientific advances
in genetic predisposition. The
result is a unique anti-ageing
treatment formulated with
epigenetic active ingredients
ensuring maximum efficacy.
The age element range is an
integral solution encompassing five
essential stages of an anti-ageing
treatment, from diagnosis
to boosting results. All these
stages act synergistically for
the purpose of achieving
maximum treatment efficacy and
notoriety results.

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WHAT WAS THE IMPETUS FOR CREATING THE NEW AGE ELEMENT RANGE AND WHAT MAKES IT UNIQUE?

At mesoestetic we advocate precision and effectiveness in all our treatments, which is the reason we have launched age element, an innovative 100% customised treatment, making it suitable for all ages and skin types. It’s unique because of the patented [meso] epigen system™, the smart reactivator of youth mechanisms, and the age element diagnosis system™, which is an exclusive diagnostic platform developed by mesoestetic to help define the customised professional treatment for each client. The customisation is so relevant because it provides maximum results, increases treatment adherence and allows the opportunity to build unique experiences in each session for both practitioner and patient.

Q&A

WHAT IS EPIGENETICS AND HOW HAS MESOESTETIC INTEGRATED THIS INTO AGE ELEMENT?

Epigenetics is the science that regulates our genes through chemical processes and modifications. A large part of the ageing process is caused by external factors; environment, lifestyle and stress, which determines the activation of epigenetic factors. These chemical modifications act as a switch, turning our genes on or off, and are responsible for the condition and appearance of our skin. Identifying the active ingredients that act as external stimuli to regulate the epigenetic mechanisms of the skin is key to help recover its regenerative activity.

age element is formulated with a unique complex and patented epigenetic action, helping to promote a plumper-looking complexion and helping to correct the visible effects of ageing.

WITH

Elisenda Valls
BRAND MANAGER OF MESOESTETIC PHARMA GROUP
CAN YOU DESCRIBE THE MAIN ACTIVE INGREDIENTS OF THE RANGE?

The [meso]epigen system™ is an innovative and transversal complex formulated by three epigenetic active ingredients, included in all age element products.

age element contains shikimic acid, which helps preserve youthful-looking skin; maslinic acid, which helps to increase the production of hyaluronic acid, elastin and proteoglycans, enhancing skin hydration, firmness and redensification; and finally, isouquercitin, which provides a potent antioxidant action, helping to protect the skin from free radicals for a radiant glow.

The epigenetic efficacy of the treatment is supported by scientific studies under process of publication, as a result of our collaboration with different reference research groups specialising in epigenetics and its medical applications.

age element also includes many additional specific active ingredients exclusively selected to help treat the main signs of ageing.

HOW DOES THIS NEW TECHNOLOGY HELP TO COMBAT AGEING FROM THE SOURCE?

Thanks to the [meso]epigen system™, we are able to treat the signs of ageing at its origin. This enables us to enhance the effectiveness of the treatment, maximising visible results on the skin. By modulating epigenetic mechanisms, we are able to help recover the regenerating skin activity that is lost over the years through many different pathways to optimise skin condition, help protect the DNA and improve overall performance.

HOW DOES MESOESTETIC’S DIAGNOSTIC TOOL ENABLE SKIN PROFESSIONALS TO CUSTOMISE AGE ELEMENT TREATMENT TO EACH CLIENT?

Consumer habits have changed, and consumers have changed too. An increasingly informed, digitalised client who demands innovative, effective and customisable solutions is far more prevalent today. Creating unique experiences, adapted to their preferences and specific demands is fundamental to increase customer satisfaction and loyalty. The age element diagnosis system™, available for aesthetic professionals, helps to define the customised professional treatment for each client, indicating its optimum product combination. The system is based on an extensive set of questions related to skin needs, lifestyle and conditions that the client wants to improve with the purpose of identifying the epigenetic variables that can affect the ageing process.

WHAT ARE THE 5 KEY PHASES AGE ELEMENT IS CENTRED ON?

age element is an integral treatment that covers the essential stages in an anti-ageing treatment: from diagnosis
to boosting. All five stages act synergistically for enhanced efficacy.

**Phase 1 Diagnosis:** analyses the variables involved in the skin ageing process and defines the customised treatment with the help of the digital platform age element diagnosis system™.

**Phase 2 Preparation:** cleanses and removes makeup to prepare the skin.

**Phase 3 Simulation:** helps enhance epidermal regeneration and optimises penetration of the active ingredients.

**Phase 4 Activation:** the completely customised phase based on the main signs of ageing, meeting all needs for radiance, firmness, wrinkle reduction and density.

**Phase 5 Boosting:** a specific mask is applied from the recommendation in the customised protocol, to provide extra supplemental active ingredients in addition to those used in the activation phase.

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**Where to get it**

mesoestetic’s new age element system is available at select skin clinics across Australia.
For more information, visit advancedcosmeceuticals.com.au or call 1800 242 011
How beauty helps us self care

Self-care looks different for each of us – and for beauty aficionados, sometimes it really does mean taking care of your skin, hair and body, says beauty expert Cleo Glyde.

1. Medi Skinsaver Coq10 Facial Oil 30ml, $49.95
2. USPA Thermal Treatment Oil Red Pepper 125ml, $45
3. Oil Garden Ginger Essential Oil 12ml, $19.99
Beauty "me time" is often the one time in the day when women focus on themselves — whether it’s rocking a new centre part, applying a favourite shade of lipsy or sliding into a lavender-infused bath for a hot soak at day’s end. The kids, the boss, the guy, the deadlines are temporarily at bay.

Our beauty routines of lotions and potions and pigmented colours is a ritualistic meditation that helps us transition from the private realm of pyjamas and wild hair to facing the world with our best face forward. Our shelfie-worthy collection of bathroom essentials is often all that stands between us being at our most raw and vulnerable and having the confidence to get out there and do what we do.

Then 2020 happened and we had bigger problems. The global pandemic that threatened our freedoms to work and move freely, socialise and party with loved ones, and forced us to isolate for lonely weeks at a time, was enough to turn the bright Kleig lights away from salon visits and glaming up. Instagramming the new negative space nail trend took a back seat. The roots grew out. No one was going to put on primer and ombre eyes for a Zoom meeting. Or were they?

That’s the beauty of beauty. It has the transformative power to not only enable us to play with looking different or (arguably) better but also to make us feel okay.

**Nutricentials**

Celltrix Always
Right Recovery Mask (x5), $49.95

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1. Lush Sea Vegetable Soap 100g, $7.95
2. Young Living Dewdrop Diffuser, $139.55
4. Beauty Boosters Restorative Overnight Mask 50ml, $99
5. Rodan + Fields, Body Replenish 200ml, $89

www.cosbeauty.com.au
When the global and national borders are closed to us and the economic future is uncertain, we want comfort. We need to self-soothe. The cocooning trend elevates the art of being cozy – rather than ‘stuck’ – at home to what the Danish call hygge, a celebration of joyful domestic snuggling, a strategy to cultivate happiness that evolved to deal with the long, dark winter months.

When winter came to Australia, we turned to beauty’s ‘moodifiers’: candles, fragrance, skincare, spa tools and masks – anything associated with self-care, feeling better and luxurious languor. We had all the time in the world. In 2020 during the pointy end of lockdown, sales of sheet masks went up by 170% (Spate), candle sales at beauty hub Adore Beauty doubled, helping local companies like Glasshouse Fragrances keep their employees as brick-and-mortar retail floundered, and body treatments and serums with strong actives became the industry’s best-sellers.

‘Nurturing’ beauty products allow us to bring wellbeing home. You can breathe in a divine, mood-altering oil blend of herbs and fragrant woods from a dewdrop-inspired diffuser that fools you into thinking you’re getting a massage – when you are in fact peeling a spud.

One of the best answers I know to an emotionally distraught day – after avail myself of the wit and wisdom of a trusted friend – is to put a pin in that day and run a hot bath (I couldn’t live without one), succumb to the spell of a scented candle, apply oil to damp skin, or...
Skin afterwars, slather on skincare and hair care with enough activites to really make a difference, and lay back, while the nourishing products work their magic, to enjoy an irresistible movie. There is no hangover and it pays lovely dividends of glowing skin and hair. But, perhaps most importantly, it’s an external ‘fake it till you make it’ gesture that tells you while it may not feel like it right now, you matter. And it’s going to be okay.

Of course, laying back on a satin pillow like the Queen of Sheba, covered in products, won’t solve all of tomorrow’s problems, but it is an excellent start. My one challenge is to remember to tap into the ritualistic power of beauty’s nurturing side more often.

I love my self-care beauty lust-haves so much that just looking at them on my shelf makes me happy. Every woman has those special beauty weapons in her arsenal, helping empower her to be her authentic self.

Of course, a no-apologies diva like lusty 1950s screen goddess Elizabeth Taylor has a campy solution to a Very Bad Day: ‘Pour yourself a drink, put on some lipstick, and pull yourself together.’ Whether it’s about looking good or feeling good, beauty is that heart-gladdening ally who will help us both bunker down until the storm passes and head out the door — and onto that plane — in confidence and style when it’s all over. CBM
VENUS CONCEPT AND VENUS WILLIAMS HAVE JOINED FORCES TO PROMOTE THE VENUS BLISS BODY CONTOURING DEVICE, A NEW NON-INVASIVE FAT REDUCTION SYSTEM.

Recently arrived in Australia, Venus Bliss turns the dream of fast, painless fat loss (without diet and exercise) into a reality. The body contouring device combines two distinct modalities – four diode laser applicators and an (MP)2 applicator (powered by Multi-Polar Radio Frequency, Pulsed Electro Magnetic Fields and VariPulse technology) – to reduce fat on the abdomen and flanks as well as the appearance of cellulite on the abdomen, buttocks and thighs.

Tennis champion Venus Williams, who is also a powerful force off-court with three business ventures (activewear brand BeVen by Venus Williams, interior design firm V Starr and plant protein company Happy Viking), was recently announced as the global ambassador for Venus Bliss. Williams said the new role was "a perfect fit" as before being approached by Venus Concept, she had already had a series of Venus Bliss treatments (including one session in Australia) and loved the result.

Williams told Yahoo Finance she was excited to take on the ambassadorship as Venus Bliss was something she "believes in".

"Everything I am involved with is wellness, self-care, beauty, sport," she said. "I have to take time out for selfcare, and that was part of the reason I tried the Venus Concept treatments... I just wanted to maintain how I felt and looked about myself."

VENUS BLISS REALLY CAN HELP THE MANY AUSTRALIANS WHO STRUGGLE TO LOSE FAT ON THEIR STOMACH AND HIPS.
In her new role as Venus Bliss ambassador, Williams will work closely with Venus Concept on brand awareness campaigns that will also feature on her Instagram account (1.3+ million followers) and Facebook page (2.85+ million followers).

Venus Concept Australia education manager Whitney Stronach believes Williams’ endorsement of Bliss will dramatically increase the popularity of the treatment around the country.

'The planets have truly aligned for all our Bliss clinics and their clients,' she said. ‘Venus Bliss really can help the many Australians who struggle to lose fat on their stomach and hips, but unfortunately, many are missing out on the treatment simply because they don’t know about it or don’t believe it actually works.

‘I think Williams’ endorsement of Bliss (which has gained FDA approval and has proven its effectiveness in clinics*) will have a huge impact on people’s awareness and trust in the brand as she is renowned for being super fit and healthy and for ‘keeping it real’ on social media.

‘Williams will attract many people who have never heard of the treatment to clinics, and she will also attract many who have seen, heard or read about the treatment but have been hesitating because they aren’t convinced of its effectiveness.’

READIY ACKNOWLEDGING THAT THERE ARE NOW NUMEROUS FAT-REDUCTION DEVICES AVAILABLE IN AUSTRALIA, STRONACH IS CONFIDENT THAT THE BLISS, WITH A LITTLE HELP FROM VENUS WILLIAMS, WILL QUICKLY BECOME THE MOST DESIRED – SIMPLY BECAUSE “IT DELIVERS THE RESULTS THAT PEOPLE WANT”. CBM

WHERE TO GET IT

For more information or to find a provider near you, visit www.venustreatments.com/en-au

*One 30-patient study in which all patients received the Bliss treatment to either their flanks or abdomen resulted in a statistically significant reduction in adipose layer thickness” for the majority, with over 90 percent describing the treatment as comfortable.
GET SOME BRIDAL INSPO FROM SOME OF OUR FAVOURITE CELEBRITY WEDDING LOOKS.
Priyanka Chopra

Glamour couple Priyanka Chopra and Nick Jonas married in an elaborate multi-day wedding celebration held in India. Fun fact: Chopra’s wedding day look exclusively used makeup from Marc Jacobs Beauty.
Ellie Goulding

When Ellie Goulding married art dealer Caspar Jopling, the singer opted for natural, pretty-in-pink makeup vibes which juxtaposed the grandeur and drama of her striking Chloe wedding gown.
Soccer stars Ashlyn Harris and Ali Krieger tied the knot on December 28, 2019. For the icing on the cake, they took to Instagram on Valentine’s Day 2021 to reveal the first photo of their baby Sloane Phillips.
Princess Beatrice

Princess Beatrice married Edoardo Mapelli Mozzi in a hush-hush intimate ceremony last year. The bride opted for a peachy colour palette and tonal look for her big day, a heightened version of her signature fresh beauty look.

Meghan Markle

The star-studded wedding of Prince Harry and Meghan Markle in 2018 was watched by nearly 2 billion people! The bride's soft and radiant makeup was created by renowned MUA Daniel Martin, who wanted to keep her look as natural as possible – freckles and all.
Serena Williams

The tennis ace looked like a real-life princess when she wed her Reddit co-founder beau Alexis Ohanian in New Orleans. She chose MUA Natasha Gross for her “subtle natural glam” wedding look, so as not to overpower her stunning Alexander McQueen ball gown.
Gab Union

When Gabrielle Union wed basketball pro Dwyane Wade in a lavish Miami castle ceremony, her Dennis Basso princess-style wedding dress was perfectly complemented with romantic, naturally flushed makeup.

Hailey Bieber

With her pearl-adorned chignon, dewy skin and natural makeup, Hailey Baldwin’s bridal look for her wedding to Justin Bieber was striking and timeless.
Bridal BEAUTY

SAY ‘I DO’ TO OUR CURATED LIST OF PRODUCTS THAT WILL KEEP YOU LOOKING PICTURE-PERFECT UNTIL THE LAST GUEST LEAVES.

It’s the event of a lifetime and the culmination of months of planning and prep work (not to mention endless date changes as we grapple with COVID-19). Your wedding day should be nothing less than a fairytale – complete with dreamy makeup.

Whether you’re going for natural, traditional, glam or your own unique style, take inspiration from the three most popular bridal makeup looks. And remember, your wedding day isn’t the time to be experimenting with a new makeup look. Trust in the knowledge of what looks best on you and suits your personality and style.
Natural beauty

Even if hours of thought went into every detail, this look appears effortless, allowing your individual beauty to shine through – with an extra dose of polish. This natural look is centred on glowing skin, barely-there peachy eyeshadow, bronzed or flushed cheeks and finished with a nude lip (stick with creamy lipsticks rather than a high gloss product).

1. **Napoleon Perdis** Loose Eye Dust, $35
2. **La Mer** The Soft Fluid Long-Wear Foundation SPF20, The Powder, $200
3. **Bobbi Brown** Long-Wear Cream Shadow Stick, $50
4. **Youngblood** Liquid Mineral Foundation, $87.50
5. **Charlotte Tilbury** Airbrush Bronzer, $75
6. **Charlotte Tilbury** Look of Love Lipstick in Nude Romance, $57
7. **Ciaté London** Watermelon Burst Primer, $42
8. **Trinny London** Eye2Eye Eye Shades in Dawn, $34
9. **Sisley** So Stretch Mascara in Deep Black, $85
10. **Dermalogica** skinperfect primer spf30, $83
Classic and timeless

Combining a flawless base with dusty pink hues and an iridescent glow is the essence of classical bridal beauty. It relies on subtly shaded contours, rose-kissed (subtle or strong) lips and cheeks, and matte neutral or delicate champagne coated eyes. The traditional bridal look is soft and romantic, pure and timeless.

1. Charlotte Tilbury Pillow Talk Matte Revolution Lipstick in Pillow Talk, $49
2. Charlotte Tilbury Pillow Talk Push Up Lashes! Mascara, $48
3. Mavala Nail Color Cream Biarritz, $8.50
4. Youngblood Stay Put Eye Primer, $36
5. Sisley Phyto-Blush in Golden Rose, $95
6. Bobbi Brown Skin Long-Wear Weightless Foundation SPF15, $72
7. Napoleon Perdis Foundation Stick, $69
8. Mavala Lip Fantastic Collection Lipstick in Petunia, $27.95
9. Trinny London Lip Luxe in Pippa, $40
Bold lips and smoky eyes can be used to add a vintage feel to your big day. Or for a more modern take on bridal glamour, statement winged eyeliner, expertly placed highlighter and glossy nude lips will be your favourite maids of honour.
BRIDE'S GUIDE TO Cosmetic Treatment

HERE'S A TIMELINE OF WHAT TO DO AND WHEN TO DO IT BEFORE WALKING DOWN THE AISLE.

9 months out
SERIOUS ABOUT SKINCARE

It's time to up the ante in terms of your skincare; your makeup will only look flawless on the big day if your skin is in good shape. You may want to discuss your skin's needs with an expert and switch up the gears to cosmeceutical skincare with active ingredients. This is also a good time to start regular light therapy treatments, such as LED therapy, to kickstart the cellular turnover of your skin and reach ultimate skin fitness.
More than 70 percent of brides-to-be want to lose weight before their wedding day, according to a study from Cornell University. We all know the best way to lose fat is through willpower and exercise. But there's also a cheat's way to lose fat.

Non-surgical body contouring has become big business in the world of cosmetic enhancement. It offers a measurable reduction in body fat and increase in muscle definition with no surgery, no downtime and minimal (if any) discomfort.

There is an array of brands and technologies offering non-surgical fat reduction and muscle toning. Results are seen gradually after six to 12 weeks, as the body naturally metabolises the destroyed fat.
BEAUTY

LASER AWAY SUN DAMAGE

If your skin needs a good dose of intensive care, fractionated laser skin resurfacing can improve a wide range of skin concerns, such as lines and wrinkles, pigmentation, acne scarring and moderate to severe sun damage.

Rather than removing the top layer of skin (with significant downtime) like ablative laser resurfacing of the past, fractionated laser treats a fraction of skin at a time, creating thousands of tiny microscopic sites of thermal impact, known as microthermal zones. These microscopic laser columns penetrate deep into the dermis to create tiny wounds, triggering the body’s natural response system to heal those wounds. This process expedites the body’s remodelling of collagen and elastin, resulting in tighter, fresher, more youthful-looking skin.

TIGHTEN & LIFT

If the skin on your face and neck is starting to head south and you notice your decolletage is looking sun-damaged and crepey, living in 2021 means we’re lucky to have a range of non-surgical modalities that can lift and tighten modest to moderate skin laxity on the face and body using cutting edge technologies.

Another increasingly popular option for skin lifting and toning is thread lifting, in which biodegradable sutures are positioned under the skin to elevate the soft tissues and build new collagen in its place upon dissolving.

Results from non-surgical face lifting modalities are typically gradual as new collagen production begins to lift and tighten the skin, with the final outcome usually evident around two to three months after treatment and lasting up to 12 months and beyond.
SAY ‘I DO’ TO INJECTABLES

Muscle relaxants to relax away frown lines and crow's feet, and fillers to pump out lips and lines and add facial definition and contour, require only a little recovery time but it’s best to give yourself enough time to wait for the final “settled” results after an aesthetic treatment. Remember, less is more when it comes to injectables. You still want to look like you, and you don’t want to look frozen in candid happy snaps. Always ensure you visit a credentialed and experienced practitioner and heed their advice.
How to Layer Your Skincare Products

CONFUSED ABOUT WHAT GOES WITH WHAT AND IN WHICH ORDER? SYDNEY BEAUTY INFLUENCER ALISHA BHOJWANI WEIGHS IN ON THE BEST ORDER FOR APPLYING YOUR SKINCARE PRODUCTS.

As Zoom calls become the norm in our COVID reality, skincare has never been more sought after. After all, when you’re staring at yourself for 8 hours a day, 5 days a week for months on end, putting on a full face seems to become less important.

Instead, I’ve found myself reaching for my eye cream and neck cream (can you tell I’m in my 30s?) several times a day because, let’s be honest, I think we’d rate extra sleep over applying concealer any day of the week.

If you’re a skincare hoarder like me (I may or may not be using my TV cabinet as skincare storage as I type this) then you’ve got your routine down, but if you’re new to the realm of skincare, it can be helllllll confusing.

Ask a dozen people what they put on their face and you’ll get 12 different answers. Now, I’m not saying their routines are wrong, but there is a correct and incorrect way to apply your skincare. And, whilst I’m big on listening to your skin and giving it what it needs, there are certain steps you shouldn’t miss and products you absolutely can’t pair together otherwise you might burn your face off — or worse, render the products ineffective. Not ideal.

To save you from wasting your hard-earned money, I’ve popped together some general rules on where to start when you’re building a skincare routine.
Tip 1:

THINNEST TO THICKEST
This one’s an easy rule to follow and probably one you’ve heard before. When it comes to serums, toners and moisturisers, you’ll want to go thinnest to thickest, because a) it just makes sense and b) it’s the most effective way to deliver active ingredients into the skin.

Tip 2:

DON’T DOUBLE DOWN ON ACTIVES
It might be tempting to put multiple actives together but as godfather of modernist architecture Ludwig Mies van der Roheless once said, less is more. As a general guide, stick to one active per AM/PM routine so you don’t impair your barrier.

Tip 3:

APPLY YOUR WATER-BASED PRODUCTS BEFORE OIL-BASED PRODUCTS
Remember, oil and water don’t mix. Solution? Apply your water-based skincare first, then apply your oil-based products so that your skin reaps every benefit because oil will prevent anything from getting through if applied first.

Now that we’ve covered those points off, it’s time to talk morning routines vs your nighttime routine and where you’d slot each of your products in.

During the day, your skin is exposed to dirt, oil, makeup, pollution, UV rays, pollutants, and bacteria. This wears on your skin cells and wreaks havoc on our collagen levels which is why your daytime routine should factor in the two big P’s: Protection and Preservation.
1 **WASH YOUR FACE**
Before you have a sip of your morning coffee, splash some lukewarm water on your face. If your skin skews oily, grab a gel-based cleanser to level out your skin. If you’re dry or combo, you don’t need to cleanse AM and PM.

2 **TONER OR ESSENCE**
Now that you’re awake, it’s time to grab your toner or essence. What’s the difference? Toner’s purpose is to help reset the skin, often balancing our pH levels whereas essences mainly add a huge hit of hydration. Make sure you look at the ingredients of your chosen product to ensure it doesn’t include any actives because that won’t play well with your next step!

3 **SERUMS**
Ah, possibly my favorite step of skincare. Personally, I’m partial to a Vitamin C but this product will depend on your skin concerns. If you’re trying to tackle pigmentation, opt for Vitamin B3, a niacinamide to strengthen your skin barrier, or hyaluronic acid if you’re lacking in skin hydration. Avoid retinoids in the AM as they’ll increase your sensitivity to the sun, leaving your skin more vulnerable to damage.

4 **SPF**
A non-negotiable when it comes to skincare, this should be the final step of your routine. If you’re on the dryer side, pop a dollop of moisturiser on before your SPF.

Now that you’ve spent the AM protecting and preserving your skin, it’s time to shift your focus at night to Recuperating and Regenerating – because those 8 hours of sleep are more than just fuel for the body; it provides an opportunity for our skin to repair.
**PM ROUTINE**

1. **DOUBLE CLEANSE**
   After a full day of makeup and SPF you’ll want to break it down with an oil-based cleanser, followed by a gel or cream-based cleanser (depending on skin type).

2. **EXFOLIATE OR RETINOIDS**
   Our body literally heals itself as we sleep – that’s why the PM is the perfect time for your targeted skincare treatments like retinol, acids, peels or peptides. Whichever you choose, just remember retinoids and exfoliative treatments shouldn’t be used together. Alternate between them (2x a week) and track how your skin feels before increasing usage.

3. **EYE CREAM**
   Eye creams can be hit or miss. You’ll want to pop this on before slathering on your moisturiser because they’re more concentrated in nature. If you’re not sure what ingredients to look for, think peptides for hydration, retinol to work on fine lines and green tea extract or Vitamin K to target depuffing.

4. **FACE OIL**
   If you’re experiencing dry or flaky skin, a face oil will be your BFF. It will help to protect the outer layer of your skin. Make sure to warm it up in the palms of your hands and lightly press into skin. Apply with facial massage or roller for all the at-home spa vibes.

5. **MOISTURISE**
   The final step! Time to seal in all your hard work with a barrier repairing moisturiser. Since we’re in the thick of winter, look for emollient or occlusive-based creams to provide a protective layer to your skin. Even if your skin is oily, you still need moisturiser to keep the water content in your skin intact. Especially since (if you’re anything like me), you probably have your heater running on full blast. And there you have it, your complete guide on what to do and what not to do with your products; so now the small fortune you spend on skincare won’t be in vain. CBM
Are you being washed?
Are you being green-washed?

A GROWING NUMBER OF AUSTRALIANS ARE CHOOSING SKINCARE PRODUCTS THAT ALIGN WITH THEIR PERSONAL VALUES. BUT HOW CAN WE BE SURE WHERE THESE PRODUCTS COME FROM AND IF THEY REALLY ARE ‘NATURAL’? WE ASK TWO EXPERTS TO WEIGH IN.

ROHAN WIDDISON
CEO, NEW LABORATORIES

When it comes to cosmetics, skincare and personal care products, a large number of Australians purchase beauty and skincare products that are in line with their personal values.

Personal values, when it comes to selecting our beauty products, range from ‘natural ingredients’, organic and vegan products, brands that don’t test their products on animals, sustainability, ethically sourced ingredients and Australian made.

Whilst as consumers we can tell if a product is Australian made or owned, because of the Australian-made symbol, how can we tell where our skincare products come from, if they’re ethically sourced, and are in fact organic?

ETHICAL SOURCING AND VERIFIABLE SUPPLY CHAINS

When it comes to ethical sourcing, in Australia it is currently difficult for consumers to know if their favourite brands are actually ethically sourcing their ingredients. Whilst some brands have ethical sourcing or ethical buying policies on their website, there currently aren’t any Australian standards, certifications or accreditations in verifying ethical supply chains.

The beauty industry, however, is moving towards more transparency in their supply chains with more and more companies using blockchain, which records each step in the supply chain. In the future we may also see QR codes on packaging which consumers can scan so they can see where the ingredients in the products are sourced from. At this stage, though, the only way we as consumers can tell if a company is ethically
sourcing their ingredients is by doing our own homework. Check to see if the company has an ethical sourcing or ethical buying policy or statement on their website and check their annual reports to their shareholders. Also do a deep dive to see what information they are making publicly available in regards to where their product ingredients are sourced.

ORGANIC INGREDIENTS
Organic ingredients are easier for consumers to verify. With certifications such as COSMOS and Organic Food Chain (OFC) regulating the word ‘organic’, consumers can rest assured that the extra dollars they are spending to purchase organic products are in fact organic when they see the COSMOS or OFC logos on their favourite products.

If on the other hand brands are using the word ‘organic’ in their product name with no certification then buyer beware. Unfortunately, there are many brands out there that use the term simply for marketing purposes with no verifiable elements to their claim.

If using organic products is one of your personal values, again do your homework and do not take the word of a product name or label. Check for organic certification and that the certification is from a reputable body.

SUSTAINABILITY
National resources are finite, so it’s important that the natural ingredients being used aren’t negatively impacting the environment. One example is palm oil. If sustainability is one of your personal values, ensuring your favourite beauty products that use palm oil are RSPO (Roundtable of Sustainable Palm Oil) certified, may be of importance for you.

The carbon footprint of your products may also be an essential factor for you. Therefore, knowing where your products are manufactured will be important. Locally sourced and locally manufactured products will be the best option for you if lowering your carbon footprint is a personal value.

The beauty industry supply chain is an in-depth one, with thousands of products on the market with natural and synthetic ingredients that are sourced globally. Learning who owns your favourite brands, what their company values are, where your products are manufactured, and what ingredients are in your favourite products are the first steps in understanding if the products you are purchasing are aligned with your personal values. And remember, if it sounds too good to be true, it probably is.
'Greenwashing' is a term used to describe when a brand makes claims to be green and natural through their marketing, yet when you delve a little deeper, chances are there is more effort put into the perception rather than the actual practice. Terms like 'natural', 'organic', 'naturally derived', 'green' and 'dermatologist approved' are all sometimes used to describe products that are seemingly everywhere on skincare labels but sit in a grey area of confusion and unsubstantiated claims.

Unfortunately, unsubstantiated and misleading claims still abound in the beauty industry, so it's important to make yourself informed when it comes to the purchases you make. Do your own research and don't take things at face value. A great way to delve a little deeper is to read the ingredients label on the back of the product and search each ingredient. If the product is deemed 'natural' but there seems to be a long list of chemicals or synthetic-sounding ingredients on the back, chances are it isn't as natural as it is made out. Do your research, their ingredients, learn about their processes and how they're made. In most cases, you can also ask the brand or manufacturer directly - if they have nothing to hide, they will be open and honest with you about their practices and what's in their products.

At Biologi, we avoid greenwashing at all costs by offering full transparency regarding the sourcing, manufacturing and supply of our products to help consumers make informed choices. Biologi products are created through a plant-to-bottle process using locally-sourced fruits and quite literally putting them in the bottles. We rely on the earth's natural resources to give us our ingredients for our products (which are natural and not synthetically made), so being transparent, ethical and sustainable is incredibly important to us.

Below are some common terms to be mindful of:

**Natural** – Natural is a term seen on a lot of beauty and skincare products, however it is often misused. It can mean that only a small percentage of the product's ingredients are plant-based, or what was originally 'natural' has now in fact gone through a production process which results in a less-than-natural form.

**Naturally derived** – In essence this refers to ingredients that are derived from nature but the process means that it is then delivered in an unnatural form (so it sounds natural but may be laden with chemicals).

**Clean** – Clean is often a rather puzzling term that is often used in confusion and holds many different meanings. It could refer to the ingredients that are free from synthetics, but it can also refer to the brand's sustainability practices or reference that the product is vegan, or ethical, etc. Ideally, the term 'clean' should refer to a natural product using raw plant extracts and without a long, ever-evolving list of ingredients that can be linked to harmful health effects.

**Paraben-free** – There has been a surge lately of brands claiming 'no parabens' – and rightly so because they are synthetic preservatives that have been linked to things like cancer, hormone disruption, DNA damage and increased skin ageing. To keep on the safe side, try to avoid anything ending with the word paraben, such as ingredients like methylparaben, butylparaben, ethylparaben, propylparaben and isobutylparaben. CBM
LUNCHTIME REJUVENATION

LOOKING FOR A LITTLE PICK-ME-UP ONCE LOCKDOWNS EASE? SHONAGH WALKER EXPLORES THE NON-INVASIVE COSMETIC TREATMENTS THAT CAN HAVE YOU LOOKING AND FEELING BETTER IN ALMOST UNDER AN HOUR.
ZOOM TEETH WHITENING

What is it? A state of the art in-clinic whitening process that can lighten teeth up to 13 shades.

Teeth and gums are checked for cavities and general health, and the teeth are ideally cleaned by a dentist or hygienist; explains Dr Gamer Verdian from Dental Lounge in Sydney. A mould is taken of the teeth and a mouth guard is made for at-home whitening maintenance following the actual treatment. We recommend this in combination with the clinical treatment to ensure ideal long-term results.

During the actual procedure, which typically happens on a second appointment, a pH-balanced hydrogen peroxide whitening gel is applied to all teeth. This is activated for 15 minutes using a special UV light, which gently penetrates the teeth to remove deep stains and discolouration.

The patient undergoes approximately three to five 15-minute sessions in this one appointment. A five-minute fluoride treatment completes the procedure, which in total takes approximately one and a half hours.

Is it painful? ‘Approximately 25 percent of our patients experience sensitivity and zaps in their teeth for 24-48 hours after the procedure, but we can manage with mild sedation and pain relief,’ says Dr Verdian. ‘The teeth and gums may experience some sensitivity post-treatment, but this is easily managed with over-the-counter pain medication.’

What results can I expect? Teeth appear between eight to 14 shades whiter immediately. Further whitening is achieved by using the at-home gel and mould, which should be worn either once a month or once every three months for one hour at a time, depending on lifestyle (i.e., smokers or red wine drinkers will require more frequent maintenance).

How many treatments do I need? This depends on the level of staining on your teeth. Some people may only require one treatment, whereas others may need to have a series of up to three sessions.

THE PEACH LIFT LOOP

What is it? Threads made from polypropylene are cleverly injected beneath the dermis and anchored to create an elevated and rejuvenated appearance to the face.

The threads are placed at a certain point in the face and worked upwards to be anchored to the muscle on a higher point of the face.

I use the technique of South African plastic surgeon Dr Des Fernandes, explains Dr John Mahony from Peach Cosmetic Medicine in Paddington, Sydney. ‘These Fernandes loops’ are technically more demanding to put in, but because they rely on a firm knotted loop to achieve a lift, they promise better duration.’

What results can I expect? This treatment helps alleviate sagging and jowling in the lower face, or in the brow area, elevating and smoothing the brow and helping to ease hooding of the eyelids.

How long does it last? The lifting effect of the threads is long lasting, with results lasting up to two to three years.

How many treatments do I need? ‘These lifts really last,’ explains Dr Mahony, ‘however, we can put more loops in should the patient require further lift after the first or second treatment. We prefer to work in a way that achieves gradual and natural-looking results, rather than deliver a very dramatic and unnatural-looking result in one treatment.’
DISSOLVING A DOUBLE CHIN

What is it? A TGA and FDA-approved chemical solution, which is similar to bile salts, is injected into the neck to dissolve fat.

'The medication is injected and in much the same way that the fat is broken down in the gall bladder, it digests the fat, which is then metabolised and eliminated through the body's natural functions,' explains Sydney cosmetic surgeon Dr Anoop Rastogi. 'The neck is red immediately after and swollen. The redness will subside within 24 hours and the swelling will ease after approximately two to five days.'

Does it hurt? There is mild stinging at the injection site during the procedure, and you may experience tenderness for up to a week following treatment. This can be managed with over-the-counter pain medication.

What results can I expect? For the right candidate, the neck is slimmed down considerably. Results start to become noticeable within around one week.

How many treatments? Between one and five treatments are required for best results.

NEFERTITI NECK LIFT

What is it? Wrinkle relaxing solution is injected into the neck to help alleviate sagging and horizontal lines.

'We administer the injections in two parts,' explains Dr Anoop Rastogi. Firstly, we address the two vertical lines that run from the chin down the neck. Those lines are caused by the leading edge of the platysma muscle, so the treatment of this is to inject every few centimetres along the length of the muscle edge to relax it and make it less conspicuous.

'There are also horizontal neck lines, which we occasionally treat with wrinkle-relaxing injections. The aim is to reduce the extent to which the lines are pinned to the underlying muscle, thus reducing the appearance of any horizontal lines along the neck.'

Does it hurt? There may be some slight stinging at the site of injection, but this only lasts a few seconds and is quite mild.

What results can I expect? 'This is what one would call a variable procedure, in that it works very well in some people and not at all well in others,' says Dr. Rastogi. 'It is determined by patient selection - some people's skin and muscle responds, however some patient's skin is not conducive to achieving good results. When it does work, patient satisfaction is high.'

How many treatments do I need? Again, this depends on the patient. Some may respond and show fantastic results after one treatment, while others may need a series of treatments for best results.
FEATURING

What is it? This is a modern brow tattoo technique also known as 'air brushing'.

'It's a very natural form of brow tattooing that is a popular alternative to feather touch tattooing,' explains globally-renowned brow artist Amy Jean-Limnehan, who has rooms in Sydney, Melbourne, Brisbane, the Gold Coast, Byron Bay, London and Singapore.

We choose this for our clients depending on their type of eyebrow growth, brow colour and skin type. We use an airbrushing technique along the line of the brow to deliver a series of fine pigment dots into the skin. This creates a 'mist' of colour in the skin beneath the brow hairline.

Does it hurt? At times it may feel a little uncomfortable, but for the most part, it is relatively painless.

What results can I expect? ' Clients can discuss their options with their artist. We can build more intense colour for the entire brow, or just fill in sparse areas such as the arch and tail for an 'ombre' effect,' says Limnehan. The healed result will minimise the use of eyebrow products as we have created background shading where you need it most. We can also use to help camouflage old and faded tattooing.'

How many treatments do I need? Usually only one treatment, with one follow-up visit, is required to achieve desired results.

INVISIBLE EYELINER

What is it? 'Also known as Lash Enhancement, this technique creates undetectable definition for eyes,' says Amy-Jean Linnehan. 'Unlike traditional eyeliner tattooing, where ink is embedded above the lash line and frequently winged out, Invisible Eyeliner uses small needles to dot and fill within and around the lash bed.'

Does it hurt? Not particularly, although some clients may experience mild sensitivity if they are sensitive in the eye area to begin with. Anaesthetic balm is applied pre-treatment and the device used is a non-invasive tattoo machine that has very light, quiet vibrations. The eyes are closed throughout the procedure.

What results can I expect? Very finely etched lines are nestled tightly within the roots of the lashes and just slightly above it for a tidy finish that makes the eyes appear more defined and brighter and lashes fuller. Results last between three and 10 years.

How many treatments do I need? 'Typically one treatment with a follow-up a few weeks later is enough to maintain great results for quite a few years.'
IV THERAPY

What is it? IV (intravenous therapy) is when a liquid substance is administered directly into the vein through a thin tube called a cannula in order to deliver a therapeutic medication or treatment, explains Dr Jeremy Cumpston, who offers IV treatments at his Ageless Clinics in Sydney, Bondi Junction, Goulburn, Young and Bateman’s Bay.

Fluids are delivered via an IV cannula, which is inserted into the vein, often right in the middle of the arm. An IV solution will then be attached to it and hung up above the patient so it can run into the patient’s arm.

‘At our clinics, we tend to use Glutathione [an important antioxidant], Vitamin B12 and NAD+ [a potent anti-inflammatory co-enzyme] in our treatments,’ explains Dr Cumpston. To support healthy immune function, Vitamin C is also a good option. The infusions we offer support healthy gut and brain function and provide significant assistance in increasing mental clarity and energy levels, mostly attributable to the NAD+ component of the IV treatment.’

Does it hurt? No. There might be some discomfort as the cannula is inserted, but the treatment is well tolerated, if not relaxing.

How long do results last? This depends on the individual and their lifestyle, but nutrient levels can remain elevated for between two to three weeks after each treatment.

CHEMICAL BROW LIFT

What is it? Wrinkle-relaxing solution is injected precisely into the brow to rebalance the muscles and overcome the effects of gravity.

What is involved? The solution is injected into the muscles that keep the brow low, which gives the muscles responsible for raising the brow great ability to rise.

Results: Within one week of injecting, the brows take on a more arched look, the forehead is smoother, and the eyes appear less drooped. ‘A chemical brow lift relies on the strength of the patient’s forehead muscles and therefore works better in some patients than others,’ explains Dr Rastogi. ‘Patients who don’t find success with this procedure could look at having a mechanical brow lift instead.’

Downtime: There is no downtime.

MECHANICAL BROW LIFT

What is it? Temporary dermal fillers are injected into the brow to create subtle elevation and a sculpted effect.

What is involved? ‘We mechanically lift the brow by injecting the filler into the hair-bearing part of the brow,’ says Dr Rastogi. ‘We inject it into the brow in line with its natural arch.’

Results: The brow is lifted upwards and at the same time a more open eye effect is created, with a less droopy lid.

Downtime: There is no downtime.
LIP AUGMENTATION

ADDITION VOLUME
This is quite simply achieved by plumping the lips with the use of dermal fillers.
‘The injection is done to the pulp of the lip,’ says Dr Rastogi. ‘Usually, the top lip needs more enhancing than the bottom, but we may create a little roll over on the bottom lip by injecting the vermilion border (lip line), causing it to pout more.’

DEFINING THE VERMILLION BORDER
This adds definition to a lip where the border is softening, and also helps stop lipstick bleeding, which occurs with the onset of smoker’s lines.
‘We typically add a filler to enhance the border and the Cupid’s bow,’ says Dr Rastogi. ‘It can give the effect that is the equivalent of using lip liner. At the same time, we may add subtle volume to the lip.’

HIGHLIGHTING CUPID’S BOW
As we age, the Cupid’s Bow (the peak above the top lip) becomes less defined and appears to slacken.
‘Enhancing it with a filler adds a classic shape to the lip and a youthful reflection,’ says Dr Rastogi. ‘We simply augment the peak with a hyaluronic acid filler and it immediately creates a younger looking appearance. Typically, this is done alongside defining the vermilion border.’

Does it hurt? A local anaesthetic is first administered to numb the lip in all three procedures.

Downtime: There is slight swelling for around 24 hours.
FILLING OUT LINES

SOFTWARE NASOLABIAL FOLDS
Nasolabial lines run from the corners of the nose to the corners of the mouth. As we age, a deep furrow is created due to the gravitational effect that causes the cheeks to descend towards the mouth.

We simply inject a filler, suited to the depth of the groove, into the lines to fill out furrows, explains Dr Rastogi.

Occasionally wrinkle injections can be injected to the side of the nose to help soften a deep furrow.

There is a muscle near the side of the nose that holds the crease down. If we inject this muscle, it relaxes and releases the crease. We rarely do this, however, as it can cause the tip to fall a little bit. We would only do it if someone had a gummy smile with a deep nasolabial fold.

SOFTWARE MARIONETTE LINES
Marionette lines are the grooves that run from the corners of the mouth down towards the chin that can cause the face.

‘Commonly we treat these using a layered filler technique,’ says Dr Rastogi. We use a sturdier filler deep within the furrow to plump it out and correct the groove, then a finer filler superficially to erase the appearance of the crease on the skin. In addition, we can inject wrinkle relaxing solution to rebalance muscles so that the smile muscles are better able to lift the corner of the mouth and oppose gravity.

Does it hurt? A block is first administered so you’ll only feel the sting of the local anaesthetic.

Downtime: With both procedures, there is little to no downtime. There may be minimal redness and swelling, which should subside within a few hours. Any bruising should subside within a few days.

SOFTWARE AN UPTURNED SMILE
Wrinkle-relaxing injections can be used to create a gorgeously upturned mouth.

‘There is a muscle called the Depressor Angularis Oris Muscle, which is responsible for keeping the mouth down-turned,’ explains Dr Rastogi. We inject this, so it relaxes and the muscles responsible for smiling are better able to lift the corner of the mouth at rest. It produces what we call the ‘Cameron Diaz’ smile. Even when static, the corners of the mouth are slightly upturned. It can create a happy, soft expression at all times.’

Does it hurt? There is little pain, aside that of the injection, although ‘happy gas’ can also be administered to relax the patient.

Downtime: There is no downtime.
ENERJET

What is it? Afraid of needles? Dermatologist and cosmetic surgeon Dr Daniel Lanzet, is one of the first doctors in Australia to use this innovative new technique where hyaluronic acid is literally ‘blown’ beneath the skin.

The technique uses compressed air to force a microform of the filler under the skin, into the dermis. It breaks the skin and creates a tiny trauma, without using needles, and the HA enters via the tiny wound.

‘There are two parts to anti-ageing and treating scarring,’ explains Dr Lanzet. ‘One is to replace volume, so you lift things up in the skin, and the other is to try to stimulate the collagen to get tightening of the skin. We can accomplish both of these with Enerjet. The trauma it creates is much like mild laser treatments that are used to smooth the skin’s surface, but because we are placing filler in the skin at the same time, we achieve both results.’

Does it hurt? There’s a slight discomfort, as though someone was flicking a tiny rubbing band on your skin, but it’s not enough to require numbing cream. It depends on the patient’s pain threshold and the areas treated.

Downtime? There is some downtime as the skin is broken and you might get tiny wound marks on the surface for up to five days, but these can be effectively masked with makeup.

What results can we expect? It can effectively treat hollowing around the eyes, add volume to the cheeks or even be used for acne scars. We don’t use it for targeted areas, like plumping the lips, but it works well on wider areas like the face, around the mouth, the backs of the hands or the décolletage.

THE BEAUTY BOOSTER

What is it? ‘Ideal for dry, crepey and thinning, finely lined skin on the face, neck and décolletage, this treatment directly delivers hyaluronic acid via hypodermic micro-injections with the Beauty Boost gun,’ explains Dr Jeremy Cumpston.

‘The Beauty Boost gun is a hand-held tool with a head that has several needles on it, so it delivers the fine filler to a global area, rather than one needle to a targeted zone.’

What results can I expect? It takes less than an hour and results are immediate and dramatic – think dewy, hydrated, firmer skin. And because the treatment can be tailored to your needs and be combined with vital nutrients and vitamins, it can also address redness, broken capillaries and pigmentation.
COSMETIC ACUPUNCTURE FACIAL

What is it? ‘This natural facial rejuvenation treatment helps to improve the complexion and its overall wellbeing,’ says wellness practitioner Kelli Howard from Zen Medicine Clinic. ‘It addresses underlying imbalances within the body which cause facial problems, and it directly treats problem areas on the face such as fine lines and wrinkles, sagging, and discolouration or dull complexion.’

‘A typical first treatment involves a comprehensive consultation to discuss areas of concern and questions are asked regarding diet and lifestyle to enable the practitioner to deliver a personalised treatment. Makeup is removed and facial massage is given to prepare the skin for treatment. The client then relaxes while receiving acupuncture on the body and then to the face. Needles are retained in the facial area for approximately 20 mins. After withdrawing needles, the patient receives a gentle facial massage with rose or arnica oil and a cool jade roller to seal the pores.’

Does it hurt? ‘The treatment is gentle, involving the insertion of very fine needles into specific areas of the face,’ explains Howard. ‘There may be slight discomfort briefly as the needle is inserted in certain areas, but it is minimal. When the skin is needled, it causes a micro trauma stimulating the production of collagen and elastin giving the skin a more even tone, a lifted and plumping effect and a youthful glow.

What results can I expect? ‘Following the first treatment, we expect the patient to look and feel relaxed, lifted and brighter. As the body begins to balance and blood flow is invigorated, it radiates through the face for a natural- and healthy-looking complexion. The number of treatments required to see results varies from patient to patient depending on many factors, such as age, lifestyle and constitution. In general, if the patient’s concern is dry and dull skin we will see brightness, glow and pumping in three or four weeks with one session a week. For collagen loss causing fine lines, wrinkles and loss of firmness, 10 -15 sessions are required either once or twice per week although changes can be seen after four weeks.

‘Results last depending on the patient’s lifestyle – diet, sleep and stress play a significant role in determining the timeframe. The practitioner will offer support in dietary and lifestyle guidance if this is an issue. We ultimately want to support the patient to feel energised and relaxed and at the same time look glowing and healthy.’ CBM
THE BOYS ARE DOMINATING AN INCREASING PROPORTION OF THE COSMETICS MARKET – AND AS LONG AS THEY DON’T START TAKING OUR SHELF SPACE, THAT’S FINE BY US.

In nature, some male species are more adorned than the female. For example, the feather train on male peacocks is among the most striking and beautiful physical attributes in nature, and it is the male lion who flaunts a flamboyant mane.

But good grooming is not solely the domain of our animal counterparts. Male interest in grooming, appearance medicine and physical improvement has gained rapid momentum. As is evident in the burgeoning industry geared to male grooming, men are increasingly investing more dollars and time in their appearance. And the once female-centric beauty industry is catering to the male consumer with products specific to the needs and wants of men.

Men’s skin is different from women’s in a number of respects. Higher levels of testosterone give men thicker skin than women and a higher sebum production. While this keeps men’s skin naturally more lubricated, it also means they have larger pores and oilier skin, making it more difficult to shed dead skin cells. To an extent, shaving compensates for this by mechanically exfoliating the lower face, but cleansing should be an essential part of male skincare.

Speaking of beards, regular shaving can cause all sorts of irritation, including ingrown hairs and folliculitis. Including an after-shave balm with moisture-replenishing and anti-inflammatory ingredients can help prevent against shaving-related irritations.

The discerning man has moved well beyond the simple cleansing and moisturising and SPFing (though all extremely important). Power-packed specialist anti-ageing products for smoothing the look of crow’s feet and wrinkles and boosting skin tone and elasticity are now firmly established in the male grooming ritual.
Medik8 The CSA Kit Retinol Edition for Men, $239
Paula's Choice PC4MEN Body Wash, $22, Paula's Choice PC4MEN Daytime Protect, $22, Ella Baché Botanical Skin Treatment Oil, $69, Sisley Soapless Foaming Cleanser, $120, Sisley Sisleyum Normal Skin For Men, $345, Skye-mdor Energizing Anti-age Serum for Men 30ml, $85, Ole Henriksen Cold Plunge Pore Remedy Moisturiser, $64, Biôrê Daily Detox Exfoliator, $9.99

Santa Maria Novella Melograno After Shave Lotion 100ml, $99, Santa Maria Novella Before and After Shave Cream 100ml, $78, Paula's Choice The UnScrub, $37, Growth Bomb AHA Scalp Exfoliant, $19.99, Growth Bomb Scalp Rescue Tonic, $19.99, REF Rough Paste 205ml, $35.50, REF Spray Wax 205ml, $35.50, Color Wow – Style on Steroids Texture Finishing Spray, $50, Davines SU Hair Mask 150ml, $46.95, Davines DEDE Shampoo Bar, $49.95, PurePACT Avocado Shine Butter 80ml, $35.50
NIP/TUCK: THE MEN’S EDITION
INTEREST IN APPEARANCE MEDICINE AND COSMETIC SURGERY IS GROWING AMONG MEN FROM ACROSS THE SPECTRUM OF OCCUPATIONS, SOCIAL AND CULTURAL BACKGROUNDS. AND IN AN AGE WHERE LOOKS HAVE A MOUNTING IMPORTANCE IN THE SOCIAL SPHERE, IT'S HARDLY SURPRISING THAT MEN ARE PAYING MORE ATTENTION TO THEIR APPEARANCE.

WHERE COSMETIC PROCEDURES USED TO BE A FEMALE-DOMINATED DOMAIN, MORE AND MORE GUYS ARE GROWING TIRED OF ACCEPTING THE LOOKS THEY WERE GIVEN – NO LONGER ARE THEY HAPPY TO SETTLE FOR THE PEAKY LOVE HANDLES AND THOSE TELLTALE CROW'S FEET AROUND THEIR EYES. THEY ARE INCREASINGLY TURNING TO COSMETIC PROCEDURES TO HELP THEM FINE-TUNE WHAT MOTHER NATURE GAVE THEM OR STAY AHEAD OF THE AGING GAME.

LIPSUCTION, BLEPHAROPLASTY (EYELID SURGERY) AND GYNEACOMASTIA (MALE BREAST REDUCTION) ARE AMONGST THE MOST POPULAR SURGICAL PROCEDURES FOR MEN, WHILE NON-SURGICAL TREATMENTS SUCH AS COSMETIC INJECTABLES, LASER AND IPL, AND FAT REDUCTION AND MUSCLE BUILDING TREATMENTS ARE ON AN EXPONENTIAL RISE.

THE KEY TO MALE COSMETIC ENHANCEMENT IS TO KEEP THE RESULTS AS NATURAL-LOOKING AS POSSIBLE, WITH NO OBVIOUS "OPERATED ON" LOOK. FOR THIS REASON, MOST EXPERIENCED SURGEONS PREFER TO LEAVE EXPRESSION LINES AND SOME OF THE "RUGGED" FEATURES OF THE MALE FACE ALONE AND INSTEAD FOCUS ON THE FEATURES OUT OF BALANCE, SUCH AS A CROOKED NOSE, RECEDING CHIN, SAGGING NECK, JOWLS OR DROPPING EYELIDS, OR DEEP NASOLABIAL GROOVES (LINES RUNNING DOWN FROM THE SIDES OF THE NOSE). IN THE HANDS OF A SKILLED PRACTITIONER, COSMETIC ENHANCEMENT CAN CREATE BOTH A MORE YOUTHFUL YET MASCUrine AND NATURAL-LOOKING APPEARANCE.
# Top 5 Surgical Procedures for Men

1. **LIPOSUCTION**
   Liposuction can remove fat from the body or face (double chin or jowls). Fat deposits are suctioned out through small incisions or nick. Liposuction can be performed as day surgery and patients can usually return to work after about one week, although bruising may last for several weeks and swelling for up to around two months. In addition to removing larger volumes of fat, today’s techniques can work in the superficial layers of fat underneath the skin to sculpt or ‘etch’ the appearance of the underlying muscle structure. This procedure is commonly performed on the abdomen but can also be performed on the arms, chest and outer abdominal areas.

2. **MALE BREAST REDUCTION (GYNAECOMASTIA SURGERY)**
   Gynaecomastia (male breasts) is a common condition that is usually a result of an imbalance of hormones in the body. The condition may occur in one or both breasts. The technique used to treat gynaecomastia depends on the size and composition of the male breast. Excess fatty tissue is usually removed with liposuction. If the problem is breast glandular tissue, it is treated by excision. Scarring is relatively minimal; however, scars tend to be more prominent if a large amount of tissue is removed.

3. **EYELID SURGERY (BLEPHAROPLASTY)**
   Blepharoplasty improves the appearance of the upper and/or lower eyelids to give a more refreshed appearance to the surrounding area of the eye. With upper eyelid surgery, excess skin, muscle and fat are removed to reduce hooding in the upper eyelid. Lower eyelid surgery corrects under-eye bags, sagging and puffiness. Results of eyelid surgery become apparent gradually, with swelling and bruising subsiding in around two weeks to reveal a smoother, better defined eye region and a more alert and rejuvenated appearance.

4. **ABDOMINOLPLASTY (TUMMY TUCK)**
   Abdominoplasty surgery can achieve a flatter stomach and can also be used to sculpt a ‘six pack’. It’s commonly performed in conjunction with liposuction. An incision is made across the lower abdomen, then excess skin and fat is removed and the stomach muscles are tightened. The navel is repositioned when the skin is re-stretched over the stomach and a large scar is created across the lower abdomen. Most patients need around three weeks off work.

5. **NOSE RESHAPING SURGERY (RHINOPLASTY)**
   Rhinoplasty can correct both aesthetic and functional (breathing) abnormalities of the nose. It is used to change the size of the nose, remove a hump, narrow the nostrils, change the angle or refine the tip. The procedure is performed by either the open-structure technique, when the incision is at the base of the nose, or closed, when the incisions are inside the nose. Swelling and bruising usually subsides within seven to 10 days but final results may not be evident until after a year. The results are permanent.
TOP 5 NON-SURGICAL PROCEDURES FOR MEN*

1. WRINKLE TREATMENTS
Anti-wrinkle (botulinum toxin) injections are used to treat dynamic wrinkles – those formed by repeated muscle contractions from facial expressions such as frown lines, crow’s feet and marionette lines. These injections are also effective for thin creases and horizontal wrinkles in the lower part of the front of the neck. Patients can return to work straight after treatment and results are seen after around four days, peaking around Day 10 and lasting around 3-5 months.

2. FILLERS
Fillers are used to treat static wrinkles, which are caused by aging and repetitive muscle movement, and loss of facial volume. The range of dermal fillers available is designed for use near the surface of the skin to treat wrinkles as well as at deeper levels to restore volume. Their duration depends on the mobility of the treated area and the formulation. Fat transfer is a longer lasting option where the patient’s own fat is harvested, often during a concurrent surgical procedure.

3. HAIR REMOVAL (LASER OR IPL)
Hair reduction laser and intense pulsed light (IPL) treatments treat hair growth on areas such as the chest and back. A laser or light beam targets the follicle of the hair to destroy it at the base. Around six treatments are needed to remove or thin hair, depending on the area to be treated and the individual patient. The treatment involves mild discomfort and results are long term.

4. NON-SURGICAL BODY CONTOURING
There are a number of non-invasive body contouring systems designed to smooth contours and eliminate fat deposits with minimal downtime. These devices harness some form of energy – be it radiofrequency, ultrasound, laser or cryolipolysis – to penetrate the skin and break down underlying fat. The fat cells are then metabolised through the body’s usual processes over several weeks. Most devices offer a combination of fat reduction and skin tightening. There is normally no downtime, minimal patient discomfort, and complications are rare.

If weight is maintained, results should be long lasting because, just as with liposuction, when fat cells are permanently destroyed they will not return. Generally, a series of treatments per area achieves noticeable, measurable results, although some patients note a circumferential reduction in the area after the first treatment.

In addition to fat reduction alone, there’s a new addition to the non-surgical body contouring sector taking the market by storm: muscle building and toning devices.

Most muscle toning devices use electromagnetic stimulation to strengthen and tighten the abdominal, gluteal and thigh muscles through methods of contraction and stimulation (called supramaximal contractions) – delivering tens of thousands of muscle contractions in a 30-minute session, which is obviously not physically possible during normal exercise.

During muscle toning treatment, applicators are placed on areas of the body and generate an electromagnetic field that stimulates the motor neuron cells of the body’s muscles, causing the muscle to contract as it would during movement or exercise. There is no downtime.

Some muscle building devices have shown a 16% average increase in muscle mass. A series of treatments is usually recommended, with results seen 3-4 weeks after completion of the treatment plan.

5. PHOTO-REJUVENATION (IPL)
In addition to hair reduction, IPL can be used to smooth fine lines, even skin tone, treat broken capillaries and improve sun damage. It uses multiple wavelengths of light to target specific chromophores (light-receptive cells) in the skin. Several treatments are required for optimal results. There is typically minimal downtime. CBM

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Cult BODY faves

Welcome to the Luxe List of the Most Coveted Body Cleansers, Oils, Moisturisers and Self-Tanners.

With self-care being the new going out for many of us during COVID-19, there’s never been a better time to indulge in some of the most delicious body treatment products on the market. Cancel all the plans that may end up getting cancelled anyway with these best-in-class body products to cleanse, hydrate, smooth, buff and give you a glow-up.
**Cleanse**

There’s nothing quite like delightfully clean, nourished and wonderfully fragrant skin. Elevate your bath or shower routine with a nourishing cleansing oil, and keep things in the clear and blemish-free with activated charcoal to gently draw out bacteria and toxins.

1. **L’OCCITANE Almond Shower Oil**, $39. Rich in omega 6 and 9, this aromatic cleansing oil nourishes and softens the skin. Pouring from the bottle as a decadent oil, this best-seller transforms into a silky, cleansing milk upon touching the water.

2. **Carbon Theory Cleansing Bar** $14.99. This award-winning Charcoal & Tea Tree Oil Cleansing Bar has been dermatologically proven to help skin look balanced, clear and hydrated.

3. **Biologi Bc Refresh Cleanser 150ml** $62. This serum-cleanser hybrid for face and body contains naturally occurring amino acids, phenolic acids and amines to remove all traces of dirt without disturbing the skin’s natural oils, strengthening barrier function and promoting a healthy skin microbiome.
Moisturise

Moisturisers are an essential part of body care, and feeding your skin nurturing, hydrating ingredients will keep it looking its best and feeling its slinkiest.

Barrier is what it’s about. In healthy skin, the top layer (epidermis) has a seal around the cells to trap moisture, known as a barrier function. Dryness, cold and sensitising products wreak havoc on this natural function and can lead to rashes, itching and skin conditions such as eczema, so you need products to bolster your skin’s defences.

1. Ella Baché Water Source Moisturising Body Cream, $99. Skin is left supple and velvet-soft with this rich and protective revitalising body cream, restoring moisture levels to even the driest skin.

2. Medik8 Nourishing Body Cream 250ml $66. Signature moisture magnets, natural glycerin and cocoa butter keep water locked in tight for all-day comfort and hydration, helping to improve skin tone and elasticity, smooth dry, rough patches and help restore the skin’s natural protective barrier.

3. L’Occitane Almond Milk Concentrate, $69. This silky body cream is enriched with almond oil and milk for skin that looks firmer, smoothed and stays hydrated for up to 48 hours. This most-loved velvety body cream is also enriched with 95% natural-origin ingredients for a cleaner formula.

4. Dermologica Body Hydrating Cream, $49. A highly moisturising formula that absorbs quickly and completely to soften and hydrate without feeling greasy. Orange Oil and Chinese Green Tea soothe and soften, while French Lavender and Indonesian Patchouli oils calm the senses and lactic acid and hydroxy acid help smooth skin and relieve dryness.

5. LaGaia Blue Stone Lapis Body Crème 200ml, $75. This exquisite Blue Stone cream is imbued with pure blue Lapis dust to enhance skin luminosity and energetically balance chakras. It provides intense hydration and supports the protective barrier from environmental aggressors.

6. Pure Fiji Hydrating Body Lotion, $44.95. This all-over body lotion is packed full of skin-saving ingredients, including Vitamins A, B, C and E, organic exotic oils and coconut milk, to intensely hydrate skin. (It also smells like a tropical holiday – bonus win!)
Nourish

Essential oils can have an incredibly transformative effect on our body and mind, and can be beneficial in helping to cleanse and detox the body, focus the mind and nourish skin. Incorporated into a body care routine, oils can help increase hydration and regenerate damaged skin.

1. **Arithmos UPLIFT Jasmine + Neroli Superfine Body Oil**, $72. A decadent botanical oil blend that moisturises and soothes sensitive, easily irritated skin. Redness is calmed, and parched skin feels replenished and has a healthy radiance.


3. **Dermalogica phyto replenish body oil**, $81. Inspired by Korean skincare rituals, this nourishing oil is infused with calming fermented Red Ginseng, in addition to skin-replenishing French Plum Seed Oil, Avocado Oil and Sunflower Seed Oil and brightening essential oils.

4. **La Mer The Renewal Body Oil Balm**, $295. The ultimate in glow-inducing hydration for the body, this is a rich, moisturising and lightly scented body balm that melts into a silken oil on contact to create a radiant, glowing sheen.

5. **IPSUM Best Skin Body Oil Patchouli Rose**, $45. This warming and calming blend of 19 pure and organic plant oils does what it says on the label, giving you your best skin. It absorbs instantly, leaving your skin intensely hydrated yet dry to the touch.

6. **émíncence Organic Skin Care Stone Crop Body Oil**, $58. This award-winning crème de la crème of body oils combines the Stone Crop plant to moisturise and brighten skin, Arnica to help reduce the look of stretch marks, as well as antioxidant Rosehip, Avocado and Indian Gooseberry oils to hydrate, smooth and tone skin.
Body scrubs are a great way to get rid of dry skin, help smooth bumps, even out skin tone and get the blood circulating around the body. Sea salt body scrubs prime the skin for products such as moisturiser by removing dead skin cells and dirt particles, ensuring that the active components of the product are deeply penetrated into the layers of the skin.

### Scrub & exfoliate

1. **Face Halo Body Exfoliator**, $30. The dual-sided mitt features a wet/dry exfoliator to smooth and remove, while the HaloTech polisher reaches deep into pores to cleanse and revitalise.

2. **LaGai Macadamia Exfoliate 200g**, $85. Macadamia kernels – containing Vitamin A1, B1, B2, niacin and essential elements – in an extra-hydrating base formula infused with omega oil, buff away dry skin cells to promote better nutrient absorption and prevent congestion build up.

3. **Paula’s Choice CLEAR Exfoliating Body Spray**, $39. Genius – an easy-to-use body spray that can be held at any angle to reach stubborn blemishes on hard-to-reach areas of the body. This 2% BHA formula exfoliates skin, leaving a smoother, clearer appearance.

4. **Éminence Organic Skin Care Stone Crop Revitalising Body Scrub**, $74. A multiple award-winner, this invigorating resurfacing exfoliant lathers into a creamy foam and is infused with comforting Stone Crop plant extract and antioxidant-rich lemon peel to brighten and smooth skin.
**Treat & tone**

There’s a new class of body care products meteorically rising in cult status. Advances in skincare technology and delivery of active ingredients means even pesky problems like stretch marks, cellulite and skin laxity can be tackled with visibly noticeable results.

1. **mesoestetic** bodyshock push up 150ml, $150. A powerful professional treatment that fights against cellulite and skin laxity. The synergy of the active ingredients in its formula helps to repair tissues that have lost their elasticity over time as a result of hormonal changes, breastfeeding, pregnancy, etc, resulting in a tightening effect.

2. **Sisley** Le Sculpteur 200ml, $290. This innovating body sculpting product is the result of a collaboration between Sisley Laboratories and the University of Paris. It’s a dual-action emulsion formulated to help shape and define curves and reduce the appearance of cellulite.

3. **Sisley** Black Rose Beautifying Emulsion 200ml, $210. Blended with Black Rose, Camellia Oil and White Ginger, this satin body veil deeply moisturises and soothes and, with regular use, helps to maintain the skin’s natural elasticity.

4. **Sand & Sky** Tasmanian Spring Water Wonder Body Lotion, $66.90. Spiked with three types of hyaluronic acid, mineral-rich actives and age-defying antioxidants, this lightweight body lotion delivers long-lasting hydration with a subtle citrus scent.

5. **Ultraderm** Essential A Body Serum, $58. This cult favourite is a luxurious yet lightweight blend of restorative botanical oils, Vitamin A and Vitamin E to deeply nourish and soften the skin. It can be used directly on the skin as well as in the bath for a nutritive soak.

6. **is CLINICAL** Youth Body Serum, $165 (200ml). This refreshing lightweight serum mist absorbs into the skin, providing powerful hydration and protection. Formulated with hyaluronic acid amongst a host of antioxidant actives and **is CLINICAL’s** proprietary Extremozymes to protect against environmental aggressors.
7. **Skeyndor** Eternal Repair Body Serum, $129. An all-over anti-ageing treatment for the body, this rejuvenating serum is formulated with plant origin stem cell liposomes. It helps renew and replenish the skin in the areas that are weakened most by age and sun exposure.

8. **Image Skincare** Vital C Hydrating Anti-Aging Serum, $129.95. This best-selling serum can be used on the face and body to support skin elasticity and fight environmental damage. Hyaluronic acid boosts hydration levels while Vitamin C brightens.

9. **Jergens** Oil-Infused Skin Firming Moisturiser, $11.99. The formula features a unique illuminating HYDRALUCENCE blend, containing collagen and elastin, to help improve skin resiliency, elasticity, firmness and radiance.
Faux show & glow

Who can resist the lure of a golden summer glow? Here are some of our favourite tried and tested self-tanners and shimmering body oils for a tried and tested holiday glow.

1. *Tanologist* Self-Tan Overnight Gradual Oil, $24.99. Recharge your faux glow while you sleep! It's also extremely hydrating, easy to apply and yields a healthy-looking tan.

2. *Morphe* Faux Show Sunless Tanning Face and Body Drops, $26. For a dreamy, streak-free tan, simply mix 1-4 drops for face and 2-6 drops for body into your favourite moisturiser or serum. More drops equal deeper colour, offering impressive customisation.

3. *Sunday Riley* Fairy Godmother Shimmering Body Oil Gel, $73. Living up to its name, this golden shimmering body oil instantly gives your skin a luminous radiance.

4. *Charlotte Tilbury* Supermodel Body, $125. This hydrating body shimmer is your ticket to the leg show! It catches the light down the centre of your limbs for a luminous glow and sculpted look.


6. *Sunescape* Instant Self-Tan Mousse in Week in Fiji, $44.95. This transforming self-tanner is a perennial favourite of the CosBeauty team. It gives a beautiful deep tan and is super-lightweight, non-sticky and virtually fool-proof to nail.
A NEW JOURNAL ARTICLE COLLATES A DECADE’S WORTH OF RESEARCH ON WHETHER HIGH INTENSITY INTERVAL TRAINING REALLY WORKS. HERE’S THE LOWDOWN.

High intensity interval training (HIIT) – an exercise regimen that asks for little of your time while offering maximum results – has become mightily popular as it’s a quick and effective way to improve health. This is all the more important during a pandemic when it may be more difficult to get to the gym or attend our favourite exercise classes.

Scientists and exercise professionals around the world have undertaken years of research to prove the benefits of short bursts of intensive exercise. Recently, researchers have been studying whether shorter variations of HIIT, involving as little as 4-min of high intensity exercise per session (excluding a warm up and cool down), also improve health. A new review paper published in The Journal of Physiology collated and critically appraised over a decade’s worth of research on the topic of this so-called low-volume HIIT for health.

THE RESULTS ARE IN
The Case for Low-Volume HIIT

Low-volume HIIT, typically involving less than 15 min of high-intensity exercise per session, is being increasingly investigated in healthy and clinical populations due to its time-efficient nature and purported health benefits.

The current World Health Organisation (WHO) physical activity guidelines (150-300 min of moderate activity/week or 75-100 min of vigorous activity/week) may be unattainable for a large portion of the population who are time-poor due to family or work commitments. This hypothesis is supported by the increasing rates of physical inactivity amongst adults in high-income countries.

The findings of this study showed that low-volume HIIT (typically involving less than 20 mins total exercise time – inclusive of warm up and cool down) yields comparable improvements to interventions meeting the current guidelines despite requiring significantly less time.

So, what is low-volume HIIT? As HIIT involves active periods of work interspersed with recovery periods, the researchers defined low-volume HIIT as interventions which included less than 15 minutes of high intensity exercise per session (not including recovery periods).

This review builds on the authors’ recent study published in Diabetes Care which showed that as little as four minutes of HIIT three times per week for 12 weeks significantly improved blood sugar levels, fat in the liver, and cardiorespiratory fitness in adults with type 2 diabetes. They also showed that these improvements were comparable to an intervention involving 45 minutes of moderate intensity aerobic exercise.

Many of the participants in the study published in Diabetes Care reported being in disbelief over how short the training was yet how great they felt after training.

Beyond its effect on metabolic health, the new review reported that low-volume HIIT can also improve heart function and arterial health.

“While the WHO guidelines may serve their purpose at a populational level, individualised and tailored low-volume HIIT interventions delivered by appropriately trained exercise professionals may be more effective at an individual level, especially for time-poor individuals,” says Dr Angelo Sabag, corresponding author of the study.

“This research is especially important now as people are looking for new and exciting ways to engage in regular exercise, after a year of lower physical activity due to the pandemic.” CBM

Why is high intensity interval training more effective for fat loss?

Exercise scientists used to believe that ‘steady state’ cardio exercise was superior for fat loss because relatively more fat is used by the body as fuel at lower exercise intensities than at higher intensities. You may burn more fat relative to glycogen when you go for a walk, but the total amount of fat lost during a walk is considerably less than if you train at higher intensities.

During these intense workouts, the fat/glycogen ratio is lower, but you burn much more fat. Add this to the fact that interval training allows you to exercise at very high intensities for a much longer period of time, and you can see why HIIT is such a hit when it comes to weight loss.

As an added bonus, some research suggests there’s also an afterburn effect known as excess post-exercise oxygen consumption (EPOC), which means your metabolism and ability to burn calories increases for up to 24 hours after interval training.
What the experts say

ABSTRACT FROM THE REVIEW PAPER
IN THE JOURNAL OF PHYSIOLOGY*

The findings from recent trials suggest that low-volume HIIT can induce similar, and at times greater, improvements in cardiorespiratory fitness, glucose control, blood pressure, and cardiac function when compared to more traditional forms of aerobic exercise training including high-volume HIIT and moderate intensity continuous training, despite requiring less time commitment and lower energy expenditure.

Although further studies are required to elucidate the precise mechanisms of action, metabolic improvements appear to be driven, in part, by enhanced mitochondrial function and insulin sensitivity, whereas certain cardiovascular improvements are linked to increased left ventricular function as well as greater central and peripheral arterial compliance. Beyond the purported health benefits, low-volume HIIT appears to be safe and well-tolerated in adults, with high rates of reported exercise adherence and low adverse effects.

Source: The Journal of Physiology press release
HOW TO GET PREGNANT WITH PCOS

POLYCYSTIC OVARY SYNDROME (PCOS) AFFECTS APPROXIMATELY SIX TO 21 PERCENT OF WOMEN OF FERTILE AGE, CAUSING DIFFICULTIES IN FALLING PREGNANT NATURALLY. SHONAGH WALKER INVESTIGATES THE CONDITION AND REVEALS THAT YOU CAN FALL PREGNANT WITH PCOS.
At age 31, author and business communications specialist Amber Daines-Unger (now 43) and her husband David decided it was time to start their family.

After taking the contraceptive pill throughout her 20s, Amber was realistic. She knew she may have to wait a few months before things started happening in the baby stakes. But she didn’t expect she would still be trying to conceive more than 12 months later.

‘I just wasn’t getting my period,’ she recalls. ‘So, every month I’d think I was pregnant when I wasn’t.’

She laughs, ‘I went through so many pregnancy-testing sticks. Ironically, I had spent all my 20s trying not to fall pregnant and then when I really wanted to, I couldn’t!’

Being naturally on the slender side, the thought that she may have Polycystic Ovary Syndrome (PCOS) didn’t even cross her mind, despite displaying some other common symptoms relating to the condition, such as oily skin, adult acne and extra hair growth on the face.

‘In terms of health profile, I assumed I didn’t have an issue. I just put the other stuff down to my hormones being slightly out of balance because I was coming off the pill – nothing more serious than that.

‘I was fit, slim, ate healthily and exercised. At 31, I truly didn’t think I would have that much trouble conceiving. I wasn’t aged over 35, when your fertility begins to decline.

‘I saw a lot of doctors, and they all told me to keep trying. None of them suggested PCOS as I apparently didn’t fit the profile. I finally came across a fabulous holistic GP who tested me for insulin resistance, which is a key factor in lean people with PCOS. He diagnosed me with insulin resistance and then sent me to have an ultrasound, which showed I had PCOS. I was so lucky to have found the right doctor at the right time and that I didn’t have to go down the IVF path.’

Amber was prescribed an insulin-resistance drug called Metformin. ‘It is used to help manage your blood sugar,’ she explains. ‘I ovulated and fell pregnant almost straight away.’

Amber gave birth to a beautiful son Zeke, now 12, and her period returned after she stopped breastfeeding.

A few years later, she and David decided to try for another child. Understandably, they were concerned they would face the same challenges, so Amber went back to her GP to discuss her options.

‘I was 37 by this stage, so I knew I was entering a time of life where my fertility would be on the decline. My GP gave me a script for Metformin again and advised me to take it for three months. If nothing happened, we would look at IVF.’

‘I actually didn’t even get the script filled out. I found out that exact same night that I was pregnant, which was amazing. I was on a low GI diet, and I made sure that I avoided refined sugar and bad carbohydrates. I was totally prepared to take the drug, but we were so lucky that we conceived naturally with our second boy, Remy, who is now eight years old.’

Both of Amber’s pregnancies were issue-free, healthy and easy.

‘Both were absolutely smooth sailing,’ she smiles. ‘The only thing that really stood out was that Zeke, my first boy, was very small when his due date arrived, so I was induced at 37 weeks. He had stopped growing in utero. He wasn’t premature; he was just a tiny 2.1 kilos and required a bit of neo-natal care in hospital to get his birthweight up.

‘Aside from that, there were absolutely no other issues. And here’s a fun fact… both boys were born by natural birth (no C-section) on exactly the same day – just four years apart!’

While Amber’s story does make it sound easy, she reminds us that the PCOS journey is also fraught with emotion, as anyone who has the condition will attest.

‘You are going through this whole process, and it comes with a mixed bag of emotions. I was frightened, anxious… I wanted to be perfectly honest with everyone about what was happening, but back then nobody really spoke about fertility issues the way they do now. People would only share when they had a baby, they certainly weren’t sharing the struggles. Now all these things are coming to light on social media. There are Instagram accounts and Facebook pages that highlight the conditions, which is fantastic.

‘It is so important we share these things so we can support and help other women who may be experiencing it too. I believe we are a lot more proactive about our own health nowadays too, which comes down to having the right information and knowing that other people have gone through something similar.

‘It’s also important to remember that while age is a huge factor in fertility, you can still be in your 20s and have issues, related to conditions like PCOS, so I believe that all girls and women should be across their fertility health from a young age, even if they aren’t at the stage where they want to have a baby.’
Polycystic ovarian syndrome is the most common hormone problem among women of fertile age. It can occur in teenage girls and women of all ages even after menopause, when ovulation ceases. This is because it can be related to insulin resistance, which in turn may lead to Type 2 Diabetes. Medically, we also refer to it as Syndrome X and Metabolic Syndrome.

Approximately six to eight percent of women across the world are affected by PCOS, and it accounts for a significant proportion of visits to fertility specialists.

It is associated with increased male hormones which lead to issues around menstruation and problems with the skin. Women and girls who have PCOS have tiny cysts on their ovaries. These are the result of immature follicles that did not grow and facilitate the release of an egg into the fallopian tubes.

PCOS is a bit of a silent condition, in that it isn’t really painful, however there are visible signs that you may have it.

In a nutshell, the classic presentation of PCOS is a young woman who is overweight, has irregular periods that may come every three or four months and when they do come, they are very heavy. She may also experience increased acne on her face and increased hair growth on the chin and upper lip. However, there is more to the condition, as even very slender women can have PCOS.

Here is a more detailed list of the symptoms of PCOS:

**YOU ARE OVERWEIGHT**

While lean women like Amber can get PCOS, it is more typically associated with women who are overweight. Women and girls with PCOS also find losing weight quite difficult.
TO CONCEIVE A BABY NATURALLY, WHICH ARE TRYING FOR A BABY MAY FIND IT DIFFICULT

WOMEN OF FERTILE AGE WITH PCOS WHO ARE TRYING FOR A BABY MAY FIND IT DIFFICULT TO CONCEIVE A BABY NATURALLY, WHICH CAN BE VERY EMOTIONALLY DRAINING. THIS IS BECAUSE THE FOLLICLES THAT ARE RESPONSIBLE FOR RELEASING THE EGG INTO THE FALLOPIAN TUBES EACH MONTH DO NOT MATURE AND DO THEIR JOB. WE CAN OFTEN TREAT THE CONDITION WITH MEDICATION, AS WAS THE CASE FOR AMBER, WITHOUT HAVING TO EXPLORE IVF OPTIONS. OTHER TIMES, WE MAY NEED TO EXPLORE IVF OPTIONS.

DIFFICULTY GETTING PREGNANT

WOMEN OF FERTILE AGE WITH PCOS WHO ARE TRYING FOR A BABY MAY FIND IT DIFFICULT TO CONCEIVE A BABY NATURALLY, WHICH CAN BE VERY EMOTIONALLY DRAINING. THIS IS BECAUSE THE FOLLICLES THAT ARE RESPONSIBLE FOR RELEASING THE EGG INTO THE FALLOPIAN TUBES EACH MONTH DO NOT MATURE AND DO THEIR JOB. WE CAN OFTEN TREAT THE CONDITION WITH MEDICATION, AS WAS THE CASE FOR AMBER, WITHOUT HAVING TO EXPLORE IVF OPTIONS. OTHER TIMES, WE MAY NEED TO EXPLORE IVF OPTIONS.

YOUR PERIODS ARE IRREGULAR OR ABSENT

THIS IS DUE TO THE OVULATION PROCESS BEING HINDERED BY THE IMMATURE FOLLICLES.

YOUR SKIN IS OILY AND YOU HAVE ACNE

THE PRESENCE OF MALE HORMONES THAT WE CALL ANDRGENS INCREASE OIL FLOW IN THE SKIN, WHICH CAN RESULT IN ACNE IF BACTERIA IS ALSO PRESENT.

YOUR HAIR IS THINNING

WOMEN AND GIRLS WITH PCOS OFTEN ALSO SUFFER FROM ALOPECIA, OR THINNING HAIR/HAIR LOSS, AGAIN DUE TO THE INCREASED MALE HORMONES.

INCREASED HAIR GROWTH ON THE FACE AND BODY

WHILE THE HAIR ON YOUR HEAD IS THINNING, YOU MAY ALSO FIND THAT THERE IS AN INCREASE OF HAIR GROWTH ON YOUR FACE AND CERTAIN AREAS OF YOUR BODY, LIKE YOUR NIPPLES AND BELLY BUTTON.

YOU HAVE PIGMENTATION

PIGMENTATION IS COMMON SIGN OF PCOS AND IT USUALLY PRESENTS IN THE SKIN AROUND THE NECK. IT IS RELATED TO HIGH LEVELS OF INSULIN AND TESTOSTERONE. MEDICALLY, WE REFER TO IT AS ACNETHISNIKRIS.

SKIN TAGS

AGAIN, SKIN TAGS MAY BE PRESENT IN VARIOUS PLACES OF THE FACE AND BODY, DUE TO THE IMBALANCE IN INSULIN AND MALE TO FEMALE HORMONES.

MORE INFO

FOR MORE INFORMATION ON PCOS, PLEASE DOWNLOAD DR RAEWYN'S E-BOOK – HOW TO GET PREGNANT WITH PCOS.
7 NEW FRAGRANCES TO FALL IN LOVE WITH

SOME OF THE WORLD’S MOST LAUDED FRAGRANCE HOUSES HAVE BEEN HARD AT WORK CONCOCTING A NEW GENERATION OF BOLD, EMPOWERING AND INVIGORATING SCENTS. CONSIDER THIS AN INTRODUCTION TO YOUR NEW FAVOURITE PERFUME.

Ah, perfume. Coco Chanel summed it up perfectly: It is the unseen, unforgettable, ultimate accessory of fashion that heralds your arrival and prolongs your departure.

The world of perfumery has its own history and language, seducing our sense of smell, lifting our mood and awakening memories of some of our most special life events.

Many of us like to have a signature scent (or several), but there’s nothing quite like discovering a new fragrance to kick off a fresh start. Take a whiff of the scents we’re currently crushing on.

Hermetica Peony Pop 100ml, $299

This smells like a bouquet of spring flowers in a bottle. The composition is dedicated to fragrant peony flowers with notes of osmanthus, peony and raspberry, which adds a light gourmet shade. It’s complemented by moderate fruit and citrus accents of plum, blackcurrant, grapefruit and bergamot scent of damask rose, geranium, white flowers lily of the valley and jasmine, as well as woody-amber base is composed of sandalwood, myrrh, vetiver, cedar, ambroksan molecule, musk and moss. The rosy fragrance and the raspberry essence can reveal a gourmand twist on your skin.
Amouage Ashore 100ml, $459
Be transported to the height of summer and carefree vacays (remember those?) with a spritz of the Ashore Woman eau de parfum. A classic fragrance from Amouage, it's characterised by the scents of Ras Al Jinz, Oman – from golden turmeric and a pinch of pepper to sweet cardamom and jasmine. Mimicking the heat of the sun, at its fiery heart you'll discover notes of sandalwood and earthy frankincense, too.

Costume National Supergloss 100ml, $199
Mystery and fascination are the background of the fragrance, which is housed in the most fantastic bottle. It has a deep sexy bouquet in which the olfactory opulence of red fruits envelops notes of lily of the valley and the delicate essences of orange blossom. The camal and intense notes of rose join the sensual accents of osmanthus and benzoin resinoid to create a warm, captivating and truly intoxicating signature scent.

Chanel Paris-Edimbourg EDT 125ml, $195
An ultra-fresh scent that opens with crisp bergamot, then reveals aromatic juniper berry and cypress notes. Earthy facets reminiscent of the vetiver plant leave behind a comforting trail. A powerful burst of freshness with aromatic and woody notes, inspired by the Scottish moors, to where Gabrielle Chanel loved to retreat. A mysterious fragrance, it's sure to become a modern classic.
5

Jo Malone London Limited-edition
English Pear & Freesia Cologne 50ml, on counter 15 September, $145
This fruit floral envelops the sensuous freshness of just-ripe pears in a bouquet of white freesias. It's mellowed by amber, patchouli and woods for a luscious and golden olfactory sensation.

Juliette Has a Gun Pear INC
100ml, $199
Rediscover this famous perfume brand with the new Pear INC fragrance which is, you guessed it, built around the fragrance of a green pear. This is an incredibly uplifting scent oozing with positivity and sunshine. It has a milky heart of musk and a twist of ambroxan to lift the gourmand side. It's a long-lasting fragrance evoking happiness, with every joyous whiff.

6

Dolce & Gabbana Light Blue
Forever Pour Homme EDP
100ml, $125
This is a sunny and sensual masculine cologne that captures the spirit of long summer days by the Mediterranean Sea. A citrus fragrance, it contrasts refreshing notes of grapefruit and bergamot with earthy vetiver and patchouli.

7
Winter Hair
THAT WOWS

WINTER CONDITIONS CAN BE HARSH ON YOUR HAIR. KEEP LOCKS LUSH AND LUSTROUS WITH THESE TOP TIPS FROM LEADING HAIRDRESSER, SABRINA MAXWELL, FROM MARC & MAXWELL HAIR IN SURRY HILLS, SYDNEY.

J ust as summer bodies are made in winter, so too long, lustrous summer hair begins with proper care throughout the colder months.

‘I have so many clients who crave long, thick hair during summer but they don’t realise the work has to start in the cooler months,’ explains Sabrina Maxwell from Marc & Maxwell Hair in Sydney’s Surry Hills.

‘It’s kind of like coaching your hair into its best state of health. You’re helping your hair recover from any damage UV rays and swimming in salt or chlorinated water may have inflicted during the previous summer, as well as preventing further damage from the environmental aggressors of winter.’

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evo bradford pin bristle brush, $50

evo the great hydrator moisture mask 150ml, $34
STOP WITH THE STYLING

Sabrina notes that winter is the perfect time to pull back on over-styling and ramp up on hydrating and strengthening treatments.

‘The beauty of colder weather is you can hide your hair under a hat. And embrace your trusty shower cap so you don’t spoil your style in the shower. Refresh your locks with dry shampoo and don your favourite fedora so you can skip the blow-dry and your straightening/curling irons a few days each week.’

WE LOVE

1. Sisley Hair Pre-Shampoo Purifying Mask, $130
2. Sisley Hair Ritual Revitalizing Fortifying Serum, $260
3. Redken Dry Shampoo Powder with Charcoal 60g, $38
4. Oribe Gold Dust Dry Shampoo 286ml, $68
5. Thanks To Nature Hydrate & Nourish Masque 350ml, $20
WASH WITH CARE

‘When you do wash your hair, choose a nurturing, hydrating formula that will quench thirsty strands as well as protect them from dehydration caused by icy winds and cooler temperatures,’ advises Sabrina.

‘Gently massage the scalp only and allow the suds to cleanse the lengths of the hair as you rinse them away. Don’t forget to condition your scalp as well – it’s skin and, just like the skin on your face, it requires hydration, too.’

WE LOVE

1. My Soda Australia Hydrate Shampoo & Conditioner 350ml, $10 each, 2. Oribe Shampoo for Moisture & Control 250ml, $68, 3. Oribe Intense Conditioner for Moisture & Control 200ml, $72, 4. TRESemmé Pro Pure Damage Shampoo and Conditioner 675ml, $12.99 each, 5. Pump Anti Frizz Shampoo & Conditioner 205ml, $34.95 each, 6. Thanks To Nature Hydrate & Nourish Shampoo & Conditioner 500ml, $16 each

MAKE A REGULAR DATE WITH YOUR HAIR’S BEST MATE

That’s right... your hairdresser. Make a hair appointment (for the lucky ones not in lockdown) once a month (or at least every six weeks) to get any split strands nibbled away by a professional’s scissors, while adding flair to your style at the same time. ‘You don’t need to go for a dramatic cut,’ says Sabrina, ‘however we do see an uptrend in clients cutting quite a few inches off in the winter months. This helps get rid of any dry, split or compromised strands and ensures hair is at a just-perfect length once summer rolls around again.’
TREND ALERT

It’s impossible to talk seasonal hair without talking seasonal trends. According to Sabrina, bangs are back, big time. “Fringes are more popular than ever for winter,” she explains. “Typically, it’s because the lack of humidity in the air means there’s less chance of frizz and your fringe is a good deal more controllable than in summer as the humidity plays less havoc and they are easier to maintain. Grown-out bangs that are on the longer side are perfectly en pointe for winter.”

WE LOVE
1. ghd Unplugged in Black and White, $475, 2. Pump Frizz No More 125ml, $32, 3. White Sands Smudge Texture Crème 58ml, $27.95, 4. White Sands Australia Gel-U 218ml, $22.95, 5. Sisley Hair Rituell La Creme 230, $125, 6. REF Spray Wax 434 250ml, $35.50, 7. REF Rough Paste 150ml, $35.50, 8. PURE PACT Ginseng Control Butter 80ml, $35.50
CUT BACK ON COLOUR

For the sake of your hair’s health, you may also wish to stretch colour out an extra week or two. As for colour trends, Sabrina is encouraging a step away from the ash blondes and welcoming in honey tones. ‘By adding warmer dimensions around the face, you create more depth of tone to the complexion, and you get a lift and glow that will last all winter.’

‘For brunettes, we are all about embracing shine and gloss, which means enriching your existing colour with colour gloss treatments and toners,’ says Sabrina. ‘This prepares them for the warmer months by keeping their ends sealed and their overall mane feeling and looking glossy. That mega-shine is the key to keeping your hair looking and feeling amazing right throughout the year. The darker you are in winter the better. Save your pastel hues and highlights for summer.’

Don’t forget to apply a leave-in UV protectant to your hair before heading out to protect against the sun’s rays, which are often just as strong in winter as they are in summer. CBM

WE LOVE

1. R+CO Sun Catcher Vitamin C Leave In Conditioner 119ml, $49
2. Aveda Nutriplenish Leave-In Conditioner 200ml, $53
3. INNOLuxe V2 Elixir 100ml, $69
Ed’s faves
**Triinny London**
- BFF De-Stress Tinted Serum, $75

**Fenty Skin**
- Fat Water Pore-Refining Toner Serum, $39

**Clinique**
- Dramatically Different Lotion, Limited Edition Decorated Packaging by Artist Jason Naylo 125ml, $50

**Glasshouse**
- I'll Take Manhattan Orchids & Blood Orange Triple Scented Soy Candle 380g, $49.95

**Recreation Beauty**
- Vibrant Skin Face Oil, 95ml, $99

**Jane Iredale**
- Smooth Affair Illuminating Glow Face Primer 50ml, $80

**Tiffany**
- Diamond Wire Ring in 18k White Gold, $3,300

**Kate Spade**
- Airpods Pro Case $49.95

**Oroton**
- Heath Mini Day Bag, $429

**Glasshouse Fragrances**

**Juliette Has a Gun**
- Pear INC 100ml, $199

**Tiffany & Co.**
- Diamond Wire Ring in 18k White Gold, $3,300
Jurlique Softening Hand Wash Rose 300ml, $29

Arbonne Rescue & Renew Detox Face Mask, $44

Sunescape Dry Tanning Body Oil 150ml, $34.95

MODELROCK Tool Box Kit includes a selection of disposable bamboo makeup tools, $49

Jurlique Softening Hand Wash Rose

Waterpik Waterflosser Cordless Select in Black, $184.95

Seed & Sprout Insulated Drink Bottle 1L, $59

Lorna Jane Ventilation Visor, $29.99

Ancien Love Beholds Jasmine & Ylang Ylang Candle, $54

Ancien O’Deep Sleep Body Mist 125ml, $29

MINENSSEY Body Wash 240ml, $36

MINENSSEY Body Lotion 240ml, $42

enbacci Complete Body Firming Lotion 280ml, $80

Advanced Nutrition Programme Skin Clear Biome 60 capsules, $135

enbacci Complete Body Firming Lotion 280ml

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