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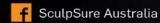
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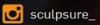
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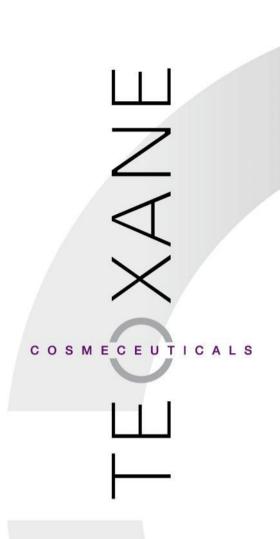








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ENVIROSHIELD™



From the EDITOR



here's so much change and unrest in the world, sometimes it's important to distance ourselves from all the negativity and focus on feeling good about ourselves. Don't feel guilty about needing a timeout, as the way we project ourselves can positively affect all those we meet and interact with.

In this issue we take a look at the fundamentals of beauty, starting with our feature on Beautifully Confident on p24. In this article, we examine the link between internal and external beauty and the correlation between cosmetic enhancement and inner confidence. Being attractive might make you happy, but being happy means you are inherently more attractive.

We also share the basics of good skin and take you back to beauty school on p28 with our curated list of all-time skincare ingredient superstars, proven to improve the function and appearance of your skin.

This issue is supersized with the latest and greatest beauty products, inspired by the avant garde looks of the 2017 Awards Season – turn to p16 to replicate the three hottest looks from the red carpet. You'll also not want to miss our foolproof cheat sheet to choosing the right foundation for your skin type on p66 and our top-to-toe guide to creating a DIY spa at home on p106.

Interested in cosmetic enhancement? From fillers to facials, we bring you the tried, tested and trusted non-surgical procedures to keep you looking and feeling your best all-year round (p50). There's also an interesting article on the rise and rise of appearance-enhancing treatments for men on p96. You may be surprised at just how many Aussie blokes are going under the knife!

It's inarguable that we live in a world where outer beauty is prized and praised – but beauty is not just skin deep. With the right attitude, beauty builds confidence and confidence amplifies beauty. It's simply a question of appreciating yourself and letting your own positive self-image shine through.

Michelle Kearney

Editor-in-Chief michelle@bellamedia.com.au

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Editor-in-Chief

Michelle Kearney

Editorial Director

Aimée Rodrigues

Art Director

Debbie Pilarinos

Writers

Tara Casey, Erin Docherty, Aimée Rodrigues

Photographers

Debbie Pilarinos, ShutterStock

Distribution &

Subscription EnquiriesBill Dunk

Phone 02 9398 2755 **Fax** 02 9398 2855 **Email** acsmag@bellamedia.com.au

Advertising Enquiries

Michelle Kearney, Emma Tune **Phone** 02 9398 2755 **Mob** 0419 624 246 **Email** michelle@bellamedia.com.au

emma@bellamedia.com.au

Editorial Enquiries

Michelle Kearney, Aimée Rodrigues Phone 02 9398 2755 Fax 02 9398 2855 Email acsmag@bellamedia.com.au

Produced & Published by Bella Media

ABN 86 082 157 695

Managing Director

Michelle Kearney

Chief Operating Officer

Bill Dunk

Public Relations, Marketing & Event Organisation

Phone 02 9398 2755 **Fax** 02 9398 2855

OFFICE ADDRESS

Level 1, 42a Frenchmans Road Randwick, NSW, 2031

Phone +61 2 9398 2755 **Fax** +61 2 9398 2855 www.bellamedia.com.au



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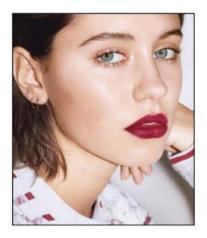






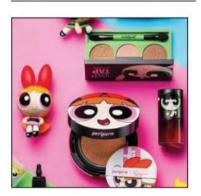
Beauty insider

THE WHO'S WHO AND WHAT'S NEW IN BEAUTY.



JUDE LAW'S DAUGHTER NEW **FACE OF BURBERRY**

Iris Law has been announced as the new face of Burberry. The 16-year-old will follow in the footsteps of her godmother Kate Moss, Cara Delevingne and Lily James, all of whom have starred in previous campaigns.



POWERPUFF GIRLS MAKEUP LINE

Attention, 90s babies! To our delight, Korean beauty brand Peripera has transformed our childhood memories into a beauty line, featuring an enormous assortment of ultraadorable beauty goodies.

Forget squinting at tiny shade swatches on your screen because with Findation.com, you'll never put the wrong shade on your face again. Simply enter a brand and shade you have used before and the site gives a list of other foundations that perfectly match your skin tone. Genius.

For those concerned about wrinkly skin, this might be an ingenious solution: a stretchy "second skin" is being tested to smooth over wrinkles. Researchers at MIT found that the polymer film, which is only 70 thousandths of a millimetre thick, reduced the appearance of wrinkles and under-eye bags, and helped retain moisture, while making it look and behave like vounger skin.



has officially hit the stands. This is her second collaboration with the beauty brand, and it features a (very) sparkly range of cosmetics, complete with a bronzer that has her face imprinted on it.



BAN ON ANIMAL TESTING IN AUSTRALIA

The Australian Government has recently announced its commitment to implement a ban on testing cosmetics on animals. This commitment recognises the strong view many Australians have on this issue and brings Australia into line with similar policies implemented in other countries.

Body Balance

Reshaping can create the look you want

Breast augmentation can enhance the natural size and shape of your breasts

Refinement in Cosmetic Surgery

With breast augmentation, your natural form can be enhanced and complemented. This results in a balanced and symmetrical effect that suits your individual body type and achieves a feminine silhouette.

Liposuction to Shape and Contour

With liposuction, Dr John Flynn can reshape and contour your form to achieve balance between your body's proportions. Areas such as the abdomen and inner and outer thighs respond particularly well to this procedure.



Dr John Flynn

M.B., B.S., Dip. R.A.C.O.G., F.R.A.C.G.P.

Dip. P. Dermatology., F.A.C.C.S.

Fellow of the Australasian College of Cosmetic Surgery

Certified by the American Board of Laser Surgery

Dr John Flynn has over 20 years of experience as

a medical practitioner on the Gold Coast



07 5588 4777

Southport | Gold Coast Level 2, Pivotal Point 50 Marine Parade, Southport QLD 4215 www.cosmedic.com.au | info@cosmedic.com.au







SELFIE QUEENS & fuller lips

THERE MAY BE A NEW DRIVING FACTOR BEHIND PLUMPER POUTS.

The *Vogue* models who were studied commonly demonstrated resting mouths, not pouting, and minimal make up was used to enhance the lips.

"If the frequently cited trend towards fuller lips truly exists, why is this not quantitatively seen in *Vogue*?" they wrote. Indeed, "a cursory glance through [the magazine] leaves the reader with a variety of shiny, lip-centre images of fashion models," the researchers wrote.

This suggests that fashion, which has been an authoritative beauty source in the past, is not the driving force behind the craze for fuller lips.

So what drives such an increasing number of women to get lip surgery? The surprising answer is the trend of the decade: selfies. Say, what? These staple photos, which have become a norm (especially if you just got a cute new haircut), can be traced back to celebs.

Scientists are now identifying selfie queens such as Kim and Kylie to be the driving force behind the rise of lip surgeries. The researchers reveal that rather than drawing inspiration from the fashion industry,

"celebrity images in mass media highlighting the overfilled lip may now serve as the very platform from which patients cultivate their cosmetic ambitions."

Talk about influencers... **CBM**

It's no secret that the fuller lip trend has gone into overdrive. Plump pouts populate Instagram and have become the go-to look thanks to celebs such as Kim K and Kylie Jenner.

According to the interwebs, lip augmentation takes place every 19 minutes in the US, proving that its popularity is through the roof. According to the American Society of Plastic Surgeons, there was a 48 percent increase of lip augmentation in its most recent statistics.

Recent scientific analysis of fashion models paints a new explanation for the booming trend.

The research, led by Dr Prem Tripathi, from the University of California, analysed the lips of models on the pages of *Vogue* from 1960 to 2011.

Surprisingly, they found there is no significant increase of lip size throughout this 50-year period.





WHICH TYPE OF selfie taker **ARE YOU?**

In the future, our society's visual history will be mainly made up of selfies. Weird, huh? So it's important to understand why people do it. Whether it's an MUA's new beauty look, a globetrotter snap, #throwback, #OOTD or a classic squad snap, the drive behind our selfies may be more complicated than one may think. So, which selfie taker are you?

COMMUNICATORS

These are the guys that use their selfies to spark conversation and open up a dialogue with their followers, whether it's for environmental, social or political causes. The US Presidential election was a BIG one, with many displaying their 'I Voted' stickers to urge others to do the same. Think Lena Dunham, Lady Gaga and Leonardo DiCaprio.

AUTOBIOGRAPHERS

These selfie-takers are people who want to share their photos in the public realm so that others may see them, but who aren't seeking the feedback and engagement that communicators are. Take a look at astronaut Scott Kelley who pretty much put up the coolest selfies ever of himself in SPACE.





SELF-PUBLICISTS

Surprisingly, this is the smallest of the three groups and are made up of people who love documenting and sharing their entire lives, hoping to present themselves in a positive light. Think Kim Kardashian, Kylie Jenner, Taylor Swift, Gigi and Bella Hadid.

AWARD SEASON HAS GOT US ALL EXCITED
AND THESE ARE THE NEW LOOKS THAT ARE GOING TO
BE A THING. WE'RE TALKING FRESH-FACED MAKEUP,
EVENING EYE INSPO AND LOTS OF LIPSTICK.





GOLDEN GIRLS

We've seen it all over the red carpet and on Instagram and we can't get enough of this unique makeup look. Think coral, warm peach, apricot, and even bright orange. The hue looks amazing on lips, cheeks and lids – or all three at once.

Emily Ratajkowski stunned at the Golden Globes with sexy standout matchy lips and eyes. Her metallic gold/brown/peachy eyeshadow and coral lipstick gave a warm and sunny vibe, while her dewy complexion was subtle yet glamorous. She killed it.

If you're not ready to go all out on the coral trend, try a peach lip look and team it with a gold or beige eyeshadow.

- **1. M.A.C** Eye Shadow in Gorgeous Gold, \$33. Not only does this add a pop of colour to your eyes but it also pairs perfectly with warm, peachy tones on the cheeks and lips.
- **2. M.A.C** Liptensity Lipstick in Postmodern, \$46. Make your look happen and add a pop of colour with this beautifully silky neon coral.
- **3. NAPOLEON PERDIS** Light Switch Luminizer Palette, \$77. Light it up and complete your look with these beautiful hues. Worn together or alone, they look amaze.
- **4. NAPOLEON PERDIS** Loose Eye Dust in Golden Peach, \$35. Get the season's hottest look with this multitasking eyepopping eyeshadow and highlighter.
- **5. M.A.C** Strobe Cream in Peachlite, \$55. This little delight gives the prettiest hint of peach to brighten lifeless skin, adding a fresh-faced rosy hue and shimmer.
- **6. SISLEY PARIS** Phyto-Blush Twist in Papaya, \$80. Pop a shot of healthy colour on your cheeks with this long-lasting cream-to-powder blush.

VIXEN FIERCE





Embrace your dark side because this year is shaping up to be a little more daring, with stars smoldering in moodier, darker shades. Enticing deep berry hues and red brick shades of lipstick ruled the red carpet, especially at the Golden Globes.

Kerry Washington shone in beautiful wine-stained lips in deep plum, while Priyanka Chopra rocked a dark berry lip (almost a throwback to that signature 90s brown) teamed with a seductive champagne-coloured eyeshadow. Chrissy Teigen also worked eye-catching dark, brick-red lips, paired with deep purple and earthy hues of eyeshadow.

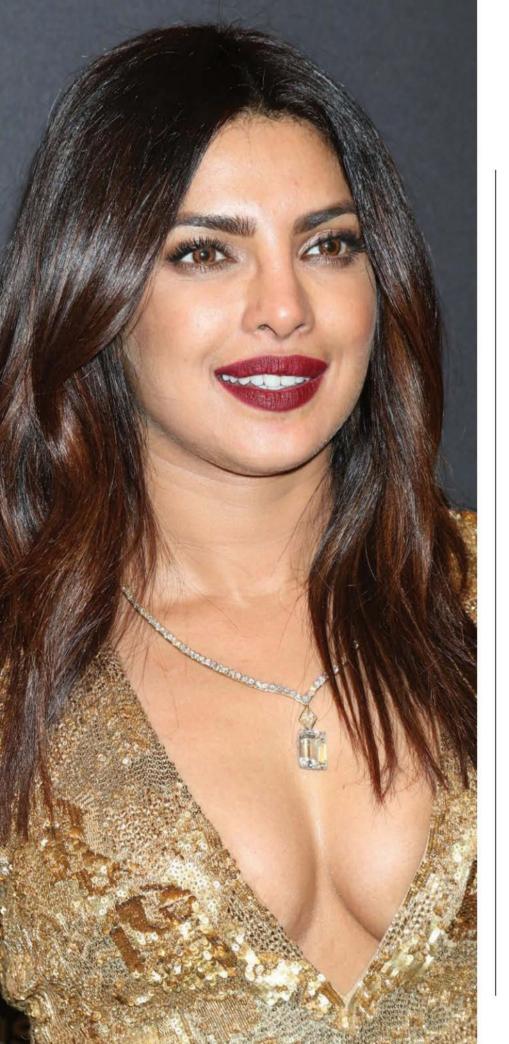
- **1. REVLON** Ultimate All-In-One Mascara, \$23.95. Bat those long lashes with a high-impact formula that delivers five benefits in one: volume, length, definition, lift, and intense colour.
- 2. L'OREAL PARIS Infallible Gel Nail Polish in 16 Forever Burgundy, \$12.95. Complete your dark and daring look with a slick of this super long-lasting nail polish gel.
- **3. PÜR** Cameo Contour Dual-Ended Contour Stick, \$45. Emphasise your natural highlights and kick those imperfections!
- **4. M.A.C** Liptensity Lipstick in Burnt Violet, \$46. Get sultry with this statement blackened plum colour with a creamy, lightly glossy finish.
- **5. M.A.C** Liptensity Lipstick in Hellebore, \$46. On-trend dark purple offering extreme pigment intensity.

6. NAPOLEON PERDIS

Mattetastic Lipstick in Marlene, \$38. Go to the dark side with this long-lasting, deep maroon hue. You won't go back!

7. VON BLAIR Beauty Lipgloss in Black Cherry, \$19.68. Lip colour on point! Go vamp with this highly pigmented super-shiny gloss from New York.





GET Priyanka Chopa's luscious locks

Global ambassador of Pantene, Priyanka Chopa and her lustrous hair has received its fair share of worldwide fame, with many proclaiming that her hair deserves an Emmy of its own!

To nab Priyanka's luscious locks try **PANTENE** Pro-V 3 Minute Miracle Daily Moisture Renewal Conditioner, \$6.99.



CELESTIAL





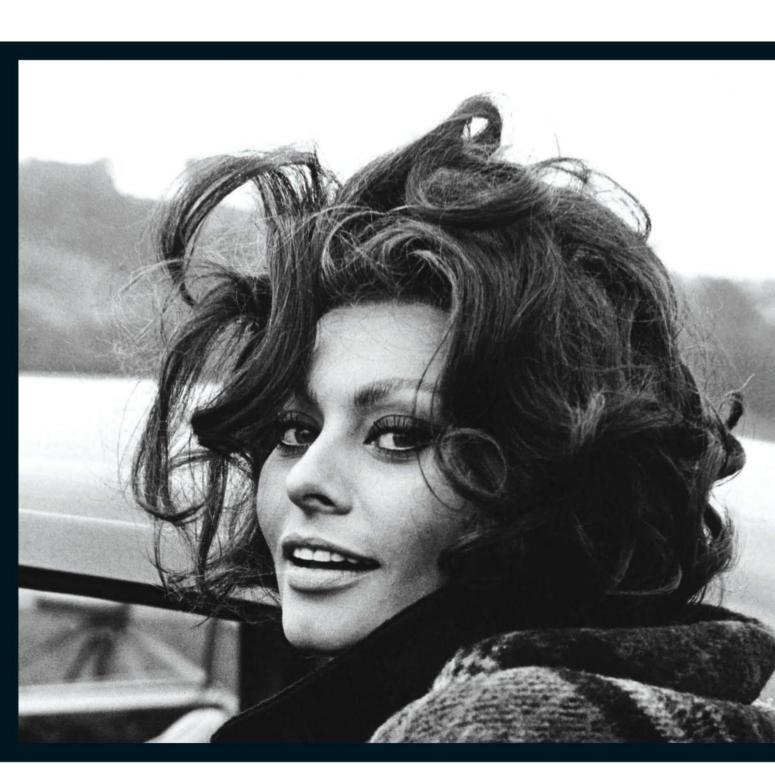
The no-makeup makeup is totally a thing and it looks ah-mazing. Iridescent skin, hints of pink, muted silver eyes and glossy pretty lips offered a delicate ladylike look to the red carpet. Think turn-of-the-century vintage glamour. Reece Witherspoon and Emma Stone showed us how to rock the less is more look, opting for ethereal makeup with delicate rose and taupe tones on eyes lips and cheeks, proving fresh faces will never go out of fashion.

- 1. NAPOLEON PERDIS Tone it! Face + Body Reflective Contour in I've seen the Light, \$39. Get lit with this velvety smooth pressed powder, which highlights and adds definition.
- 2. ENDOTA spa Mineral Powder Foundation SPF 15, \$55, Nail the no-makeup look with this flawless and long-lasting natural mineral loose foundation powder.
- 3. NAPOLEON PERDIS Lip Pencil in Witty in Pink, \$30. Think pink and love your lips with this pretty long-lasting colour.
- 4. NAPOLEON PERDIS Silk Road Lip Rouge in Pink Empress, \$32. A non-sticky lip lacquer that delivers intense colour, hydration and a mirror-like shine.
- 5. SISLEY PARIS Phyto-Lip Gloss in Rose, \$65. Plump, volume and keep your lips smooth and softened (a makeup bag essential).
- 6. SISLEY PARIS Phyto-Blush Twist in Glow, \$80. Boost your glow with a simple twist and swipe. Set to become your new fave makeup weapon!
- 7. ELLA BACHE Elixir D'Eclat Tomate Radiance Elixir, \$93. Rich in ALL the vitamins, this pearly fluid glides on like a dream and instantly lights up your skin.
 - 8. BABOR Cushion Blush, \$77. This little cushion is the bomb. Sculpt and contour while giving your skin a youthful and natural-looking cheek glow.



"Beauty is how you feel inside, and it reflects in your eyes. It is not something physical."

— Sophia Loren



eautifully onfident

THE RIGHT ATTITUDE TO BEAUTY AND UNDERSTANDING IT OBJECTIVELY CAN HELP YOU FACE EACH DAY CONFIDENTLY AND POSITIVELY.

he concept of beauty is undefined; it varies among cultures and societies and even through the decades. However, the way you carry yourself will arguably always affect how others perceive you.

As the saying goes, if you look good, you feel good. But the reverse is also true as confidence and inner beauty do show on the outside. Confidence is thought to be one of the most attractive qualities and can be even more intoxicating than physical beauty alone. Together, it's a tough combination to beat.

Many people have found someone physically attractive, even though they were not conventionally 'good looking'. Somehow their personality, charm, confidence, goodness, wit or energy seem to shine through. It may take inner beauty longer to make an impact than a first impression, but it is what goes the distance and can be present at any age.





Feature

CONFIDENCE

Confidence is about self-respect and self-understanding. How you perceive yourself will ultimately affect how others perceive you.

Consider the ubiquitous 'Best Celebrity Body' surveys. Although the Hollywood ideal seems to be stick thin, names such as Beyoncé, Khloe Kardashian and Scarlett Johansson, regularly make the list. These celebrities are admired by many women for their voluptuous curves, but a large part of their appeal is due to their confidence in their bodies and how they carry themselves.

Recognising the power of the positive, an increasing number of people are turning to cosmetic procedures to enhance appearance and boost confidence — whether this be a minor tweak or a major procedure. Advances in technology have revolutionised the field of cosmetic surgery and made it part of mainstream medicine. It's no longer reserved for the rich and famous, but now available to anyone who wants to wishes to utilise it.

Additionally, in the past 20 years or so, advancements in the cosmetic and aesthetic industry have created a highly popular, less permanent breed of cosmetic enhancement for those of us who aren't ready to go 'under the knife'. Non-surgical alternatives to facial rejuvenation are being requested more and more, so much so that they are becoming regular treatments for many women and men, alongside facials and other mainstream beauty treatments.

A study at Queensland's Griffith University examined the emotional impact of cosmetic surgery on patients and their families. It found the emotional experience of cosmetic surgery was largely a beneficial one, after which many patients indicated they would undergo the same procedure again if necessary. They said they enjoyed significant positive psychological outcomes, including growth of selfesteem and confidence.

MOTIVATION

Understanding the 'why' behind your decision to undergo cosmetic enhancement is a critical step towards receiving the results you are looking for. Melbourne body image researcher and clinician Roberta Honigman says talking to someone about your motivations will help both pinpoint your reasons for seeking cosmetic enhancement and manage your expectations of the results.

"You're actually helping yourself by understanding what it is you are seeking and why, as that's the key to happiness in this field," Honigman says.

"It's important to be honest with yourself in terms of what you hope to achieve. 'If I go through this, I expect to look like somebody who is going to find a new relationship', or 'my looks are going to help me get a new job', or 'my looks are going to allow me to reconnect with an aspect of my life that I've let go of'," she explains. "That is the key to a treatment's success."

One of the most disconcerting experiences of ageing is the disconnect that occurs between feeling young and vibrant on the inside and the physical effects of getting older on the outside. As a result, one of the most common motives for undergoing facial rejuvenation is the desire to bridge

This kind of motive can cause people to lose sight of their inner self, and to define themselves according to their appearance

this divide by minimising the signs of ageing.

In line with this attitude is the tendency for some young people to express their perfectionism through cosmetic enhancement procedures, particularly through non-surgical enhancements. This kind of motive can cause both young and older people to lose sight of their inner self, and to define themselves according to their appearance.

"People have to be prepared to take responsibility for their own bodies and their own lives. That's why they must understand the motivation driving them to seek a change before they do anything," Honigman says. "Starting out with realistic expectations of what is possible is the key to being happy with the result."

HAPPINESS

Beauty alone is no guarantee of happiness. Leslie Zebrowith, professor of Psychology at the Brandies University, conducted a personality test on a number of men and women and found that beautiful people with ugly personality traits looked less and less attractive with the passage of time. Through her research. she concluded that women who were gregarious and vivacious in their teens, looked more beautiful to men even in their 50s - more than their aloof, unfriendly but more beautiful peers.

What the study encapsulates is the notion that being attractive might make you happy, but being happy means you make yourself more attractive.

The physical beauty of a woman is only a small portion of her overall beauty, and this portion wanes. Internal beauty includes manners, behaviour, intelligence, sense of humour, compassion and family or personal values, which are intrinsic and lasting personality traits.

So in a nutshell, beauty may be a fascinating or illusive gift for the bearer, but it may not make he or she happy. Having the self-esteem and confidence to be happy in your own skin may just be the guarantee for beauty.

Professor Timothy Sharp of The Happiness Institute tells us how positivity and happiness can help us lose weight.

It's a new year and, along with millions of other people, you're determined to drop a few kilos or a couple of dress sizes. But if you've tried traditional diets with minimal or no success, you might be interested in a new approach based on the science of positive psychology.

Whereas most diets propose that if you lose weight then you'll be happy, The Happiness Diet proposes that if you get happy first then you'll lose weight. It's all about putting positivity first; creating the motivation and energy to do what you need to do and achieve your goals.

So how do you get happier for a brighter, slimmer, less stressed life? Here are some tips to harness the power of positivity for inspiration and change.

Imagine a positive vision of the future - one in which you're living a great, fulfilling, active and flourishing life

Imagine you at your best living this great life

Start living this life \mathbf{O} now by planning positive and inspiring activities right now

Also plan activities that require a degree of effort and mastery

yourself - try to develop a more optimistic thinking style

 Build confidence by trying new activities

Focus more on strengths and stop trying to fix weaknesses

O Find ways to O think positively about healthy eating and activity

Build positive and supportive relationships by enlisting the support of family and friends

Build positivity by practising appreciation and gratitude

BACKIN

Skincare ingredients

DO YOU KNOW YOUR AHAs FROM YOUR ANTIOXIDANTS? IT'S TIME TO GO BACK TO BEAUTY SCHOOL WITH OUR ULTIMATE SKINCARE GLOSSARY.

WORDS BY AIMÉE RODRIGUES



Feature



rands have poured millions of dollars into research and development, employing highly skilled biochemists to create new products delivered in formulations designed to enhance both the function and appearance of the skin at the same time. The result is that today's skincare lines contain a whole heap of goodies that can actually affect a real positive change in your skin, improving skin tone and texture and

helping to plump out fine lines and wrinkles from within.

Elite skincare formulations contain active ingredients which enable them to act on the skin's cellular structure. In some cases, such as exfoliants, this action is limited to the surface of the skin, while other formulations can penetrate to deeper levels and either enhance or help to inhibit natural activities.

Here are just some of the ingredients proven to improve the function and appearance of the skin.

ALPHA HYDROXY ACIDS

Also known as AHAs, or glycolic or lactic acid, these are derived from plant sources and milk. Glycolic comes from sugar cane, and lactic from milk. They work to exfoliate the skin and give a fresher appearance, reducing fine lines.

Alpha hydroxy acids, at high enough concentrations, result in moisturisation and stimulation of water-holding gels in the skin which cause plumpness, firmness and wrinkle reduction.

Nothing does it like AHAs when it comes to exfoliating and increasing moisture content in the skin. But start out slow and apply AHA skin products every other day before building up to daily, to avoid irritation.

Look for products touting AHAs, glycolic or lactic acids.

ANTIOXIDANTS

Antioxidants are the skin's bodyguards, combating free radicals which attack healthy skin cells and collagen. This attack of the skin's vital structures can cause damage, mutations, cell death and inflammation. As a result we see lines, wrinkles, uneven skin tone, sensitivity and even cancers.

Antioxidants are substances that the body uses to protect itself from free radical damage, which is caused by scavenger molecules that attack healthy skin cells, usually from smoking, sun damage, pollution and alcohol consumption. Antioxidants help mop up this damage.

Antioxidants in combination, studies suggest, can exert a cumulative synergistic action on the skin that is more effective than single ingredient formulations.

Look for products containing Vitamins A, B3, C and E, co-enzyme Q10, idebenone, lycopene, grapeseed extract, papaya, green tea, rosehip and resveratrol.

HYALURONIC ACID

Hyaluronic acid is what gives skin its volume and fullness. One of its many claims to fame is that it can hold up to 1,000 times its weight in water (which equates to being a super skin hydrator!).

Also known as hyaluronan or sodium hyaluronate, hyaluronic acid occurs naturally in the human body and is central to regulating cell growth and renewal. It is found extensively in connective, epithelial, and neural cells. As such, hyaluronic acid has found its way into many skincare products, particularly anti-wrinkle formulations.

Hyaluronic acid is primarily used as a moisturising agent. Because of its ability to "latch" onto huge numbers of water molecules and bring them

into the cells of the skin, it is an extremely effective moisturiser.

The fact that this acid binds with water accounts for the special interest in hyaluronic acid in cosmetic enhancement. When injected under the skin in the form of dermal fillers, it provides fullness and plumpness at the site, replacing lost volume on the face, filling in lines and wrinkles and, depending where applied, creating the illusion of more prominent cheekbones and fuller lips.

This darling of the anti-ageing world has also been credited with extending life in those who consume copious amounts in their diet. For good reason, hyaluronic acid is often dubbed as the key to the fountain of youth.

Look for products containing hyaluronic acid, hyaluronan and sodium hyaluronate.

LIPIDS

Lipids are a large and diverse group of biologically important molecules that are essential to life. Fatty acids, fats, oils, waxes, steroids and phospholipids are types of lipids. Major roles include cell membrane structure, energy storage and cell communication.

They are used in skincare products as an emollient and, because of their rich, luxurious feel, many are used on dry, chafed and inflamed or delicate skin.

Lipids are naturally produced by the skin and serve to maintain the skin's natural barrier function and prevent moisture loss. Ceramides (a naturally occurring skin lipid found within the cell membrane) and evening primrose oil (abundant in omega 6 fatty acids) are good examples of these nourishing lipids.

Also look out for products containing jojoba, coconut, macadamia, olive, shea butter and wheatgerm.



PEPTIDES

Peptides are one of the newer ingredient groups to hit the antiageing skincare scene and many studies have shown significant results. Acting as chemical messengers, peptides communicate with cells to perform a specific function. They are highly respected for their ability to penetrate the skin and activate their target.

Peptides "turn on" the fibroblasts, which are essential for building and repairing the skin and a basic requirement for anti-ageing success.

Peptides are small molecules of at least two or more amino acids chemically linked together. When certain amino acids are combined, they create specific peptides (the different combinations are virtually limitless and many experts believe we haven't even touched the surface).

Peptides have a variety of functions, primarily they help to stimulate collagen, combat what is known as Advanced Glycation End (AGE) product formation,

THE SINGLE-MOST IMPORTANT SKINCARE PRODUCT

Yes, that's right people, sunscreen tops the list! They are, first and foremost, products to help prevent damage and extrinsic ageing of the skin. Given that UV light is the fundamental basis of environmental ageing (and hands-down the most damaging element to human skin), zinc oxide used in a broad-spectrum sunblock should be your number-one skincare ingredient, protecting you against the harmful rays of the sun. Look for sunscreens that have both physical and chemical blockers plus antioxidants.

*F*eature

which is a metabolic process that damages collagen in the body, and reduce pigmentation.

The science came from the discovery that when collagen is damaged by sunlight, it is broken up into peptides. Certain peptides formed were able to act as a signal to skin cells to make new collagen, meaning we could improve wrinkled skin by fooling the skin into thinking it had been damaged by applying this peptide. Peptides are cellcommunicating and can potentially trigger specific things in the skin, so that they might improve wrinkles, or firmness, or age spots, for example.

Juvefoxo is a relatively recent breakthrough in peptides, as well as several neuropeptides, which are said to act as a wrinkle relaxer.

VITAMIN A

Vitamin A is often touted as the most effective important topical ingredient to prevent, restore, normalise and help repair damaged skin. Since our body does not make Vitamin A, our skin becomes deficient over time. For that reason, Vitamin A is a very important and necessary ingredient in all quality anti-ageing product lines.

Arguably the most potent topical derivative of Vitamin A is retinol (retinoic acid), which is widely regarded as *the* anti-ageing solution. Retinol encourages better cell function and turnover to improve skin texture, increase collagen production to address fine lines, inhibit the enzyme tyrosinase to address excess and abnormal melanin production (hyperpigmentation), and regulate oil production to improve acne.

Vitamin A and additional ingredients such as lactic acid (AHA), which exfoliates the skin, and salicylic acid (BHA), which removes dead cell debris, can leave "fresh" skin exposed to UV light. It is therefore recommended to always apply adequate sun protection in the form of a zinc oxide-based sunblock as well as mineral makeup containing high levels of zinc oxide during the day to protect new and vulnerable skin.

In its acid form, Vitamin A derivatives may cause redness and irritation. There are now effective forms of Vitamin A that are less irritating. Look for products that refer to 'retinol molecular' which is readily absorbed, highly stable and non-irritating.

VITAMIN B3

Vitamin B3 (niacinamide) has really come to the fore in the anti-ageing war, taking its place alongside skincare veterans Vitamins A and C.

Vitamin B3 increases ceramide production to increase natural hydration levels and skin luminosity; helps prevent the transfer of melanin from melanocyte to keratinocyte and thereby reducing hyperpigmentation; increases the natural immunity of the skin to defend against environmental stress; and reduces excess oil production. (Now that's a busy little B!)

Niacinamide, the physiologically active form of Vitamin B3, is part of the Vitamin B group and is water soluble. Used in anti-ageing products, studies have shown it stimulates collagen synthesis and fatty acid levels in skin.

Typically used in serum form, Vitamin B3 can effectively treat acne, fade hyperpigmentation and improve skin barrier function, as well as help reduce fine lines and wrinkles. It provides antioxidant properties for the skin and it has also been shown to have anti-inflammatory and healing properties, as well as help reduce skin sensitivity.

VITAMIN C

As L-ascorbic acid – the form of Vitamin C that the majority of medical papers refer to as being most active on human skin cells -Vitamin C works to increase collagen production to reduce fine lines and minimise scarring and is a potent anti-inflammatory.

Vitamin C repairs and rejuvenates the skin. It also helps inhibit tyrosinase activity to address hyperpigmentation. Vitamins A and B are thought to perform best in a slightly alkaline environment, which means it is best to use these vitamins together, while applying Vitamin C, which operates best at a lower acidic pH, separately.

Vitamin C is an antioxidant found naturally in the skin, which works with other antioxidants to prevent free radical damage. These are volatile molecules so look for a stabilised Vitamin C product to help reinforce the skin's own defences and prevent long-term damage.

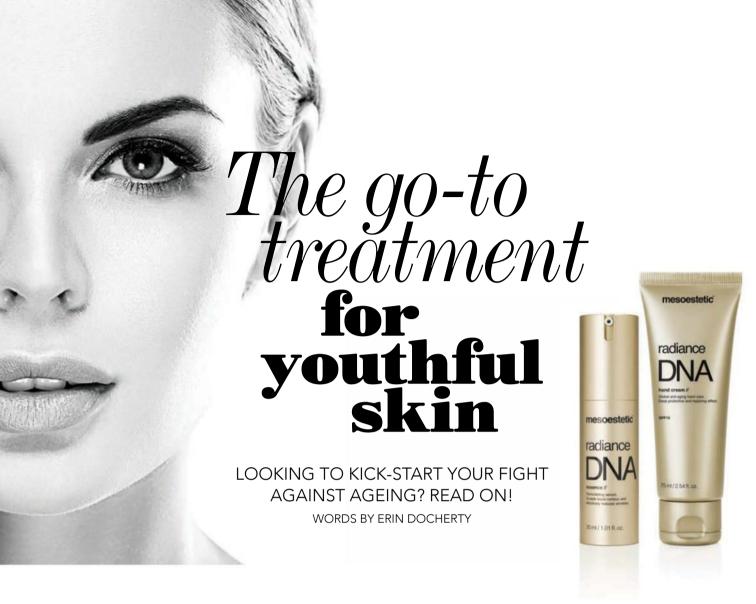
DNA REPAIR

DNA repair enzymes, stem cells and growth factors have more recently become a hot topic at cosmetic, medical and anti-ageing health conferences. A study of DNA repair was even awarded the Nobel Prize in Chemistry in 2015.

The future of anti-ageing, especially in terms of skincare products, is looking towards 'gene creams' that address the skin's deeper biological concerns: DNA damage and stem cell stimulation.

DNA repair enzymes are particularly exciting. They work as a seamstress, seeking out damaged DNA from UV damage, pollutants and ageing and patching the rest of the DNA back together. This leads to healthier, less damaged skin, which aesthetically means less brown spots, wrinkles and dullness since those all tend to be signs of DNA damage. CBM





adies, if there's one thing you need for your skin this year, it's a professional skincare treatment by mesoestetic.

DNA is a pretty big deal in the skincare world. When the effects of the sun, free radicals and stress damage our precious DNA, it throws off its ability to fight against skin ageing (*sadface*). To preserve cell youth, mesoestetic has created a unique skincare treatment in the form of Radiance DNA, performed in accredited mesoestetic skin clinics around the country and also adapted for an at-home range.

Based on DNA repair and protection and synchronisation of a cell's biological clock, this professional treatment is pretty much the bee's knees of anti-ageing skincare. It is designed to effectively address aesthetic concerns associated with skin

ageing, helping to increase cell longevity, and supporting DNA repair and protection.

The secret formula? An innovative technology called [meso]recovery complex. This is a combination of active substances, with protect and repair properties. This type of technology effectively repairs DNA damage and helps protect your skin from further damage, effectively replacing what has been lost in the ageing process.

In real terms, the DNA skin treatment enhances skin radiance and longevity and provides a natural face lifting effect.

The in-clinic treatment is made up of five phases for the face and neck. Unlike many other anti-ageing options, this involves no needles, incisions or discomfort – it's rather the opposite. The treatment involves an exclusive massage

protocol called KOBIDO by mesoestetic, a technique drawn from an ancient Japanese method that was traditionally reserved for royalty.

The KOBIDO massage combines the effectiveness of the mesoestetic products with the benefits of advanced face care systems and traditional Asian massage techniques for a comprehensive facial rejuvenation treatment. We're sold.

PHASE I: SKIN PREPARATION

Firstly the skin on your neckline, neck and face is cleaned and toned with mesoestetic hydra milk cleanser and hydratonic.

PHASE II: KOBIDO BY MESOESTETIC

Three doses of facial massage cream (6ml) is mixed with a single dose of Radiance DNA serum. The product

The at-home care



is then massaged into your skin using the KOBIDO by mesoestetic massage protocol. This takes around 40 minutes.

PHASE III: BOOSTING THE RESULTS

The Radiance DNA crystal fibre mask is applied to your face and neck, where it stays for around 20 minutes.

PHASE IV: FINISHING

The facial massage cream is massaged into your skin until it is fully absorbed. The treatment is completed with the application of dermatological sun protection.

PHASE V: HOME MAINTENANCE

At the end of your treatment you are given a bottle of Radiance DNA intensive cream for at-home maintenance. **CBM**

Maintain your in-clinic results with mesoestetic Radiance DNA at-home maintenance products.

There are five products that work in combination with one another, dramatically improving the skin's elasticity and firmness whilst diminishing wrinkles for a fresher, healthier complexion.

The first of the bunch is Radiance DNA Intensive Cream, which contains the powerful [meso] recovery complex, responsible for increasing collagen and hyaluronic acid production and improving the skin's defence. It's the go-to guy for bright and glowing skin, helping recover elasticity and firmness and gradually decreasing the appearance of wrinkles. Pair this with Radiance DNA Essence, a concentrated remodelling serum aiming at restructuring the skin.

For night use, the Radiance DNA Night Cream uses the natural resting state of the skin to aid skin renewal during sleep. The unique association of [meso] recovery complex and an anti-ageing tetrapeptide called chronogen, repairs damage caused during daytime. Upon waking, the skin looks rested, redensified and smooth with wrinkles and expression lines appearing faded.

Next up is Radiance DNA Eye Contour, which was specifically created for total eye contour repair. This hero product puts up the fight against dreaded wrinkles, undereye bags and circles. The [meso]recovery complex provides a long-lasting lifting, tightening effect and visibly reduces deep wrinkles, smoothing out, unifying, and lightening around the eye. Bags under the eyes and circles seem to literally just disappear.

And let's not forget the oft-neglected hands – a dead giveaway of ageing. Radiance DNA Hand Cream has been specifically designed to regenerate, repair and deeply moisturise skin on the hands, restoring comfort and softness. Not only does it help delay the appearance of wrinkles and dark spots but it also helps protect skin from further environmental aggressions, such as UV rays and drastic temperature changes.

Combining the latest technology in DNA repair and protection, the Radiance DNA global anti-ageing solution by mesoestetic is a good bet against existing environmental damage and for helping to slow down, and possibly even reverse, the ageing process.

WHERE TO GET IT

Mesoestetic Radiance DNA is available at select skin clinics across Australia. Contact Advanced Cosmeceuticals for more information on 1800 242 011 or visit www.advancedcosmeceuticals.com.au/stockist/

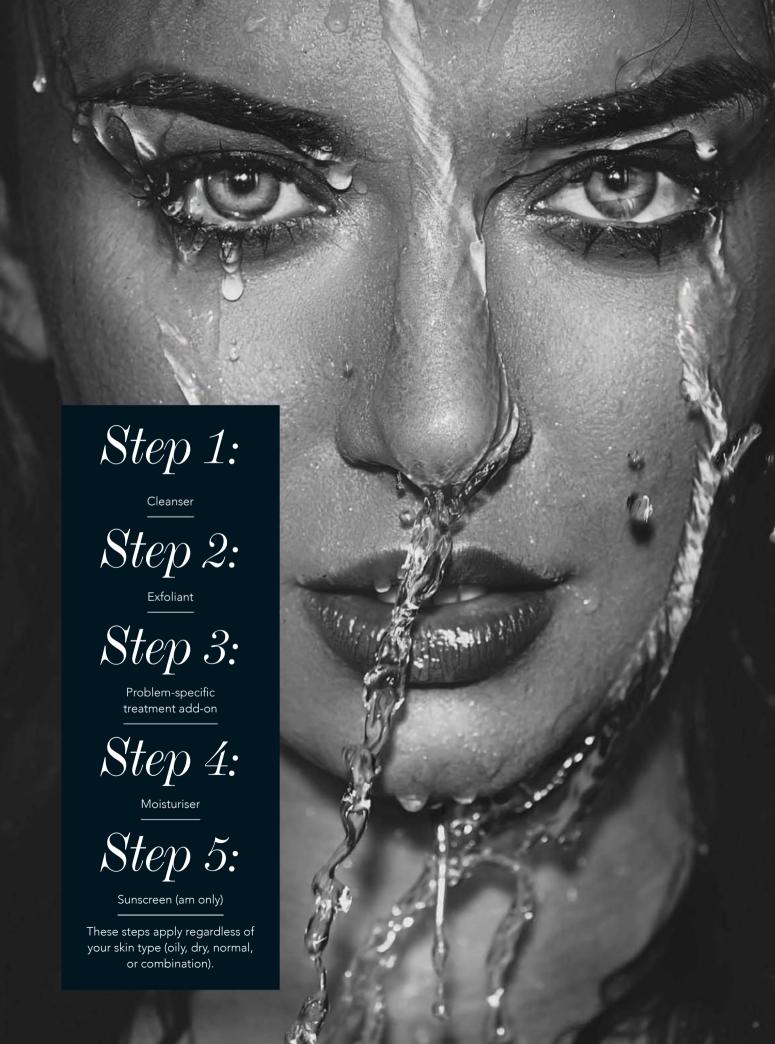
Skin

NO-NO-NUSS NO-FUSS back-to-basics skincare guide

GIFT YOURSELF FLAWLESS
SKIN WITH THESE SKINCARE
ESSENTIALS. JUST START
WITH THE BASICS AND
THEN BRANCH OUT FOR MORE
SPECIFIC SKIN CONCERNS.

WORDS BY AIMÉE RODRIGUES







Skin

1. BOBBI BROWN Soothing Cleansing Oil, \$65. Emollient sunflower, olive and jojoba oils work to break down makeup and remove impurities while protecting skin barrier function and maintaining moisture levels.

Jasmine flower helps reduce the appearance of redness and soothes skin.

2. SISLEY PARIS Buff and Wash
Facial Gel, \$140. Botanical
extracts and essential oils work
to remove dead surface
cells and impurities that dull the
complexion in order to leave
skin cleansed, fresh and glowing.
The gel formula incorporates
microspheres to gently awaken
the skin.

3. DERMALOGICA

Special Cleansing Gel, \$77.
Concentrated soap- and fragrance-free gentle foaming gel designed to thoroughly remove impurities without disturbing the skin's natural moisture balance.

4. ULTRACEUTICALS Ultra Foaming Cleanser \$49

Foaming Cleanser, \$49.
Helps regulate excess sebum
production and thoroughly
remove dirt, debris and makeup
to aid in the prevention
of clogged pores to leave
skin refreshed.

5. PAULA'S CHOICE

CALM Redness Relief Cleanser, \$29. Effectively removes dirt and makeup while soothing red, irritated skin.

6. NAPOLEON PERDIS

Rebirth of Venus Skin Renewal Cleansing Oil, \$39. The formula is enriched with amino acids and polysaccharides, as well as marine placenta to help minimise the appearance of wrinkles and pores.













8. A'KIN Nourishing Cream Cleanser & Toner, \$24.95. A cream cleanser with rose, geranium and shea butter to deeply cleanse and witch hazel to help balance and tone skin.

9. SUKIN Cream Cleanser, \$9.95. Removes makeup and surface grime as it nourishes the skin with oils of rosehip, avocado and wheatgerm and a soothing infusion of aloe vera.

10. JURLIQUE Clarifying Deep Cleansing Gel, \$38. Contains willow bark and gentle exfoliating microbeads from natural jojoba esters, both of which work to clear surface dirt, impurities and sebum. The addition of rosehip oil hydrates skin.

11. O COSMEDICS Gentle Antioxidant Cleanser, \$52. A gentle daily facial cleanser strengthened with powerful antioxidants.



Cosmedics

11.

 $\overline{Exfoliants}$

Forget once or twice a week. With a quality gentle exfoliator you can use it everyday to encourage skin cell turnover (something that slows down with age).

Adding an exfoliant to your daily routine helps the skin to shed excess dead cells and leaves it glowing, fresh and healthy.

There are two categories of exfoliants: mechanical and chemical. The most basic are the mechanical exfoliants, such as scrubs or loofahs, while chemical exfoliants run the gamut of the periodical table and make use of enzymes, acids and vitamins and their derivatives.

Most chemical formulas contain either alpha hydroxy acids (AHAs), beta hydroxy acids (BHAs) or both.

AHA exfoliants are water soluble so they only exfoliate the surface layer of the skin. Look for lactic acid and glycolic acid on the ingredients list.

BHA exfoliants are fat soluble so they penetrate the pores of the skin where they help to clear any blockages. BHA exfoliants are ideal if you're prone to breakouts or keratosis pilaris (those little bumps that can arise on your arms). Look for salicylic acid on the ingredients list.

1. MEDIK8 White Balance
Cleanse Brightening MicroExfoliator, \$69. A unique
powder texture that transforms
into a light exfoliating foam
to instantly leaving skin
brighter, smoother and
deeply cleansed. Designed
to improve redness,
pigmentation and uneven
skin tone.

2. ULTRACEUTICALS Ultra
Gentle Exfoliating Gel, \$59.
A blend of AHA (lactic acid)
and BHA (salicylic acid)
works to decongest the
skin and dissolve impurities
without stripping the skin
of vital moisture. Botanical
microspheres of jojoba
extract gently exfoliate
the skin's surface without
damaging the skin.

3. SUKIN Revitalising Facial Scrub, \$9.95. Features bamboo extract and ground walnut shells to exfoliate dirt and impurities that can dull the appearance of skin. Also includes aloe vera, rosehip oil and German chamomile to soothe and relax the skin.



4. TRILOGY Gentle Facial Exfoliant, \$37. Gently polishes facial skin to refine texture and smoothness without irritating or scratching the skin.

5. DERMALOGICA

AGE Smart Daily Superfoliant, \$85. A powder-based wateractivated exfoliator that leaves skin ultra-smooth, while helping to combat environmental pollution triggers known to cause brown spots, fine lines and uneven skin tone.

6. OBAGI 360 Exfoliating Cleanser, \$50. Two types of mild exfoliants work to clear clogged pores and thoroughly clean skin to reveal a smoother, brighter complexion.

7. ESSANO Rosehip Facial Exfoliator, \$14.99. The gentle, soap-free formula contains tiny rosehip bio-exfoliating granules to lift and clear away dead surface skin and impurities.



Moisturisers

Daily moisturiser is a must in order to retain moisture and provide a physical barrier against environmental pollutants. It's a good idea to look for a product with a broad spectrum SPF factor of at least 15. Your choice will depend on your skin's needs, whether dry, oily, sensitive, pigmented or ageing.

- **1. L'OREAL PARIS** Revitalift Laser X3 Dual Action Total Rejuvenation Moisturiser, \$49.95. Made up of two highly concentrated anti-ageing ingredients, including Vitamin CG for smoother, brighter skin on the surface and pro-xylane to stimulate and strengthen the support fibres of the skin underneath.
- **2. ASPECT** Basic Starter Kit, \$126. Covers all the steps in one handy pack containing four key products specifically designed to work simultaneously to keep your skin in premium condition, whilst also treating most common skin conditions and concerns.
- **3. SISLEY PARIS** Mattifying Moisturizing Skin Care with Tropical Resins, \$160. The gel-cream formula features a light, non-greasy texture that moisturises skin, reduces sebum and mattifies. It also tightens the pores while purifying skin, leaving it feeling supple, soft and comfortable all day long.
- **4. NAPOLEON PERDIS** Multi-Hydration Gel Cream, \$59. Enriched with skin-conditioning ingredients, the high elastic watergel formula delivers a cool burst of hydration and skin vitality.
- **5. A'KIN** Calming Day and Night Cream, \$39.95. Intensively hydrate and soothe sensitive skin with this fragrance-free moisturiser, formulated with chamomile, shea butter and Vitamin E.
- **6. MEDIK8** C-Tetra Vitamin A Day Cream, \$129. A combination of powerful vitamins and antioxidants to help achieve radiant and smooth skin.

Sunscreens

In a climate like ours, it's nothing short of reckless to leave the house without putting on a broad-spectrum sunblock, which needs to be reapplied if you are spending time in the sun later in the day. Find a sunblock that doesn't irritate your skin and wear it every day on top of your moisturiser and underneath your makeup.

Many Australian skin professionals now recommend physical sunscreens (also referred to as 'inorganic' sunscreens) over chemical sunscreens. It is a natural mineral that sits on the skin's surface, physically blocking the penetration of both UVA and UVB rays by UV absorption and reflection. "The typical zinc 'white nose' cream has come a long way," says Terri Vinson, formulator and founder of Synergie Skin. "Zinc oxide sunscreen is now micronised and is virtually invisible on the skin. Zinc oxide is also preferred as it is anti-inflammatory and non-allergenic – so it is highly recommended for acne-prone, irritated or sensitive skin."

- **1. MESOESTETIC** Dermatological Sun Protection SPF 50+, \$69. Lightweight, oil-free, broad-spectrum sunscreen can be used for all skin types for daily use and is ideal to apply after in clinic treatments.
- **2. SYNERGIE** Uberzinc, \$110. Made with 20% zinc oxide that screens UVA/UVB rays for natural skin protection, antioxidant pure green tea extract makes for an easy-to-apply and hydrating skincare staple.
- **3. ESSANO** Rosehip Pure Defence Moisturiser SPF15, \$19.99. Enriched with a new-generation mineral SPF protection, this SPF 15 moisturiser deeply hydrates, nourishes and protects skin.



JUST IN

NEW INGREDIENT SET TO CHANGE ANTI-AGEING **SKINCARE**

A recently introduced skincare line to Australia is using dermal filler technology for a unique approach to skin hydration. Called Teoxane Cosmeceuticals, each product in the range is formulated with an ingredient called resilient hyaluronic acid, which works to create a sort of barrier on the skin to trap and bind moisture. This hyaluronic acid is also used in the Swiss company's injectable filler range. So basically using Texoane Cosmeceuticals is a bit like a filler in a bottle.



THE ADD-ONS

FOR ACNE

While you thought you'd grow out of your teenage spots, pimples and breakouts, sometimes the ghosts of hormones past linger in the form of adult acne.

The best routine is to keep skin healthy by cleansing, treating acne with specliaised skincare (look for the likes of AHAs, BHA, retinol, benzoyl peroxide, salicylic acid and azelaic acid) and protecting your skin with a lightweight moisturiser and UV blockers.

Avoid overly harsh and strong skincare products which can destroy the outer layer of the epidermis and kick skin processes into high gear.

This irritated, overly dry skin can begin over-producing oil to make up for the lack of moisture, perpetuating a cycle of breakouts.

It goes without saying that all products you use need to be labelled as non-comedogenic, meaning it won't clog your pores.

FOR AGED /SUN-DAMAGED SKIN

We say aged/sun-damaged because the two go hand in hand. Apply a serum targeted to tackle the signs of ageing before moisturising. Choose products formulated with retinol, antioxidants, hyaluronic acid and peptides to help stimulate healthy

collagen production and improve the appearance of wrinkles.

Check out our anti-ageing skincare glossary on page 28 for a closer look at the most celebrated ingredients for anti-ageing.

FOR PIGMENTATION

Freckles, age spots, sun spots, liver spots or plain old pigmentation: whatever you call it, irregular skin discolouration is a common and distressing problem caused by factors such as sun damage, some inflammatory skin disorders and hormonal fluctuations. In its various forms, pigmentation affects more than 80 percent of women in their lifetime.

Make mine A COMBO!

What if I have more than one skin concern, we hear you ask? You can layer multiple targeted treatments, but just make sure you know which product goes when. If, for example, you have both acneic and aged skin, after cleansing and exfoliating use your acne treatment product before your anti-ageing serum, and then follow up with a non-comodogenic moisturiser.

If you're a triple threat and have acneic, aged and hyperpigmented skin, after cleansing and exfoliating use the acne treatment first, then the pigmentation product, then the anti-ageing product, and finally your moisturiser.





It's no wonder there are so many products out there specifically formulated to help lighten pesky patches and brown spots. Skinlightening products are designed to act on the over-production of melanin, the skin pigment that causes brown spots and discolourations.

There are a host of ingredients touted to improve pigmentation, but mainstay heros are Vitamins A, B and C, which help address uneven skin tone and pigmentation at different levels.

Quality active skincare goes hand in hand with an in-clinic treatment plan and, of course, a broad-spectrum SPF 30-50 sunscreen. **CBM**

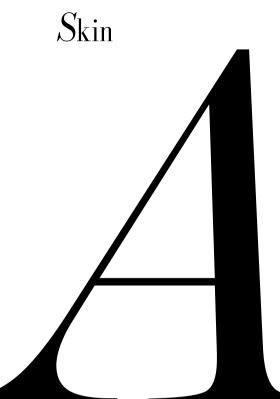
- **1. PAULA'S CHOICE** CLEAR Daily Skin Clearing Treatment with 2.5% Benzoyl Peroxide, \$25. Treats current acne and helps prevent new acne blemishes; visibly reducing red spots and pimples.
- **2. SYNERGIE** Skin Vitamin B Serum, \$110. A staple in the fight against pigmentation and prematurely aged skin, this helps strengthen and boost skin immunity.
- **3. TEOXANE** Cosmeceuticals Advanced Filler, \$130. This innovative product works by restructuring targeted areas of the skin with its combination of bio-peptides and hyaluronic acid microspheres. These specialised active ingredients enter deep into the skin and fill it with water, padding out wrinkles from the inside and providing the optimal environment to protect and plump the skin.
- **4. NAPOLEON PERDIS** Auto Pilot Napoleon Complex Skin Renewal Serum, \$95. Assists skin repair, protects against free radicals and promotes collagen renewal with a formula of tri-peptides, sodium hyaluronat, provitamin B5 and a combination of berry extracts.
- **5. THALGO** Anti-Aging Collagen Cream, \$83. Fine lines fade away day after day from the moment this smoothing and repairing ultra-hydrating cream is applied.
- **6. MEDIK8** Retinyl Retionoate Youth Activating Cream, \$298. The Holy Grail of Vitamin A skincare treatment (arguably *the* best anti-ageing skin strategy), this represents a breakthrough in the delivery of retinol to the skin it is clinically proven to be eight times more powerful than regular retinol without any irritation.
- **7. O COSMEDICS** Retinol Concentrate (1%), \$102. A powerful concentration of 100% pure bioactive retinol with superior stability and potency.



REGEN PRP IS REINVENTING
THE TREATMENT OF SKIN FROM
THE INSIDE OUT, OFFERING AN
AUTOLOGOUS WAY TO FIGHT THE
SIGNS OF LINES AND WRINKLES.

WORDS BY ERIN DOCHERTY





geing is inevitable and we are constantly trying to find ways to smooth wrinkles, tighten skin and rejuvenate our appearance. With Regen PRP, this is just the beginning.

A unique treatment that uses the body's own natural resources, PRP (platelet-rich plasma) is a big name in the cosmetic and wellness scene and is becoming the go-to solution for anti-ageing. The process uses your own blood to regenerate tissue and blood vessels, improving skin texture and shape, without looking overdone.

Back in 2007, RegenLab PRP was the first to market PRP in the Australian aesthetic arena. Backed by a number of clinical publications, RegenLab PRP provides evidence-based medicine for all uses of PRP; it's a proven system using optimal concentrations for optimal results.

HOW DOES IT WORK?

Regen PRP therapy provides gradual, natural-looking results for patients who want the complete package. Regen PRP treatments work on all three layers of the skin – epidermal, dermal and subdermal – so skin appears fresher and younger with improved quality and texture.

Registered aesthetic nurse Stacey Power from Ever Young Professional Cosmetic and Appearance Medicine in New Zealand says skin laxity issues are most common on the face, around the eyes, and neck and décolleté areas.

"As we age, we lose collagen and elastin in our skin, so we are constantly trying to find ways to improve this. The neck especially is a forgotten area; after many years people seem to suddenly remember it, by which time the skin can be quite aged, sun-damaged and lax. It then takes a lot of time and effort to attempt to repair," says Power.

This is where Regen PRP comes in. "Because Regen PRP brings your own growth factors and stem cells to the area in a concentrated form, it regenerates the tissue and blood vessels, using new vessels to bring more nutrients to the skin. The skin rejuvenation generated by Regen PRP is the gold standard in my opinion, particularly for necks."

According to Power, while many people have tried dermal peels, laser treatments, and all sorts of modalities to reverse the effects of ageing skin, Regen PRP offers an unmatched solution, actively regenerating skin tissue and texture in just one treatment.

"Although laser, peels and the like are great treatments, they create trauma to the skin to initiate the healing process to generate more collagen," says Power. "PRP on the other hand works without this trauma; it sets off the process of regeneration without the body having to actually fix damaged tissue."

"PRP uses your own blood plasma to deliver the best quality platelets and growth factors to achieve the best outcomes, in my opinion. It makes your own stem cells biologically available for repair." "Currently we are injecting Regen PRP under the skin to stimulate the fibroblasts at the dermal layer, which helps increase the production of collagen and elastin. This triggers a more precise repair of damaged melanocytes, which cause pigment, and also improve the finer lines across the face."

Regen PRP can work in several ways, depending on the application and the target area. It is very versatile and while one way alone can do a lot for skin, Power is finding a combination of therapies with Regen PRP is even more effective.

Indeed, recent clinical studies have shown remarkable results in the combination of platelet rich plasma and hyaluronic acid (which has powerful anti-ageing properties) in facial rejuvenation.

The study showed significant improvement in the general appearance, skin sagging/firmness, and skin texture. The treatment was also shown to have a significant increase in skin moisture and minimisation of skin pores, resulting in glowing skin.

"Combination therapy with hyaluronic acid (HA) injections and PRP works exceptionally well together. I theorise that the HA holds the PRP in place longer and produces a lovely hydration to the skin, as well as the long-term improvement in textural repair," says Power.

WHAT'S INVOLVED?

A PRP treatment is fairly quick, around 40 minutes all up. The practitioner will firstly harvest your own blood growth factors, which your body would normally use to heal damaged tissue. To do this, two small vials of your blood are taken and placed in a special machine whereby the platelets are separated from the blood and then put in a syringe. It is then re-injected into the target areas in small amounts with a very thin needle, so the process involves minimal discomfort.

There may be some swelling and bruising at the injection points after the procedure, however this generally subsides overnight.

RESULTS WITH REGEN PRP

Results are gradual, taking about two to three months for full effects to become clearly visible, however, a significant improvement in skin texture, tone and hydration is usually visible within a few weeks.

"You don't see results immediately, but as the treatment takes effect you suddenly receive a lot of comments about your skin being beautiful," says Power.

"If you want to maintain your level of skin health and condition, you should have a 'booster' shot every nine to 12 months. If you want a slight improvement building from your initial treatment then sixmonthly intervals work well, and if you are looking for continual small improvements all the time, every three to four months is optimal," she says.

"All our patients are extremely happy with their results. The good thing with PRP is you can't overdo it and it complements all other treatments – it can go on top of, before, or after almost all other available modalities."

Over time, people who have been using anti-wrinkle injections (botulinum toxin) may tend to find they are not having the effects they are used to because, for example, their skin elasticity around their eyes has decreased. With Regen PRP, these patients are experiencing a significant difference in skin texture and all-round rejuvenation.

The results? There is a marked improvement in skin texture and skin laxity, as well as a plumpness and radiance to the skin. PRP also visibly

reduces scarring and stretch marks, among a virtually endless list of treatment indications.

In terms of patient feedback, the numbers speak for themselves. "My clients have a 94 percent re-book rate, so I'd rate that as exceptional feedback," Power concludes. **CBM**

WHERE TO GET IT

To find a practitioner in your area, visit www.regenlabprp.com.au



BEFORE



Nine months AFTER 3 RegenLab PRP treatments (injected under skin only) Photos courtesy of Stacey Power RN



BEFORE



AFTER 3 RegenLab PRP treatments Photos courtesy of Nita McHugh RN



BEFORE



AFTER treatment Photos courtesy of Stacey Power



with HydraFacial

GIVE YOUR SKIN SOME SERIOUS R&R WITH THIS GENTLE YET SUPER-CHARGED FACIAL. WORDS BY ERIN DOCHERTY

f your skin is partied out, dull, dry or just looking a bit lacklustre, say hello to our little friend, HydraFacial.

While still being a totally relaxing and gentle treatment, HydraFacial will actively

help to fix your skin

problems starting from

the first treatment, and kick-start a whole new level of hydration.

Completely non-invasive, it combines exfoliation, acid peels, extractions and

antioxidant infusions to cleanse, nourish and brighten the skin so you look and feel squeaky clean.

HydraFacial is usually recommended to have once a month, and almost evrey person will see results. These facials are excellent for deep hydration, revitalisation and nourishment for the skin, achieving real visible results.

"Gone are the days of the 'fluffy' facial. People want to look fresher and better, not just have a lovely experience. You can really feel the difference in your skin with the HydraFacial," says Dr Ingrid Tall from Cosmetic Image Clinics in QLD.



WHAT TO **EXPECT**

HydraFacial is a relaxing 30-minute treatment, suitable for all ages and skin types and can help improve a wide variety of skin conditions.

Treatment involves five steps, starting off with cleansing and exfoliation to remove dead skin cells, an acid peel to rid the pores of grime and other nasties, and a vortex suction extraction system to completely unclog your pores. The skin is then fed a highly active hydrating serum to nourish and protect the skin.

Finally, the specialised HydraFacial Daily Essentials skincare is applied to help retain moisture and protect the surface of the skin.

Not only does the treatment work to improve the appearance of fine lines and wrinkles but it also improves the look of enlarged, congested pores, oily or acne prone skin, hyperpigmentation and brown spots.

HydraFacial can also be used to transform the appearance of dull, dehydrated and lifeless skin, as well as on post-surgical skin (after facelifts, blepharoplasty, etc) to aid recovery and enhance the results.

HydraFacial can also be used in combination with a variety of other skin loving treatments including LED therapy and more invasive treatments. "We tend to use HydraFacial as a standalone treatment but of course it can be recommended before and after laser treatments to really prime and condition the skin," says Dr Tall.

"We recommend it one week after Fractora fractional resurfacing treatment to give the contrast of the smooth skin after a week of 'rough' skin," she says.

RESULTS, PLEASE

With just one treatment you will see a dramatic improvement in your skin both immediately and in the days following the treatment. Your skin looks and feels more hydrated, with a glowing and more radiant complexion.

"You will notice results after the first treatment, but the more the merrier," says Dr Tall. "We recommend every two weeks for the first two months and then monthly."

"Our patients love to 'see' their skin's waste products in the solution waste bottle on the machine, to know just how much grime and dead skin cells the treatment gets rid of," says Dr Tall. "Our patients really like the treatment and are very happy with the look and feel of their skin afterwards."

"The procedure is gentle enough to perform on all skin types. We tend to promote it to people who are a little more anxious to start with – then we perhaps move on to a Fractora fractional resurfacing treatment when they want to seriously turn back the hands of time," explains Dr Tall.

Most of us want great results, with no downtime, and HydraFacial meets this tall order. If you're looking to start anti-ageing skincare procedures or if you have an event coming up and are looking for an overall skin refresher, this is the perfect all-round treatment.

"HydraFacial is the original 'BIC' pen of hydrating microdermabrasion treatments," says Dr Tall. "I would absolutely recommend it to anyone who is looking to improve the look and feel of their skin." CBM

WHERE TŌ ĞĔT IT

To find a HydraFacial practitioner in your area, visit www.likeyourlook.com.au



FROM FILLERS TO FACIALS, HERE ARE THE TRIED, TESTED AND TRUSTED PROCEDURES TO KEEP YOU LOOKING FINE.

WORDS BY AIMÉE RODRIGUES



FILLERS

Fillers can be used to add volume, fill deep folds and smooth fine lines and wrinkles. Fillers can also be used to create fuller lips and pad out hollow cheeks and temples. There are a number of different fillers on the market, and each vary in longevity, composition and viscosity. Generally lasting around four to 12 months, dermal fillers can be used in conjunction with Botulinum toxin injections for a cumulative result.

BEST FOR

Filling in wrinkles, scars and lost volume, cheek and lip augmentation

ID YOU KNOW?

There's such a thing as injectable rhinoplasty. Yes, that's right, you can use fillers (either temporary or long lasting) to change certain aspects of your nose without surgery.

Non-surgical rhinoplasty is limited to external nose deformities, such as asymmetries and depressions. You can also use it to build up the bridge of your nose, make your nose rounder if it's squarish or beakish in shape, and even lift the tip of a drooping nose.



Anti-wrinkle INJECTIONS

Anti-wrinkle injections use Botulinum toxin to temporarily paralyse muscles and thereby prevent dynamic wrinkles forming. Dynamic wrinkles are caused by facial movement, for example frowning, and occur when your skin's collagen fibres break on account of regular skin creasing.

Botulinum toxin is typically used in the upper face, crow's feet, frown lines and horizontal forehead lines but can also be used to treat excessive sweating in the underarms, hands and feet.

BEST FOR

Preventing lines and wrinkles on the forehead and around the eyes, correcting slight brow droop

BEST FOR

Overall skin rejuvenation, acne and other scarring, fine lines and wrinkles, skin texture and tone

Skin

A form of collagen induction therapy, skin needling uses microneedles to penetrate the skin and cause mild injury to the dermis. This triggers the body's natural healing response and promotes the production of new collagen, naturally rejuvenating the skin from within.

Hydradermabrasion

If you're serious about starting the ant-ageing process earlier rather than later, hydradermabrasion is a godsend. HydraFacial is the most well-known type. This gentle in-clinic treatment is a step up from your standard facial and microdermabrasion. It's the nextgen in facials.

What makes this super-charged treatment stand out is its special combination of exfoliation, acid peel, extractions and antioxidant infusions (including today's holy grail, hyaluronic acid), to thoroughly cleanse, nourish and brighten the complexion. After just one treatment, your skin will feel amazingly clean, smooth and hydrated, with a refined texture and smoother, clearer complexion.

BEST FOR

All skin types, skin refresher, acne, dehydrated skin, refiner and skin smoother, introduction to anti-ageing

Fat reduction

Localised fat reduction

Body contouring devices use energy to break down pockets of fatty tissue – permanently destroying the targeted fat cells. It's no liposuction in terms of volume of fat removal, but if you're within your ideal BMI range and have some stubborn areas of fat that just won't budge, these no-surgery, nodowntime body shaping procedures are a huge leap forward for the industry.

The latest offerings in this space are Cooltech (which uses fat-freezing technology), SculpSure (using laser technology to destroy up to 24 percent of fat in the treated area) and enCurve (a more gentle, yet just as effective, way to reduce fat cells using radiofrequency energy).

Laser

Laser therapies work by targeting tissue and can be used for a number of treatments, including pigmentation, scarring, unwanted hair, spider veins, sun-damaged skin, and wrinkle reduction.

Advances in laser technology mean that laser skin resurfacing, once reserved for the treatment of severe conditions such as acne scarring due to the extensive downtime involved, has become an effective option for many people seeking reduction of lines and wrinkles and correction of pigmentation.

Most resurfacing lasers work by removing microscopic quantities and stimulating the production of new collagen in the skin. The advent of fractionated laser technology, where microscopic columns of skin are treated while surrounding skin is left intact, has made it possible to achieve better results with fewer side effects. Fractionated technology has been applied to the CO₂ laser, dramatically reducing the recovery time. Results and downtime for all laser treatments vary depending on the depth and strength of treatment.

Overall skin rejuvenation, scarring, lines and wrinkles, anti-ageing, pigmentation

Radiate beauty confidence

Using the latest technologies, our team of experts is committed to help you achieve natural-looking results in a relaxed and friendly setting.

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- Thermage non-surgical face lifting
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Secusts What's TRENDING IN 2017?

WITH COSMETIC SURGERY CONSTANTLY EVOLVING, SO TOO ARE THE TRENDS AND IDEALS. WE TAKE A LOOK AT WHAT'S ON THE CARDS FOR BREASTS IN 2017.

WORDS BY ERIN DOCHERTY

Thile the days of rock-hard Playboy Bunny boobs are falling out of fashion, our current obsession with social media and the explosion of selfies has created a new trend in itself. Not only has it called attention to personal appearance on a whole new level but it's also created a shift in what is perceived as 'normal' (just take a look at Instagram).

Although doctors are seeing a spike in non-invasive procedures, breast augmentations are still among the most common surgical operations, with a whopping 279,143 procedures performed last year alone in the US, according to the American Society of Plastic Surgery.

It appears that young women in their 20s and 30s look at cosmetic surgery a bit differently than the Baby Boomers. In the recent past, breast surgery was often performed later in life, with the goal to repair the visible signs of ageing and the effects of pregnancy and breastfeeding. Today it's a very different story. Millennials aren't shy to undergo the knife and present what they believe is the best image of themselves possible.

"There are two distinct age groups with different objectives," says Dr John Flynn from QLD. "Younger women are wanting bigger, higher breasts, while women in their late 30s and beyond are looking to simply replace what they have lost."

Compared to older generations, people under the age of 35 aren't as weirded out by the thought of using medicine to change their bodies. That said, they don't necessarily want those changes to be overly noticeable à la Pamela Anderson.





MILLENNIALS, BOOB JOBS AND SOCIAL MEDIA

Millennials know what they want. They're savvy, enthusiastic and have researched their options and what is available to them. However, just how feasible these goals are is another story.

No matter how much you don't want to admit it, the young adult years are a highly impressionable time, and the more we are swamped with celebrity images of Kim K and the likes on Instagram and Snapchat, sadly the more we want to replicate the enhanced, retouched images that are passed off as reality.

While there are 60 million images uploaded to Instagram every day, it would be interesting to see just how many are untouched. There are apps out there that can change everything: your eye colour and size, your cheekbones and, you guessed it, the size of your boobs.

Dr Flynn says, "Part of what I am noticing in the younger age group are exact ideas about what they want to achieve

THERE IS NO WAY TO TRUST WHETHER THESE SOCIAL MEDIA PHOTOS ARE REAL. REALITY IS HARD TO FIND THESE DAYS 9

SMALLER IMPLANTS AND SMALLER... NIPPLES?

With the 'wellness' movement going from strength to strength, and the rise of lean, athletic body types (every Victoria's Secret Angel), it appears over-inflated chests are officially out. Smaller nipples and implants complement this new trend of a lean, 'shredded' body.

Compared with several years ago, the average size has gone from a Double DD or E cup to a D-C cup. "The younger groups' requests are larger, however I've noticed it's coming down in size. The average size sits at about 300-400cc. What I've been seeing is a subtle change to a more moderate size," says Dr Flynn.

"A lot of women focus on this mythical value of volume, however the implant itself is more important than the projection of the implant. What shape do you want? There are so many different variations, just simply saying you want bigger sized breasts doesn't always cover it."

Along with smaller boobs, smaller nipples are dubbed to be the new trend for 2017. However, Dr Flynn is quick to say this isn't a new fad but rather a fairly common procedure for women who have undergone breast surgery.

"You would be surprised at how many people undergo a nipple reduction after a breast augmentation. Generally, every woman who has had a breast lift wants an aerola nipple reduction," says Dr Flynn.

after surgery – they are quite demanding about what they want, but it's not always feasible."

"There's no such thing as perfect breasts. It's wrong to be thinking about perfect breasts, because everyone is different and the size and shape of your breasts often reflect how your body is built. This is where social media is quite negative."

"When a woman comes in with a collection of photos, to help her explain what she wants, social media is beneficial in that sense. But there is no way to trust if these social media photos are real or if they are just unrealistic images. It definitely has a potential advantage and disadvantage in one. Reality is hard to find these days."

As cosmetic surgery becomes more and more normalised, it becomes so important to remember that breast surgery is major surgery. Despite the growing popularity of the procedure, if you're interested in breast surgery it's essential to educate yourself of the risks and limitations involved and whether it is indeed right for you. **CBM**

FOR MORE INFO

Dr John Flynn, Cosmedic & Skin Clinic Ph 1300 88 13 88 www.cosmedic.com.au

WWW.COSBEAUTY.COM.AU



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(Cosbeauty











Perfect match

DO YOU KNOW THE COLOURS THAT LOOK BEST ON YOU? WHETHER WARM OR COOL, HERE ARE THE SHADES TO GIVE YOU A HELPING HAND IN THE BEAUTY STAKES.

WORDS BY AIMÉE RODRIGUES

Tearing the correct colours can make or break your makeup. The right ones will flatter and energise your appearance; the wrong ones can make you look more sallow than sexy.

There's no magic or professional consultancy needed to make the right choices – all you need to know is what skin tone you have and then how to present it in the most flattering light.

When it comes to choosing new makeup, matching shades to suit your skin tone can be tricky business. Broadly speaking, cool-toned people have pink, red or bluish undertones and warm-toned people have yellow, peachy or golden undertones. If you're unsure which one you are, there are some steps you can take to find out...

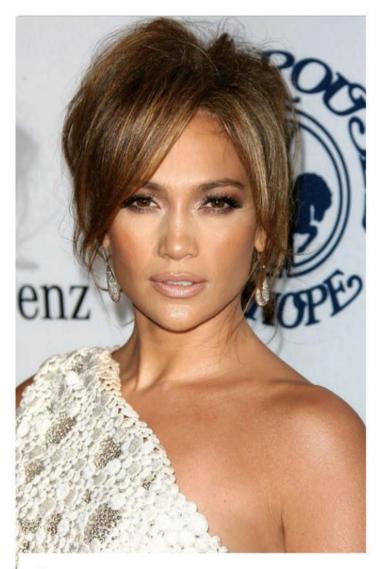
Warm or cool? TAKE THE TEST!

Check your veins! The veins on the inside of your wrist are typically the giveaway to what skin tone you are. If they look blue or purple, you're more likely to have cool undertones. If the veins look green, you have warm-toned skin. Neutral tones will be somewhere in the middle.

Silver or gold? Which jewellery looks best on you. Silver tends to work well for cool skin while gold makes warm skin glow. Neutral tones can rock either (lucky things!).

Sun habits Cool tones tend to burn more easily in the sun. Either they will only burn, or burn and then eventually go tan. Warm-tones, however, bronze up without burning.

White out Hold a white piece of paper to your face in front of a mirror. If your skin looks yellowish, greenish or light brown, then you likely have a warm skin tone. If your skin looks pink, rosy or blue, then you have a cool skin tone. If your skin looks grey or ashen, you are a neutral skin tone.



໒ Warm-toned girls look best in yellows, oranges, browns, yellow-greens, ivory and warm reds 9



Cool-toned girls look best in blues, greens, pinks, purples, blue-greens, magentas, and true "blue-based" reds **9**



Hot HEADS

Those with warm colouring often share certain traits of hair, eye colour and skin tone combinations. Coppery-brown, chestnut, charcoal brown, dark golden blonde, red, light or dark auburn hair; brown, hazel, light green or light blue (perhaps with yellow flecks) eyes; a yellow-beige, golden-brown, peach or ivory complexion, perhaps with freckles and a tan.

$F_{ m eature}$

Choosing makeup TO MATCI YOUR SKIN TONE

If you have warm undertones, opt for hues with a yellow undertone, including brown, tan, green, teal, gold, burnt-orange and warm red. If you suit cooler colours, stock up on pinks, purples, lilacs, grey, burgundy, blacks and blues. When it comes to metallics, warmcoloured folk generally suit golds and cooler tones suit silver.

A good combination for warm skins is foundation with a yellow base and cheeks/lips in bronze, coral or peach. Cool skin benefits from a pink-based foundation and cheeks/lips look best in pinks, plums and cool reds.



Cool tone: You look best with foundations that have a hint of pink. Cool foundation shades are often labelled porcelain, rose and sable.

Warm tone: Yellow-based (subtle, of course) foundations work best as they blend into the undertones of your skin, making the final result look flawless. Warm foundation shades are often labelled beige, golden and tan.

Neutral tone: Choose neutral-toned foundation but if you have an olive complexion you may want to look for bases with a hint of gold to warm up their skin and counter any greenish undertone. Neutral foundation shades are often labelled ivory, buff, nude and linen.

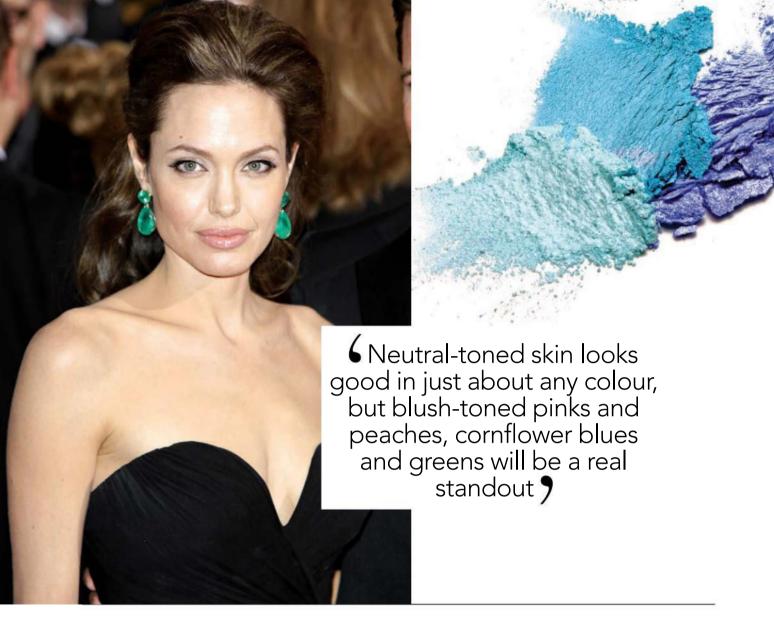


LIPS

Cool tone: Lipsticks with blue undertones generally suit you better. Light pinks, red lipstick with a blue base and classic beiges should be your go-to colour. A bonus of wearing blue-based reds is that they make teeth appear instantly whiter.

Warm tone: Warmer shades of lipstick with yellow and orange undertones are better suited for warm skin tones. Caramel, cappuccino, orange-based reds and browns with hints of gold and bronze will flatter your complexion.

Neutral tone: Feel free to wear a lip of any colour depending on your mood, clothing or time of year – all colours will look good on you.



EYES

Blue eyes: Earthy colours like golden brown, bronze, gold and apricot really enhance blue eyes.

Green eyes: Purple, mauve, plum and pink all tend to make green eyes pop. Just be careful not to overdo it.

Brown eyes: Deep shades generally highlight darker eyes. Opt for navy blue, brown, deep plum and dark greys.

Hazel eyes: You lucky ones get to choose almost any colour you like. All shades help to bring out various colour flecks in your pupils. Experiment and see which colours you like best.

Seasonal delights

When you're thinking about which tones work, picture the seasons. Warm colours are those with a yellow undertone. Think of all the brilliant earthy hues of autumn leaves – from gold to khaki and burnt reds or oranges. Think yellow and golden.

Cool colours are those that have a blue undertone similar to the crisp and stark winter's day with pure white, crimson sky, icy grey, blue, pink, fuchsia, purple, burgundy, slate-grey and black. Think reds and blues.

Neutral colours are a mix of the above. Think olive complexions.

Beauty

HAWES!



Te all know makeup is a girl's best friend for highlighting our best features and detracting from all manner of skin sins – from breakouts to late nights. But these days we expect our beauty with a side serve of benefits: makeup that's actually good for our skin.

A good foundation is arguably the most crucial product in your makeup bag. Today's foundation formulas are smooth as silk, helping to even out skin tone, add radiance and hydration and, in some cases, UV protection. Think less "cover-up" and more "skincare".

In fact, many foundations are now formulated with the same anti-ageing ingredients that you find in moisturisers. Try a foundation enriched with vitamins and antioxidants to help nurture and protect skin from damaging free radicals.

When it comes to application, the most important thing to remember is you want your skin to look like skin. It should look clean and fresh, not like you're wearing lots of product. If your foundation changes the colour of your face, it's not the right shade. Let. It. Go.

For the most natural look, choose a yellow-toned foundation that's the same colour as your skin. To test, swatch foundation along your jaw line and also on your forehead and check your reflection in natural light. Avoid pinky-beige toned foundation, which can age you and make you look like you're wearing a mask.

FOUNDATION OFFERS MORE THAN COVERAGE. WITH ADDED SKIN HEALTH BENEFITS, YOU'LL BE MORE THAN JUST A PRETTY FACE.

WORDS BY AIMÉE RODRIGUES

#1 Lycogel Breathable Tint SPF30, \$125. This skin-loving second skin is suitable for use on even the most sensitive, compromised skin. A lightweight sheer foundation that truly makes your skin better.

#2 Napoleon Perdis China Doll Foundation, \$69. Long-wearing luxe liquid formula that combines the benefits of a self-setting foundation and powder in one. It contains Vitamins A, C and E, which provides essential antioxidant, anti-ageing protection.

#3 asap Pure Mineral Makeup, \$45. Includes SPF15 UVA/UVB sun protection with Chromabright for skin brightening and hyaluronic acid microspheres for instant anti-wrinkle results.

Beauty Peauty

BASES LOADED

Foundations and concealers have found a new life as formulations that contain clinical skincare ingredients. They now go beyond the single added benefit of containing an SPF to fuse treatment technology within each cosmetic product, such as formulations to improve dark circles and puffiness, while incorporating ingredients to improve the skin's appearance over time. Some foundations promote collagen production and help fight signs of ageing, while others are enriched with vitamins and antioxidants to repair, protect and perfect skin.

AGE RELATED

The past decade has seen a blooming market for anti-ageing cosmetics, appealing to our desire to stay as youthful looking as possible for our age. Products include any number of active ingredients, including retinol, peptides and other anti-ageing ingredients that stimulate collagen production. Anti-wrinkle and anti-ageing makeup products have been shown to improve skin's elasticity and reduce some signs of ageing.

SUN PROTECTION

In response to concerns over the harmful effects of the sun's UV rays, cosmetics manufacturers have long been including 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. Of course, we should still apply a traditional sunscreen product in addition for maximum protection.

AU NATUREL

Gentle makeup offers fragrance-free products and hypoallergenic products for sensitive souls. Such formulations avoid harmful chemicals and preservatives and may include organic ingredients. The theory behind natural makeup is that since it's created from natural ingredients, such as plants, the resulting product will be much more gentle on the skin.



Beauty

OIL-FREE, MATTE-FINISH LIQUID FOUNDATIONS

This type of foundation is great for acne and breakout-prone skin and oily skin in general. Look out for lightweight texture, easily blendable formulations and with a buildable coverage. If you find you're looking more flat than matte, try an oil-free primer under the foundation to add some sheen.

LONG-WEARING, **MATTE-FINISH LIQUID**

These offer excellent long-lasting coverage but be warned: you need to work fast as most set in place super-fast. Great for oily skin and those of us who live in humid climes. Another word to the wise: while these liquid foundations will give a "just

applied" all-day finish, they will also exacerbate any dryness so ensure you use a lightweight serum or moisturiser to properly prep your canvas.

ANTI-AGEING/ MOISTURISING LIQUID **FOUNDATIONS**

A hydrating foundation is key to looking youthful because it addresses fine lines, sagging skin and uneven skin tone all at the same time. Try a creamy formula with a satin or satin-matte finish because it will glide over, rather than settle into facial lines. And stay away from a heavy foundation; it will simply accumulate in your lines and make them more noticeable. Ideal for normal to dry skin.

FOUNDATIONS

For some added luminescence at night, try mixing your foundation with a primer

SHEER FOUNDATIONS/ TINTED MOISTURISERS

If you're blessed with clear skin and don't need significant coverage, sheer foundation should be your go-to foundation. These add a touch of colour to even skin tone, moisturiser for a smooth sheen and most are also equipped with the number-one antiageing ingredient: sunscreen.

#6 Bobbi Brown Intensive Skin Serum Foundation SPF 25, \$89. Luxe foundation blending the benefits of skincare and makeup. The pigments float over the

#4 Colorescience Sunforgettable Tint

blends colour and sun care in one!

complexion even in dry conditions.

The emollient yet lightweight hybrid

Du Soleil SPF 30, \$72.70. Mineral-based

#5 Bobbi Brown Skin Nourishing Glow

Foundation, \$90. A cream foundation that

helps skin maintain a moisturised, radiant

foundation provides nourishing moisture

multi-tasking lightweight foundation that

silky feel and natural look.

and luminous coverage.

#7 M.A.C Studio Fix Fluid SPF 15, \$49. Medium buildable coverage and a natural matte finish. The longlasting, oil-free formula includes SPF 15 for everyday sun protection.

#8 Napoleon Perdis

Foundation Stick, \$69. With blendable coverage, the formula contains aloe extract and Vitamin C as well as SPF 15. It also doubles as a concealer.





These are a hybrid of pressedpowder and a creamy liquid foundation. They are creamy on first application but once blended leave a slightly matte, powdery finish. Coverage is buildable, from sheer to full and is best for normal to slightly oily or slightly dry skin. Great for touch-ups on the run and minimal fuss.

STICK FOUNDATIONS

There aren't many stick foundations out there, probably because of their reputation as being too thick and waxy in texture and not the best for acneic skin. But I think this is a shame as the good ones in this category offer a silky smooth and soft matte finish while giving supreme coverage. Not to mention the fact it can double up as a concealer and is amazingly portable. Best for normal skin.

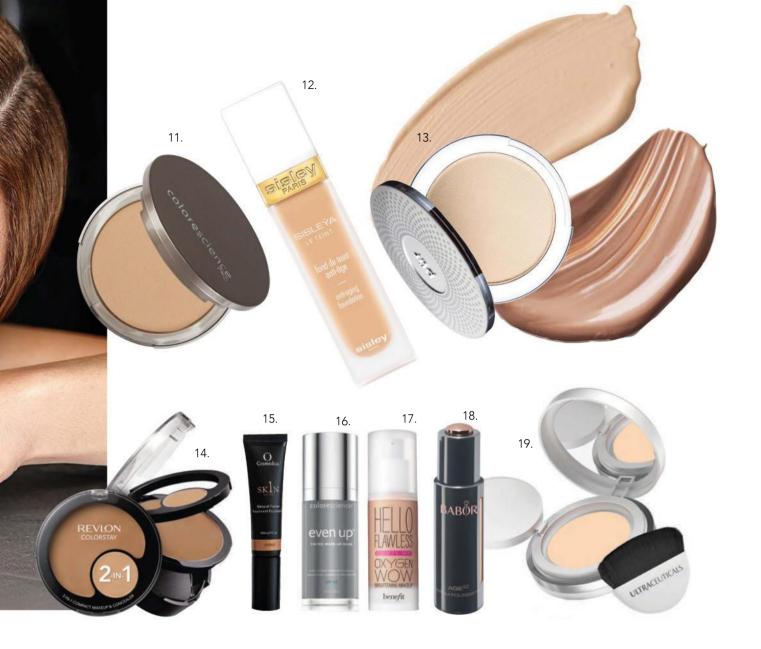




#9 Hamilton Everyday Face SPF 50+, \$12.95. Sheer tint for an invisible matt finish with UVA/UVB broad spectrum protection. Helps protect against premature ageing and sun damage.

#10 Physicians Formula Super CC Color-Correction + Care CC Cream, \$25.95. Colour, correction and care effortlessly blend to camouflage imperfections in this cream makeup formula.

#11 Colorescience Pressed Mineral Foundation, \$69.50. Provides light to full coverage with a weightless, non-drying feeling on the skin. It gives the appearance of perfection without the thick look of traditional pressed powder.



#12 Sisley Paris Sisleÿa Le Teint Anti-Ageing Foundation, \$190. A heaven-sent foundation that offers visible anti-ageing benefits as well as comfort. Persian acacia extract and red vine extract work to energise, tone and boost skin radiance, while 40 anti-ageing active ingredients protect skin from external damage.

#13 PÜR Cosmetics 4-in-1 Pressed Mineral Foundation, \$49. PUR's #1 selling pressed mineral foundation combines the finest skincare ingredients with a concealer, foundation, powder and SPF 15 all-in-one!

#14 Revion ColorStay 2-in-1 Compact Makeup and Concealer, \$34.95. The foundation offers a smooth all-day coverage, while the concealer camouflage imperfections. It's also sweat-resistant for freshlooking makeup that lasts all day.

#15 O Cosmedics Sk1n Treatment Foundation, \$59. This high-performing natural foundation is designed to hydrate and protect the skin with a velvety finish.

#16 Colorescience EvenUp, \$158.40. Mineral SPF 50 makeup base containing LUMIRA Skin Brightening Complex, a clinically tested complex that addresses the appearance of skin discolouration. **#17 Benefit** Hello Flawless Oxygen Wow! Foundation, \$62. This buildable, oil-free SPF 25 liquid foundation creates a totally natural look while providing hydration and customised coverage.

#18 BABOR Age ID Serum Foundation, \$130. A delicate yet powerful serum-like foundation that can be layered to create the desired coverage effect.

#19 Ultraceuticals Ultra CC Powder Pure Mineral Foundation, \$69. With its anti-ageing formula, this mineral powder visibly brightens, smooths and evens out the complexion.



Enhancement

old brows and makeup applied to perfection have taken centre stage in fashion consciousness. To rock the flawless look (no effort required), look no further than cosmetic tattooing. It allows you to wake up made up, without spending any time slaving away over your makeup. You can sleep, swim, shower and play sports and still look fabulous.

We chat with expert cosmetic tattooist and trainer Rita Porreca, owner and founder of the Sydney Permanent Makeup Centre in Five Dock.

IS A COSMETIC TATTOO LIKE A **REGULAR TATTOO?**

Yes and no. It's basically the same procedure but with different results. The difference is the depth of the needle inserted into your skin, plus the colours used in cosmetic tattooing are semi-permanent.

HOW IS IT PERFORMED?

All procedures are drawn on first with a pencil to the desired shape. Once the area to be tattooed is prepared, it is cleaned with antiseptic, and a topical anaesthetic is applied. A needle is then used to shallowly insert the pigment under your skin. Needles are disposed of after each use and all equipment is fully sterilised by an autoclave.

WHAT ARE THE PIGMENTS USED?

The pigments used contains oxide, alcohol, distilled water and glycerine. They are non-toxic, non-reactive and specially manufactured to be used on human skin. They do not contain iron and do not discolour the surrounding skin.

There is a large range of pigment colours to choose from; all pigments are non-irritating which is great if you are allergic to regular makeup.

The pigments fade over time, which is perfect for cosmetic tattooing – what you like today you may not like in years to come!

WHAT DOES IT LOOK LIKE ON THE SKIN?

It looks as if you applied a pencil; a little softer and more muted. The colour immediately after the treatment will be stronger, but you will lose approximately 20 to 40 percent of intense colour during the healing process within four to 14 days.

HOW LONG WILL A COSMETIC TATTOO LAST?

Depending on your skin tone and the area you are tattooing, anywhere from two to four years. You can have refresh touch-ups in between to keep it looking beautiful.

WHAT AREAS CAN I TATTOO?

Eyebrows There can be gaps in your eyebrow, sometimes due to scarring, and sometimes a more defined, thicker or darker evebrow is preferred. This procedure is also good if you've overplucked your eyebrows or if you suffer from alopecia. Colour is tattooed to your desired shape, framing your eyes with a more defined shape.

Eyeliner Eyeliner tattoo can give you a permanent made-up look. The whites of your eyes look whiter and brighter, and no more running or non-existent eyeliner halfway through the day. You can sleep, swim, exercise and still look well-groomed and glam any time of the day. Eyeliner will be designed to your eye shape. You can also choose to have an eyeshadow "smudge" to create a smoky effect at the outer corners of the eyes.

Lips Lip tattooing enhances the shape of your mouth and looks great with or without gloss or lipstick. If you have no definite lip shape, pale lips, sun-damaged lips, uneven lips or lips that have lost shape as a result of cold sores or injury, you can use this procedure to give them a definite lip shape or simply to emphasise or enlarge the look of your mouth.

There's a wide range of colours to choose from, ranging from lightest to darkest shades. The end result is like a lip tint – but one that won't wipe or kiss off.

Medical tattooing Cosmetic tattooing is not only carried out on the face; it is also used to camouflage burns and scars, as well as recreate the appearance of an areola (as part of a breast reconstruction after mastectomy). CBM



IMMEDIATELY AFTER FULL LIP TATTOOING



3 WEEKS AFTER FULL LIP COSMETIC TATTOOING



BEFORE EYELINER TATTOOING



AFTER EYELINER TATTOOING



BEFORE EYEBROW TATTOOING



AFTER EYEBROW TATTOOING

WHERE TO GET IT

Sydney Permanent Makeup Centre Ph 02 9569 7799 www.spmuc.com.au

EVESON...

EXPERT ADVICE FOR BRIGHT AND BEAUTIFUL EYES. WORDS BY TERRI VINSON BSC. DIPFORMCHEM.DIPED, FOUNDER AND FORMULATOR OF SYNERGIE SKIN.

The eyes truly are the focal point of the face but the ravages of time, environment and lifestyle directly impact the appearance of the delicate eye area. The skin around the eyes is markedly different. It is 10 times thinner than other areas of the face and is further thinned as we age due to loss of collagen, elastin and hyaluronic acid. Periorbital skin also contains fewer oil glands so moisturisation and adequate hydration is essential.

COMMON SKIN CONDITIONS AROUND THE EYES

MILIA

Milia commonly form around the eye area due to the skin protein keratin becoming trapped under the skin. It appears as tiny hard white raised cysts. Avoid comedogenic oils around the eye areas as this prevents the natural exfoliation process and causes the congestion under the skin. Using an eye serum rather than a heavy eye cream under makeup will help to avoid milia. This condition may also be addressed by using retinol

and gentle exfoliants to help slough away the surface skin more effectively. Stubborn milia will need clinical removal such as needle excision.

DARK CIRCLES AND PUFFINESS

Dark circles can be a genetic condition which is difficult to treat. However, it may also develop from illness, ageing or lack of sleep. The target for this condition is the blood vessels surrounding the eyes. Dilated capillaries, dermal thinning (resulting from ageing and even overuse of hydrocortisone creams) and nasal congestion can cause dark circles to be more pronounced.

Dark circles can be alleviated by strengthening the walls of the blood vessels with retinol (Vitamin A), L-ascorbic acid (Vitamin C) and a novel new peptide ingredient called Acetyl tetrapeptide-1 (aka Eyeseryl). This ingredient simultaneously reduces the appearance of dark circles and eye bags by inhibiting loss of elasticity and cross linking of collagen. Acetyl tetrapeptide-1 also helps to prevent fluid accumulation by inhibiting 'leaky' blood vessels which empties dark haemoglobin close to the eye's surface skin.

FINE LINES & WRINKLES

There are a number of ingredients and treatments to address fine lines and crow's feet. Retinol and Niacinamide (Vitamin B3), are excellent for collagen stimulation and increasing natural hydration levels to reduce the appearance of eye wrinkles. Another new peptide combination, Tripeptide-10 and tripeptide-1 (aka Trylagen) has recently been scientifically engineered to stimulate collagen production on multiple levels. This ingredient also increases dermal skin thickness which also aids in the reduction of dark circles.

EYE EXPRESSION LINES AND CROW'S FEET

These are wrinkles that form from facial expressions such as smiling or frowning. Acetyl octopeptide-3 (aka Snap-8) is yet another peptide which relaxes facial muscles to reduce lines of movement around the eyes such as crow's feet. It is also a great partner ingredient to anti-wrinkle eye injections as it may help to optimise the results of these treatments.



MY TOP 4 TIPS TO MAKE YOUR EYES LOOK BRIGHTER AND MORE YOUTHFUL:

1

ROLL IN YOUR ACTIVE SERUMS TO MAXIMISE RESULTS

The daily use of a home skin roller with shallow needles will dramatically improve the penetration of your products, particularly active serums. Athome rollers are very comfortable to use and can be taken right up to the orbital bone.

Beware to ensure your homecare topicals are of the highest quality with no harmful additives as the home roller will drive any ingredient in more efficiently!

2

NON-SURGICAL EYE TREATMENTS

Clinical skin needling, fractional laser, medium depth peels and anti-wrinkle injections offer the best non-surgical rejuvenation options to reducing lines around the eyes.

Injectable treatments last around two months for dynamic lines and crow's feet and over a year for correcting eye bags and adding volume under the eyes.

A series of at least eight treatments of clinical skin needling will significantly improve the appearance of 'crêpey' fine lines and skin texture around the eyes. The results will continue to improve over the next 12 months as new collagen is produced. Fractional laser and medium to deep peels will also improve the quality of skin around the eyes.

3

LUSH LASHES

Lush lashes can do wonders to enhance our eyes. Lash extensions are very popular right now but can severely damage your natural lashes. Some glues can also cause long-term eve irritation (this actually happened to me!). My advice is use to lash extensions for the short term only and visit a lash extension specialist. Strip lashes are my favourite special occasion accessory. Being a daily and reusable product, they will not adversely affect the health of your natural lashes. Opt for 'remy hair' natural lashes with a flexible base that curves easily with your natural lid contours. Application takes practice but once you have mastered it, you'll be hooked!

Eyelash growth promoters, both synthetic and botanical are trending right now. Be guided by your skin therapist for the best growth promoter as the right product can improve the appearance of your natural lashes in just a few weeks.

Mascaras come in numerous formulas and brush types promising volume and or length. Don't be fooled by most of the mascara commercials though. Your lashes will probably not increase in volume by 200%. Artificial pigments in mascara can also have a negative impact on the health of the lash follicle with prolonged use. Aim to invest in products with a safe ingredient profile with mineral pigments rather than FD&C dyes. Waterproof mascaras are safe as the only difference is usually a higher wax content versus higher water based formulas. The only negative is that waterproof mascaras are very difficult to remove and excess rubbing may result in eye irritation.

1

DIET & LIFESTYLE

Your skin is a product of both external and internal influences. Here are some simple tips to follow to optimise the appearance of the skin around your eyes:

- Avoid squinting and UV damage by wearing sunglasses
- Reduce your salt intake as this contributes to excess fluid retention and puffiness
- Take adequate Vitamin C and iron oral supplements to help reduce dark circles
- Adopt a low sugar regimen to avoid collagen crosslinking AGEs
- Consume seeds, nuts and fish rich in essential fatty acids. The skin loves EFAs.
- Stay hydrated! Drink more water and include green tea as part of your liquid consumption
- Get at least seven hours sleep each night
- Keep alcohol intake low as it leads to skin dehydration

Ultimately, the aim is to be the very best version of you at any age. Always remember that the skin around the eyes is highly sensitive and requires products specifically designed for the eyes that avoid high levels of artificial fragrance, SLS and alcohol. With the right products, treatments, lifestyle and advice, it is possible to have eyes that transform your face and literally light up the room. **CBM**

Skin



dermatologist speaks out on skin secrets

PROBLEM SKIN? STEP AWAY FROM THE SCRUBS AND ROTATING CLEANSING BRUSHES

espite what it may look like on Instagram, mega-model Kendell Jenner doesn't always wake up looking flawless, and she's always been honest about her struggles with acne.

She battled it out through her teenage years, leading to plentiful insecurities, even confessing it left her feeling like "an outcast" – that is until she met dermatologist Dr Christie Kidd.

After adhering to a savvy skincare routine and laser therapy treatments, Kendell is sporting a cleared complexion and recently spoke out about how hard she works to keep her skin clear. In a video on Kendell's website/app she shared some insider intel from her derm, including the most common mistakes we make when washing our faces.

SO, WHERE ARE WE GOING WRONG?

For starters, if you suffer from acne Dr Kidd says less is definitely more and it's as much about what you don't do as what you do. When an unexpected pimple appears on our faces, many of us tend to scrub at it aggressively in hopes of making it disappear (guilty!). Dr Kidd advises that this actually aggravates spots and increases inflammation, so a much more gentle approach to cleansing is best.

"I never want you washing your face with anything abrasive," Dr Kidd says in the video on Kendell's website. "Not a scrub, not a rotating brush, not a washcloth. You want to treat it very delicately and just wash your face really well with your hands."

"Using anything abrasive on acne can increase inflammation of the zit, actually making it worse." Washcloths can also be too intense and potentially spread bacteria.

Dr Kidd says we are often using far too many products, which can make our skin worse. It's important to keep your beauty regimen simple so your skin can be clear and glowing.

In a nutshell, stop being so harsh on your acne, because you're actually making it worse. Be extra kind to your skin and stick to a few staple products – remember, less is more.

See? You're looking like a supermodel already. **CBM**





ACCORDING TO AMERICA'S FAVOURITE REALITY PLASTIC SURGEON DR PAUL NASSIF, THERE'S A WAY TO CREATE BIGGER LOOKING EYES WITHOUT SURGERY.

WORDS BY ERIN DOCHERTY

Tarring in reality TV shows such as Dr 90210, The Real Housewives of Beverly Hills and currently in Botched, Dr Paul Nassif is a worldrenowned plastic surgeon who has helped celebs and everyday people alike correct some of the craziest plastic surgery mishaps.

"Appearing on Botched has exposed me to some of the most complex procedures in the world. Helping these patients and giving them the ability to regain confidence has been an incredible part of the show and major career highlight for me," says Dr Nassif.

As a doctor in the public eye, only select products will actually make it through his practice doors. Lids By Design is one of these products.

Heard of them? Lids By Design are super-effective temporary correcting strips placed on the eyelid to instantly create the look of an eyelift, making you look younger, fresher and happier.

"My experience with Lids By Design so far has been great. My patients have reacted very positively, as the provided effect is one that cannot be duplicated through other [non-surgical] means," he says.

${\it E}$ nhancement

How do they work?

As we age, the skin around our eyes loses its elasticity, causing the eyelids to droop and sag. This is where Lids By Design comes in.

Made of medical-grade quality tape and designed for both men and women, Lids By Design is applied to the eyelid, hiding the excess skin in the natural fold of the lid.

Lids By Design is a safe, noninvasive solution, helping to temporarily conceal issues such as sagging skin, asymmetrical eyes, and heavy lids that can disturb your vision.

For those who are on the fence about deciding whether or not to go under the knife, it's also a clever way to "try on" the look of a surgical eyelift procedure.

"I like how it gives my patients a sneak preview of how they may look following a procedure. It basically provides patients with a real-life surgery simulator, as opposed to a morphing tool on a screen," says Dr Nassif.

"This is one of the best features of the product; once my patient sees how refreshed they look with a lift, they may desire a permanent solution."

Lids By Design is completely customisable to your eyelid shape and needs and comes in a variety of different sizes to achieve the desired results.

"The typical patient is a male or female who shows either early signs of excess skin over the eyelid or an issue that has existed for years. The most popular size has been 'moderate', as it gives just enough of a lift," he says.

Lids By Design is comfortable, breathable and virtually invisible and can be worn either alone or under makeup.

Designed for one-time use, the strips are quick and easy to apply once you get the hang of it. Simply apply a strip to your eyelid each morning before your regular skincare and makeup regimen and dispose of them before you go to bed.

Gaining a loyal following in the US and now in Australia, Lids By Design is a simple yet ingenious beauty solution to lift the eyelids and transform your appearance.

"I would recommend Lids By Design to anyone for a quick lift if they want a refreshed look for a major event or on any given day. I would also recommend them if they want to get an idea of how they may appear following a blepharoplasty or brow lift," Dr Nassif concludes. CBM



WHERE TO GET IT

Lids By Design is distributed in Australia by Bella Aesthetics. Visit www.bellaaesthetics.com.au to purchase online or call 02 9398 2755. RRP \$69.95 for 80 strips (40 days' wear).



BEFORE



AFTER immediate application of Lids By Design



BEFORE



AFTER immediate application of Lids By Design

Into the

ENTER THE FOREST FLOOR AND TAKE A DEEP BREATH. HERE'S HOW TO WEAR 'GREENERY', THE PANTONE COLOUR OF THE YEAR.



Napoleon Perdis

Colour Disc in Electric Forest, \$29



Napoleon Perdis

Auto Pilot Calming Skin Primer, \$39



Happy Lips Melon, \$3.95



Glitter in Emerald, \$29



The Nail Lab

Exfoliate Cuticle Peel, \$15



Extra Dimension Eye Shadow in Silver Sun, \$40



Herbal Essences

Drama Clean Shampoo and Conditioner (not pictured), \$5.49 each



Dry Shampoo, \$14.95

SUKIN

Super Greens Facial Recovery Serum, \$17.95



of desired the tracking











HOW TO GET CLEARER, BRIGHTER, SMOOTHER SKIN WITH

PICO GENESIS

NIGGLING IMPERFECTIONS? STUBBORN
PIGMENTATION? ENJOY CLEAR, SMOOTH SKIN WITH
THIS GROUNDBREAKING TREATMENT.
WORDS BY ERIN DOCHERTY

ICO Genesis is a laser treatment specifically designed to target skin concerns such as pigmentation, uneven skin tone and age spots.

PICO Genesis non-invasively uses new technology to help eliminate pigmented lesions (melasma, hyperpigmentation and sun spots are the most common) while brightening and smoothing out the complexion. With no downtime in most cases, minimal discomfort and suitable for all skin types, the treatment offers many sufferers renewed hope in the fight against pigmentation and premature ageing.

PICO Genesis is made possible by Cutera's "Enlighten" device the first multi-wavelength (1064nm and 532nm) and picosecondplus-nanosecond multi-application laser platform.

Let's find out a little more about the procedure, what's involved and the kind of results that can be achieved...

WHAT CAN IT TREAT?

PICO Genesis can treat a variety of niggling skin conditions, including melasma, sunspots, pigmentation and other skin discolourations that are a result of genetics, pregnancy, the ageing process, acne and more. It can be used on the face, décolletage, hands and other areas of the body.

Not only does it offer overall collagen stimulation but it also improves skin texture and tone.

HOW DOES IT WORK?

PICO Genesis is one of a kind in that it uses energy and wavelengths that no other laser has used, in order to focus on problem areas – whether it is dark spots, sun damage, pigmentation or acne scars.

It uses two highly effective laser

wavelengths in ultra short pulses to shatter the pigment without causing damage to the surrounding tissue. The result is a brighter, radiant and more even complexion in just two treatments.

WHAT'S INVOLVED?

During the 30 minute treatment, the device is placed on the target area and is gently swept over the skin's surface, delivering energy.

The practitioner will usually apply a numbing cream to the target area, so you will experience minimal discomfort during the procedure. It is well tolerated and many people describe the feeling as a rubber band snapping against the skin.

It is normal to experience some temporary redness, swelling or flaking in more aggressive cases, but there is generally little to no downtime after this treatment.

While dermal melasma may take slightly longer, results can be seen in as little as one to two treatments. Ongoing maintenance treatments are encouraged to sustain results over time.

INTERESTED IN A TREATMENT?

If you have ever had stubborn melasma, hyper-pigmentation or uneven skin tone, PICO Genesis offers a new solution. With no downtime, this is an effective and proven treatment to give you effective results without interrupting your daily activities. **CBM**

WHERE TO GET IT

To find a practitioner in your area, head to www.cutera.com/patients or www.picogenesis.com









AFTER one PICO Genesis treatment



AFTER one PICO Genesis treatment



Picosecond + Nanosecond + Dual Wavelengths = The High-powered Choice



Introducing enlighten™ — the world's first — and only — dual wavelength (1064nm + 532 nm) and dual pulse duration (750 ps + 2 ns) laser system fearuring class-leading treatment parametresand customisation.

Now available for tattee removal and the treatment of beginning pigmented lesions.

GO Where it Counts Ou

enlighten has the power to take you where you want to go: up to 3X greater energy with 1064 nm (600 mJ) and up to 1.5X greater energy with 532 nm (300 mJ)*.



Deep!

High pulse energy + large spot sizes



Fast!

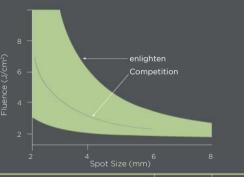
2 minute start-up and real-time calibration



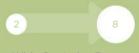
Revondi

Broad and precise fluence control at all spot-sizes

Our Independent Spot-size and Fluence Adjustment



*Compared to competitive systems



Adjust spot-size on-the-fly from 2 - 8 mm



Fast Start-up Time
System 'ready' in 2 minutes

88:88

Zero Wait-time

Real-time calibration allows instantly selectable parameters

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(Cosbeauty











m sunburnt!

SO YOU'VE SLIPPED UP AND ARE NOW WELL AND TRULY SUNBURNED. NOW WHAT? WE BRING YOU OUR CLEVER HACKS TO SOOTHE ITCHINESS AND PREVENT THE DREADED PEELING PROCESS. WORDS BY ERIN DOCHERTY

e all know the dangers of excessive sun exposure, but nobody's perfect and sunburn can happen. You might have lost track of time, or nodded off, and now you can tell you're going to be lobster red and sore.

What do you do? The damage has (regretfully) been done long term, and it can take several hours for it to manifest itself on your skin's surface. So at the first sign, get out of the sun and follow our hacks to treat sunburn, fast.

STOP THE PAIN

The first couple of days are tender and sore, but there are ways to minimise the pain you are feeling. Frequent cool baths or showers will help relieve the pain. As soon as you get out of the bathtub or shower, gently pat yourself dry, but leave a little water on your skin. Then, apply moisturiser to help trap the water in your skin. This can help stop the dryness.

Skin



MOISTURISE, MOISTURISE, **MOISTURISE**

When skin is damp, use a moisturising lotion that contains aloe vera or soy to help soothe sunburned skin (steer clear of petroleum or oil-based products, which may trap heat and make the burn worse). Repeat to keep burnt or peeling skin moist over the next few days.

When skin is peeling, resist the temptation and don't pick at it! Allow the dead skin to detach on its own. Apply antiseptic cream to the newly revealed skin to reduce the risk of infection.



DECREASE INFLAMMATION

At the first sign of sunburn, taking aspirin or ibuprofen can help reduce any swelling, redness and discomfort. If a particular area feels especially uncomfortable, you may want to apply a one percent hydrocortisone cream that you can buy without a prescription.



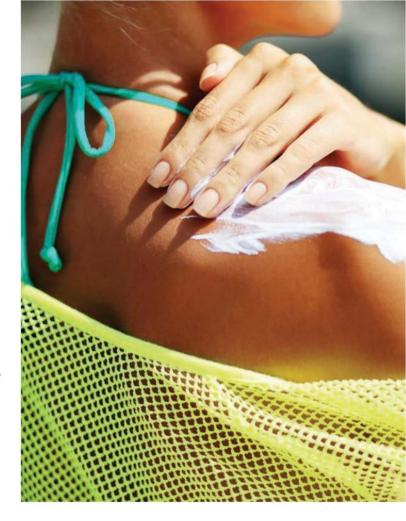
DRINK *ALL* THE WATER

Replenish those fluids and drink lots of water. Sunburn draws fluid to the skin's surface and away from the rest of the body, so drinking extra water when you are sunburned helps prevent dehydration.



WHEN IT DOESN'T **LOOK RIGHT**

Seek medical help if you have severe blisters over a large portion of your body. If your skin blisters, allow the blisters to heal. Blistering skin means you have a second-degree sunburn. You should not pop the blisters, as blisters form to help your skin heal and protect you from infection.





PROTECT THE SKIN WHILE **IT HEALS**

Once you're sunburned, it's a good idea to stay clear of the sun for a bit. If vou have to be in out in the sun, use a combination of sun protection methods to protect your skin, including wearing clothing that covers your skin. Tightly woven fabrics work best - when you hold the fabric up to a bright light, you shouldn't see any light coming through.



LEARN FROM THE BURN

The bad news? Once you've burnt your beautiful skin, the damage is permanent. However freaking out isn't going to help. The best thing is to avoid further damage and check your skin for anything that seems out of the ordinary.

Don't beat yourself up about it, just be smart now that the damage is done and commit to protecting yourself every day, all year long. CBM

Skinstitut Laser Aid, \$45. A healing treatment lotion designed to soothe and comfort hot reactive skin following overexposure to the sun, as well as dermal procedures. This cooling gel-based moisturising aid helps to accelerate the healing process while alleviating discomfort.



asak



Aspect Red-Less 21, Antioxidant Calming Serum, \$99. Skin on the verge of a nervous breakdown? Hot, red, sensitive, tight and dry, lumpy and bumpy? Help has finally arrived with this skin relaxation therapy in a bottle.

Sisley Paris Sunleÿa Age Minimizing
After Sun Care, \$265. Repairs
and soothes skin stressed by sun
exposure and helps prevent the
external signs of skin ageing. The
formula instantly soothes, refreshes
and hydrates the skin. Skin becomes
smoother and more radiant.



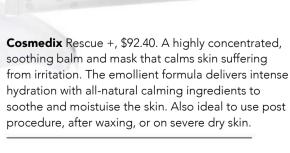
Jurlique

asap Soothing Gel with Aloe Vera (next-gen formula), \$49. This soothing gel, with its combination of Aloe Vera, sage and white tea, calms and hydrates ravaged and inflamed skin, while Tasmanian pepper berry helps protect from oxidative damage.

Ultraceuticals, SunActive Face & Body Recovery Cream, \$49. Fast-acting and non-greasy, this after-sun cream works to visibly reduce irritation induced by sun exposure, providing comfort and hydration. Antioxidants help protect the skin from solar-induced free radical damage.



Jurlique Sun Specialist After Sun Replenishing Moisturising Lotion, \$45. A moisturising lotion that rapidly absorbs to help relieve the effects of dry, chapped or itchy skin.



THE POST-SUMMER skin treatment plan

IS YOUR SKIN MORE STRESSED THAN SPARKLING? THERE'S A SOLUTION FOR THAT, WORDS BY AIMÉE RODRIGUES

We all know the drill: eat well, down litres of water and maintain a religious skincare routine that includes daily sunscreen. This will all help in the quest for glowing skin. Despite our best intentions, sometimes life gets in the way (read: Christmas, New Year, holidays, and everything in between) and your body's biggest organ can do with a little helping hand to look its best.

If your skin is sun-stressed, dehydrated and congested, here's a nifty little treatment combo to get it back on track and looking fly.

Step 1: POTENTIAL

Peel yourself pretty with an in-clinic medical-grade skin revitaliser. Peels are solutions applied to the surface of the skin to strip away the outermost layers, revealing the fresh new skin beneath. They are used to treat a variety of skin conditions - from dryness or dullness to acne, rosacea and pigmentation.

The solutions' ingredients range from naturally occurring chemicals to herbal extracts to synthetic chemicals, and their effects range from mildly brightening to quite aggressive resurfacing.

Most peels are recommended as courses of treatment by skincare professionals, with the stronger solutions requiring fewer applications.

Step 2:

There aren't many aesthetic devices that offer a pain-free, no-downtime, non-invasive and predictable treatment for ageing and acneprone skin – and one that delivers measurable, immediate results you can see and feel.

Omnilux is one of them. This relaxing non-aggressive LED (lightemitting diode, if you want to get techie) treatment stimulates skin cell function and makes your skin all healthy looking and glowing. All you have to do is lie there.

Omnilux is a light therapy that kick-starts the body's natural processes to reverse the signs of ageing and treat common skin conditions. By delivering specific wavelengths into the skin, Omnilux triggers certain reactions in the dermis and deeper epidermis. This is effective in achieving significant results - that are well documented in skin rejuvenation, acne treatment and anti-ageing.

Step 3:

Follow up 10-14 days later with a Laser Genesis treatment.

The use of lasers to treat and improve the appearance of fine lines, wrinkles and overall skin texture has become extraordinarily popular. There are various types of lasers and procedures available, with many designed to target specific skin concerns. However, some laser treatments are quite harsh on the upper layers of the skin and require a period of downtime as the treated area recovers.

Laser Genesis is a non-ablative alternative that can be used to improve skin's overall appearance and texture, helping to remove the byproducts of sun damage and dehydration. It is particularly effective when used on the face, neck and chest, decreasing fine lines, reducing the appearance of large pores and improving skin tone. CBM





Spotlight Concord Cooling Cool

NO NEEDLES. NO INCISIONS. NO SCARS. WE TAKE A LOOK AT THE NEW WAY TO BUST FAT, FAST. WORDS BY ERIN DOCHERTY

here's a new kid on the fat blasting block called Cooltech. He's quick, effective and he loves stubborn fat. Heard of him?

Everyone has that *thing*. That one teeny thing about their body they wish was smaller, flatter, tighter or just a little different. Cooltech could be the answer. Owned by a company called Cryomed, Cooltech offers a non-surgical solution to fix those bits that just won't budge.

More than one million Cooltech treatments in more than 40 countries have been performed. There's also been a heap of clinical studies demonstrating its effectiveness, along with very high patient satisfaction levels.

What's more, the non-invasive, virtually painless procedure can be done over an extra-long lunch break with no downtime and – get this – the results are permanent. Sign. Me. Up.



SO, WHAT IS IT?

Cooltech fat freezing offers the perfect treatment for anyone frustrated with stubborn pockets of excess fat, and who want to get rid of them without surgery and all the pain and risks that go along with it.

Cooltech basically targets and cools your fat cells until they die and are naturally eliminated from the body (pretty cool, huh?). Once these fat cells are removed, they are gone permanently.

In just one treatment a crazy 20 to 30 percent of the treated fat is removed. Another bonus is that not only are you destroying the fat cells but you're also getting some tightening of the skin.

All the Cooltech handpieces work at a temperature between 3°C and -8°C, because different temperatures are required for various thicknesses of fat folds in different areas of the body.

WHAT'S INVOLVED?

So, you've decided you want to get a Cooltech treatment. The good news is that it doesn't involve any needles, incisions or downtime. It is a fairly quick and comfortable treatment that allows you to get back into normal daily activities immediately afterwards.

During a Cooltech treatment, which is around 60 minutes, you will be lying down and able to read a book, Netflix and chill, or even have a snooze.

The practitioner will place some gel on the treatment area and the handpiece will then be placed on the area. You will feel some tightness caused by the vacuum pressure (it sucks your fat into place) and some localised coldness. This should disappear soon after the treatment begins.

You will be able to notice fat reduction after just one treatment, but usually 1-3 sessions are recommended in the same area every 6-8 weeks. Your practitioner will be able to guide you on how many treatments you need in each area, depending on the nature of fat that your body stores.

WHAT AREAS CAN BE TREATED?

Pretty much any area can be treated. Cooltech has all different kinds of applicators to cater for a range of different areas, such as curved contours like the back and waist, broader areas like the flanks, love handles and calves. and for fat folds small and large, from the abdomen and back to the arms and knees and even under the chin.

The device also allows two handpieces to be applied at the same time, so you can treat two areas at once.

THE RESULTS

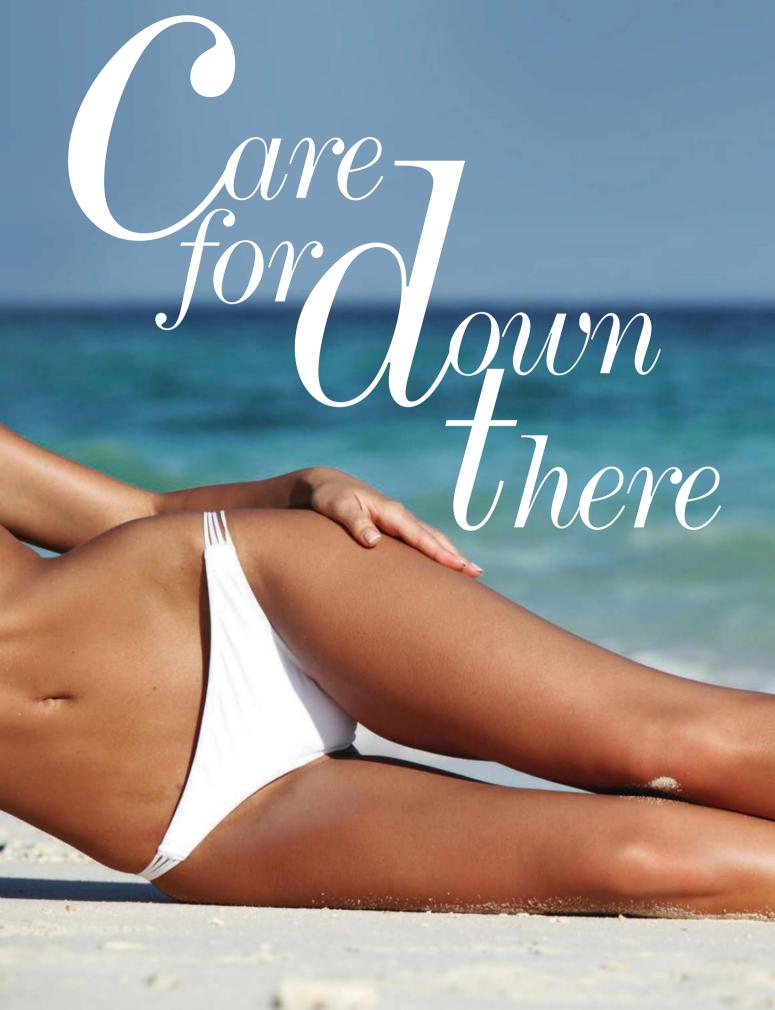
After one treatment the results will be start to become evident 15-20 days after your treatment, as this is when the body starts to naturally eliminate those unwanted fat cells. Optimal results will be visible about three months after the treatment.

Make sure you maintain a healthy and low-fat diet and regular exercise and these results will be permanent. The best part? You'll look trimmer and tauter, without any sweat sessions, restrictive dieting or surgery. (How good is modern technology?!) CBM

WHERE TO GET IT

Cooltech providers: Fiori Institute, Old 07 3849 2759 The Harley Clinic, NSW & Qld 1300 379 581 newU, Vic 0428 886 398 Coolangatta Cosmetic Clinic, Old 07 5599 5001 Skin Revision, Qld 07 3350 5447 Renew Medispa by Hunter Plastic Surgery, NSW 02 4920 7700 Southern Cosmetics, Vic 03 9533 1100

Or contact Cryomed on 1300 346 448 to find a Cooltech practitioner in your area.





DESPITE ITS CONTROVERSY, THIS IS A PROCEDURE THAT CAN EMPOWER WOMEN TO LEAD HAPPIER, MORE LIBERATING LIVES.

WORDS BY AIMÉE RODRIGUES

Sexual health has a huge influence on mental health and psychological wellbeing. The function and form of the different parts of the vagina are closely linked to the female psyche and the perception of self in terms of attractiveness and confidence.

Oversized, elongated or asymmetrical labia minora can lead to self-consciousness and even embarrassment. It can cause discomfort during sex and hinder certain activities such as bike riding and horse riding, and often makes wearing certain clothes such as swimwear, jeans or tights uncomfortable.

Vaginal rejuvenation – both surgical and non-surgical procedures – can help alleviate pain, improve form and function, and enhance quality of life for many women.

"Questions surrounding the appearance and function of the vagina and urinary system can plague women of all ages, yet talking openly about these concerns can be challenging for some women," says Adelaide gynaecologist and pelvic reconstruction surgeon Dr Oseka Onuma. "A blanket of taboo means there is a lack of open and honest public dialogue that makes it difficult for some women to seek successful treatment – or even know there are treatment options available."

Even now, with the relatively recent arrival of laser vaginal rejuvenation and all its media attention, more coverage is given to the aesthetic component of the procedure rather than the improvement to vaginal function and overall quality of life.

"The majority of my patients seeking vaginal rejuvenation are not motivated by the aesthetic but, rather, a growing dislike of pain during intercourse or discomfort when participating in everyday activities," says Dr Onuma. "I believe in empowering women through knowledge, choice and access to the best treatments."

"As women become more aware that it is possible to correct potentially 'embarrassing' problems, female genital procedures are increasing in popularity," he adds. "These days women are less willing to accept changes in genital anatomy resulting from pregnancy, childbirth and ageing. They are less likely to have the attitude 'it's just part of being a woman'."

Every organ within the female pelvic floor is subject to stress – from gravity or from the delivery of a baby. Muscle, connective tissue and epithelium can break, tear, stretch and lose their elasticity, resulting in functional impairments. The organs within the female pelvic floor that can be subject to prolapse include the urethra, bladder, uterus, vaginal walls, perineum and labia minora. All can present as a lump or mass that was not previously visible or noted by the woman.

Common symptoms of vaginal wall prolapse or relaxation include a lump, a 'dragging' within the vagina or lower back, urinary incontinence, the need to empty the bladder frequently and/or with urgency, pain and/or reduced sensation during intercourse.

Another problem is female stress urinary incontinence, caused predominantly by an improperly functioning urethra. When a woman suffers from this condition, weakened muscle and pelvic tissue don't adequately support the urethra. As



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Empowering women through knowlege, choice and access to world class care



Dr Oseka Onuma

Gynaecologist & Pelvic Reconstructive SurgeonBSc. (Hons), MJur., CCST,
MBBS, FRANZCOG, FRCOG

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4 Robe Terrace, Medindie SA 5081

08 8344 6085

Facsimile 08 8344 6087
Email reception@dronuma.com.au

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a result, the urethra doesn't maintain a tight seal during exercise or exertion such as coughing or laughing and urine may escape. "Beyond pelvic floor retraining and physiotherapy, there is now a range of minimal-access surgical options available that can address and hopefully resolve these problems," says Dr Onuma.

Your options

Laser reduction labioplasty can sculpt the elongated or unequal labial minora as desired, as well as reconstruct conditions that are a result of the ageing process, childbirth trauma or injury. The structures of the vulva, which include the labia minora, labia majora, mons pubis, perineum, entrance to the vagina and hymen, can be surgically enhanced, both functionally and aesthetically.

Laser-assisted vaginal surgical procedures can enhance vaginal muscle tone, strength and control. According to Dr Onuma, the laser techniques deliver gentle precision procedures with controlled accuracy and result in rapid healing, minimal pain and relatively fast recovery and allow for improved sensation and resumption of daily activities in a relatively short period of time.

An office worker could return to work after two weeks; total healing of surface and connective tissues along with damaged muscle may take up to six weeks.

"Non-surgical laser vaginal treatment is not a surgical approach," Dr Onuma explains. "It is not the same as traditional or laser-assisted labiaplasty and may not be the most suitable avenue of treatment for some patients. The best approach is to discuss your symptoms with a doctor who has a clear understanding of all the modalities of treatment available and is able to guide you towards the mode of treatment that might offer you the best outcome."

According to Dr Onuma, while non-surgical laser vaginal treatment shows the most promise for improving or curing symptoms related to atrophic vaginitis, it is of little value in correcting pelvic organ prolapse. "Also, whilst non-surgical laser vaginal treatment can improve very mild stress incontinence or reduce vaginal wall relaxation, it is unlikely to cure any significant stress urinary incontinence or improve sensation during intercourse where the vagina and the vaginal introitus are patulous because of detached or torn muscles and fascia," he says.

"No woman should suffer embarrassment or feel inhibited in her relationship with her partner due to the appearance of her vagina or physical sexual dysfunction. The importance of reassuring my patient that she is not alone in her genital issues and that there are options for improving her quality of life cannot be over-emphasised," he concludes. **CBM**

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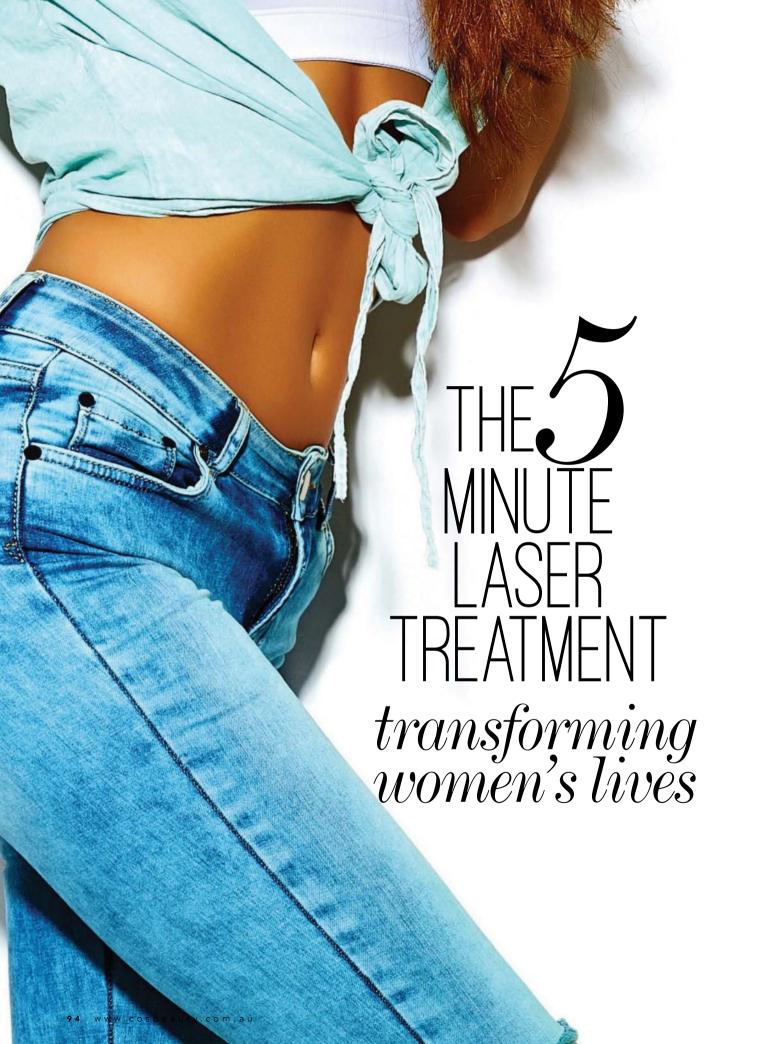
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CHECK OUT THE GROUNDBREAKING SURGERY-FREE LASER TREATMENT OFFERING A SOLUTION TO A VERY COMMON CONDITION.

WORDS BY ERIN DOCHERTY

Thile you may not be familiar with the term vaginal atrophy, you will be surprised to know that the condition is actually really common - it affects a whopping 50 percent of women during their lifetime.

Common in post-menopausal women, the symptoms range from urinary incontinence, poor lubrication, painful intercourse, dryness, itchiness, burning, vulvar and vaginal pain, prolapse, and laxity or looseness. It goes without saying that this condition can wreck havoc on a woman's life – both mentally and physically, often affecting relationships and everyday life.

Once a difficult and almost 'unspoken' problem, times are changing and vaginal atrophy can now be treated in a simple and quick non-surgical treatment called MonaLisa Touch.

Inspired by dermatological treatments for scar reduction. wrinkle reduction and skin texture improvement, MonaLisa Touch adds a new dimension to women's sexual health. It provides the ability to stimulate the natural regeneration of the vaginal tissue and vascular supply to counteract the physical and emotionally draining effects of vaginal atrophy.

Queensland gynaecologist Dr Michael Flynn says, "With menopause, the vagina can become very dry and it becomes thinner with less collagen. The acid and pH level changes the ability of the vagina to function normally, resulting in itchiness, discomfort, incontinence and pain during intercourse."

"Women today want normal function. There are two ways to restore this: a cream, which requires

long-term commitment; or a vaginal laser treatment, which produces the same effect, only better."

To put it simply, the MonaLisa Touch is the treatment vaginal atrophy sufferers have been looking for - it's quick, effective and the results are groundbreaking.

SO, WHAT'S **INVOLVED?**

The MonaLisa treatment is a walk-inwalk out treatment, which is simple, quick, with minimal discomfort (if any) and requiring no downtime (you could even have the treatment on your lunch break).

Using fractionated CO₂ laser energy, the MonaLisa Touch probe - which is inserted into the vagina - delivers thermal energy into the vaginal tissue.

"The laser (which is a small tubular shape) is inserted into the vagina for two to five minutes. The treatment is usually very comfortable and the patient should not experience any pain," says Dr Flynn. "Patients usually return to normal activity immediately after the procedure."

MonaLisa Touch kick-starts the body's natural processes to increase blood flow and stimulate the formation of collagen, which improves the integrity and elasticity of the genital mucosa. This can be effective in alleviating vaginal pain in those patients experiencing gynaecological problems or vaginal atrophy, or in simply tightening the vaginal walls for a rejuvenating effect.

"For treating vaginal atrophy, we recommend a series of three to five treatments, with a single top-up treatment the following year," says Dr Flynn.

25,000 TREATMENTS AND COUNTING

The results possible with MonaLisa Touch have been documented both clinically and empirically. In Australia alone, more than 25,000 MonaLisa Touch treatments have been performed, with most patients returning to work and normal activity immediately post-procedure.

"From a purely mechanical point of view, MonaLisa Touch provides a precise micro injury and the body responds with a new growth in collagen and blood vessels - the lubrication and pH level changes, regenerating the vagina back to its original function. For women this is a really big deal," says Dr Flynn. "MonaLisa Touch is evidence-based and that is what makes it different. I can guarantee my patients a result."

MonaLisa Touch is transforming women's lives and is becoming the go-to treatment for many women suffering from the symptoms of vaginal atrophy.

"It can be hard to talk about, and going in to the very first treatment patients can be quite anxious. However, when they start seeing the results this immediately disappears," says Dr Flynn. "For my patients, it is a simple, low-risk process that definitely changes their quality of life." CBM

WHERE TO GET IT

To find a practitioner near you, visit www.likeyourlook.com.au



WHAT WAS ONCE
AN UNTHINKABLE
CONVERSATION AMONG
AUSSIE MEN IS BECOMING
A COMMON
TALKING POINT.

WORDS BY EVELYN DUFFY



*F*eature

Dy Carab Katai from the Man Care Sudney

ncreasingly, the modern man thinks about, reads about and talks about fitness, health, grooming, cosmetic surgery and aesthetic treatments in a way that would have been unheard of a decade ago, says celebrity makeup artist and commentator Michael Brown.

Once traditionally viewed as the realm of gay men, interest in appearance-enhancing treatments is growing among men from across the spectrum of occupations, social and cultural backgrounds.

"Fuelled by social media, male interest in matters related to grooming and physical improvement has gained rapid momentum over the past two years," says Brown. "Straight or gay, more guys under 40 are enquiring and talking about the range of treatments and services available to help them look their best."

"Guys want solid evidence that a treatment has worked well and the best way to get that is through talking to other men. It's incredible how many men approach me with questions about grooming, skin treatments or surgical treatment such as permanent hair restoration," he says.

As a medical professional who has specialised in her field for more than 25 years, leading hair restoration surgeon Dr Jennifer Martinick has witnessed a phenomenal shift in terms of male acceptance and willingness to openly discuss cosmetic procedures.

Dr Martinick says although men over 50 still



The Man Cave **BUT NOT AS YOU KNOW IT**

In late 2014, a first for Australia was realised with the opening of Man Cave Sydney – a unique male-focused aesthetic clinic.

Described by one writer as an inner city 'dark charcoal haven', this male-focused aesthetic practice resembles more of a gentlemen's club in appearance than the traditional feminised beauty spa.

Professionals are trained in providing treatments for men's physiology and skin, provide anti-wrinkle treatments, sweat reduction, laser hair reduction, fat reduction, facials and surgical hair restoration.

This successful and innovative provision of aesthetic services for men saw Man Cave Sydney winning the MyFace MyBody Awards for Best Male Medi Spa Australasia in 2016.

Founder Dr Sara Kotai says men over 30 are also interested in 'prevention' and will look at an extension of 'grooming and maintenance' to get rid of that 'angry wrinkle', remove that stubborn bulge or permanently restore their hair.

"It's an enormous privilege to have men confide in us about the sorts of things they wish to change," she says. "Whether it's a desire to have more hair, clear skin, or reduce flab, it's rewarding to see the change in men when they feel better."

Dr Kotai's convictions about the need for a male focused clinic, are supported by studies showing the number of men undergoing cosmetic treatment increases by 10 percent each year.

An Aesthetic Surgery Journal study shows men aged between 30 and 40 are becoming greater consumers of injectables, fillers, facials and non-surgical fat reduction. And figures from the International Master Course on Ageing Skin (IMCAS) show Europe's cosmetic market is growing at a rate of 6 percent a year, the United States 7 percent annually, Latin America almost 9 percent and the Asia-Pacific region more than 13 percent.

Hair restoration surgery remains the most popular cosmetic procedure for men, with International Society of Hair Restoration Surgery (ISHRS) figures showing the global market for permanent hair replacement has grown 28 percent since 2012.

Brown, who had a hair transplant at Man Cave Sydney in early 2015, says hair loss can be ageing and extremely confronting. "Having hair again in my former balding spot as well as a more youthful hairline has had a greater positive impact than I expected," he says. "It's so nice to go swimming without the secret fear of showing my scalp when my hair gets wet. I'm the most comfortable about my looks that I've felt in years.

"I was very open about having a hair transplant and I was surprised at just how many men wanted to talk to me about it.

"There's no better way to get an accurate picture of something than talking to someone and seeing the results for yourself. It's good that men are talking about these things," Brown concludes. CBM

6 IT'S INCREDIBLE **HOW MANY MEN** APPROACH ME WITH QUESTIONS ABOUT GROOMING, SKIN TREATMENTS OR SURGERY 7

tend to be secretive about having a hair transplant, younger men are more likely to share their experience with friends and family.

"These days if something is bothering a man about his appearance, he is more likely to do something about it and talk about it with people close to him," she says. "There's no stereotype. I see professionals, senior executives and tradesmen, many of whom learnt about my work through a conversation with another guy at the mine or building site."

As is evident in the burgeoning industry geared to men's grooming, younger men accept and expect to invest in their appearance. This attitudinal shift is underpinning the way the once female-centric aesthetic industry captures the male dollar. Many female hair salons offer designated areas for treating men and a lot of spas and cosmetic clinics offer separate male treatment menus.

There's also a resurgence of old-fashioned style barber shops offering grooming services, in addition to hair cuts, such as cut-throat shaves and skin cleansing.

the verdict is in on

WEIGHT LOSS

THE SCIENCE OF EATING IS COMPLEX, HOWEVER WHAT IS

CLEAR IS THE IMPORTANCE OF A HIGH-PROTEIN DIET, HERE'S WHY.

WORDS BY ERIN DOCHERTY



ost of us have heard of someone who has shed weight on a high-protein, low-carbohydrate diet such as Atkins or Dukan. But even if you haven't eaten a slice of bread since 1997, it doesn't necessarily mean you're getting enough of the important stuff. In recent times, the focus has turned in favour of counting calories, which, although an effective weight-loss tool, is not one that prioritises the importance of protein. Today many of us perceive foods that are rich in protein as being high calories or fattening.

Recent research has shown just how important high-protein diets are to healthy weight loss, even opening the door to new preventative treatment strategies for obesity.

In a new study, researchers from Imperial College London in the United Kingdom have revealed how an amino acid called phenylalanine – produced by the digestion of protein – boosts levels of a hormone that tells us when we are full, leading to reduced food intake. It's like your own natural gastric band!

According to lead author Mariana Norton and her team, a high-protein diet can be hard to adhere to, but uncovering the mechanisms by which protein curbs hunger could lead to simpler weight-loss strategies.

THE POWER OF PROTEIN

Protein is the single-most important nutrient for weight loss and a better looking body. Why? High-protein foods take more work to digest, metabolise and use, meaning you burn more calories just processing them (winning!) What's more is that they make you feel fuller for longer, because they take longer to leave your stomach.

Protein is also essential for making sure you lose fat, not muscle. Protein is comprised of smaller molecules known as amino acids, which are linked together in a long chain that can be moulded into different shapes. Your body uses the amino acids to build lean muscle, which not only makes you stronger and more toned, but also fries calories even when you're not active. This means your metabolism keeps truckin' along so you can burn off the odd indulgent snack.

When you want to get leaner, the goal isn't just 'weight loss' – it's fat loss. That is, the goal is to lose fat and not muscle, and research clearly shows that a high-protein diet is better for both losing fat faster and preserving muscle. You simply lose more fat and less muscle on a high-protein diet than a low-protein one.



HOW MUCH PROTEIN DO WE NEED?

Protein is essential for the structure, function and regulation of the body's cells, including muscles, skin, hair, nails, hormones and enzymes and antibodies. But how much of it do we need?

This differs according to age, gender, weight and health. Generally it is recommended that most adults need up to three serves of protein per day – for example, 65 grams of lean meat, two eggs, one cup of milk, or half a cup of nuts or seeds.

While it is beneficial to meet the daily protein requirements, too much protein can have the opposite effect. Eating a diet too high in protein can result in protein being stored by the body as fat.

Where should you be getting your protein? Well, protein comes from two different sources - plant based (such as soy, nuts, legumes and grains) and animal based (such as meat, dairy and eggs).

Remember, not all protein is created equal. For example, processed meat such as bacon, sausages and fast food should be limited as they contain saturated fat. Vegetable sources of protein offer healthy fibre, vitamins and minerals. The best animal protein choices are fish, skinless chicken, eggs, low-fat dairy and lean cuts of red meat – all of these options have just one to three grams of fat per 50-calorie serving.

It's important to remember that while a high-protein diet can help aid fast weight loss, those that are low in carbohydrates are not a healthy longterm approach. Combining sensible portions of good quality, lean protein with low GI carbohydrates in every meal is the way to go. Along with regular exercise (the golden rule!), your body will be in balance and lookin' fine. CBM

sleep loss leads to increased consumption of unhealthy foods, specifically sucrose and fat. REM sleep is a unique phase of sleep in mammals that is closely associated with dreaming and characterised by rapid eye

movement and almost complete paralysis of the body.

The front part of your brain (the prefrontal cortex) plays a role in judging the palatability of foods through taste, smell and texture. People who are obese tend to have increased activity in the prefrontal cortex when exposed to high-calorie foods.

The lead author on this project, Kristopher McEown, says: "Our results suggest that the medial prefrontal cortex may play a direct role in controlling our desire to consume weight promoting foods, high in sucrose content, when we are lacking sleep."

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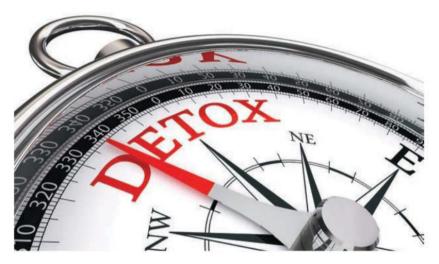
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THE EASY WAY to detox

THE INTERNATIONAL BODY WRAP IS A SALON TREATMENT TO DETOX THE BODY AND IMMEDIATELY REDUCE YOUR OVERALL BODY CIRCUMFERENCE. WORDS BY AIMÉE RODRIGUES



f the festive season took its toll on you, it's likely your body will benefit from a little detox.
And, according to beauty expert Nicole Gruodiene from Nicole's Beauty Salon in Sydney's Double Bay, it's never been easier (or more relaxing) to help eliminate toxins and excess fluid from your body thanks to the International Body Wrap.

"A full body wrap is a great treatment to detoxify, hydrate and slim the body," Gruodiene says. "These are perfect as a one-off treatment or as a course to gain optimum results."

She favours the International Body Wrap, which not only hydrates the body but also guarantees a circumference loss of at least 15cm. "People use it to squeeze into a special occasion dress or to kick-start a weight loss program," she says.

This body detoxification wrap hydrates and slims your body,

eliminating toxins and revealing radiant glowing skin. The beauty of this treatment is that if you don't lose a minimum of 15cm off your total body circumference, it's free.

HOW THE BODY WRAP WORKS

The International Body Wrap involves wrapping your body from head to toe (a bit like an Egyptian Mummy) with special contour bandages which have been soaked in an all-natural dead sea clay solution. This solution acts like a giant poultice and draws out toxins and impurities from your body while cleansing your skin and leaving it feeling softer, smoother and more toned.

The clay leaves the skin tissue compressed and the soft fatty tissues compacted, which results in the measurable centimetre reduction. In this hydrated form, each clay particle expands, enabling it to pick up many times its own weight in various body toxins. Clay has amazing detoxifying properties; it's a magnet for many toxic elements present in the body such as free radicals.

After an hour the wraps are removed to reveal skin that is more toned with an overall improved appearance. Your body ends up smaller and trimmer without any weight loss. Importantly, the centimetres lost are not a result of water loss and therefore results should last at least 30 days – and up to 12 months if you have a healthy lifestyle and don't put on any weight. The loss of centimetres isn't the only star of the show – the wrap improves your circulation and helps to put a real spring back into your step.

They say there's no such thing as a quick fix but if you're wanting to fit into your favourite party dress in next to no time, the International Body Wrap may be just the ticket. **CBM**

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ALREADY REMINISCING ABOUT YOUR SUMMER HOLIDAY? YOU DON'T NEED TO GO AWAY TO ESCAPE THE DAILY GRIND. HERE'S HOW TO CREATE YOUR VERY OWN PAMPER SESSION WITHOUT STEPPING A FOOT OUT THE DOOR.

WORDS BY AIMÉE RODRIGUES

SET THE SCENE

Of all the senses, smell is most closely connected to the limbic system, the part of the brain that regulates emotion and memory. This explains how certain scents can transport you back to a particular time and place in an instant — before you even consciously register the connection.

Investing in some scented candles is a simple way to start your home fragrance collection. Candles are romantic and moody, and the good ones look as beautiful as they smell. It's hard not to fall in love with a quality candle, flickering with the warm and fuzzy smell of salted caramel or the blissinducing scent of a forest floor after the rain.

Another way to create a relaxation-inducing atmosphere is burning aromatic oils. This ancient practice is as enchanting today as it was thousands of years ago - instantly filling a room with warmth and positive energy. Invest in an oil burner (styles vary from simple ceramic dishes to abstract metal and glass creations) and some tea light candles and then gradually build your collection of oils. Mix and match your oils to create your own concoctions; you'll be surprised how therapeutic this creative task can be.



FRAGRANT NOTES

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CILANTRO relaxing, stabilising and clarifying

CINNAMON energising and comforting

CLARY SAGE clearing the mind, relieving stress and improving the memory

CORIANDER invigorating, stimulating the mind and appetite (perfect for a kitchen or dining room)

EUCALYPTUS clears air passages for those suffering from a cold or flu and has an antiseptic effect

PINE deodorising, invigorating, smells like Christmas

JASMINE soothing and antidepressant, jasmine balances the mind, reputed to be a alluring aphrodisiac

LAVENDER calming, relaxing, excellent for asthma and migraines and perfect as a sleep inducer, natural insect repellent

NEROLI relaxing, haunting floral scent often associated with brides, used to ease anxiety, fear, shock or stress

PATCHOULI grounding and balancing both mind and spirit ROSE soothing and nurturing, if beauty had a scent it would have to be rose

LATHER UP

Baths are the Holy Grail of relaxation. Indulge in scents such as lavender, honey, vanilla, rose or jasmine to soothe the senses after a long day at work. Use a bath oil to indulge in a night of aromatherapy, or a bubble bath for mid-week decadence. Milk has been a body beautifier for centuries, used by kings and queens to keep them looking as youthful as possible. Bath milk lightly moisturises the whole body and blankets the skin with nutrients.

A soothing bath is a proven mood elevator and relaxation activity to help prevent muscle injury and aches, and has long been used for internal healing therapy in Roman, Greek, Egyptian and Japanese bathhouses. Blended essential oils are definitely not a lost art and are still used to relieve pressure points of tenseness and stress, even cold and flu symptoms.

TRY

Biology No 352 Oil Infused Bath Soak, \$40, a concentrate of beneficial minerals and trace elements for the ultimate in relaxation and skin hydration





TRY

- **1. Arbonne** Seasource Detox Spa Foaming Sea Salt Scrub, \$51. Detoxifying body scrub gently exfoliates and increases microcirculation.
- **2. SUKIN** Energising Body Scrub Coffee and Coconut, \$14.95. Polishes and stimulates the surface of the skin and softens for a smoother look and feel.
- **3. Jergens** Soothing Aloe Refreshing Moisturiser, \$6.99. You don't need to break the bank to pamper yourself. The fast-absorbing lotion helps to improve skin tone and texture, and leaves skin feeling refreshed and hydrated. It smells divine too.
- **4. Medik8** Hydra8 Body, \$67. Professional-strength skin rehydration formula with clinically proven active ingredients to hydrate skin and give it a revitalised glow.
- **5. Jurlique** Rose Body Oil, \$50. Lightweight, balancing oil that nurtures the skin and senses, leaving it looking and feeling balanced, glowing, protected and supple.
- **6. endota spa** Organics Rosehip & Inca Inchi Treatment Body Oil, \$40. Helps to prevent stretch marks, reduce scarring and inflammation, hydrate and nourish dry skin.
- 7. Trilogy Body Care Exfoliating Body Balm, \$35.95. Body scrub that leaves skin silky smooth, hydrated and glowing. The formula contains finely ground rosehip seed powder, a biodegradable, ocean-safe alternative to plastic microbeads.

SCRUB UP

Body scrubs are a great way to get rid of dry skin and help circulate blood 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 subsequent product are deeply penetrated into the layers of the skin.

No time for a total body scrub session? Chemical exfoliators contain mild acids that remove dead skin cells, creating a slight tingling sensation on application that only lasts a few minutes.

Scents in exfoliating creams are often activated as they are applied to the skin – which make for an energising start to a slow morning.

Exfoliation is an important part of rejuvenating the skin (not to mention imperative for faux-tan prep). Whichever exfoliator you use, make sure to follow it up with a moisturiser for skin that is soft and smooth.











AT-HOME FACIALS

At-home facials (masks) at least once a week are an easy skin pick-me-up. The type of mask will depend on the nature of your skin and what your skin requires. If you have dehydrated skin or a complexion that needs a little extra help in the plumping area, consider sleeping overnight in your mask. When we sleep our skin cells turn over, allowing your skin to absorb nutrients more slowly.

TRY

- **1. Bobbi Brown** Radiance Boost Exfoliating Mask, \$65. The formula features superfine walnut grain beads to gently exfoliate dead skin cells and improve circulation, kaolin clay to reduce excess oil build-up, algae extract and sodium hyaluronate to balance moisture levels and prevent stripping, and orange oil to energise the skin.
- **2. Napoleon Perdis** Auto Pilot Radiance Boosting Mask, \$85. A gel mask formulated with 3D silicone elastomers to soften and smooth the skin's surface. The mask also contains jojoba oil and Vitamin E, which helps to lock in moisture.
- **3. Ultraceuticals** Ultra Energising Mask, \$68. A pick-me-up for fatigued and dull skin. The formula contains a blend of antioxidant and anti-fatigue ingredients to help awaken and energise the skin.
- **4. DNA** Renewal Restoring Mask, \$89. Delivers instant hydration to improve the texture and appearance of skin, minimising fine lines with DNA Repair Enzymes and Vitamins E and C for sun damage protection and repair.
- **5. Dr LeWinn's** Line Smoothing Complex High Potency Treatment Mask (pack of 6), \$74.95. Delivers peptides, antioxidants and collagen to the skin in a convenient onestep treatment that leaves your skin feeling incredibly smooth and silky.
- **6. Benefit** The Porefessional: Instant Wipeout Masks, \$55. Cleans skin and smooths the look of pores around the nose, forehead and chin instantly.



TIPS AND TOES

The at-home mani and pedi is now in session! It takes practice to master a great mani or pedi, but if you have the right tools you can do it. Grab an emery board, nail buffer, cuticle oil, a base and topcoat polish and you're all set. Oh, and hand cream is a necessity to keep in your handbag.

TRY

- 1. Jurlique Exfoliating Hand Treatment, \$40. A two-in-one treatment mask and scrub that deeply cleanses and protects the hands. The formula contains a combination of red and white clay to absorb impurities, while natural jojoba beads gently exfoliate.
- 2. Revitanail Nail Strengthener, \$29.95 (30ml). Everyone loves the look of perfectly manicured hands, but the problem can often be the damage that comes from getting them! This is the effective DIY solution to treat damaged, weak and dehydrated nails.
- 3. Jurlique Nail and Cuticle Treatment Oil, \$28. Deeply nourishing treatment oil that conditions the nails and cuticles.
- 4. Crabtree & Evelyn Pomegranate Argan & Grapeseed Overnight Hand Therapy, \$32. This hand cream delivers serious moisture and nourishment while you sleep. The formula contains a complex of vitamins and amino acids, including arginine.
- 5. Mavala Switzerland Repairing Night Cream for Damaged Hands, \$69.95. Features a concentration of natural ingredients, hyaluronic acid, allantoin, shea butter and silk amino acids and works to revitalise cell renewal while moisturising the hands.





ACKEUP OVUSNES EVERY GIRL NEEDS TO OWN

OFTEN THE DIFFERENCE BETWEEN A PROFESSIONAL AND AMATEUR LOOKING APPLICATION, MAKEUP BRUSHES ARE ESSENTIAL FOR A FLAWLESS FINISH.

WORDS BY ERIN DOCHERTY

he beauty world can be confusing, especially when it comes to makeup brushes. And, if you're anything like me, you still don't really know the difference between a powder brush and a bronzing brush. So, how many brushes do you really need?

Sydney makeup artist Christina Gosper from Xtina G Makeup says you don't actually need that many brushes in your individual kit, and many brushes can be used to multitask.

"The ones that I can't do without are a good

a contour/blush brush, a large eyeshadow brush, eyeshadow blender, eyeshadow pencil crease, flat eyeliner brush, and an eyebrow brush. I also have the Silk Oil of Morocco Airbrush set in my kit," says Gosper.

foundation brush, a decent loose powder brush,

THE ESSENTIAL MAKEUP BRUSHES

Before selecting your brushes, it's important to consider the material the brushes are made from. The makeup formulas you use will help you determine whether you should choose natural real hair (eg, pony or sable fibres) or synthetic hair usually made of acrylic or plastic.

"Using a synthetic hair brush for creams and liquids are great as they do not contain a cuticle which can trap the product in the brush and flood the bristles," says Gosper.

"Natural hair brushes are great for use with powdered products like blush, eyeshadow and powder."

It can be hard to decipher the difference between an essential and a not-so-essential brush, which is important to know, especially if you're on a budget. On these pages you'll find a list of the must-have brushes to blend, highlight and contour your face to perfection.



When it comes to liquid foundation, there are a few different options for you. A stippling brush and sponges are good options, but the most versatile is the standard foundation brush. Picking up just the right amount of product, foundation brushes paint on your makeup, creating a smooth application.

"I use London Brush Co. nouVeau #4 Contour Brush," says Gosper. "It's listed as a contour brush but I prefer to use it as my foundation brush, whether it be for powder, cream or liquid."





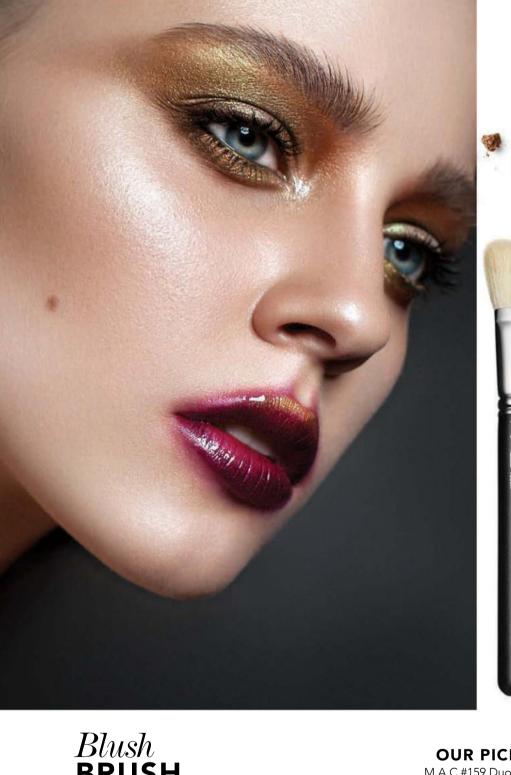
Powder BRUSH

These brushes are large, soft and fluffy – making them great for powder application. Firstly, it's a good idea to use powder, as it sets the rest of your makeup. If you don't like the idea of coloured powder, translucent powder will do the same job. Dust it over your face using a few swipes of your brush.

"My go-to loose powder brush is bdellium Studio 975 Mixed Powder – this particular brush is used for applying loose powder to the face, not only for loose powder but it can also be used for blush, bronzer and pressed powders," says Gosper. "I find the large handle easy to use for more control and the bristles hold just the right amount of powder."

OUR PICKS

QVS Compact Powder Brush, \$9.99 Sisley Paris Powder Brush, \$80 Sisley Paris Kabuki Brush, \$80



Contour BRUSH

Similar to blush brushes, contour brushes are often angled in shape. If you're running on a tight budget, you can pick one brush and use it for both. Contouring brushes can be used over the cheeks, jawline and nose to define your features.

OUR PICK

M.A.C. #168 Large Angled Contour Brush, \$65

Blush BRUSH

A blush brush is similar to a powder brush but much smaller and can often be angled in shape. To apply blush, you want to use the classic trick of smiling to find the apples of your cheeks while you apply the blush. Use the brush to swirl and buff the product in. A blush brush can often double up as a bronzing brush or contour brush.

"Look for a brush that uses strong soft synthetic bristles to firmly distribute product on the face without lifting it and creating streaks in the application," says Gosper.

OUR PICKS

M.A.C #159 Duo Fibre Blush Brush, \$64 QVS Bronzer Brush, \$15.79



KEEP IT CLEAN!

Is your skin breaking out?
Dirty brushes could be the source of the problem.
Take care of your skin and make sure you clean your brushes each week to prevent breakouts and infection (eek!). When you clean your makeup brushes, you're not just getting rid of old makeup; you're also ridding the brush of dirt, oil, dead skin and bacteria.

"If you use your brushes daily then technically you should be washing your brushes daily. But if you only use them once or twice a week, a clean once a week is a good plan," says Gosper.

"There are many different cleansers and brush shampoos on the market as well as many hacks on YouTube," she says. "I personally use the shampoo and conditioner method for natural hair brushes and for synthetic bristles I use Solid Brush

Cleanser from Japonesque."

If you take good care of your brushes, they can last you for years. To keep them in good shape, Gosper recommends always drying brushes by placing the bristle head lower than that of the handle. "This will allow the water to flow away from the ferrule (where the glue holds the bristle on to the handle) and you'll then get a longer life out of them," she says.



Use this brush for the main colour of your eyeshadow, which should start near your eye's inner corner and extend to your crease. One swipe with this brush should be able to cover your whole lid with your chosen colour.

OUR PICKS

Sisley Paris Eyeshadow Shade Brush, \$65 Napoleon Perdis 10r - Sculpting Brush, \$45

Eyebrow BRUSH

The brow brush is essential to precisely fill in, define and contour your brows. A must-have for polished brows!

OUR PICK

Benefit Angle Brow Brush and Spoolie, \$35

Small angled BRUSH

This brush is great because it can be used for applying eyeliner and filling in eyebrows. Commonly used for gel liner application, this brush gives a precise line and makes achieving the perfect cat eye a cinch. For your eyebrows, you can use this brush to buff in eyebrow pencil (which can look streaky and unnatural when used by its own) or to apply eyebrow shadow.

OUR PICK

Napoleon Perdis 5a -Precision Angle Sable Brush Eyes, \$25





Come undone

DITCH THE CURLING IRONS. HEALTHY-LOOKING "UNDONE" HAIR IS WHAT'S TRENDING.

WORDS BY AIMÉE RODRIGUES

Our hair has seen its fair share of torture over the past few years - from balayage, ombre and pastel colour trends to Angel-worthy curls courtesy of heated styling tools. But this year our hair cuticles can breathe a well-deserved sigh of relief overly styled hair is out and the natural, undone look is in (dead hair is so 2016).

The key to rocking undone glam is for your hair to be in tip-top condition. We're talking shiny, soft and strong, with no split ends or frizzy flyaways in sight.

To achieve the casually cool look, it's all about damage control. Opt for hydrating shampoos and conditioners, and indulge in a specialised hair treatment at least once a week. Avoid products that contain harsh sulfates. parabens or sodium chlorine these will weigh your hair down and make you look more dowdy than diva.

Also remember that your diet is key to luscious locks. Hair is made up of protein, so foods high in protein are great for both hair growth and strength. Essential fatty acids found in food like salmon are also great for boosting hair strength and shine.

Long live the lived-in look! CBM

Moroccanoil Weightless Hydrating Mask, \$51.95. Helps transform and deeply condition hair in five minutes. The rinse-out treatment improves shine, elasticity and manageability without weighing hair down.

De Lorenzo Essential Treatments Equilibrium Masque, \$31.50. Deep treatment mask with rosehip and oat peptides to restore, repair and revive hair to give it a healthy lustrous shine.

bhave Fresh Ends Split Ends Repair, \$32.95. Slow-release peptides work within the hair structure to repair damage while argan oil, aloe vera and macadamia oil control fly aways.

TONI&GUY Nourish Reconstruction Mask, \$15.99. Deeply nurtures and conditions hair from inside the hair fibre to leave hair all soft and shiny.

m a k e Soft Treatment for Hair, \$29.95. With wheat proteins, silk oils and natural extracts, this is the perfect antidote to unruly and dry hair.

bhave Deep Intense Conditioning Masque, \$41.95. Intense moisture and repair, rebuilding the internal structure and restoring strength, elasticity and shine to damaged locks.

bhave Hydrator Moisturising Shampoo & Conditioner (not pictured), \$32.95 each. A blend of keratin, vitamins, aloe vera, evening primrose and macadamia oils for sublimely lush hair.





Gobig,

THE LONG-LASTING HAIR EXTENSION TECHNIQUE THAT DOESN'T REQUIRE ANY HEAT OR GLUE.

WORDS BY AIMÉE RODRIGUES

am putting it out there. Hair extensions are the greatest accessory you will ever wear. They allow you to have long, thick, lust-worthy hair 24/7, are virtually undetectable, can be worn up or down and can last months on end, even up to a year. But, like most things in life, it's worthwhile to invest in the best.

For seamless results and the best quality human hair on the market, Joseph Mourad, from his namesake salon in Double Bay Sydney, has long been the go-to guy. In addition to being the consummate hair professional, he's widely sought after for the particular method he employs for applying hair extensions: the ultrasonic cold fusion technique.

The beauty of this "cold fusion" method is that it uses no heat. Ultrasound vibrations soften the extension bonds so that they can either be moulded into a rounded bond for volume or wrapped around the hair to form a flat, seamless bond.

The ultrasonic cold fusion technique allows for multi-strand bonding. By bonding clinical keratin with keratin found in the hair shaft, the extensions are attached to the natural hair very close to each other so there are no telltale signs.

Unlike other systems, where glue guns and wax melting pots are used, the ultrasonic fusion technique allows for very clean and

precise application. The result is undetectable attachments that are easily brushable, durable and, most importantly, non-damaging to your natural hair.

"Simply put, this is the world's finest system for the application of human hair strands," says Mourad.

Mourad has developed quite the reputation for being one of the best in hair extension application. Indeed, his hair extension methods are highly coveted the world over – with celebrity clientele including entertainer Mel B and Grammy award-winning recording artist Mya.

When applying the extensions, emphasis is placed on properly blending colour and thickness with the natural hair. Attached strand by strand, the extensions can be attached to long, short, straight or wavy hair as long as the natural length is more than 2cm.

Extensions can last anywhere between six and 12 months. Once attached, the extensions can be treated as normal. "Care for your extensions the way you would your natural hair," Mourad advises. "It's important to be particularly careful when combing and blow-drying your hair. However, hair extensions can be cut and coloured just like your natural hair."

"Hair extensions are about giving people beautiful and strong hair," says Mourad.
"Extensions provide volume, length and manageability – and make getting ready for a night out or special occasion so much easier. It's also surprisingly affordable." CBM





HELPFUL HINTS

Once the hair extensions have been attached, they will need to be maintained and cared for to keep them looking healthy:

Shampoo and condition your hair every three to four days. Your scalp's natural oils do not get passed on to the extensions, so a moisturising agent in your shampoo and conditioner is important.

Brush out any knots before washing your hair or before you go to bed, as well as before swimming. Start at the bottom and work your way up slowly using a paddle brush.

To prevent tangling, run your fingers through the extensions before combing.

To avoid displacing the extensions, do not place the comb directly at the scalp.

Towel dry your hair by allowing the towel to absorb the water.
Always refrain from drying using a scrubbing action.

Avoid products containing sulphur, such as anti-dandruff shampoos.

Have your extensions checked by your stylist every six to eight weeks to ensure they are secure and looking their best.

Always enure you have the best quality in real hair extensions. Virgin hair (hair that has not been coloured or processed) typically looks the best.

IF THE COSBEAUTY DESK IS ANYTHING TO GO BY, WE'RE IN FOR A BEAUTIFUL 2017 WITH THESE INNOVATIVE PRODUCTS THAT ARE REDEFINING BEAUTY.

#1 M.A.C Lustre Lipstick in High Tea, \$36. This beige-pink slick lick of lip is demi-sheer with a wet-look lustre finish. Makes lip look soft, plump and hydrated.

#2 LANCOME La Vie Est Belle L'Eau de Toilette, \$101 for 50ml. Meaning 'life is beautiful', this is a lighter, new interpretation of the original, resplendent in majestic magnolia essence and set in an elegant powdery embrace of iris pallida.

#3 FLORABOTANICA by Balenciaga Eau de Parfum, \$125 for 50ml. An exotic floral featuring a dark wood base of vetiver, amber and caladium leaf that is topped with notes of rose, carnation and mint accord for a flirty, fresh and feminine scent.

> **#4 VON BLAIR BEAUTY** Eyeshadow Pallette in Untamed, \$36. This trio of highly pigmented colour includes a celestial highlighter, shimmery copper and a decadent smoky plum - an exquisite colour combination we're quickly becoming obsessed with.

#5 VON BLAIR BEAUTY Liquid Velvet Lipstick, \$30. This universally flattering colour glides on like a dream. Creamy application dries to a velvet-like finish.







#7 BABOR Skin Glow Illuminator, \$68. A creamy balm that creates highlights around the eyes, on the cheeks and the lips, and gives the complexion a super-glam appearance.

#8 L'OREAL PARIS Infallible Gel Nail Polish in Infallible Red, \$12.95. A two-step gel nail polish that provides spectacular gel shine boasting a 12-day chip free wear.

#9 SISLEY Hydrating Long-lasting Lipstick in Rose Petunia, \$65. High-coverage non-bleed lipstick with added skincare benefits to lastingly hydrate and protect the lips.

#10 CHARLOTTE TILBURY Lip Cheat Lip Pencil in Crazy in Love, \$35. Cheat your way to a perkier pout with this rose-coloured long-lasting, smooth-wearing lip pencil.

#11 M.A.C Lip Liner in Naked, \$30. With a smooth, creamy texture designed for shaping, this nude liner creates the illusion of larger lips. Can be worn alone or with lipstick or lip gloss.

#12 SISLEY PARIS Phyto-Levres Perfect Lip Pencil in Rose The, \$65. This universally flattering nude prevents lipstick from feathering, enhances the shape of your lips and provides a more defined lip contour.

#13 MEDIK8 Gentle Cleanser, \$39. This lightweight cleanser removes impurities without stripping the complexion, leaving sensitive skin refreshed and hydrated without dryness or irritation.

#14 ARBONNE RE9 Advanced Lifting and Contouring Eye Cream, \$80. Formulated to plump and cushion the delicate skin around the eyes, while restoring the surrounding skin.

#15 CHARLOTTE TILBURY Magic Foundation, \$65. This complexion-transforming liquid foundation provides full coverage yet feels completely weightless, with anti-ageing and protective benefits.

#16 NAPOLEON PERDIS Boudoir Mist Spray Foundation, \$69. Fortified with natural fruit extracts, peptides and Vityamin E, create an airbrushed look with this long-wearing spray-on foundation.



#17 MESOESTETIC Radiance DNA
Intensive Cream, \$149.50. Helps
to restore skin function and strengthen
the protective barrier. Formulated
with the exclusive [meso]recovery
complex along with hyaluronic acid to
improve the skin's defence.

#18 CINCH Face Cheat Moisturiser + Glow, \$39.95. This multi-tasking spray is a moisturiser, illuminator, anti-ager, pore refiner and primer all in one!

#19 THALGO Hydra-Marine 24H Cream, \$111.50. This best-selling cream works to moisturise, remineralise and provide skin with a radiant glow and 24-hour hydration.

#20 SUNESCAPE Instant Self Tan Mousse in Month in Maui, \$39.95. Instant, streak-free colour, this self-tan mousse is super lightweight, non-sticky and delivers the most radiant bronzed tan. Fantastic natural colour.

#21 MUKIER Cosmetics Makeup Sponge, \$9. For even application of sheer to full coverage of your concealer, foundation and cream blush.

#22 SALLY HANSEN Big Matte Top Coat, \$12.95 each. With an on-trend velvety matte finish, this protective lacquer is quick-drying and helps to support healthy nails.

#23 SALLY HANSEN Complete Salon Manicure in colour 546 Get Juiced, \$14.95.

Boasting a base coat, growth treatment, runway-inspired color, top coat, gel-shine finish, chip-resistance, and a strengthener, this all-in-one formula delivers up to 10 days of chip-resistant wear.

#24 SALLY HANSEN 18k Gold Hardener, \$16.95. This oh-so decadent formula combines 18-carat gold with peptides and amino acids to create a shatter-proof shield. Plus, it dried in 60 seconds!

#25 FAB First Aid Beauty Ultra Repair Face Moisturizer, \$42. This quick-absorbing moisturiser provides immediate hydration with a velvety soft finish while helping to protect the skin's barrier function.







#26 ASPECT DR ABC Essential Kit, \$190. A handy travel or starter skin management system containing five key products designed to work simultaneously to treat common skin conditions and concerns, including premature ageing. Helps to restore skin damage caused by everyday environmental exposure.

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