

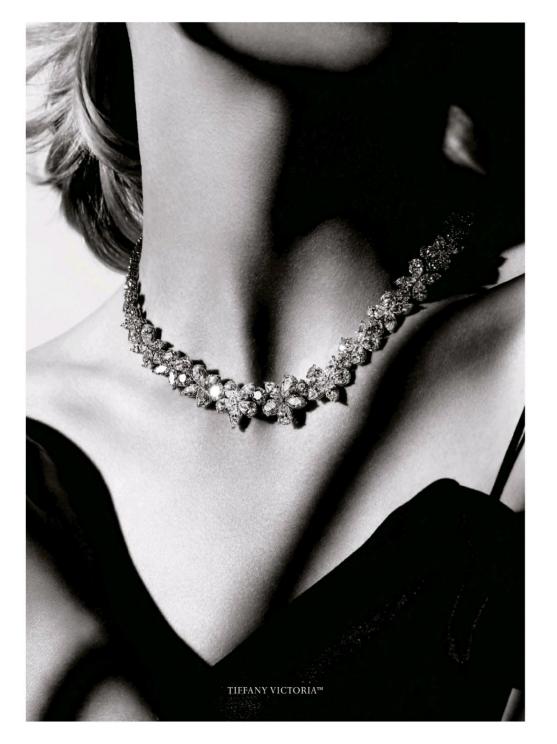


SOME STYLE IS LEGENDARY

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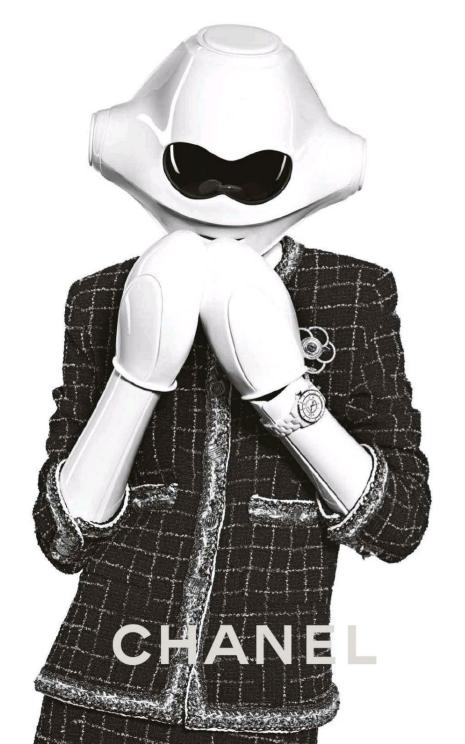




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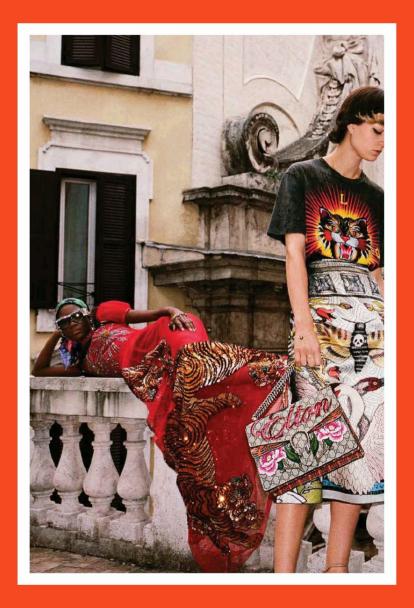




EMPORIO ARMANI

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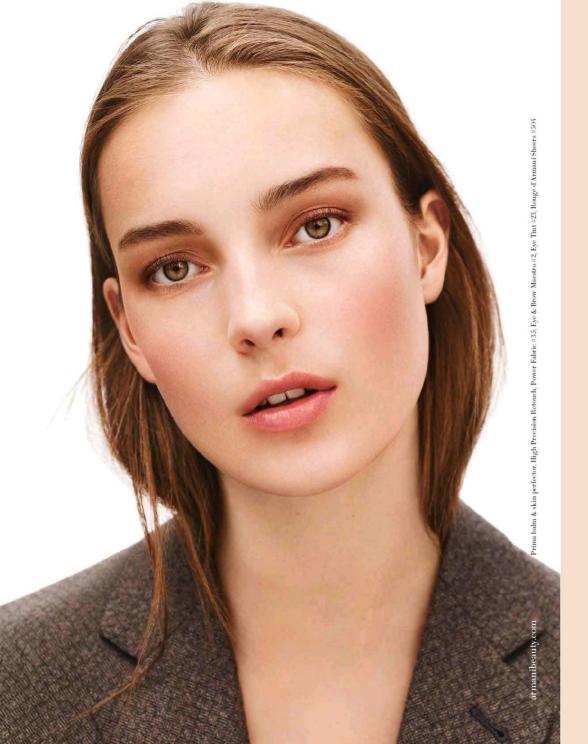






SUDDENLY NEXT SUMMER

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power fabric

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march 2017

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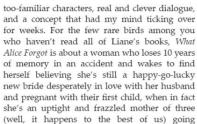
SYDNEY: WESTFIELD SYDNEY, QVB, THE STAR - MELBOURNE: CROWN, CHADSTONE BRISBANE: QUEENSPLAZA - GOLD COAST: PACIFIC FAIR - SELECTED DAVID JONES STORES Have you ever felt prouder to be a woman? I'm writing this the day after the global Women's March, when a phenomenal 4.8 million people across a whopping 673 cities around the world united to make ourselves heard in the defence of our fundamental rights (particularly, in the US, their reproductive rights) as well as to highlight immigration

reform, religious discrimination, LGBTQ rights, and gender and racial inequities. These causes aren't only relevant in America because of Trump's inauguration as President, but sadly also closer to home, where our Prime Minister stands by an Immigration Minister who links Lebanese-Muslim migrants to terrorism, where gay marriage is still not legalised despite massive popular support, where proposed

cutbacks to paid parental leave this year promise to leave Australian new parents as the worst off in the developed world, where the indigenous population is still at a considerable disadvantage when it comes to income, employment and health, and where our policies regarding asylum seekers are considered by the UN to be in contravention of our international human rights and humanitarian obligations. It was a powerful day that will go down in history, one that has the potential to forever change who we are and how we come together to take a stand for what we believe in and know to be right.

It's fitting, then, that we have such a strong woman on the cover. Reese Witherspoon joins Zoë Kravitz, Nicole Kidman and Shailene Woodley - all different but equally determined and resilient women - in the new HBO series Big Little Lies, which is based on the book that's all about women finding their strength, written by another of my favourite strong women, Liane Moriarty.

I became obsessed with Liane a few years back after reading her book What Alice Forgot. I'm not big into chick lit, but this book sucked me in with its



through an angry and bitter divorce.

This idea was fascinating to me. If it happened to me, what would I think of my life now? How would I judge the decisions that got me here? Would I like or even understand the person I'd become? Interestingly, I didn't realise that the author and setting were Australian until after I'd finished it, which is probably why Liane's books are so popular all over the world. In fact, the Little Australian Novelist Who Could has gone on to sell more than six million books worldwide, has become the first Australian author to have a novel (Big Little Lies) debut at number one on The New York Times bestseller list, and is one of very few authors in the world to have three books (The Husband's Secret, Big Little Lies and What Alice Forgot) on the NYT bestseller list at the same time. Many of her novels have been optioned (meaning that someone has bought it to turn it into a movie or a TV series), but as Liane told me herself when I interviewed her last year: "I've had other books optioned years ago, and they're all still in the process, but these working mothers came in [Reese, Nicole and Australian producer Bruna Papandrea] and suddenly it's all happening - Big Little Lies beat them all." Another example of the undeniable - and ever-growing - power of strong, united women.

Enjoy the issue,

TALK TO ME...













GIORGIA TORDINI AND GILDA AMBROSIO

elebrating the one-year anniversary of their Milanbased fashion line, Attico, Giorgia Tordini and Gilda Ambrosio have every reason to be pleased with themselves right now. In the past

12 months, they've evolved from Italian

street-style stars to the go-to designers for women seeking artisanally crafted decadence the world over. Their incredibly opulent peignoirs (aka bathrobes not of the terry-towelling variety) and slips made from silk and velvet look every bit as desirable on the design duo as they do on the It-girls coveting them. And now they're adding their own brand of denim and accessories to the mix. Meet our new poster girls for long hair and longer hemlines. Their way with layering: second to none.

(a) @gildaambrosio



COS CAPSULE

Mark March 24 in your calendar because COS. the home of modern, functional minimalism brought to you by the masterminds behind H&M, is releasing a 10-item capsule collection to celebrate 10 years since opening its first store (which still stands on London's Regent Street). Folded like wearable origami, the five pieces for women include a wearanywhere skirt, two sharply cut tops and two really, really great dresses (including this must-have shirt-dress) - and men and kids are covered, too. Make a day of it.





DAISY MARC JACOBS







MODEL CITIZEN Zoë Barnard

Fashion's new face spills on everything from her wardrobe treasures to the album she's currently got on repeat

BORN: Hong Kong. LIVES: Canberra. TODAY'S BREAKFAST: Leftover lollies from my plane ride! JEANS: My mum's vintage Versace. BAG: Alexander McOueen. SUNGLASSES: Round frames from Prada. SKIN SAVIOUR: Cetaphil Gentle Skin Cleanser. HAIR HERO: Coconut oil – anything organic works for me. SIGNATURE SCENT: Princess by Vera Wang. SPA TREATMENT: I give myself a facial by massaging all-natural honey into my face. WORKOUT: Boxing and horseriding. PLAYLIST: Angus & Julia Stone, Sticky Fingers and Ziggy Alberts. ALBUM: Bon Iver's 22, A Million. BOOK: The Wind-Up Bird Chronicle by Haruki Murakami. TV SHOW: Gilmore Girls and Skins. MOVIE: Finding Dory. APP: Neko Atsume: Kitty Collector.

INSTAGRAM: @karliekloss, @lilyjcollins

VISUAL ARTIST: eX de Medici, particularly the

full-body tattoo she did on Geoff Ostling.

HOTELS: Mandarin Oriental and The Ritz-

DRINK: Vodka, always with raspberry.

Carlton throughout the world, and the QT.

and @sleepinthegardn.

-shirt, \$79.95, Tommy Hilfiger: Tommy X Gigi Collection, 1300 348 885 ZOE'S OFF-DUTY STYLE \$379, AG, (02) 8987 3400 Sunglasses. \$590, Prada, sunglasshut.com/au Bag, \$2,300, Alexander McOueen Trainers, \$130, adidas theiconic.com.au



IDEAL SUNDAY SESSION? "Lying in bed with my boyfriend and mu dog. Luna. re-watching old TV shows.

"I love to pienie at Yarralumla Bay. Luna goes for a swim while I lie under the trees."



@ @zoeebarnard

MEET THE PEOPLE BEHIND THIS ISSUE

MOLLY WARKENTIN

CURRENT JOB: Makeup artist - see her work in 'Urban Legends' and "On The Edge" from p136. FIRST JOB: "At MAC-I learnt so much about

working on all different faces." WEIRDEST THING YOU'VE EVER DONE FOR YOUR JOB: 'Balancing on a surfboard in the middle of the ocean while trying to touch

up a model on another surfboard." NO.1 BEAUTY PRODUCT USED ON A SHOOT: "I like to massage face oils into the complexion it really gives life to the skin."

CURRENT JOB: Sports broadcaster and travel expert. But it's his pro skateboarding skills that we're putting to use this issue - read

all about it on p65. FIRST JOB: "Selling newspapers

with my brother Shannon near the corner shop when I was six." WEIRDEST THING YOU'VE EVER DONE FOR YOUR JOB: 'I've been riding a piece of wood with four wheels around the world for 20 years. It's been a dream."

NO.1 SKATING HACK TO LOOK LIKE A PRO: "Be confident but calculated. Life is about having the most fun you can."

DANNIELLE CARTISANO

CURRENT JOB: ELLE'S bookings and style editor masterminds the flat-lays for our ELLE Manuals each month (see p72) - while keeping the office entertained with her renditions of Adele's "Water Under the Bridge" FIRST JOB: 'I was a promotions girl at my mum's food store. I took samples around for customers to try (and us to eat out the back)." WEIRDEST THING YOU'VE EVER DONE FOR YOUR JOB: 'Painted a model's toenails so we could quickly get on set. I'm open to going above and beyond, but this was way out of my job description." NO.1 TIP FOR FLAT-LAY STYLING: "Take your time. Consider shapes, light and shadows. And don't be

afraid to pin the shit out of it."





spotted this on my way to work.



GENERATION **Next**

Childhood in Australia is often painted with a utopian brush of blue skies and sunshine, but it's not always so. Here, five women working with and for children highlight the important issues driving them to do more



LUCY THOMAS co-founder/co-CEO of Project Rockit, projectrockit.com.au

Just over a decade ago, my sister Rosie and I were quite fresh out of school and had really seen the way bullying, prejudice and the general social hierarchy of teen life affected the people around us. We saw an opportunity to create real social change by tackling the issue in school communities, so we set up Project Rockit.

Today, bullying is no longer confined to the schoolyard or workplace; it now plays out as a 24/7 experience via the devices and platforms through which we live. As "Bullying is our lives spill further and further online, so do the social issues of ignorance, now a 24/7 fear and apathy that our world grapples experience" with. Cyberbullying is a significant problem for the next generation of highschool students. Unlike before, people can have access to us around the clock. This is a massive contributor to why cyberbullying can be so damaging - it can create a sense of claustrophobic intimidation and negativity that follows those targeted wherever they go at any time of day.

The way we see it at Project Rockit, cyberbullying is a social problem that plays out in online spaces. Rather than blaming technology or social-media platforms, we need to explore the age-old challenges of adolescence that are now playing out online: identity and values, sexuality, respectful relationships, self-acceptance, the quest for belonging while also standing out from the crowd, that type of thing.

One of our focuses is how we can actively create spaces that connect young people with their true squad, the people who they feel like their best selves around. This might be people from school, but it might also be people who share their passion

for a hobby (like fan fiction or photography) or social issues (like cultural diversity or LGBTI equality). It's all about how we can use technology as an instrument of kindness instead of cruelty, with realistic, strengths-based avenues for young people to create kinder digital spaces instead of standing by watching online hate.

The key is to work together. We meet a lot of young people who are really savvy about throwing off adult surveillance. Some have multiple social-media accounts and most are really switched on about how to hide certain content from a parent or

"How about we step back a little... and allow kids to slowly step up"

guardian. However, I've seen some really positive efforts at transparency, which are always born from a relationship of genuine trust and support between young and old rather than authoritative monitoring.

We need to start recognising that young people are the experts in the online world. They're also complex and incredible humans. The majority of students we meet aren't haters or trolls and they don't think bullying or prejudice is okay. We need to start empowering young people to stand up by focusing on their strengths, amplifying their empathy and equipping them with strategies they'd actually use.



DR JUDITH LOCKE clinical psychologist and author of The Bonsai Child, confidentandcapable.com

Australia is currently in an epidemic of addiction. Not to the typical drugs of addiction, but more to the feeling good bit, the high. It started with the promotion of self-esteem as being the ultimate goal in raising children. While self-esteem is actually the side effect of doing good things or coping with your circumstances, many parents, convinced it was the magic elixir, started to create it artificially. Extreme praise for everything, fixing every problem before it became challenging – all with the conviction that a completely happy childhood produced lashings of self-esteem, ergo future success.

This belief spread. Teachers offered more praise than constructive criticism, gave every child a prize. Reports had to include more strengths than weaknesses or they were considered demoralising.

efforts actually make children reliant on us to always smooth the way. The second is that in being protected from facing difficulty or being made aware of areas of opportunity, we stop improvement and confidence in their capability to rise to the occasion. How

There are two ironies in this. The first is that these

can you feel pride and self-belief if you haven't been encouraged to be brave? So let's detox ourselves a little moving forward. Change our goals for our children to be more long-term (resilience and self-

regulation) rather than short-term (current happiness). How about we step back a little from protecting others from everything and show our confidence in them to slowly step up. Why don't we start to see the act of seeking feedback as a means to improve, not just to get a brief fix of reassurance.

This year, let's truly expect that life will involve day-to-day challenges and that people usually can cope. It's in this action we're likely to become happier than we've ever been.



STEPHANIE GOTLIB CEO of Children And Young People With Disability Australia, <u>cda.org.au</u>

Growing up, my mother instilled in me a perspective that disability is part of the usual diversity of life. Two of my four children have disabilities and I've always seen them first and foremost as "my boys". Disability is an important aspect of who they are, but doesn't solely define them.

All of my children have

great strengths - my sons

have different abilities

and one has very high

communication and care

Having a child with

a disability is one of the most

enriching experiences you ⇒

support needs.

"Having a child with a disability is one of the most enriching experiences you can have in life"

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can have in life. The functional impact of my sons' disabilities hasn't been the major barrier to doing everyday childhood activities and participating in the community, but people's attitudes have. Sadly, disability is still often equated with inability – we typically think of disability in relation to what a child can't do or as an attribute which indicates something is wrong. A sad consequence of this is low expectations, which has a profound impact on a child and how they develop.

Children with disabilities in Australia experience significant disadvantage and are denied many opportunities because it's assumed they won't be able to do something. It's a self-fulfilling negative cycle for many and the consequences are profound. It's typical for these children to experience discrimination, bullying and denial of social opportunities. They're typically denied a quality education, whether due to lack of expertise, insufficient funding or the aforementioned low expectations. Yet available evidence demonstrates that inclusive education provides the best outcomes for students with and without disability.

My job allows me to progress the affording of rights and inclusion of children with disabilities in Australia. I'm determined to change community attitudes so the common view is that disability is a different ability not an inability. Children with disabilities will then have a clear pathway to thrive.

"Affordable childcare is absolutely essential for parents and for our economy"

"Disability is a different ability not an inability"



KATE ELLIS federal member for Adelaide and shadow minister for early childhood education and development

I've been closely involved with childcare policy for several years now. I've seen and have been a part of many different reforms, improvements and changes in that time. In the past few decades, our childcare system has grown from simply babysitting to early education, focused on helping children reach their potential. But none of this is enough. We need to consider a radical rethink of the way our childcare system works to better meet the needs of parents and children.

Over the next four years, the federal government will spend \$40 billion on childcare assistance. That's more than we spend on government schools, subsidies for university places or roads. Despite this, parents are spending years on waiting lists, children are missing out on early education and educators are undervalued and underpaid.

It's incredibly important we get our early education and care system right. More than 90 per cent of a child's brain development occurs in the first five years and affordable childcare is absolutely essential for parents and for our economy. In recent years, similar countries have made big improvements in their childcare systems, like providing guaranteed places and making childcare genuinely affordable and more accessible for all families. We need to be debating these kinds of big changes in Australia, too.



PROFESSOR FIONA ARNEY director of the Australian Centre For Child Protection, University of South Australia, unisa.edu.au

I've always had a love of research and the thought that through new discoveries you could change how the world views things, and then maybe change how the world does things.

I work with a network of hundreds of organisations and thousands of practitioners and policymakers dedicated to eradicating child abuse and neglect. My role is to provide the latest research evidence to help those organisations make the best decisions about how to work with children, their families and communities.

In the past decade, there have been 40 Australian inquiries related to child protection, and still we continue to invest in systems that respond poorly once harm has occurred to children. Released last August, Royal Commissioner Margaret Nyland's report laid bare a dysfunctional system struggling under the weight of an enormous caseload and emphasised the single principle that should guide our system reforms: children must come first. Including the experiences, voices and participation of children must be the cornerstone of a new approach.

Child abuse and neglect affects one in four children in Australia, and indigenous Australians are over-represented in our child protection systems at a rate seven times that of non-Aboriginal kids. Yet research to prevent or treat it has lagged behind other paediatric fields. Child welfare is a community issue. If you were to imagine a childhood illness that impaired the child's developing brain, led to cognitive and language impairments, limited a child's physical growth and predisposed them to a much higher risk of heart disease, cancer and mental ill health, there would be a public outcry to put a stop to it. These are the impacts of unchecked child neglect and abuse, yet people don't seem to see it as

a critical health issue and that needs to change.

It's only in the past decade that research organisations

like the one I lead have existed. Our approach is fairly

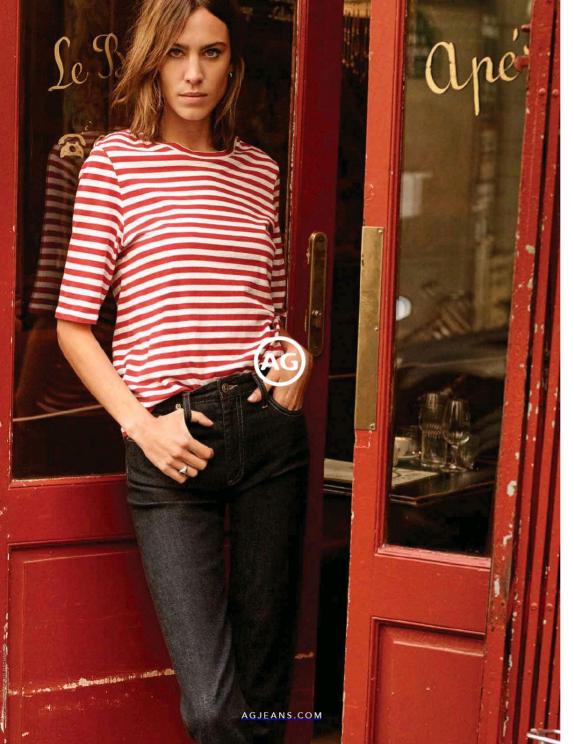
simple – these children deserve the very best. Our latest project involves partnering with leading epidemiologists to pinpoint pathways for prevention of child abuse in pregnancy and the first years of life. Using the latest advancements in data linkage, we'll be able to identify when children are first known to the child protection system, the causes of those concerns and the opportunities for intervening early to stop harm. It's critical for child development – intervening in pregnancy to prevent violence or abuse can reduce disorders that develop in utero, such as fetal alcohol spectrum disorder. And if we can prevent harm early, we can prevent the cognitive, social, emotional and physical impacts of abuse, which can last a lifetime.

It also makes sense in reducing the demand on our child protection systems – our research has shown that approximately half of the children who have had high levels of multiple reports to child protection by age 11 (i.e. 10 or more reports) were first known to child protection before they were two years old. The aim is to stop a future generation of children becoming victims of abuse. We'll be able to identify what the major child protection concerns are in pregnancy and infancy, who was aware of these concerns, who could provide help and support once these concerns are known, how we can prevent these forms of child abuse from occurring and the most effective methods of intervention.

There's still so much left to discover, but Australia has the opportunity to lead child protection reform internationally. It'll take time and considerable investment, but the benefits are intergenerational. For the sake of our most vulnerable children, my intention is this: let's do it quickly and let's do it well.

"The aim is to stop a future generation of children becoming victims of abuse"





FIRST LOOK







The lyrics of Shania Twain's classic anthem, heard at newcomer Brandon Maxwell's New York show. summed up everything we love about where fashion is heading. Let's go, girls

> here's no other word for it: Imaan Hammam was sashaying. Her long, lean pants suit was undulating like unwhipped cream and her natural curls were bouncing with each decisive step down Brandon Maxwell's SS17 runway. It was only the designer's third ready-to-wear show and yet he'd asked the in-demand model (see why on p52) to open proceedings at New York's famed Russian Tea Room. It was what fashion insiders would describe as a "moment", with the standing ovation to prove it.

It wasn't so much about Maxwell's clothes - though they were the Holy Grail mix of incredibly wearable, fiercely feminine and fabulous all at once - but more the way Hammam and her runway comrades were wearing them. Quite imply, with joy. There was new girl

\$1,450, Prada,

Dilone breaking out in a smile midway down the runway, activist Adwoa Aboah doing a spontaneous twirl as she went and indigenous Australian Charlee Fraser winking at the camera. They were having almost as much fun as Lady Gaga, who was shimmving in the front row. "The women today in his clothing, they look elegant, tailored, strong, but also they have attitude and it's that little bit bad-ass," she said after the show, before ducking backstage to "steal a few pieces" for herself.

In a way, it was a return to the late '80s/early '90s when models were mighty and magnetic and wholeheartedly moved their hips. "We used to depend so much on all of these girls to bring a personality, a dress, and we would tell them: be yourself, feel sexy, have fun, get into the show, be a character," casting director James Scully recalled in his somewhat scathing review of the modernday fashion industry for The Business Of Fashion. But if this show was anything to go by, the business Scully says was once built on a celebration of women's beauty and diversity, but had since lost its way may finally be making progress.

With everyone from Naomi Campbell to the all-powerful Council of Fashion Designers of America calling for the fashion industry to be more inclusive, a mounting push for diversity may just be paying off. According to The Fashion Spot's biannual diversity report, which analysed 299 shows and 8,832 model appearances during the SS17 shows, this season has been the most inclusive in ⇒



TREND



TRFND





recent history. There's still a long way to go (while Maxwell's casting resulted in 69 per cent models of colour, the industry average was 25.4 per cent), but the fact the conversation is happening shows promise.

"One thing that was really big in this collection was just love," said Maxwell, who has dressed former US First Lady Michelle Obama and worked with the other first lady, Lady Gaga, as her stylist since 2012. And he wasn't alone in his emotional message. The crowd was certainly feeling the love in Milan later that month when '70s fashion icon Lauren Hutton, now 73, showed off her signature gap-toothed grin on the Bottega Veneta runway in a timeless trench to mark the house's 50th anniversary. For the victory lap, 21-year-old Gigi Hadid Rebecca Vallance, walked alongside her in a dusty pink top and pants (below right). They could easily have swapped outfits, and creative director Tomas Maier was quick to note it wasn't about youth or maturity. "It's never about an age group. I dislike any kind of classification, by skin tone or age it's something I detest," he said backstage.

But we couldn't help noting the incredible roster of names that Maier had enlisted for his show. Karen Elson, Malgosia Bela, Elise Crombez, Eva Herzigova, Joan Smalls, Liu Wen: all women with experience under their belt and personality in spades, and all dressed in universally flattering garments - paper-bag waist pants, belted midi dresses, easy shirts, knits and double-breasted pants suits - that crossed borders and body shapes, no matter their date of birth.

The fact is, some of the most memorable designs seen on the runway came with this refreshing 'every woman" appeal - from the delightful clash of fabrics and textures at Prada, a show that saw wallpaper florals, feathers, tweed and pool slides meet, to the architectural sporty brights at Chromat (where designer Becca McCharen-Tran made a case against tokenism by casting amputee model Lauren Wasser, plus-sized models like Sabina Karlsson and Iskra Lawrence and four trans models including Carmen Carrera). And then there was the "We Should All Be Feminists" slogan tee teamed with an overgrown tutu for the Christian Dior collection that new creative director and former Valentino favourite Maria Grazia Chiuri said was about the meeting of a woman's mind and heart (the latter literally picked out on chests in red thread).

Skirt, \$290, By Johnny,

Whether it was shocking pink, squareshouldered power jackets or kick-ass military fatigues, the message for SS17 was clearly one looking forward, not back. For Hammam, a Dutch model of Egyptian and Moroccan descent who shot to fashion fame in 2013 when she opened a show for Givenchy, it's about owning our uniqueness. "In the beginning of my career, my hair was always straight, and one day I was like, 'You know what? I'm going to start wearing my hair natural.' I started doing that and everyone

was like, 'Whoa."' Hammam practically ruled the four fashion weeks two seasons ago with her curly hair, and promptly nabbed a coveted Tiffany & campaign. "I'm happy that [perceptions are] changing and that designers are super open now," she says. "I think it's a great sign for the future."



Shoes, \$1,100. Christian Dior

(02) 9229 4600

Live Outside The Seasons DAVID JONES ONE NAME: ENDLESS POSSIBILITIES

FRESH START

The SS17 season is here in all its mood-lifting, go-getting, woman-loving glory. Consider this your guide to what to wear, who to know and how to work it



THE LABELS TO LOVE

If you add only one thing to your wardrobe this season, make it a piece from one of these four brands. Insider favourite Glenn Martens offers his gender-blurring, tongue-in-cheek take on everyday dressing in denim, leather and pastels at

Paris-based label Y/Project. Searching for something a little more conventionally feminine? Look no further than RIXO London, founded by British duo Henrietta Rix and Orlagh McCloskey, whose vintageinspired silk dresses and jumpsuits are wardrobe must-haves. Turn to fellow

London label Bruta, founded by Arthur Yates, for next-level shirting with whimsical embroidery. And for some off-the-wall culture clash, check out Angel Chen, the Shanghai-based former Marchesa and Vera Wang intern turned Forbes "30 Under 30" star

who blends traditional craft with a modern aesthetic in her own sequin-spangled interpretation of "Chinese Punk".

THE MODELS TO WATCH

FROM: Bangalore, India. AGENCY: Ford Models. RUNWAY STATS: Her Balenciaga debut for SS17 made her the first Indian woman to walk its runway. **ELLEN ROSA, 17**

FROM: Nova Serrana, Brazil, AGENCY: Viva London. RUNWAY STATS: Walked in most major shows, including Chanel, Miu Miu, Moschino and Versace. JESS PICTON-WARLOW, 18

FROM: Perth, Australia. AGENCY: Storm. RUNWAY STATS: Walked an epic 52 shows across four weeks of the SS17 season.

CHARLEE FRASER, 21

FROM: Newcastle, Australia. AGENCY: IMG. RUNWAY STATS: Appeared in 40 SS17 shows, including Céline and Givenchy.



LESSONS Brush up on

see why Jean











YUWEI ZHANGZOU

a @uuuuzhangzou Prepare to want everything this chic Chinese-born Parisian owns and wears.



JAN-MICHAEL QUAMMIE

🗖 @jan.quammie The Munich-based stylist effortlessly pulls together all sorts of clashing trends. You'll copy her every move.



SARAH ELLEN 🗖 @sarahellen

Take a lesson in cool from this Aussie who knows how to give femininity an edge.





FASHION FILE

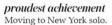


OUT OF THE BLUE

Cuff, \$660, Tiffany & Co,

tiffany.com.au

After scoring gigs with Givenchy, Tiffany & Co and Victoria's Secret in quick succession. Imaan Hammam is having a moment. We ask the Amsterdam-born model for a few of her favourite things



model icons

Supers Naomi, Linda and Christy, and I really look up to Karlie Kloss.

most memorable job

The Tiffany & Co shoot with photographer Cass Bird in New York. They know I like to draw, so they put up a drawing board during the shoot for me.

jewelleru mvp

I like really simple but unique pieces - one or two rings, earrings and a fine necklace.

your style

Sporty, comfy, cool and kind of grungy.

go-to designers

I love Céline. And Opening Ceremony has cool pieces.

new label love

Area is a new super-cool label from New York. It's kind of '90s-looking.

> Trainers \$1,395, Valentino misslouise.com.au

obsessed with

Sneakers - colourful or black-on-black ones

beauty must-have

La Mer's face moisturiser and oil. I always have them with me when I'm on a plane.

hair essential

I make a hair mask using my mum's recipe - it's banana, avocado and olive oil. I apply it once or twice a week.

nail colour

A nude OPI with one coat of Chanel [Le Vernis] in Ballerina over the top.

skin trick

Mix honey and saffron and apply to your face. It's a very hydrating mask.

From left: ring, \$620, ring, \$455, ring, \$330, all Tiffany

most used emoii to text back, I just send that.

good-mood tune

When I don't know wha

I'm really into "Secrets" from The Weeknd's new album [Starbou].

hometown hang

Izakaya in Amsterdam - I get the popcorn shrimp, rice cakes and seaweed salad.

favourite workout

I go to Ballet Beautiful twice a week. The instructor makes it look easy, but it's so hard!

best date

When my boyfriend [model Naleye Junior, left] took me on a drive to Disneyland.

homewares hero

My The Cloud couch from [furniture store] Restoration Hardware.

mood boosters

My poodle, Jazzy. She has highlights! Plus, surfing and travelling - lately [I've been dreaming about] Bali.



Tacket, \$129.







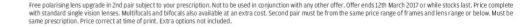




Free polarising in your 2nd pair

valued at \$100 when you choose 2 pairs from \$199 complete with standard single vision lenses







Dress, \$680, IRO,

(02) 9362 1165







legant. Sophisticated. Eclectic. Karen Millen's A/W 2017 collection perfectly captures the season's romantic spirit. True to the label's ethos, ■ the sleek edit — with a focus on statement dresses and separates - is all about individual style. These are versatile looks that can be worn anywhere, any time - it all comes down to your attitude.

This sentiment is reflected in the label's new campaign - shot in London by renowned photographer Yelena Yemchuk - which stars three unique talents: actor Eleanor Tomlinson, musician Judith Hill and model Karolina Kurkova, Each lends a

proving that great style is the fusion of fashion and personality.

distinctive quality to the shoot,

For the new season, that means focusing less on trends and more on standout pieces with an emphasis on quality craftsmanship. Think luxurious knitwear paired effortlessly with breezy culottes and slouchy mid-calf suede boots, or an ankle-sweeping pleated skirt that works effort-

lessly from day to night. For work- and eveningwear, consider one of the label's signature dresses in shades of paprika, ginger and rust. Feminine details such as ruffles, frills and bows round out the collection.

★ KARENMILLEN.COM.AU
 ★ @KARENMILLEN

MAKAREN MILLEN AUS

Looking for an extra hit of playfulness? The label's faux-fur leopard-print coat will add a dramatic touch to any outfit.

For refined individual style, Karen Millen is your go-to label this season.



KAREN MILLEN

"THESE ROGER VIVIER SHOES ARE ALWAYS IN MY SUITCASE BECAUSE THEY LIFT EVEN THE SIMPLEST OUTFIT.

a perfect world

Sofía Sanchez de Betak (or you can call her Chufy) is one of those multi-talented women who make the rest of us wonder what we've been doing with our spare time. She's a model, fashion consultant, art director, editor, entrepreneur, influencer and now the ambassador for the iconic Parisian accessories brand Roger Vivier. And whatever she's doing, it's quaranteed she'll be looking stylish. So naturally we asked the Argentinian globetrotter for a peek into the fashionable life she splits between Buenos Aires, Paris and New York

A"I LOVE THESE

REINVENTED ALMOST

in countless street-style galleries - is currently on the cover of Condé Nast Traveler's Patagonia special. It's been one of her favourite destinations since holidaving there as a child and, more recently, it was where she married the famous French scenographer, Alexandre de Betak. "I met my husband in Argentina during the holidays. I was with one of my two sisters, who is also married to a Frenchman, Six months later we started dating in New York and four months later we were married!" The lavish three-day wedding celebration was attended by the couple's close friends Constance Jablonski, Anja Rubik, Jason Wu, Peter Lindbergh, Marc Newson, Felipe Oliveira Baptista, Gaia Repossi and Nicholas Kirkwood, to name just a few.



t home in Paris. freezing. caught a cold. There are holes in the

wall!" laughs Sofía Sanchez de Betak as she explains that her New York and Paris apartments are currently being renovated. She's one of those women with incredible charm and undeniable style, blessed with a certain je ne sais quoi and the natural ability to transform an average T-shirt into an immediate musthave. Her good friend and fellow Parisian, Inès de la Fressange, describes her as a paradox: "Beautiful yet witty, hyperactive vet calm, sophisticated vet cool."

Sanchez de Betak - frequently seen front row at A-list fashion shows in Paris, Milan and New York, as well as

> "I'M DRAWN TO HEAVY AND

CHUNKY JEWELLERY, LIKE

THESE BY AN ARGENTINIAN

Growing up in an affluent Argentinian

family, Sanchez de Betak travelled a lot

with her parents. "My mother has always

been passionate about travelling. And my

grandparents were already living between

Buenos Aires, Capri, Paris... everywhere

around the globe," Scouted by a modelling

agency in Buenos Aires at age 14, she soon

found her image plastered all over the city

and quickly decided she'd prefer to be

behind, rather than on, the billboards,

"After high school I decided to study

graphic design and filmmaking.

I wanted to go into editing." She landed

her first gig as a junior art director for the

fashion photographer Urko Suaya before

taking up a job as an editorial designer at

Time Out magazine, which she did while

teaching typography at night school at the

for the advertising agency Lloyd & Co in

New York where she soon learned

that a 360-degree approach was needed

to succeed in the new media landscape.

"Visual art, social media, brand concept

and strategy are my assets." However,

new and challenging projects soon

came as a worldwide freelancer. "Now

I'm a consultant for a hotel group,

I contribute to a magazine and I work

with brands such as Marni, Chloé and

She went on to become an art director

University of Buenos Aires.

DESIGNER, ARACANO."

BAG BY ROGER VIVIER HAS BEEN CREATED BY BRUNO FRISONI IN TRIBUTE TO MY ARGENTINIAN ROOTS, IT MATCHES PERFECTLY WITH MY VINTAGE YVES SAINT LAURENT DRESS THAT WAS A GIFT FROM MY HUSBAND."

Tiffany & Co." Sanchez de Betak also regularly taps her sixth sense for up-andcoming artists and young designers like Kei Ninomiya and Letita Aragon (with whom she recently created the ultimate summer dress). Right now, she's working on launching her own clothing line called Chufy and she's currently writing a travel book featuring "super luxe private houses".

Sanchez de Betak's personal philosophy is based on the idea that life is, above all, a game, meaning she's at ease anywhere and at anytime. But she always has an eye out for design: "I'm very eclectic. Most of my clothes come from a mixture of different places that I've travelled to." It comes as no surprise, then, that she's been chosen to be the new brand ambassador for Roger Vivier. For the SS17 collection. designer Bruno Frisoni had a certain image in mind: a woman who was nomadic and urban, yet accessible and chic - glamorous without being ostentatious. A woman embodied by Sanchez de Betak.

"It's an honour for me. This brand has

"I BOUGHT THIS KAFTAN DRESS IN THE GRAND BAZAAR OF ISTANBUL, LALSO HAVE SOME FAVOURITES IN MY WARDROBE MADE BY PORTUGUESE DESIGNERS."

made its mark on fashion history. Elizabeth Taylor, Sophia Loren, Grace Kelly, Brigitte Bardot they have all worn Roger Vivier on their feet." But

it's easy to see why style runs through her veins when she admits her grandmother, and her number-one fashion icon, also had dozens of pairs. "She was the most elegant woman I've ever known."

> "ONE OF MY FAVOURITE BOOKS IS MA VIE À PARIS BY ASTIER DE VILLATTE. THIS BOOK IS INCREDIBLE FOR THOSE WHO AREN'T PARISIAN. IT'S FULL OF UNEXPECTED ADDRESSES."

< "THE VIV'TANGO

It's famous for its unique approach to ceramics, which are handmade in the workshop once used to house Nanoleon's silversmith

sofía's little

black book

ASTIER DE VILLATE

173 Rue Saint Honore

PARIS

PROFIL F

34 Boulevard Saint-Germain; diptyqueparis.com Its candles are some of the best delicate and refined smells all inspired by childhood memories, nature of journeys. The Feu De Bois is the one I buy most in an XXI size.

SHAKESPEARE AND COMPANY

37 Rue de la Bûcherie; shakesbeareandcombany.com

An English-language bookshop in the heart of Paris, on the banks of the Seine, opposite Notre-Dame, Since opening in 1951, it's become a Left Bank literary institution and a meeting place for writers and readers alike

NEW YORK DE VERA

1 Crosby Street, Federico de Vera travels the globe. buying anything you can imagine, such as vintage Venetian glass. Japanese lacquerware and 19th-century Philippine Santos figures. It's an interesting combination, but it's the jewellery that I really love. De Vera designs most of it himself and, just like his store, it's a combination of the old and new. In particular, de Vera has a passion for rose-cut diamonds - you'll see them in rings, earrings, hanging from leather cords or set in dazzling necklaces.

ONLINE UNDER OUR SKY

underoursky.tumblx.com An online boutique created by mel It's a platform to promote international and Argentinian talents such as Odraz Vesmir and Aracano. From bracelets to belts, handbags to hardware and scarves to sunglasses, Under Our Sky curates select artists to introduce designs that may be one-of-a-kind and never seen before

TRAMUNTANA

An online-only bespoke perfumery created by Claudia de Pablo Vicens where you can experiment with the indulgence of a scent handmade especially for you, New York-based de Pablo Vicens mixes custom perfumes from exclusive oils, musks and essences sourced from around the world.



HEELS WITH THE

ROSE FROM THE

EVERY SEASON."

EMBLEMATIC

'60S, WHICH IS



YES, YOU CAN

and cold shoulders.

OFFICE STYLE HACK: Layer

with ripped jeans,

ankle socks.

or boots and fishnet

ACCESSORIES MVP: Clean.

minimal jewellery.

Three tricky trends you thought you couldn't wear to work. Trust us, where there's a will, there's a way

MASHED-UP

FLORALS

TRAINERS

Teamed with relaxed tailoring, trainers can read efficient and on the ball Asos Australia's Vanessa Carver flags them as one of the season's top workwear trends. "They work well with our indoors/outdoors lifestyle and can cross over from the weekend if they're kept box-fresh." (So leave the ones you wore on Saturday's

hike at home.)

keeping pieces streamlined and mixing big and small a midi skirt: winning for the office. A maxi-dress and a headscarf: save it for Sunday.

Carver says off-the-That's layered florals for the uninitiated. Avoid looking like you dressed yourself in Aunt May's curtains by

shoulder tops are an ongoing bestseller - but there are guidelines when giving colleagues some cold shoulder. Keeping part of the arms covered and choosing longer skirts or pants will ensure the attention is reasons. And keep a jacket over your

BARE

SHOULDERS

NAME: Kasia Hastings. ROLE: Junior menswear editor.

PERSONAL STYLE: Carolyn Bessette-Kennedy meets Princess Diana. KEY PIECE: A white sculptural top is

NAME: Victoria Logan. ROLE: Senior assistant buyer. PERSONAL STYLE: Very relaxed and oversized. I constantly steal my boyfriend's clothes. KEY PIECE: Distressed denim. Rips are non-negotiable. OFFICE STYLE HACK: A crystal choker or pearl drop earrings instantly dress up a tomboy look. ACCESSORIES MVP: A backpack.



a cool, clean update for the office. OFFICE STYLE HACK: Dress it down with frayed jeans and a pair of Vans or Converse, or smarten it up with some sidestripe trousers in navy or black. ACCESSORIES MVP: A single

gold chain and bangle.

pieces toughened up with chunky A novelty belt



The Asos team show us how to take this season's most unexpected trends to the office

tick to neutrals, downgrade personality, play it straight: forget everything you know about Monday-to-Friday attire. These days, the old rules need not apply. Modern workwear can be as dynamic as your employer allows, and the London-based Asos team are well ahead of the curve. This is how they do it.



NAME: Debbie

coordinator. NAME: Iasmine Walker. but I like to try ROLE: Senior international press officer. PERSONAL STYLE: Minimal, Scandi-inspired. KEY PIECE: Luxe tracksuit pants OFFICE STYLE HACK:

with a wide leg and a side stripe. OFFICE STYLE HACK: Nail tricky trans-seasonal dressing with a crisp shirt or a fine-knit jumper, or a sequin top for Friday drinks. ACCESSORIES MVP:

Shasanya. ROLE: Production PERSONAL STYLE: Dressy, almost anything. KEY PIECE: Balloon sleeves and off-theshoulder anything. Balance proportions



NAME: Freva Rabet.

that make me feel

KEY PIECE: Shirting in

plains, stripes and

OFFICE STYLE HACK: Give

this menswear staple

a feminine feel with

some amazing shoes.

ACCESSORIES MVP:

Chunky soles.

ROLE: Junior designer.

PERSONAL STYLE: Clothes

happy and confident.

by wearing some slim-cut trousers or a pencil skirt.

Heels of course!

KEY PIECE: A good grab-and-go lightweight jumper bold primary colours and personalised patches essential. OFFICE STYLE HACK: Mix it with a leather skirt and white ruffle blouse for fun or with tailored cropped trousers and an oversized blazer for playing the grown-up. ACCESSORIES MVP:

NAME: Ruby Leonard.

ROLE: Fashion stylist.

PERSONAL STYLE: Girlie

accessories.

BFAUTY





FACE TIME

Masks have gone from a novel sleepover activity to a serious skincare player. Meet the new innovations leading the way

s it any surprise that there's a correlation between the increased popularity of selfies and face masks? Mask sales have been enjoying steady growth, with total category sales doubling over the past few years. From self-heating foil to cooling charcoal, it's the continuous debut of innovative textures and applications that keeps interest piqued - and skincare woes sorted.

"Masks can specifically target a range of complexion concerns, such as hydration, acne and inflammation, in a concentrated delivery," says New York-based dermatologist Dr Dennis Gross. "They've become such a big trend because of the new technology now available and the superior benefits that can be achieved at home - it's no longer limited to the professional space."

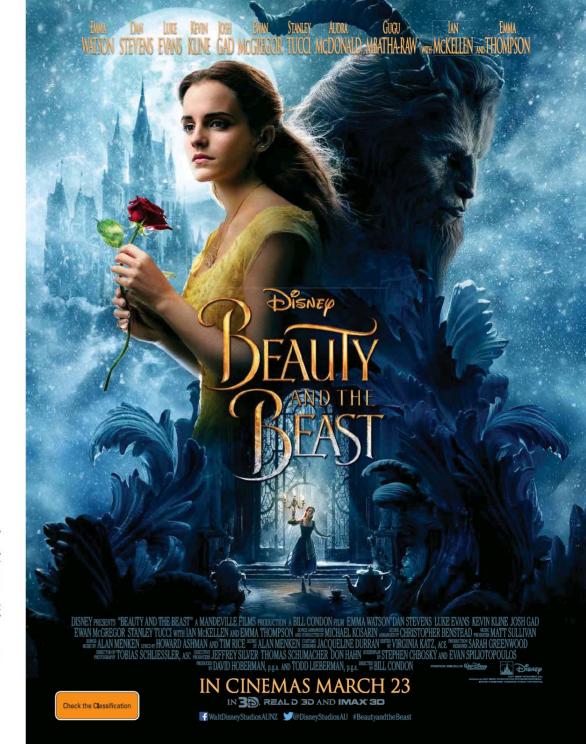
Gross' latest innovation is a DIY version of an in-office treatment: a two-part hydration mix ("it holds its potency longer") that hardens into a rubber "modelling" finish - the latest craze out of Korea. "The occlusive barrier blocks out oxygen to allow the concentrated ingredients to penetrate deeper," he explains. "The cushion solidifies to mould to the exact contour of the face - this is the new key technology."

The same mix-and-mask principle takes a natural spin thanks to a new brand out of Bondi. The Mrs Manuka offering starts out as a powder of natural clay and manuka honey. The mixing medium is buyer's choice



- water for a quick, simple paste, aloe vera for a soothing gel or honey for an extra-calming (albeit sticky) finish. The detoxifying formula contains manuka's famed antiinflammatory properties to reduce redness and scarring.

If stressed, tired skin is your main concern, consider an energy shift with the help of the electromagnetic charge found in the latest mask from Dr Brandt. Apply a layer of the finely ground black tourmaline (a semi-precious gem) and remove with the supplied magnet a few minutes later. The iron powder-based formula, which is activated by the magnet, lifts dirt and pollution from your pores, leaving skin clearer and tighter than before.





GOLDEN GIRL

A blockbuster star who buys her own red-carpet dresses? Bryce Dallas Howard just might be the most down-to-earth woman in Hollywood

once got a \$40,000 wardrobe bill on a publicity tour," says Bryce Dallas Howard of discovering the cost of being a US size 6 (Australian size 10) in Hollywood. "If you're not sample size, there are no clothes for the stylist to loan from the designer, so they have to purchase them and I have to pay for them. I nearly had a heart attack. I guess they thought I had a trust fund." The mother of two now buys her own red-carpet outfits and has earned a reputation for being relatable as a result: she wore a \$320 Topshop dress to the Critics' Choice Awards last December, and a Jenny Packham gown bought off the rack at department store Neiman Marcus earlier in 2016 at the Golden Globes.

Discussing her new movie Gold, in which she stars opposite Matthew McConaughey, in a suite at New

York's Waldorf Astoria hotel, the porcelain-skinned redhead (she and actress Jessica Chastain have been mistaken for each other so often it's become a running joke) gives the impression she's eager to avoid the celebrity lifestyle, despite starring in high-grossing films like The Twilight Saga, Terminator Salvation, The Help and Jurassic World (with a sequel on the way). The daughter of Oscar-winning director Ron Howard admits she's cautious when it comes to social media. "When I send an email, I read it over and over again. so something as flippant as tweeting out my thoughts in the moment is not my thing," she says. But that doesn't mean she's not opinionated: on America's controversial new president. Howard says "being vocal is really important" and that "some things I hear feel like a gut punch". She also feels strongly about correcting the gender pay gap in Hollywood. "People Ifilm executives are going to be so ashamed of themselves when it all comes out."

Her attitude towards social media - to use it but not get too caught up in it - was influenced by her Screen Actors Guild Award-nominated role in cult Netflix series Black Mirror. She plays a woman desperate to raise her ranking in a fictional (though disturbingly relatable) world where people rate each other for every interaction using an app. Howard relished the role. "The shoot was four weeks in Cape Town and was the first time I was away from my kids for more than a few days, and I was so well-rested," she laughs. "Also, I often find the sadder my character is, the happier I am in real life, and the happier the



character, the more therapy sessions I need. Because I've got to get it out somehow!"

It's hard to say if the 36-year-old needed a therapy appointment after playing Kay, long-time love of McConaughey's character Kenny, in Gold. Based on the true story of an '80s prospector who strikes gold, the film takes them on a nauseating roller-coaster ride of highs and lows. Kay's an anchor for the wild

and unpredictable Kenny, though the on-screen relationship is pushed to intense moments, some of which weren't in the script. "We were shooting the fight scene here in [this] hotel and my character went into the bathroom. He took his glass and threw it, and made a hole in the door. I'm sure someone got sent a bill for that." At least this time it wasn't Howard.

Gold is in cinemas now

MURDER.

SHE WROTE

A former beauty editor

with a cult following.

Cat Marnell's memoir

- and our Book of the

Month - is a candid look

at drug addiction

RFAD

ou might know the name Cat Marnell. The 34-year-old - once deemed "New York's enfant terrible" - was associate beauty editor at the now-defunct Lucky magazine. In 2011, she helped launch women's lifestyle website

xoJane, where she published such beauty articles as "Gonna Wash That Angel Dust Right Outta My Hair: 'Miracle' (Uh-Huh) Treatments To Help You Pass Those Follicle Drug Tests, Naughty Nancys!" and "Pillhead Beauty: The Product I Learned About From My Shrink Dad That I Don't Even Talk To Anymore". Her unfiltered blogs detailed her recreational drug use as much as they recommended the best beauty buys. She later went on to write a wildly successful column (still drug-related but now minus

the beauty stuff), Amphetamine Logic, for Vice.

Her new drug-addled memoir, How To Murder Your Life, is - well, there's no other word for it - addictive. Marnell's leisurely style of prose has a way of putting you right there in the room with her. Sometimes you're watching her struggle to pronounce tricky beauty brands over the phone as an intern at Nylon; later on, you find out just how Upper East Side "doctor shopping" goes down. Part of her Vice column's appeal was that readers could witness Marnell's very public unravelling - "I've been smoking weed and watching Keeping Up With The Kardashians and sipping orange [cold and flu medicine] NyQuil with a straw and looking

at myself in the mirror for eight hours" - and this book is effectively an extension of that. Arguably, few people could deny they're not even the least bit

interested in watching a popular figure fall apart (see: Britney Spears, Kanye West).

At its core, the book follows two parallel storylines - one of a young girl who worships magazines and works slavishly to turn her dream into a reality,

> and the other of a troubled kid from a privileged but dysfunctional family whose spiralling drug addiction will very likely cost her everything. Those two paths are constantly at odds, and often intersect (like the time Marnell called in sick to her boss, xolane editor lane Pratt. with the email, "Ugh, I did heroin

Of course, like all books by

her disturbed friendships and failure to perform at work amid a never-ending comedown. But for all her issues, Marnell is still a great writer; clever, funny and sharp. By the time you turn the last page, she'll feel less like a fascinating stranger and more like a friend you adore, in spite of her faults.

How To Murder Your Life (\$35, Ebury) is out now

last night and now I'm sick"). and about addicts, this memoir is melancholic. Marnell is unflinchingly honest about her deteriorating quality of life,

62 ELLE AUSTRALIA

ince launching in 2014, Amazon's Alexa has steadily been revolutionising techsavvy families' homes via her voice-controlled device Echo. She'll sit on your benchtop in her unobtrusive guise, a tall and slim black (or white) Bluetooth speaker that promises to answer your most searching queries with the use of

a "wake" word, which by default is her name. She'll play you a tune on request from your Amazon Music, Spotify, Pandora, iHeartRadio or TuneIn account ("Alexa, play The Weeknd"). She'll update you on the headlines or chance of rain, check the status of traffic on your work commute, find you a flight or hotel and let you know what's coming up on your calendar. She's also clever enough to connect to certain smart home devices such as lights, garage doors and thermostats.

With her ability to tell a corny joke and her seemingly bottomless pit of fun facts, she's probably bonding most closely with the younger members of the household. Amazon says the Echo and its hockey pucklike little sister, the Echo Dot, were its bestselling products this past Christmas, so much so they had trouble keeping them in stock. Worldwide, sales were reportedly up nine times since 2015, and that includes Australia where the product is yet to be officially released. If you caught the viral home video of the US



toddler innocently asking Alexa to play a song only to be answered with a list of X-rated porn terms ("Stop, Alexa!"), you'll understand the family hijinx that ensued.

"There's still a way to go yet," says The Gadget Group's tech Valens Ouinn Alexa and her group of contemporaries Microsoft's Cortana, Google's notably nameless "Ok Google" and, of course, Apple's faithful Siri. friend the technology is getting better. In the short term, virtual assistants will

TALK TO ME

Could you do with a personal assistant at your beck and call? Artificial intelligence, at your service

get better at listening, better at understanding and linking to more things that we're doing now online anyway. The huge amount of data they are collecting on us, like where we go, when we do things, what we ask for, what we like, who our partners are and what they like, can be analysed and used to pattern

match to anticipate what we want."

And because Alexa lives in the cloud, she'll only continue to get smarter. Quinn says Alexa and friends could effectively become so sophisticated that they may rival a human assistant within a matter of five years. "Apple has opened up Siri to third-party developers, so now you can say, 'Hey, Siri, book me an Uber.' The same is happening with Google and Amazon as well, so the ability for the virtual assistant to actually hook into other online services that you use is the next step. It's happening now."

As soon as this year, you'll no longer need to wave Alexa a heartfelt goodbye before closing the front door. The Wynn Las Vegas is in the process of outfitting all 4,748 guest rooms with an Echo, allowing visitors to control lights, temperature and curtains with vocal commands, with a vision for the software to have the capability to help guests plan their day in the near future. 2017 will also reportedly see Alexa riding shotgun in certain makes of cars.

Co-founder of Matches Fashion Tom Chapman (who has an Echo perched at home and in the office) says that in no time, online retail, too, will function entirely by voice-operated command. "We have to look at search as one of our challenges. It's not about typing a term in, it's going to be about people saying, 'Show me the McQueen dress in lace."" Time, he says, or lack thereof, is the commodity for sale.

So before too long, your pseudo personal assistant will not only be able to find you a flight for that long weekend away but suggest where you'd most like to go and curate the wardrobe to pack, too. There's just one thing bugging us. Is it a coincidence that these technologies, for the most part, answer to women's names? In 2017, we're thinking it might be refreshing to see a new world order where women aren't the ones typically relegated to administrative roles. We're sure we'd like to see an Adam, Simon or Connor perched on the end of our bench. too. \square



ON A ROLL

Once considered the hobby of outsiders, skateboarding is now an undeniable force within the fashion industry. ELLE's market editor Claudia Jukic decides to try her hand

here should exist, but doesn't, one of those long and untranslatable Danish words to describe the feeling of your very first glide on a skateboard. There I was, in my very fresh \$210 Eytys sneakers, riding a \$15 skateboard I'd bought at Kmart 30 minutes earlier, a "Skateboarding For Beginners" tutorial blaring from my iPhone. I tell you this, fully aware that the sentence amounts to nothing short of skater sacrilege, but bear with me.

Skate culture is magnetic. Just ask the fashion set—its key players have been conducting a full-blown, if somewhat unrequited, love affair with skateboarding for years. Ever since Phoebe Philo cast Daria Werbowy in the 2011 Céline campaign brandishing a bold orange skate deck, worlds have been colliding. Soon, pro skaters like Dylan Rieder, Ben Nordberg and Alex Olson began appearing in campaigns for labels like DKNY and Louis Vuitton, and now you're as likely to spot traditional skate brands like Palace and HUF on the street-style scene as you are a Gucci Dionysus bag.

The obsession shows no sign of abating, either, judging by the Louis Vuitton men's AW17-18 runway, where a collab with Supreme saw a walking waitlist of backpacks, skateboards and denim baseball jerseys emblazoned with the logos of both labels.

Me? I've been hooked since Clueless' Travis Birkenstock rolled into Bronson Alcott High in 1995. But it was the short film on Rachelle Vinberg's New York all-female skate crew, released by Miu Miu last year, that finally saw me acid-dropping into the sport

(and using skateboard lingo I have no place using). It wasn't just the fashion they were wearing – a heady mix of geek-girl staples and Friday-night sequins – it was the kick-ass attitude they were giving off, the don't-mess-with-me confidence of mastering what's long been seen as male-dominated turf, no knee pads required.

"The pavement is where the real shit is." The words Jake Phelps, editor-in-chief of skate bible Thrasher, famously spat at streetwear website Hypebeast ring in my ears. "We don't send boxes [of merch] to Justin Bieber or Rihanna." Phelps hails from the days when skateboarding was a counterculture of misfits, misunderstood by the masses and safely swiping under fashion's radar. Not keen on earning the title of "ramp tramp" (today's groupies who hang around the sidelines in all the merch). I'm determined to match my new interest in skating with enough skill to not feel like an imposter. Enter pro skateboarder Corbin Harris. He asks about my level of skill and I tell him I can "kick-push really well". He agrees to a lesson with a laughing proviso that I "never say that again".

With a niggling feeling that I'm having a quarter-life crisis on four wheels, I head to my skate lesson at Bondi's iconic ocean-side skate park. My first mistake is walking up to Harris holding the board in a way that screams

"first-timer". I'm quickly instructed to grip the top curve of the ⇒

To see Claudia's lesson with Corbin, visit ELLE.com.au

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 $64\,$ elle australia

7FITGFIST

with board the wheels facing outward. Progress. Nearby, a girl

no older than 12 is dropping into the skate bowl, that terrifyingly deep empty swimming pool, with an audience surrounding her. She's wearing baggy frayed denim shorts, an oversized baby pink tee and a customised helmet and riding an artfully stickered board with such skill I have to tear my gaze away to

concentrate on what Harris is telling me. We're CULTURE CLASH working on feet positioning (front foot is to be placed on the front screws for control, back foot on the board's slight curve for optimal steering) and before long I'm gliding and tic tac-ing with a grin on my face that I'm struggling to keep under wraps.

My thighs ache for days. It's clear now why skateboarding requires the kind of incredible physical skill that's seen the sport qualify for the Tokyo Olympics in 2020. And the sheer mindfreeing stress relief even an hour of coaching provides could easily become addictive. But secretly it's the fashion that has me most excited about getting back on the board. And that's okay. Harris tells me he thinks it's flattering to skateboarding that a new crowd are obsessed with looking like skaters, but stresses that supporting and including boarders in the conversation, particularly emerging talent, is crucial. He points out Australian 16-yearold world champ Poppy Starr Olsen - she's smashed some impressive world records in Vans and her own handcrafted jewellery. And female skate crews like Skate Kitchen in New York, Brujas in the Bronx and Nefarious Skate Crew out of London are all worthy of an Instagram follow for their impressive skate sessions and effortless style that mixes traditional skate and fashion labels in a way that feels fresh. According to Vinberg, who I'd been psyching myself up to message for months, "there is so much more to skate culture than popular brands". (She replied!) "And there's always some new style coming out within the skate community, no wonder people are inspired."

Right now there's a slew of labels like Off-White, Hood By Air and Vetements offering up their reinterpretations of skate shoes, hoodies and mercheverything. But I'm quickly learning you can't go past your local skate store. It's the lifeblood of all skate culture, stocking the kind of labels that are also heavily involved in the community, building skate parks, campaigning against sexism and racism in skateboarding, and supporting up-and-coming brands and teams. And that's something pros and YouTube-taught amateurs alike can get behind.



the hype (and cost) of vedic meditation

f vou've heard the term vedic meditation before, it was probably because one celebrity or another was vouching for its life-changing efficacy (see: Jerry Seinfeld, Oprah, Lo Bosworth), Sometimes called Transcendental Meditation – which could more accurately be described as the organisation that "owns" a version of this meditation style, much like Zumba is both the brand and the style of workout - it involves being given a mantra, an ancient Sanskrit word you keep to yourself, and mentally repeating it as you meditate.

Not just for hemp-wearing, retreattaking hipsters, the practice has been well and truly embraced on Wall Street. Meditation seems, on paper at least, like the perfect antidote to such a fast-paced and high-pressure working environment, and its popularity in the field is down to one man in particular, Ray Dalio. As the most successful hedge fund manager of all time (with a personal net worth of \$20 billion), Dalio has been practising TM for more than 40 years and calls it "the single biggest influence" on his life. The effect was so profound that he introduced the technique to his employees at Bridgewater Associates in 2008 - any employee who'd been there for more than six months could take a four-month. \$1,000 course and, once completed, Dalio reimbuirsed them half the fee. Now, more than 500 of them meditate twice daily. "When I look back at my life, I'm happy to have had what most people would consider a successful life, not only in terms of

business, but in my relationships and in lots of ways. More than anything else, I attribute it to meditation partially because of the creativity, partly because of the centredness."

Despite its apparent simplicity, learning vedic or Transcendental Meditation doesn't come cheap: undertaking a course will cost you upwards of \$1,000. According to Gary Gorrow, who is probably Australia's most renowned VM teacher with almost 20 years' experience, it should be thought of like an investment, not a one-off purchase. "When I hear people say meditation is expensive, I think it's more a question of their values. People have no issue spending money on gym memberships, registering cars, buying

beauty products, having a holiday... but when it comes to spending on their own consciousness, it's a foreign concept."

Iconic director and long-time TM devotee David Lynch is leading the charge in Hollywood, and bringing this kind of meditation to the masses. His David Lynch Foundation is a non-profit which offers free TM training for US veterans and troops as well as disadvantaged people (like sexual assault victims, low-income urban schools and inmates). It cites research into the effectiveness of the practice that found it helps significantly reduce symptoms of post-traumatic stress disorder and depression, and improves school grades

and quality of life. In an interview with The Huffington Post, Lynch said of the program's success, "Surface cures are not going to get rid of the torment that's inside the students or the vets or the prisoners or anyone suffering from this torment. Drugs cover it over, but they don't get rid of it. When a human being is transcending [through TMl every day, that torment dissolves. It lifts away."

When VM first took off, apps and smart phones were just a twinkle in Steve Jobs' eye, so with the abundance of quick and inexpensive (or free) meditation-based apps available, why should we spend the money now? "While I'm a purist in the sense that meditation is a life skill best taught directly by a teacher," says Gorrow, acknowledging

the convenience of these introductory apps, "it can work both ways: some people find apps frustrating and ineffective and get turned off by the whole idea of meditating, thinking they can't do it. In fact, everyone can meditate provided the technique is effective. People who aren't ready to learn VM should keep trying different practices until they arrive at something that feels right."

apps for people who still aren't convinced

INSIGHT TIMER: The choose from according to your mood. We like *Morning Energizer" Free on iTunes

MEDITATE OM: user experience that provides an easy mantra chanting. Free on Google Play

SCRABBLE: Is there anything as relaxing (or, if you like, empowering) as defeating a computer at Scrabble? Go on, set it to easy. We won't tell. Free on iTunes

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RELATIONSHIPS



'here's a BuzzFeed quiz that asks, "Are your texting habits actually weird?" (of course there is). It asks questions ranging from reply time to how you articulate "okay". About halfway through, it asks, "Read receipts on or off?" with two answers as an option: "I leave 'em on, cuz why the hell not?" and "I'm not the devil". It's a perfect example of the consensus that read receipts - up there with wearing white to a wedding or telling your friend Kälteen Bars help you lose weight - are an evil power play. The question is, when it comes to dating and "text game", are they a savvy or shoot-yourself-in-the-foot kind of strategy?

We all know a tardy texter, maybe it's a friend, lover, co-worker, or maybe you're the dirtbag with the slow response rate. In a world of instant gratification, being ghosted hurts, as does watching the ellipsis bubble pop up and then disappear. Read receipts take it to another level; getting a time stamp as proof of receipt with no reply sucks. They might be busy, sure. But that's the headfuck, isn't it? It's a move that says, "You're not that important to me right now to warrant an immediate response" - and there's the game.

"Initially, I turned them on to piss off my ex-boyfriend," says Marie, a 33-year-old read-receipt enthusiast, "While I was overseas, I found out he had cheated on me. There was nothing I could do in person, so turning them on let him know I was seeing his

apologies, but not giving anything back. It definitely drove him crazy." Marie (now single) says the option serves a different purpose these days. "If you're straight with people, you can be a little bit more polarising, but it's easier to figure out who's attracted to you and who's not. So, most of the time, I use them to be up-front, let someone know they have my attention." In saying that, she adds, "It's also easier to throw in a bit of game, if I think I'm being messed with."

"I like to be fast with responses in the beginning, get some banter going and then go AWOL for a few hours," says Ashley, 28, single and a chronic read-receipt user. "But I always open the message within 30 minutes of receiving it." She admits this sets up a false sense of security and keeps the guy's ego in check ("Particularly if he's asking me out on a date"). And she swears by this game's ability to make men chase her harder.

"I will say, though, that I can't handle it when a guy has them turned on and uses them back at me."

Activate your read receipts and you have the ability to strong-arm a conversation. It says, "I'm interested in what you have to say... but not enough to put my life/Netflix on hold while I reply." It does have its disadvantages, though. You could be building your own prison by the necessity of a quick-draw response (but for those who are just genuinely bad at replying

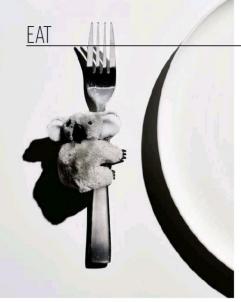
in a timely manner, this technique could help you become a more responsible texter). And what's to stop the other person playing you right back? Your laissez-faire approach might make them want to try harder, be wittier or date you all the more, but you'll have to be willing to cop a return receipt should the move ricochet.

"Turning read receipts on let him know I was seeing his apologies, but not giving anything back. It drove him crazu"

If you're comfortable with

showing your hand (or being seen as a shady strategist), by all means go for the big read reveal. But just be aware that we get back what we give out, and that's not always the most comfortable place to perch. Besides, if you're not getting the results you want, iPhones have another great feature: Block.





WILD **THINGS**

Australian food gets back to nature

im Tams and Gavtimes might be synonymous with the taste of Australia. but even those gastronomic heroes are now owned by foreign multinationals. So it's probably time that our culinary identity saw a seismic shift. "Food in Australia has gone through so many changes," says cook and author Nigella Lawson, appearing recently at Western Australia's Margaret River Gourmet Escape, presented by Audi. "It used to have a very British influence, which was just so wrong for the climate."

Foraging for ingredients is a practice employed by chefs the world over, but it's perhaps nowhere better suited to the expansive land and endless diversity in landscape of our fair isle. So it's no surprise foraging is hitting new heights in Australia. Chef Paul Iskov's "roaming" restaurant Fervor

creates degustation experiences that focus on native and locally sourced ingredients in amazing regions all over WA. "I worked in restaurants using native ingredients for years, but generally it was just lemon

myrtle or wattleseed," he says. "I realised we aren't using much of the local ingredients, and the more I learnt, the more intrigued I was. Tasting these new ingredients changed everything - the flavours don't compare to anything else."

Rather than turning to Google, Iskov learns about the ingredients from the traditional owners of the land, "They have thousands of years worth of knowledge to know the best ways of processing, storing and cooking them." he explains.

Chef Jock Zonfrillo from Adelaide's Restaurant Orana has spent 16 years researching indigenous ingredients for his seasonally changing menu (like Iskov, he follows the Aboriginal six-season calendar, rather than the traditional four). His passion also led to him

establishing The Orana Foundation to progress the native food industry and assist indigenous enterprise. "It's a great opportunity for communities to generate a good income either by wild harvesting or growing commercial crops in remote areas," says Iskov.

The environmental benefits of using local produce are well-known, and there's another plus: Australia's native ingredients are really good for you. "Kangaroo and emu are low in fat and high in protein," Iskov says. "Native plants, fruits and vegetables have high levels of antioxidants, vitamins and minerals, which would blow so-called 'superfoods' out of the water."

Native ingredients also just happen to be as on-trend as a Gucci logo tee right now, meaning cooking with them is sure to earn you extra cred at your next dinner party. Not ready to swap your lamb chop for an emu steak? Try a more subtle approach with ingredients such as bush tomatoes. "Foraging is a lot like baking - it's a mix of chemistry and poetry," Lawson says. "And I think that's just what we need in cooking right now."

HAD YOUR FILL OF AUSTRALIANA? Let us suggest some international alternatives...



How about Passoã? It's passionfruit liqueur from Brazil and fancies up vodka and lime like only the South Americans can. \$35.99, passoa.com

Or maybe Solerno, a liqueur made from Sicilian blood oranges. Try it with prosecco, sugar syrup and a dash of peach bitters. \$69.99, solernoliqueur.com If you've really got no shame, try Malibu's new pineapple flavour. It tastes even more like a holiday than it did before. \$31.99, malibu-rum.com

BECOME A LOCAL HERO

Three native ingredients Paul Iskov savs are worth trying out in your kitchen...

1. Desert Lime

'Not only is this citrus fruit delicious, it's also packed with goodness. Plus, it can be easily used in a range of different ways and dishes."

'This vegetable is endemic to Western Australia, needs little water to grow and is really tasty. You can eat it raw or roasted!

3. Kulvu

'This root vegetable is so versatile and has a nice crunchy texture. It tastes like a cross between a white sweet potato and a nashi pear."

"IT'S A SIGN OF THE TIMES THAT PEOPLE **ARE OPTING** FOR INK TO **IMMORTALISE** THEIR CAREER **PATH OR** BUSINESS STARTING UP"

Orange Is The New Black actress Ruby Rose is no stranger to commemorative ink either: the former VI has "MTV" across her fingers and the Maybelline slogan "Maybe she's born with it"

> on her collarbone from her years as a brand ambassador. It's a particularly strong trend in the charity sector, with devoted founders and employees alike tattooing logos to signify their commitment to the cause.

> As we continue to work harder and harder and clock up longer hours in the office, it's a sign of the times that people are opting for ink to immortalise their career path or business starting up. Sure, a post-team-day visit to a tattoo parlour might not be de rigueur

just vet, but consider this: the cost of a small tattoo is about the same as a bottle of Dom Pérignon. The way you celebrate your next promotion might leave your mother tsk-tsking.

PIECE OF WORK

We've come to our senses on the tramp-stamp front, but as to whether the newest trend in tattoos will live to be regretted... well, we'll have to wait and see

a stigma around visible tattoos in the workplace (particularly in corporate clientfacing roles), a growing trend of getting ink that's directly related to your job may be a step towards changing all that. "My tattoo is a significant but not overly used emblem our company used in its starter years," says Sydney's Marc Fattore, who got a tattoo to commemorate the launch of the lifestyle label he

tatistics indicate that one in five Australians

has a tattoo – and 52 per cent of that number has

more than one - so all those ominous warnings

from mothers that "a tattoo is forever" didn't

do much in the way of

discouragement. But while there's still

co-founded, Geedup. "I didn't want it to

be heavily branded, but at the same time I wanted to

make sure everyone knew what it meant. Even if I'm

not with the company in the coming years, it stands for

a lot more than just a business turning over money."

HOW TO HANDLE PRECIOUS PEOPLE IN THE OFFICE

We all know these people - they always ask for your advice but never seem to follow through. they find fault in everything about their lives and rarely is anything to their liking. Addressing their impact not only matters to your own sanity but often to that of the people around you, too, says Karen Gately, founder of HR consultancy Ryan Gately. As tempting as it may be to simply ignore those who constantly complain or overreact the only real way to deal with it is to confront them. Here, Gately gives her four strategies for handling precious people...

have expectations

First, remember it's completely reasonable to expect people to take responsibility for how they think, feel and behave including when times are not to their liking – and how that behaviour negatively affects the people around them. People who take ownership for themselves look for ways they can change, but those who don't blame others for what makes them unhappy.

listen to understand

Sensitive people like to feel heard and understood. By hearing them out, you'll earn their trust and, in turn, be in a position to influence them. You'll need to be empathetic for how they think and feel, and also speak with them in a calm tone. Understanding precious people will give you a much better chance of challenging the beliefs fuelling their concerns.

show tough love

Have an honest discussion with the person about the impact that their behaviour has not only on you and other people in the office, but also on their own reality Be both upfront and ensitive in your approach. Encourage them to speak out about any concerns that are going through their mind before they get blown out of proportion.

continue to challenge

If they continue to overreact, keep calling them out on it (respectfully, of course), Point out when emotional responses such as crying, arguing or complaining are making it hard for them to maintain perspective and. ultimately, undermining their ability to succeed. Challenge them to choose more productive thoughts and emotions.

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THE ELLE-MANUAL

REBOOT



(and a really great pair of silk pyjamás)

It's not about what's in or out this season. More than anything, SS17 felt like fashion's attempt to say just one thing: it's time for love. Love for yourself (see: the unique beauties at Balenciaga), good times (Stella McCartney's dancing girls and the return of '80s excess), pretty things (frills at Valentino) and womankind (that feminism-celebrating T-shirt at Dior). It's about pieces that remind us of the power of being a woman, whatever that means to you. This guide is here to help you figure it out.

MORE TERMS OF ENDEARMENT



Top, \$69.90, Tommy Hilfiger: Tommy X Gigi Collection, 1300 348 885; pants, \$1,785, Gucci, gucci.com/au; flats, \$390, Pretty Ballerinas, prettyballerinas.com.au



THE REVIVAL OF THE HUMBLE HOODIE

It's time to move the sweatshirt from your "around-the-house" clothes drawer to your "wardrobe MVP" rail

Nix your hoodie's athletic tendencies and wear it like your favourite cashmere sweater or leather iacket - this season. the coolest labels and street-style stars treated the cosy cover-up as anything but a piece you'd want to sweat in. For new-season prowess, juxtapose the homebody vibes with a playful pencil skirt, flared trousers or a mini-skirt.



THE LATEST IN HANDS-FREE TECHNOLOGY?

Ridiculously big pockets to fit everything but the kitchen sink. Find them on coats, pants. belts, dresses (you get the idea)



Add the season's new tool-belt bag to a dress without pockets.



Ground a roomy all-in-one with waistcinching optional extras.



Give extra definition to a structured coat with large pockets topped off by contrasting tabs.



Tap into the urban streetwear craze with drawstrings and fastenings. ⇒

THE — ELLE— MANUAL REBOOT

THREE WAYS TO REFRESH YOUR STYLE

Consider this the *lazy girl's guide* to a SS17 makeover

BUY ...AN OVERSIZED SHOULDER BLAZER YOU WOULDN'T BE SURPRISED TO SEE IN AN '80S SITCOM (ON THE MALE OR FEMALE LEAD). WEAR IT WITH EVERYTHING YOU OWN

ASK



...A CRUMPLED-UP OVERNIGHT BAG UNDER YOUR ARM SO YOU'RE ALWAYS READY FOR ANYTHING THE DAY MIGHT THROW AT YOU. Bag, \$2,190, Il Bisonte, Bag, \$1,130, Troubadour, Bag, \$199, Country Road, huntleather.com.au countryroad.com.au



Bag, \$899, Ginger & Smart, gingerandsmart.com

viktoriaandwoods.com.au

...YOUR HAIRDRESSER FOR A SHAGGY, TEXTURED HAIRCUT THAT WORKS WITH YOUR

huntleather.com.au

NATURAL HAIR. BID ADIEU TO YOUR STYLING TOOLS.









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RUNWAY ARITHMETIC

A lesson in *SS17's coolest combinations* – and how to work them into your wardrobe



PINK + PURPLE

Rosy, pastel, hot or dusty, pink continues its runway reign. Expand the colour wheel and add in tones of lavender, violet and plum.

Boots, \$2,195, Christian Louboutin, (02) 8355 5282



Jacket, \$1,610, Max Mara, maxmara.com; bag, \$1,310, Jérôme Dreyfuss, jerome-dreyfuss.com/int_en; skirt, \$119, Country Road, countryroad.com.au

LEATHER + EMBROIDERY

Embroidered leather is a sweet but strong new staple.

> Bag, \$69.95, Topshop, (02) 8072 9300



PLAYFUL

SNAKESKIN

Tone down seductive snakeskin with pops of red-cherry motifs.

Bag, \$2,695, Christian Louboutin, (02) 8355 5282; necklace, \$2,350, Gucci, gucci.com/au



VELVET

DENIM

We've mixed sequins and denim for seasons. Now try lush velvet with your favourite blue jeans.

Dress, \$447, Eugénie, eugeniestore.com; jeans, \$289, Viktoria & Woods, viktoriaandwoods.com.au



WALLPAPER + FEATHERS

Pair feathers with Nan's wallpaper print for a ladyabout-town finish.

Top, \$135, Topshop, (02) 8072 9300; shoes, \$1,520, Prada, (02) 9223 1688



TULLE

FENCING BOOTS

Toughen up floaty tulle with dark knee-high lace-ups.

Dress, \$54.95, Topshop, (02) 8072 9300; boots, \$899, KitX, <u>kitx.com.au</u>



JUST-TRUST-US TRENDS

Yes, you should try these eyebrow-raising styling tricks. Because life exists outside your comfort zone



We love Valentino's mini cross-body mirror compact (or "hip necklace" as it's been endearingly dubbed in the ELLE office).



Take your cue from Altuzarra and Balenciaga and add tights to transition your summer heels. Clashing colours and patterns is recommended.



Turn your crystals into statement accessories – wear the healing energy as earrings (à la Christopher Kane) or dangling around your neck (Givenchy). ⇒



SLOGAN TEE

FVEN AFTER THE RALLY

UPDATE YOUR DENIM JACKET WITH PATCHWORK THEN ADD A LADYLIKE

PENCIL SKIRT, SLINGBACKS AND RETRO FRAMES

1. Skirt, \$200, C/Meo Collective, cmeocollective.com 2. Heels, \$1,200, Christian Dior, (02) 9229 4600 3. Watch, \$9,700, Hermès, (02) 9287 3200 4. Bag, \$4,300, Prada, Sandro, (02) 9327 3377 6. Sunglasses, \$950, Gucci, gucci.com/au 7. Jacket, \$869, Frame, edwardsimports.com



A RELAXED LINEN DAY SUIT LOOKS

POLISHED YET APPROACHABLE (AND 100 PER CENT RESPONSIBLE DESPITE YOUR REBELLIOUS TEE).

1. Jacket, \$1,200, Zimmermann, zimmermannwear.com

2. T-shirt, \$29.95. Sportsgirl, sportsgirl. com.au 3. Bag, \$2,940, Chanel, 1300 242 635 4. Earrings, \$165.

2 By Lyn & Tony, 2lynandtony.com 5. Pants, \$950, Zimmermann.

zimmermannwear.com 6. Heels, \$490, Sandro, (02) 9327 3377

FIND AN ISSUE YOU'RE PASSIONATE ABOUT (FEMINISM, VEGANISM. THE CLOSURE OF YOUR LOCAL PUB). 2. BUY THE MERCH.

3. PAIR WITH



SUPERSIZE YOUR SLEEVES

The new message: go big or go home



Volume was a recurring theme for SS17 and sleeves followed suit. For ultimate wearability, look to JW Anderson, where architectural curves were paired with tonal separates and utilitarian details, or Stella McCartney, where the proportion of a puffy sleeve was balanced with a narrow waist. For

a more playful take, the light, airy '80s balloon sleeves at Kenzo and Rodarte proved just how fun a little more fabric can be. \square



n the new (and highly anticipated) TV series Big Little Lies, Reese Witherspoon, 40, disappears into the role of Madeline Mackenzie, the fast-talking, gossip-collecting queen bee of insular Monterey, California, while Zoë Kravitz, 28, plays free-spirited, yoga-obsessed beauty Bonnie Carlson, who also happens to be married to Madeline's ex. Let the games begin!

ELLE: REESE, WHAT MADE YOU FALL IN LOVE WITH BIG LITTLE LIES? REESE WITHERSPOON: I read Liane Moriarty's book The Husband's Secret two years ago, and she wrote so accurately about the interior lives of contemporary women. And then I was on a movie set and the female producer handed me a book; she said, "My company's not going to buy this, but maybe you and [producing partner Bruna Papandrea] should buy Big Little Lies." We read it overnight and were both just like, "Oh my God!" It has the juiciness of a crime, so that part pulls you forward and gets you invested in the characters. But it was also about the complexity of being a working mum, coupled with issues like domestic

violence and abuse, and blended families, Bruna sent it to Nicole Kidman, and Nicole "WE'RE TAUGHT was like, "I want to play Celeste,"

ELLE: HAD YOU CALLED DIBS ON YOUR CHARACTER, MADELINE, AT THAT POINT?

RW: No. Everybody involved was like, "You're Madeline." I was like. "I am?" I didn't know who I was, and that made me understand that I was all of these women. I've been a young mum; I've been a divorcee; I've been a single mum. I've been the working mum versus the nonworking mum.

ELLE: ZOË, HOW DID YOU GET INVOLVED?

ZOË KRAVITZ: It happened quickly for me. Jean-Marc [Vallée, the series' director] had a meeting with me. The writing was really STRONGER"

good, but the opportunity to work with Reese and Nicole is what got my attention. We're taught that we should compete with one another. especially in this industry. Seeing the struggle to connect with one another is something that should be highlighted. Once women find sisterhood, there's nothing stronger.

RW: We're all different ages; we come from different areas: Australian women, American women, women from New York, women from the South, women from the middle of the IUSI. But there's so

> much commonality between us. When [the characters] start out, we're very shut down, and as we get into the show, our connections start deepening at a human level. We're all mums who are ferocious in our love and desires for our children. And then episode six is just a watershed moment for me. It's better than most movies I've done. I talked to Nicole and she's like "For sure - in the past 10, 15 years? This is one of the best things we've done." And it took a French-Canadian man to direct it. [Laughs] So it isn't about

ZK: I was nervous to start this job and to work with you and Nicole

and Laura [Dern, who plays high-powered businesswoman mum Renata Klein] -I had this fear that I was going to be found out, like, "What are you doing here?" Reese and Nicole just took such good care of all of us. I was able to really feel comfortable and free and strong and inspired. And these amazing, unlikely friendships. ELLE: THE BOOK IS SET IN AUSTRALIA. BUT THE SHOW IN MONTEREY, WHAT WAS BEHIND THE MOVE? RW: Monterey has both very wealthy people and people who live hand-to-mouth. We purposely set it in America because of the storytelling aspect - people living in different areas, with the consciousness of urban versus rural, clearly living different lives. As an artist, I feel more strongly than ever that my job on earth is to tell the ⇒

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stories of the invisibles, and women have been invisible on film for a long time. Women are wives and mothers and girlfriends, but not the centre of our own stories. No-one's the good guy; no-one's the bad guy. We all do deplorable things and very honourable things.

ZK: I was just thinking about women's role in art, because artists also have the responsibility of reflecting the truth, which I think women often do. Reese, I wonder how you feel about women's [versus] men's role in art?

RW: I've been meditating about women in television. Film seems sometimes really backwards to me. I think about Mary Tyler Moore, I'm working with Candice Bergen right

now [on the movie Home Again] - I think about Murphy Brown. Zoë, I think about your mum [Lisa Bonet] in A Different World and about how television has always been much more progressive and reflective of contemporary times than film. This is my first TV show. And there's that whole blur - what is television? What is entertainment now? I'm actually thrilled that there's a blur.

ZK: Yeah! I know, I know.

RW: Art is art. Television has elevated itself, in certain ways, but it's always pushed people's consciousness. What was it like to grow up with a mum who was at the forefront of people's political consciousness?

ZK: She kind of stumbled into that world. It wasn't a conscious choice (a) to be an actress; (b) to be a famous actress; and (c) to be a model for so many young women - she shook things up. The beautiful thing about her is that she just thought a certain way and lived her life that way. And I grew up without television - I wasn't allowed to watch.

RW: Really?!

ZK: We had a VCR, and she'd let me watch movies that she'd choose on the weekends. Besides that, she was like, "Play in nature; go outside." She lived her life in that really honest way, and people were attracted to that. Film can be kind of pretentious, and it's one person's idea. It's a lot of money into one thing. TV is part of your life it makes you feel connected to the rest of the world - as opposed to someone else's perspective crushed into a few hours. I think my mum was a bigger part of that evolution than the show itself.

RW: She was a visionary outside of it, too.

"FILM CAN BE KIND OF PRETENTIOUS. AND IT'S ONE PERSON'S IDEA. TV IS PART OF YOUR LIFE - IT **MAKES YOU FEEL** CONNECTED TO THE REST OF THE WORLD - AS OPPOSED TO SOMEONE ELSE'S **PERSPECTIVE CRUSHED INTO** A FEW HOURS"

ZK: That's the most important thing in art: to be aware, pay attention, be inspired - but it should come ultimately from you. My parents [father Lenny Kravitz and Bonet] did exactly what they wanted and didn't let anyone tell them not to. Now, as women, we need to continue to do that. Especially in the age of social media, when everyone has an opinion and it's so easy to be influenced.

RW: Six months ago, someone said, "Was it hard for you to let your daughter dye her hair pink? Are you embarrassed?" I mean, we're talking about something so small. I said, "No! I'm an artist, her dad's an artist, and she's an artist." There are so many ideas blurting out in the world right now. I think, "God, [the US is] a country predicated on listening to everybody. When did we \$\Rightarrow\$

"I FEEL STRONGLY THAT MY JOB ON **EARTH IS TO TELL THE STORIES** OF THE INVISIBLES. AND WOMEN HAVE BEEN **INVISIBLE ON** FILM FOR A LONG TIME. WOMEN **ARE WIVES** AND MOTHERS. **BUT NOT THE** CENTRE OF OUR **OWN STORIES**" Dress, \$12,000, bra, \$1,250, both Christian Dior, (02) 9229 4600; black-gold ear cuffs

\$POA, Repossi, repossi.com:

earrings, Zoë's own



stop listening to one another?" An actress texted me the other day: "They've asked me to play this character who wears furs and believes in certain things about the environment that I don't believe in." I said, "You're an actress! It's not about your ideas! You're there to tell other people's stories."

understand that person? Find a way to understand it. That's going to help you grow.

RW: You have music too, Zoë. I always think about how you're just as talented a musician as you are an actress. Is there a medium you feel like you can be most expressive in?

ZK: Music has always helped me stay creative and grounded because I'm travelling and shooting and trying to understand other people. Music was something I could just sit in a room and make with my friends. Especially with the [US] election, I want to dig

RW: I love that you and Shailene [Woodley, who plays single mum Jane Chapman in Big Little Lies] are in your twenties. Nicole, Laura and I grew up in a different time. Your social consciousness, both of yours, has moved me so much. My daughter looks up to you; she looks up to Shailene. Shailene's work with Native Americans has been incredible.

ELLE: IN THE OFFICE, WE TALK ABOUT OUR "TV PARENTS" -CHARACTERS WHO RAISED US ALONGSIDE OUR REAL-LIFE PARENTS. ZOË, YOU SAID YOU DIDN'T GROW UP WATCHING A LOT OF TV. BUT REESE, WHO WAS THAT FOR YOU?

RW: For me, Friends was a really interesting reflection of time and love dynamics. Roseanne was a big show for me, ZK: And find compassion in that, right? You don't and Murphy Brown. I remember [US politician] Dan

Quayle saying Murphy Brown was an "THERE HAS TO aberration, that it was disgusting to be BE SOMETHING a single mother in America. That kind of stuff really raised my consciousness CAN COME OUT of single motherhood. And Roseanne, who OF [THE US was blue collar, but was just loving her **ELECTION1.** family, loving her country – and her ability ALREADY IT'S to speak her mind.

HELPED ME WANT ZK: Television's getting better because TO CONNECT WITH people are investing more money and time **EVERYBODY...** and respect into it. But the secret weapon of **THIS SITUATION** television is that, because it's a slow burn, CAN HELP US BE you get to meditate on things and develop A BIT MORE them – as opposed to film, where you have AWAKE WITH an allotted amount of time and hopefully **EACH OTHER"** you can wrap it up in that. ⇒

deep and say something. Not that it all has to be profound, but I want to be some kind of example - not of anything perfect - of another human being trying to figure it out in the world.

POSITIVE THAT

RW: You're doing that! I [asked] my daughter and her best friend, "What do you want to ask Zoë?" They started this list of questions.

ZK: Oh my God, I want to know everything!

RW: They love you. They think you have your own style expression, and you're not afraid. God bless that women are free in [the US]. We can say what we want, and I do think women will heal the world.

ZK: There has to be something positive that can come out of [the election]. Already it's helped me want to connect with everybody. When I go to the deli or I'm talking to a waiter or my Uber driver and they say, "How are you?" I've answered in an honest way for the first time. Like, "Oof," Even that felt good. Let's let everything come to the surface, even with people we come into contact with for a moment. This situation can help us be a little bit more awake with each other.

"FASHION IS FUN. AND FASHION IS A FORM OF ART AND SELF-EXPRESSION. AND I THINK IT SHOULD HAVE A WINK-WINK NATURE TO IT. FOR ME. IT'S ABOUT THE WAY IT MAKES YOU FEEL - IF YOU WANT TO FEEL SEXY, YOU WANT TO FEEL BRIGHT. YOU WANT TO FEEL GOOD"

ELLE: REESE, I SAW THAT YOU'RE ALSO PRODUCING A TV SERIES ABOUT AMERICAN FIRST LADIES.

RW: Oh yeah! I haven't told you yet, Zoë, but we optioned [First Women: The Grace And Power Of America's Modern First Ladies, by Kate Andersen Browerl, about the real First Ladies and their conversations with one another. Hillary Clinton. Michelle [Obama]... they all have very candid conversations about what it means to be at war and about social consciousness. They have different ideas on how to deal with it, but they've all been - honestly. I don't know how this conversation continues - communicating with each other for years, having meetings and lunches. Robin Wright is going to direct the first one. We haven't cast the First Ladies vet, but I've got my eye on a couple of them.

ZK: Perfect timing.

RW: Yeah. That's all I can say about that right now. Just "wow" and "yeah" and "wow" and "yeah" and "God".

ELLE: YOUR TIME MAKING BIG LITTLE LIES SOUNDS LIKE SUCH A DREAM, WERE THERE ANY CHALLENGES OR TOUGH MOMENTS?

RW: There was a long two weeks [shooting] the climax. It was outside, and Jean-Marc doesn't light, he just shoots, so you don't have time in your trailer while lighting's going on. It's great - it's part of the work - but by the end, we all became crazy gremlins because we're not sleeping and we're up until 6am every day. We're also living in this alternative universe of one night for two weeks.

ZK: Reese got everyone chicken and waffles one night, but I was on a cleanse. We all took care of one another. It was interesting,

ELLE: HOW DO YOU THINK ABOUT STYLE IN TERMS OF YOUR WORK?

Fantastic Beasts And Where To Find Them, right?

ZK: Fashion is fun, and fashion is a form of art and self-expression. And I think it should have a wink-wink nature to it. For me, it's about the way it makes you feel - if you want to feel sexy, you want to feel bright, you want to feel good. That's what people are attracted to - when they see you execute an emotion or an idea clearly and proudly.

RW: I didn't really understand fashion until I started going to Paris and seeing the ateliers and how hard these people work. It's art. I'm doing this movie right now with fantastical costumes - as are you, Zoë. You're in the second

ZK: Yeah, we haven't started shooting vet, but I just saw the first movie, and the costumes are insane. I'm really excited.

RW: I'm doing Ava DuVernay's A Wrinkle In Time, and it's me and Oprah and Mindy Kaling. Costumes, fashion, it's all an expression of self, and the more you push the boundaries - the more that people work at creating alternative ideas - the more it changes MOVIES WITH people's ideas of beauty. I love that people are going, "Yeah, I love a hundred different kinds of beauty; it's not all the tall, skinny supermodel." Around the world, we have to find the beauty. Now more than ever, we're looking.

ZK: We need it. We need it to survive.

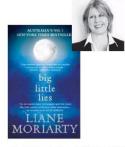
"MOVIES WILL FINALLY REFLECT THE WORLD WE LIVE IN, NOT SOME WEIRD DINOSAUR REALITY, LIKE OLD WHITE MEN **DATING 25-YEAR-OLD GIRLS?** I CAN'T. EVERY SUPERHERO IS A MAN? I'M SO **BORED OF** THAT IDEA"

FLLF: HOW IS IT WORKING WITH AVA DUVERNAY?

RW: She's incredible. Just what she demands. Even the crew, not just the cast, represents the diversity of our country. She's just a consciousness shifter. The fact that Disney, this giant company, has given her this opportunity - and given her so much money - gives me so much hope that people are really understanding that we need to give artists a lot of free room to create. ZK: I also think it helps inspire and create a better environment for the actors on set, being surrounded by different kinds of people while they're making art.

RW: For sure. Movies will finally reflect the world we live in, not some weird dinosaur reality. Like movies with old white men dating 25-year-old girls? I can't. Every superhero is a man? I'm so bored of that idea. I love that you're in Fantastic Beasts. Fifty per cent of the fantastic beasts of this world are women. We should be 50 per cent of what you see on film. Or TV!

> "I WAS LUCKY **ENOUGH TO** VISIT THE SET WHEN THEY WERE FILMING THE SCHOOL TRIVIA NIGHT, IT **WAS A SURREAL** EXPERIENCE AND A GREAT THRILL TO MEET THE CAST AND CREW. **I REMEMBER** I BECAME UNEXPECTEDLY TEARY"



A WORD FROM THE AUTHOR

Choosing to leave the TV adaptation of her sixth novel in someone else's hands, Liane Moriarty tells us how she had the chance to see her work through fresh eyes

ig Little Lies is the story of a school trivia night that goes terribly wrong, when one parent ends up dead, possibly murdered. It's a funny, heartbreaking, challenging story of ex-husbands and second wives, new friendships, old betravals and schoolvard politics (I stole that from the back cover). I came up with the premise when I was on a book tour with friend and fellow author Ber Carroll, who was spending every spare moment searching for the perfect necklace to wear to a school trivia night. She and her friends were all planning to dress up as Audrey Hepburn. For some reason the image of all those "Audreys" at a school trivia night stayed with me. That was my spark.

I can never remember the exact decision-making process for how I develop my characters. Sometimes the plot drives it. I wanted a series of tiny events to lead to a violent climax and for that to happen I needed a character who would overreact to a perceived injustice. I wrote down "Madeline - perpetually outraged". That's the character played so beautifully by Reese Witherspoon in the HBO adaptation. She was

one of my favourite characters to write - and to see on screen. My characters are always thinking one thing but saying or doing something else entirely. So I was confused as to how they would convey all those inner monologues on the screen, without a clunky voiceover. It was fascinating to see how it could be achieved through the script and, of course, a talented cast. When Nicole Kidman appears as Celeste for the first time in Big Little Lies, she instantly conveyed everything I had written about Celeste just by her demeanour. I was lucky enough to visit the set in LA when they were filming the school trivia night. It was a surreal experience and a great thrill to meet the cast and also to chat with people like the producers, the set designers, the stuntmen, makeup artists and so on. I remember I became unexpectedly teary when I first saw Nicole Kidman dressed exactly as I had described Celeste in the book. It was a special moment.

boderated by Rachel Baker Hair Lona Vig at Starworks Artists Nikki Heims Makeugy, Nolyk R Starn and an Starimoto Bua at Starworks Autriss, Mandroure, Emi Kudo at Opus Beaup y, Set design; Biyan Porter if Wit + The Elekhant, Production, Besica Hafford for Lataland, Fashion assistant Yasatua Simmons



NOTHING IS EVER really LOST

The day she *misplaced her engagement ring*. Lotte Jeffs realised her lifelong habit of losing things had a deeper meaning than mere carelessness. She thinks back to all the *things she's loved and lost*, and discovers the art of letting go

knew I'd lose my engagement ring, and I did. I took it off at the gym, put it in the front pocket of my backpack where I keep my keys and small change, and forgot about it. I pulled out my keys to unlock my bike at the train station, and I'm guessing it's there that the symbol of my eternal love for my fiancée found itself a new home – in the gutter, or perhaps on the finger of some lucky

passer-by. Or, yes, maybe a dog ate it, or a bird, or perhaps the man who plays the accordion outside the station proposed to his lover with it. Whatever, it's gone; don't rub it in.

The average person misplaces up to nine items a day, or roughly 200,000 things in their lifetime, and spends around 10 minutes each day searching for keys, paperwork or their mobile, according to a UK study of 3,000 people. It's reassuring to know I'm not alone in losing things, but the difference with me is that I never find them. Ever since I was a child, I've had a preternatural ability to lose items that are precious to me. My school years were punctuated by major disappearances: my clarinet, my prized Carhartt hoodie, my final textiles piece (it was a crappy patchwork quilt, if anyone's seen it?).

Most of the time, I can conjure up some kind of pseudo-moral reason for why I lost the thing in the first place. In the case of my most recent indiscretion. I decided there was an important lesson to be learnt. My fiancée and I had agreed not to give each other engagement rings; we decided to save the money for the wedding bands. Then one lunchtime, as I was browsing, I stumbled across a nice, simple, rose-gold, diamantéencrusted ring. "I'll just buy it for myself and we can call it my engagement ring," I thought. It turned out that whatever higher power is looking out for me in such matters had other ideas, and lo. the ring vanished from my possession via a series of bad decisions and general carelessness to prove that I should never have bought myself a ring (what was I thinking!) or have gone against the decision we had made as a couple. It was an expensive "learning moment" for sure, but the moral narrative made it easier to get over. Plus, I'd only had it for two weeks - not long enough to develop what psychologists call the "attachment" to an object that entangles it with your sense of self, which makes losing it more of a crisis.

My fiancée very sweetly offered to buy me back the same ring. But trying it on again in the shop, it didn't feel right. I didn't want it back. I had let it go, and along with it I'd let go of that rash, independent aspect to my personality that led me to buy the ring in the first place.

Something similar happened a few months ago when I left my gym kit on the train: box-fresh Nikes, an Ivy Park tracksuit and an LA Lakers baseball cap. When I got a call the following week to tell me the kit had been found and was residing

in the lost-property office, I couldn't bring myself to pick it up. I was over it. I wasn't the person with the Ivy Park tracksuit anymore – I'd moved on.

I lose things so frequently that I've consolidated the seven stages of grief into three. First is the sinking recognition that the item is no longer with me. Then there's the head-in-hands annoyance with myself, the frantic retracing of steps and

rummaging through bags. And finally comes a calm acceptance that it doesn't really matter, it's just "stuff" and I must have lost it for a reason, even if that reason is

to learn how to take better care of my belongings.

My annual travel card, an Issey Miyake paper fan, my work pass (twice), my debit card, two pairs of earrings and my favourite fountain pen are just some of the things that have fallen through the cracks of my ownership in the past few months. The reason, on the whole, that this happens is that I'm never entirely focused. My mind is always multitasking; at any given moment, I'm thinking about work, family, what to have for dinner, wedding plans – all while reading emails and scanning Instagram. It's not that I don't care about my things, I'm just more tuned into my internal world than my external, material possessions.

What is hard to reconcile is that I'm so organised in every other aspect of my life. My home and work desks are always tidy, I never miss a deadline or forget important information, yet when it comes to keeping hold of stuff, I'm an absolute scatterbrain. Some argue that being "a loser" is a genetic disposition. In a study published in the journal Neuroscience Letters, researchers found that the majority of people surveyed about forgetfulness and distraction had a variation in the dopamine D2 receptor gene, which makes them more prone to losing things. My mum, it must be said, is a bigger disaster than me in this area and we've spent much time together returning to cafes and parks on the hunt for her missing glasses. So, yes, I do think my genes are partly to blame.

Psychoanalyst Abraham Brill once said, "We never lose what we really want," but then, he probably never left a Helmut Lang blazer behind in a bar. However, when I consider that I've never lost my passport – and, given my track record, this is significant – I think I understand what he means. My passport isn't just an object, it represents my ability to explore the world and enrich my life

with experiences. It's the item in my possession that I'm most careful with because losing it would matter hugely. I'm hoping the same logic will apply to my wedding band when I get it. The ring will signify something far more valuable than the object itself. It's a meaning we really want to hold on to.

Nothing puts this into sharper focus than losing a loved one. The loss of material possessions pales

"Psychoanalyst Abraham Brill said, 'We never lose what we really want,' but then, he probably never left a Helmut Lang blazer in a bar"

in comparison. My cousin Billie, who was like a sister to me, died of a brain tumour at the age of 31. Three weeks after her death, I left my partner of 10 years. I walked out of the house we owned together one night with just my passport, wallet and a change of clothes. If life went on without Billie, it'd sure as hell go on without my Nespresso machine and all the other stuff I'd come to rely on.

Being a habitual "loser" meant I was accustomed to leaving things behind by mistake and then desperately trying to retrieve them. But this was different – it was the first time I'd ever knowingly walked away from my possessions. After Billie's death I realised I could replace everything I owned, but I could never replace her. It made me think about all the years I was wasting sticking out a bad relationship. Nothing would bring Billie back, but I could get my own life back. And, happily, by leaving my ex that night, I did.

Over the past few years, I've tried all sorts of techniques to stop losing stuff. I have a special shelf in my bedroom where I put all the things I frequently misplace so I can keep tabs on them. I do mental checklists when leaving anywhere – keys, phone, bag, wallet – and I try not to daydream when travelling on public transport. Yet, I still arrive home from work missing at least one thing.

Losing stuff is annoying. It's an inconvenience and, more often than not, an expense. Losing people is a tragedy, something that shakes you to the core and changes your whole perspective on life. But loss, even the most profound kind, has a purpose – it creates the space to find something new. In my case, a tragic loss led me to discover real happiness and fall in love with someone who's kind enough to ask me constantly if I'm sure I've "got everything". And now, regardless of what I may have lost along the way, the answer is always yes.



decoded

This is what happened when Marisa Meltzer employed a dating coach to help her navigate today's landscape of *love*, sex and swiping

he put a hex on me," my date told me, straight-faced, staring into my eyes gravely.

"If I was within a few miles of her, I'd feel like I was having a heart attack." I pursed my lips and squinted my eyes, trying to decide if he was making an elaborate joke or if I was secretly being filmed. On his Match.com profile, he seemed normal: well-travelled, good taste in films, funny. But the first thing he told me as we sat down for a drink was that he was recovering from a recently ended marriage. To a witch. When he started talking about visiting rival witches to get the spell removed, I realised he was deadly serious. I gulped down my beer and lied about a meeting I had to rush to.

I'm recalling this dating disaster a few days later via Skype to Lee-Anne Galloway, a Canada-based dating coach who refers to herself as a "dateologist" and is now questioning me about my romantic history. Galloway is 34 with dark blonde hair and a friendly face. Something about her makes her easy to open up to.

Much has been made of the idea that dating is dead among millennials, that our app-driven lives are just a trail of hook-up after hook-up. Just look at the numbers: the Match Group, which owns more than 50 dating sites in 190 countries, including OkCupid, Tinder and Match.com, claims to have upwards of 59 million active users. That's more than double the population of Australia. And while I'm no stranger to apps (or hook-ups, for that matter), dating isn't dead just yet – it's just going through an identity crisis.

I date all the time. I have gone on countless coffee or drinks dates that have included rapid-fire questions about life, interests and backgrounds that end up feeling more like business meetings than meaningful connections. I'm tired of staying out late on a school night, I'm bored of sitting through long descriptions of video games and, frankly, I'm annoyed that I'm still single in my late thirties. I've enlisted Galloway as a coach to help me decode and navigate today's exhausting dating landscape.

I tell her that I use Tinder (or Bumble, OkCupid or Hinge – anything except Raya, the Tinder-like app for the cool kids with pro

athletes and minor comedians on it, which put me on its reject-slash-waiting list after I submitted an application) in fits and spurts. Last winter, I went on at least a dozen dates, which ranged from the regrettable (an artist who told me he was married after our third date and a filmmaker who claimed his aspiration was to become a kept man) to the sort-of promising (a successful tech guy who kissed with way too much tongue). Then I get so frustrated by all of it that I delete the app for a few months.

Like so many of my friends, I lead a highly managed life and I love bespoke services. I have a personal trainer who makes me do squats until I beg him for mercy and I have a therapist to sort out issues with work and family life. And those are just the people I see weekly – I've also been to nutritionists,

financial planners, life coaches, astrologists. Hell, I've even sought out a shaman for spiritual assistance. I like to put my life in the hands of experts; I like help and personalised attention.

But when Galloway asks me what I'm looking for, I stumble. While I have no problem making concise life goals – I want to write a book and have a country house – when it comes to love, I have

a problem being focused. "Er, that's the problem," I tell her. "I get overwhelmed by the array of men online and instead of being proactive, I end up just waiting for them to approach me." I like to call it Former Nerd Syndrome - so accustomed was I to being overlooked by the high-school heart-throbs during my teen years that I haven't quite caught up in confidence to approach men online. The guys who seek me out tend to range from the ones who solicit nude photos upon first message (come on, really?) to l'homme fatale types (psychopaths, egomaniacs, good guys gone bad). I envy a friend of mine who narrowed down her OkCupid searches by putting in her physical type: brunettes over 180cm tall. She now lives with a guy she met that way. But I can hear my mother's voice inside my head telling me to be open and give everyone a chance. "One dating trap can be scarcity," Galloway tells me. "Like, if I don't pick this person, maybe there's no-one else."

Galloway has become a dating oracle for millennials looking to untangle the knotted landscape of

contemporary dating. She's a graduate of the FastTrack Coach Academy (yes, there's such a thing) and certified with the International Coach Federation – in other words, a professional life coach (as was her mother). I bristle at the idea of paying her \$87 for a one-hour Skype session when her training basically amounts to an online course. Can she really have any more expertise than friends or family, or even a bogstandard love manual? But as I RSVP to another wedding without a plus one, I realise that whatever I'm doing on my own isn't exactly working out.

I fit right into Galloway's customer demographic. About 80 per cent of her clients are women in their twenties to forties. Typically, she'll coach someone for

three months, either in person, over the phone or via Skype. "The first month they're excited," she tells me. "The second month they realise how much work it takes to invest in yourself to make changes and see the results. And the third month they begin to see the fruits of their labour." Much like a personal trainer, then. On her website, one happy customer says: "Lee-Anne has the ability to

listen deeply and inspire you to love yourself. Sometimes you just need that push, encouragement and accountability to reach the best you." I could have used those words to describe my favourite teacher from school. I'm not sure I'm looking for someone who sounds so gentle; modern-day dating is more like warfare, and I could benefit from someone whose demeanour isn't mean, exactly, but a bit tough love.

For our session, she suggests reading between the lines of the profile photos or guys' social media presence to try to glean as much information as I can before a first date. On Tinder I swipe right (effectively stating I'm interested) on a guy named Todd, who's wearing a vintage hat and has well-groomed facial hair. He's younger than me but says he works in radio, which I interpret as mature. I picture him chatting with his colleagues about world events in dulcet tones as opposed to the time I spend messaging mine about whether a celebrity got breast implants. We match, which is always a minor thrill. I force myself to ⇒

"MODERN-DAY DATING
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A BIT OF TOUGH LOVE"

90 elle australia

initiate contact and send a message complaining about the heat. "Do you like cold drinks?" he responds. "Have I mentioned I own a hammock that fits two," I write back, cutting to the chase.

The question that is still niggling me is this: why do I feel a bit desperate for soliciting the experience of a dating coach for something as big and important as my love life? "There's still so much shame and stigmatism

around being single, and not being Beyoncé-style independent and wanting to meet someone," says Hayley Quinn, a 29-year-old dating coach in London. She tells her clients she favours places such as high-end fitness clubs and gourmet grocery stores for meeting "premium guys". For a moment, I flash to myself in sweaty leggings and a messy bun, dripping from the treadmill, buying tampons and a frozen dinner, blithely unaware of all the potential soulmates around me. "Millennials believe you should have everything automated; you just want to push the boyfriend button," she says. But finding an actual partner is a lot more difficult than ordering food. "A whole service industry is emerging," says Quinn, who studied English and psychoanalysis at the University College London and began her career as a ghostwriter in the men's dating industry. She charges around \$200 an hour for a Skype session: I ask who her clientele is. "High-powered women, quite a few of whom are bisexual, between 28 and 45. I tell them there are dating skills you can learn, which is a good message for women - that you're not just unlucky."

That panic-inducing message that women are just out of luck is what inspired American journalist Moira Weigel to write a history of dating, Labor Of Love: The

"DATING MONOPOLISES ON **WOMEN'S FEARS OF BEING ALONE** (FOR ME, IT'S DYING ALONE)" Invention Of Dating. "Like everyone, I felt like I was reading about how dating is dead every other week," she tells me, adding that the fear that dating is over is a way of "expressing an anxiety about how men and women are supposed to be". She reminds me

that dating, as we know it, is a new invention. "People only started doing this thing they called dating in the 1890s. We've since seen a rapid shift in how women make their way in the world, like entering the workforce. Women were going out in public on their own and meeting men there instead of through family. Suddenly, it's on you to meet someone."

But where and how do you meet someone when you've come down with a bad case of Tinder thumb and removed yourself from all apps? Jean Smith, a 42-year-old social and cultural anthropologist, has started something in London called Fearless Flirting Tours. These usually start in a gallery, where they use the paintings to spark conversation. Alex McCorkindale, a charity manager, was sent on the tour by her sister. At



32, she was the youngest in her group. "I thought the advice was going to be 'flick your hair', but it was nothing like that," she says. The first stop was the foyer of the National Portrait Gallery, "which was all quite scary, like we had signs above our heads saying, I'm on a flirting course." But making small talk with strangers about paintings proved to be less frightening than she'd imagined, and it changed the way she thought about her approach to an approach. All this talk of going out of my way to interact with strangers is, frankly, terrifying. But I'm cheered up at the idea that, like anything else, flirting rarely comes naturally and, like most skills, it takes practice.

But fun aside, there's a more depressing gender bias when it comes to finding a partner. The world of dating monopolises on women's fears of being alone (for me, specifically, it's dying alone, only to be discovered when the guy who owns the corner shop on my block wonders why I haven't come in to buy a KitKat in three days) and almost all of the coaches I spoke to had far more female clients than male. The participants in Smith's course consist of about 70 per cent women. "Men often sign up, pay and don't

show up," she says. My dating life certainly differs from that of my male friends, none of whom have worried for a moment about dying alone. Dating for them is loose – an endless succession of girls they meet, sleep with, go to movies with. Why define something when you're having fun? "We still think of dating as work for women and recreation for men – a man is a player while a woman is on the market. Women learnt they had to worry about being desired more than about what they desire," says Weigel. "These gender norms are outdated, but people still feel bound by them, so there are high-achieving women who are feeling tremendous anxiety about being as go-getting in their romantic lives."

None of my gay or lesbian friends have used a dating coach, which doesn't surprise me, since much of what they provide is a hard-won insight into how the opposite sex sees you. "I do have LGBTQ clients and I ask them what their goals are in dating and what they're looking for," says Galloway. "Their experiences tend to be more complicated as there are more roads to explore. Each client needs to start with themselves and find contentment in their life, no matter what their sexual preference – that always remains the same."

Dating culture is lagging behind the rest of the progress we've made in the world, and it's lumped us with some odd scenarios and confounding terminology. There was the novelist (so attractive he doubled as a model) who asked me out to dinner, lavished me with flirtatious emails and then vanished, only to resurface weeks later and like one of my Instagrams or corner me at a party to tell me how good I looked. I stopped responding when I realised he had no intention of ever dating me and it was all to fuel his own ego, aka "benching". That's not to be confused with "ghosting", where someone disappears for good after what seemed like a promising start. This has happened to me and my friends so many times that our ghosts could haunt a castle.

At their worst, dating coaches are just another example of throwing money at a problem. And if you speak to enough of them, you'll find their advice isn't exactly cohesive – there are many schools of thought. For example, one coach might tell you to go on a minimum of three dates per week with anyone who messages you, while another will say it's all about finding a quality match. But employing a dating coach at least makes me feel like I'm twing. I'm beginning

at least makes me feel like I'm trying. I'm beginning to see my dating coaches not as all-knowing prophets of love, but as wiser, more objective versions of my friends for whom no question is too dumb or annoying.

I tell Laurie Davis Edwards about my match with Todd. She's a dating coach who splits her time between New York and Los Angeles and whose packages start from around \$1,300. It's hard to tell what, or whom, is good value in this industry. "Todd seemed nice," I say, "but our back-and-forth texts (sample: 'Really long commute') were slightly anaemic. Should I meet up with him?" "Is he worth a margarita?" Davis Edwards, who's 34 and a former marketing consultant, asks.

"I always say 'margarita' because margaritas are fun," she continues. "If you meet on an app, you have to meet in person to find out if you have chemistry. It's not a hot date, just a meet-up for a coffee or a cocktail."

At first I think this advice is a little dumb, but it begins to grow on me as I swipe my way through men. Sorting becomes easier when the question isn't whether we would settle down or not, but does he look interesting enough to warrant a margarita? So Tinder Todd and I have drinks; beer for him, rosé for me, no margaritas in sight. We talk about our jobs, a trip he took to South America, Frank Ocean. This is what Galloway calls the "screening phase", sussing out whether he has the basic things I'm looking for. A few hours pass and it's clear we get along, have similar interests and like each other. We linger saving goodbye, and for a moment it seems like he's going to kiss me on the street. As I'm readying to kiss him back, he goes in for a hug. It's slightly awkward, but we recover and plan dinner, which is second base in dating chronology.

By the time we meet at a local Italian restaurant, I've had enough time to wonder whether he really likes me, if he only wants to sleep with me and how many girls he's juggling, without actually thinking about where my own feelings are fitting into all of this. I text Galloway and she gives me a pep talk: "Think, 'Wait, do I actually like you? Do I want this to happen? If I do that, am I okay with feeling that vulnerability?" I take a deep breath, chug a glass of wine and vow to be in the present, have fun and keep my feelings centred. A few hours later, Todd and I are sitting on my roof. I'm not thinking about my coaching as we chat easily about books and politics, and squint at the glittering skyline in the distance. When he leans over and kisses me, I let go of my education and let instinct take over.

Will it work out? Your guess is as good as mine. We watched the presidential debates at my place late last year. I couldn't think of anything less sexy than Donald Trump, but I needed to be held throughout and Todd was there. I do know that, fortified with all this new dating knowledge, I'm less scared by the whole business of dating. Modern love may seem to lack logic, but I now have a road map to help navigate it. □

shear Will

Cookbook author and TV star Ruby Tandoh has had a long and complicated relationship with her hair. So when she decided to shave it all off, a weight was lifted from her shoulders in more ways than one

hen I first raised the electric trimmer to my head, I felt sick. My armpits prickled with sweat and my hands grew damp at the panic of making a change so big that I knew I'd scarcely recognise myself afterwards. I held the shaver in front of my hairline and hovered it there for a moment, its vibrations shuddering down my arm and through every muscle of my tensed, nervous body. My girlfriend held her breath as I made a decisive move for my hair and smoothly carved a clean path straight down the centre of my scalp. I had to shoot straight for the heart of it or I knew I'd never follow through. The long curls slid onto the bathroom floor, first in blonde ringlets, then, as I worked through the back of my hair, in dark, matted tangles.

I've always been my hair. I was born with a full head of brown curls clustered on my head. When I was young and cute, still dressing in gingham dresses and velcro shoes, my face was framed by soft, golden filaments, twisted into loose barrel curls. As I got older, growing out of my girlie smocks and into my baggy shorts and heavy Dr Martens boots, my hair grew thicker and coarser, and I cut it into a short "boy" style. It matched the way I scuffed my school shoes along the pavement, and played football, and swung on the monkey bars. I refused to brush it. A boy in my class, who called me "Bog Brush Tandoh" for the two years I knew him, once broke a ruler over my head and observed that one of the shattered halves had disappeared completely. It was generally accepted by the class that the missing part of the ruler was probably still somewhere in my hair.

As a teenager, my hair got longer and greasier, and I became embarrassed by its messiness. This was the age of Jennifer Aniston-inspired sleek, straightened tresses, and sweeping "emo" fringes. There wasn't



a place in this shiny, horsey-maned world for a mixed-race girl with frizzy, curly hair. I tried straightening it a few times, but it would hang from either side of my part like two sheets of cardboard, then start to kink and curl back into its usual unruliness. It smelled of burning for days. My hair was as damaged, confused and poorly styled as I was. I began to come to terms with my hair as I entered my twenties, buoyed by the sight of Harry Styles' similarly lank locks, but still there were times when I'd avoid eye contact with dog walkers who'd look back and forth between me and their labradoodles or cocker spaniels with a wry smile.

I've been weirdly and antagonistically at one with this messy, difficult tangle of hair for as long as I can remember. It was a big deal to get rid of it, and so you'd imagine that it'd be something I'd think long and hard about, something I'd be able to accord some well-thought-through feminist rationale. But I can't. The decision to shave of my hair crystallised at home in my bathroom about 15 minutes before I picked up the trimmer. That was the impulsive, decisive tipping point – there, in my bathroom, on a boring Wednesday afternoon.

And yet, even though I never had some grand agenda for my haircut, I quickly realised I was being naive in thinking that shaving my head was a totally apolitical act. After I'd finished, I posted a selfie of my new egg head to Instagram with the words "You wish" underneath, and within hours that picture had been seen, liked, disliked and commented upon by thousands. Some speculated whether I was having

a breakdown, while others lamented the loss of my more "feminine" curls. Many loved it, and plenty declared it a bold, feminist statement. Before long, there were hashed-together news stories about my haircut, followed by people decrying the demise of journalism. It was suggested that this was my Britney-circa-2007 moment. I was baffled. It was just a haircut.

But it's never just a haircut. Least of all when that haircut goes against the grain of the pliant, feminine gender presentation that's expected of women. Least of all when the price paid for being an "acceptable" LGBT person is to mould yourself to the dominant aesthetic, and not to wear your strange, wonderful emblems of gender non-conformity on your sleeve. Least of all when you pass up the soft, light-brown curls that afford you a privileged position as a white-passing person, and lay bare the high curve of your forehead and the slope of your nose – the markers of your West African roots.

When I took the shaver to my head and sheared of the gold-streaked curls I'd grown up with, I was casting off a softness that was both powerful and debilitating. My hair had allowed me to carry on feeling conventionally feminine, negotiating a place within a same-sex relationship that turned my heteronormative world view on its head. It was a flamboyant, femme head of curls, and that softness and femininity gave me a lot of strength. It fitted, somehow.

"I KNEW THAT **FOR THE BOLDNESS I HAD INSIDE TO SHINE THROUGH**, I NEEDED A CHANGE. I NEEDED TO STEP OUT WITH MY FACE, MY VULNERABILITY AND MY QUEERNESS ON SHOW. **I NEEDED TO SHAVE MY HEAD**"

And yet there was another side of me – the side that enjoys dressing like a camp man and wearing shirts that skim clean over the shallow curve of my breasts – whose boldness was smothered by that head of hair. I wanted to shrug off the shyness I'd carried with me my whole life, and to stand up tall and unembarrassed, as the kind of butch, kind of femme, kind of camp, kind of straitlaced person I am. I'd spent a lifetime pulling my hair over my face, lurking behind the facade of feminine straightness that it gave me and hiding in plain sight. I knew that for the boldness I had inside to shine through, I needed a change. I needed to step out with my face, my vulnerability and my queerness on show. I needed to shave my head.

Sometimes even the most mundane decisions become markers of your whole identity. I couldn't have predicted that when I decided to get rid of my heavy mop of hair I'd be recasting my gender, sexuality and racial identity in a whole new light. On another person, this haircut might make them more shy, or feel straighter, quieter or less secure about the way their gender manifests. These things are as unique as we are. For me, shaving my head has made me feel both more masculine and more feminine. It has given me the confidence of Amber Rose, and the nerdy boyishness of a Donnie Darko-era Jake Gyllenhaal. It's forced me to be braver in the many small interactions I used to dread every day. I feel as though I've stripped myself of the weight of my past, conflicted self and stepped into a more self-assured skin, where my sexuality is coded in new, exciting ways.

It hasn't all been smooth sailing. I'm more nervous now about holding my girlfriend's hand in public for fear that the intimacy coupled with my haircut will coax out people's bigotries. And for the first two weeks. I felt naked, like a strange new beast. Every time I caught sight of myself in the mirror, my chest tightened. I found myself crying more often than usual. But the magical thing about doing something as big and scary as this is that it infuses every experience thereafter with a sense of the bravery you had in the moment. I was unsure straight after the cut, but the audacity of it was enough to make me commit to a new, sure-footed positivity. This wasn't the haircut of someone who'd apologise for their existence or shy away from attention. It was the haircut of a person who'd post a selfie to Instagram with the caption, "You wish." You wish you

> had the nerve to do this. It was a rare streak of arrogant defiance, and it felt good.

> I love my new, fluffy head now. I often get asked whether I'm going to keep my hair like this forever, but I just don't know. Maybe I'll grow my hair out again, maybe I won't.

Either way, I can't help but see everything in a new light now I've taken this massive leap of faith. I can survive without my helmet of hair – I'm not Samson, nor am I one with the majestic mass of curls that crown me. Long hair, short hair, no hair, mullet, whatever hair tops my head, whichever path I choose, I'll still love One Direction and Ally McBeal, I will still bite my nails and tweet too much, I'll still be mixed race, lanky, sweet-toothed and queer. I'll still be m.

ASEXUALITY IS THE LACK OF SEXUAL **ATTRACTION TOWARDS ANYONE**

As more and more people "come out" as having a sexuality defined by its absence, Nellie Eden reports on the reality of *never really being in the mood*— and what it means for how we view love in 2017

ix years ago, I was lying in bed with my then-boyfriend. I still had my trainers on," my friend Sarah tells me. "Everything was about to fall apart. I knew he was going to ask me why this was the first time, after four months of dating, that he'd been admitted into my flat, and why we'd not had sex, and why, when he put his tongue in my mouth, I'd recoil, How do you tell someone that when they kiss you it feels like they're putting a scarf over your face and pulling it tight? That you feel sheer panic? I thought, 'Tell him now, because when you say it's because you're asexual, he's going to leave.' So I did, and he did, and I put those trainers in the bin."

Sarah, 28, works in marketing and is now in a happy relationship with a non-asexual man (more on how this works later). She's laughing a full, hearty belly laugh when she hits me with the trainer line, but I'm finding it hard to smile. This year she "came out" to me as asexual. Asexuality means a lack of sexual attraction towards anyone. Initially I was shocked, not least because she's in a relationship.

Being asexual is not like being sat at a banquet, starving and salivating, with your jaw wired shut. As Sarah puts it, "You don't like mushrooms, right?" I stick my tongue out to show distaste. "But if someone you loved wanted to eat them all the time, then you might, say, let them put some in a risotto and you'd swallow them down. That's what an active sex life is for me." I probe further: "What do you mean, then, that you occasionally have sex?" Sarah pauses. "Only very, very occasionally, and that's preferable for me to ever giving oral sex. But yes, that's a hyper-rare compromise I make." She pulls a disgusted face. Living without desire is difficult to conceptualise using our Freudian understanding of psychology. We're a civilisation built on the presumption that everyone constantly wants sex. Take the maxim "sex sells", still the pillar on which most advertising is built. From Wonderbra's "Hello Boys" to Diet Coke's window washer, via Kim Kardashian and Louboutins: is everywhere you look. Not until 2004 did Canadian academic Anthony Bogaert's paper propel the term "asexual" into common use. Today, around one per cent of people say they're asexual - and the majority of them are women.

Thanks to online communities such as AVEN (Asexual Visibility & Education Network), awareness is increasing. But with such powerful stigma surrounding the ideas of asexuality, it's

safe to assume more people are asexual than we're aware of. Conversations around gender have been rife recently, with many people from generation Z identifying as gender fluid (oscillating between gender and non-binary identities) or pansexual (not being limited in your sexual choices by gender or sex). Celebrities such as Miley Cyrus, a pansexual, and The Hunger Games actress Amandla Stenberg, who is non-binary, are heralded as role models, but I can't think of a single asexual icon. I can't imagine the admission of zero desire would go down well with the PR squads. "Asexuality sells" has less of a ring to it.

I'm told that asexuals are often asked whether they've been diagnosed as asexual, or if there's a "cure", which suggests it's a term we're still not fully clued up on. I ask

mathematician Dr Michael Doré, 34, who is asexual and joined AVEN in 2009, to explain what asexuality means to him: "Everyone has certain people they aren't sexually attracted to, and asexuals find that everyone falls into that category." He's quick to add that "asexuality is a sexual orientation, not a disease, pathology or a choice. We're just like gay or straight people." And it's like any sexual preference in that everyone falls on a spectrum.

"WHEN THEY KISS YOU IT FEELS LIKE THEY'RE PUTTING A SCARF OVER YOUR FACE AND PULLING

IT TIGHT"

have a loving relationship with a non-asexual man and occasionally have sex. I ask her to tell me more about how she makes the relationship function in a balanced manner where both parties are satisfied. "It's hard at times. It helps

Take Sarah, who is able to

parties are satisfied. "It's hard at times. It helps that he travels a lot and I relish having my own space." And the sleeping situation? "We share one very large bed. We kiss, but not passionately and not for too long. But occasionally I like to be hugged, and we hold hands in public." I ask if that's for show. "I think it was when I first 'came out'. Now I like it because he does."

Have other people been judgemental? "I got fucking sick of the 'You just need to meet the right person' rhetoric," she says. "I'm fine with sex being a tiny part of my life, as is my partner. Don't pity me. We make love − rarely, but it's enough for us both." Does she ⇔

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"WE'VE GOT TO MAKE SURE NO-ONE FEELS LIKE LDID AS A YOUNG ADULT AS IF THERE WAS NO-ONE IN THE WORLD LIKE ME"

worry about him cheating? "Look, I know he watches porn. It's fine. He's committed to me and I don't angst over it."

Sadly, Sarah always so self-assured. "When I was 18. the internet wasn't thing. a There were no asexuality in the library," she says. "My adolescence

was rough - I felt like a freak. I'm in awe of the next generation's acceptance."

For her, the wake-up moment was at school. "My first memory of being different was in a sex-education lesson. There was this really graphic visual of intercourse and I felt dizzy. It snowballed; sex was all my friends spoke about. I stopped reading books for fear of the sexual parts, and feeling like a weirdo. I kissed someone for the first time at 19, because at university I felt my sexuality was a source of suspicion. I hated it. I've blocked out losing my virginity. I didn't have sex again until I met my current partner, three years ago."

Campaigners such as Maria Munir, a 20-yearold from the UK who publicly came out as nonbinary to Barack Obama at a London meeting of students and youth leaders in 2016, are effecting real change. By email, Munir introduced me to George Norman, a 22-year-old student who, in 2015, became the UK's first openly asexual parliamentary election candidate. "I got to university and realised people weren't acting," he says. "This thing that seemed so alien to me was really important to them. I was 19 when I heard the word 'asexual' - it made sense of my feelings."

I ask him where he found the courage to publicly identify as asexual, and why he felt it necessary. "I had fears, but largely people have been very supportive. We've got to make sure no-one feels like I did as a young adult, as if there was no-one in the world like me, and I was broken and alone."

Jess, 29, works in fashion and is living secretly as an asexual. She's famous for her

outlandish style, and I see her often at industry parties. Even as a teenager, Jess knew she was different. "I hated people in my space, and became chronically shy," she says. I tell her that she seems the opposite of shy. "Maybe I'm not shy with women, but there's no threat and it's part of my job to pretend I'm not. But I developed huge breasts early, and people commented. Men's eyes wandered; they still do. I hate men looking at me in a sexual way. I cross my arms and close my eyes on the train."

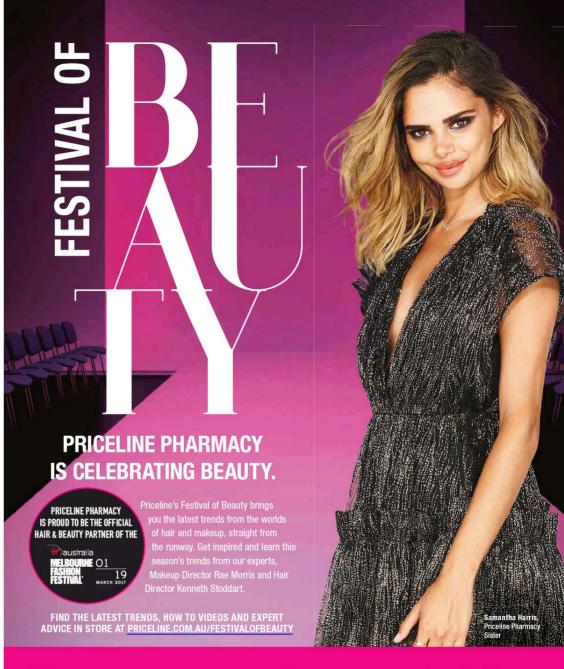
Eventually I broach the subject of a family with Iess. I imagine that, for women, it makes identifying as asexual even more burdensome. "I fear the future. I come from a religious family who put a lot of emphasis on having children and getting married. They won't understand," she admits.

Sarah, who thinks she might want children, says: "If I decide to have kids, sex will be a topic that's hard to avoid. I'm a loving person who desires emotional connections, so kids are in the back of my mind."

Doré explains: "Some asexuals are in relationships and some aren't. Some don't mind having sex sometimes, whereas some don't have sex at all." The desire to group asexuals into one homogenised "type" has brought about other false stereotypes. Norman ticks off a list: "Cold, emotionless and out to trap a sexual person in a relationship." While his story is particularly hopeful ("The people I date accept me"), there's still much ground to be gained so that people like Jess can live without fear of being misunderstood.

Campaigners including Norman and Munir are seeking a second sexual revolution, one that says people should be free to have sex with whoever they want, even if that is no-one. Both are emphatic about the need for acknowledgement of the multifaceted and complex remit of sexuality.

As I continue my conversation with Jess, her voice cracks. "I'm terrified I'll be like this forever, and I'm not sure if I'm okay with that," she confesses. I tell her about the activists I've spoken to and she looks pleased, but exhausted. Unwittingly, we've sustained a culture that diminishes alternative ideas of what love might look like. It seems like an obvious statement, but to understand the broad spectrum of human desire, we must also begin to accept the absence of it.



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> It lets us buy thousand-threadcount sheets, pay for doctor appointments and stay in an ocean-view suite at the Royal Hawaiian. To most of us, *money equals freedom* — so why do we stumble along blindly when we could be learning how to build our own wealth? It's time to take matters — and money — into our own hands

IF ALL YOU'RE INVESTING IN IS YOUR WARDROBE, YOU'RE DOING IT WRONG

Investing - whether it be in shares or property - is the best way to expand your wealth, says Tamia Gallego, founder of personal finance website Women In The Black and former risk management consultant at ANZ, St George and Allianz. Before you start, get your debts under control. Mortgage debt is considered "healthy debt", so keep plugging away on that, but aim to pay off your credit card and car loan, with cash set aside for emergencies.

Smart phones and apps may mean vou can trade shares while vou're waiting for your avocado on rye, but without research and a solid education you could be wasting your time and money. "It's important to define the end goal of the money that's being invested, research the investment and identify the risks, costs and expected returns," says Katrina McPhee, financial adviser at VicSuper. By doing these things, you'll set yourself up for a solid return on your investment.

THESE INVESTMENT MYTHS ARE MAKING YOU

YOU NEED A LOT OF MONEY TO START INVESTING

Actually, you can start with as little as \$1,000. "Start small," says Gallego. "Buy 20 to 30 shares at \$50 each, and when they're valued at \$70, sell them and reinvest that money."

FINANCIAL PLANNERS COST TOO MUCH

POOR

"FINANCIAL PLANNERS DON'T CHARGE A FEE. THEY GIVE YOU ADVICE REGARDING PRODUCTS. AND IF YOU BUY THEM. THE PLANNERS ARE PAID

THROUGH THE COMPANIES THAT OWN THE PRODUCTS,' EXPLAINS GALLEGO. WHEN LOOKING FOR AN ADVISER. MAKE SURE YOU ASK IF THEY HAVE AN AUSTRALIAN FINANCIAL SERVICES LICENCE, IT'S ALSO A GOOD IDEA TO CHECK THE AUSTRALIAN SECURITIES AND INVESTMENTS COMMISSION'S REGISTER TO FIND A REPUTABLE PLANNER. "FINANCIAL ADVICE CAN BE QUITE GENERIC - YOU NEED SOMEONE WHO UNDERSTANDS YOUR CURRENT POSITION AND WHERE YOU WANT TO GO," ADDS GALLEGO.

PROPERTY ISN'T WHAT IT USED TO BE

As house prices get higher it can be tempting to see investing in property as outdated, "Actually, property is still a great way to secure your financial future, even if it's just your own property and not

> an investment." savs Rhiannon Robinson a financial planner from Melbournebased business Finance Women. "It's a forcedsavings mechanism in that you're forced to pay down the balance via your mortgage, which means you're simultaneously building wealth. Plus, if you own your own house. you won't pay capital gains tax when you sell up and you can claim some expenses if you work from home

investing FOR DUMMIES

EQUITY You own part or all of

(think shares and investment properties). These are riskier, because profit is directly related to the performance of the asset. But you generally invest for more than 10 vears, so you'll likely ride out market fluctuations and, hopefully, still finish with a good return.

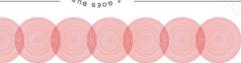
a company or property

There are two basic types of investments

it's good to have a mix of investments. You never know what the market will do over a 20-year 3 period, so avoid keeping all your eggs in one basket your eggs in one basket (and all your cash in

DEBT

Essentially you're Lending money to a person, business or government institution. It works best for shortterm goals (that means less than five years) and they're considered safer some, like government bonds, are actually quaranteed to make a certain amount of money back.



ON GETTING EDUCATED

"Many women get intimidated and overwhelmed by money talk, but it doesn't have to be that way. You already have most of the skills you need to figure out your financial situation - and if you don't, you can learn. Ask for help. And if you enlist the help of someone who turns out to be cocky and kind of useless, ditch them and get someone else." RHIANNON ROBINSON, FINANCIAL PLANNER AND FOUNDER OF FINANCE WOMEN

THE **INSURANCE** YOU THINK YOU DON'T NEED (BUT ACTUALLY DO)



INCOME INSURANCE

"For most of us at the beginning of our career, our ability to earn an income is our biggest asset." says Robinson. In the instance that you're injured or suffer an illness that could put you out of work for months, income insurance (or "income protection") pays you up to 75 per cent of your income until you return to work.



LIFE INSURANCE

Morbid, ves. but it pays - literally - to be protected. "Life insurance can be paid if you suffer a permanent disability or death." explains Robinson. "It's especially a good idea if you have kids or other dependants. Would they need to pay off your mortgage, for instance?" Don't rely on the life insurance your super fund might offer, because it's probably much less than is needed.

MONEY IS LIKE SEX

WE RARELY TALK ABOUT IT IN PUBLIC, BUT WE ALWAYS WANT TO KNOW WHAT OTHER PEOPLE ARE DOING WITH IT. WITH THE AVERAGE AUSTRALIAN FEMALE TAKING HOME \$70.392 PER YEAR. WE ASKED FOUR WOMEN ON FOUR VERY DIFFERENT INCOMES TO REVEAL WHERE THEIR EARNINGS END UP

LAUREN SHERRITT. EARNS A YEAR

WHAT DO YOU DO? I'm a content producer at a writers' centre and I do some freelance writing on the side; I work four days a week so I can write on my day off, Last year, I averaged \$300 per month in freelance earnings, but some months I make nothing and some I make much more. That income splits over non-essentials and savings, the amount depending on what I need or am saving for.

If there are months when I want to make a larger purchase, or times like the end of last year when I was saving to go to Europe, I'll work more to make sure I'm bringing in enough money.

HOW LONG HAVE YOU BEEN ON \$30 K? For about a year, Prior to this. I worked at the same place in a different role with less money and more hours

HOW MUCH DO YOU PAY PER WEEK IN RENT? \$200.1 live with my partner in Gordon Park, Queensland.

DO YOU MAKE VOLUNTARY SUPER CONTRIBUTIONS? No. I can't afford to, but my work puts in a larger-than-required percentage

WHAT ARE YOUR CURRENT FINANCIAL GOALS? After my holiday to Europe, I'd like

to replenish my savings (I only spent \$4,500, but considering my income, that's a real treat), I also have a \$6,500 car loan I pay off fortnightly, and I'd like to be able to double my payments on that to get it paid off faster. I find it difficult to concentrate on 'saving for a rainy day" when I have debt accruing interest, so my priority is to pay that off first.

ARE YOU FINANCIALLY

INDEPENDENT? Yes, my partner and I share costs eventy. He earns a little more than I do and came into the relationship with more

savings. I make sure I can pay my half of the bills up-front so I'm not living unsustainably, but if there's a large purchase we both want to make, sometimes he'll buy the item and I'll pay him back gradually. We keep a close tally of this, as I don't like owing money.

DO YOU CONSIDER YOURSELF GOOD WITH MONEY? I spend within my budget, but I'd like to save more (which means I need to keep working hard to earn more). I try to make the things I choose to spend money on, like travel or

new clothes, really worthwhile.

Impulse shopping isn't something I have the luxury of doing on my wage, but I'm okay with that,

HOW OFTEN DO YOU WORRY ABOUT MONEY? It's definitely something I worry about, especially with everyday things like grocery shopping and morning coffees. I'm not immune to the occasional meltdown over my bank balance (as my partner will attest to).

HOW MUCH MONEY DO YOU THINK YOU NEED TO LIVE THE LIFE YOU WANT? I'd like to be on \$650 a week, which is \$200

more than I currently take home. It would allow me to pay my bills comfortably, put away savings and still splurge on entertainment, eating out and the like, which I can't afford at the moment.

WHERE DO YOU SEE YOUR FINANCES IN FIVE YEARS?

I'd like to start investing, and maybe start working towards buying a house. I've just opened an account with [app] Acorns to invest small amounts of money and get used to how investing works, and build up a little spare savings while I'm at it. ⇒

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MONEY TALKS

To close the pay gap, we need to discuss our salaries openly, says Alana Massey, who learnt how to talk cash while working as a stripper. She shares her *best money hustles* to bring to the boardroom

efore I could make a living as a writer, one of the most consistent jobs I had to earn a wage was working as a dancer in strip clubs. In the club environment, it'd be more suspicious to be cagey about my earnings than to disclose them. Though every shift was different, I'd gauge how well I was doing by comparing notes with my workmates to see if a night was going badly or if I just needed to up my hustle. While the vulgar fantasy of

strippers as greedy drama seekers persists, the reality is "MONEY we shared details about money casually and in a spirit of generosity that I've never seen in any other industry.

I retired the sequins and sky-high heels to become a full-time writer in 2014, and from day one I've talked about my earnings with other women in the media. I can count on one hand how many reactions were positive. MIGHT WANT When I've thrown a figure out there and I'm the highest earner. I've been met with astonishment and resentment. When I've been the lowest, I can feel the burn of pity in their eyes. Whether discussing your salary or your rent, money is an uncomfortable subject because it reveals far more about us than we might want to share, from class to our nature - how stingy or generous we are. In other words, it breaks social codes.

my rates as a gesture towards women's empowerment in the workplace, but really I was just curious about what others made. I believe in the basic principle that having more intel about my industry is better than having less. And I believe that if I want information, I have to give it.



REVEALS FAR MORE ABOUT **US THAN WE** TO SHARE"

When I sold my first and second books for more than six figures each, I didn't hesitate to disclose the amount - not openly on my social media, but to writers who were in the process of selling books themselves. So it

came as a surprise when my female peers refused to tell me what they earned. These are women in their twenties who sell multimillion-dollar apartments at 20 per cent above the asking price. Women who write about their sex lives in magazines with reckless abandon. I wish I could say that I made a point of talking about Women who would sooner die than surrender their surnames or share their bank accounts just because they got married. But when it comes to discussing money in a frank way, they remain tight-lipped.

> What makes the situation even murkier are work environments that discourage salary transparency even when research shows that this has a negative effect on business. A study by Cornell University and Tel Aviv University found a direct link between pay secrecy and a decrease in work performance, while

research at Middlebury College in the US found that sharing salary details actively improves work performance. Hell, there should be weekly AA-style meetings scheduled to discuss pay.

more confidence when broaching it with your boss. much better, he refused to give me a reference." What we earn is so closely tied to our sense of selfto feel valuable or empowered?

federal government contracts within the not-for-profit women's work is tangential to the overall success of the

sector, in effect allowing transparency "IF WE'RE NOT greater around funding and giving DISCUSSING charities more opportunity for success.

Social expectations about pay, however, remain firmly intact. At 24. Anamarija Slatinec has held **EMPOWERED?"**

Picture this scenario: your male colleague, who more jobs in her nine years in the workforce than many does exactly the same job as you, reveals how much he people twice her age. Despite openly sharing details of earns. It's \$30,000 more than your salary. You're her salary with her friends, she's encountered reticence outraged, but you can't utter any words and you and hostility from employers when broaching the subject internalise the sheer injustice. If this scene is familiar of income. Working as a doctor's receptionist in the and you still clam up every time you know you have to evenings, she earned a lot less than as a receptionist bring up money at work, it can be as simple as talking working day shifts. "When I would bring up salary, he dollars with your friends. You'll begin to feel more would make me feel guilty for asking," she says. "When comfortable around the subject, which will lead to I quit because I found a job in tourism that paid

Talking about money isn't just a nod to a brand of worth that if we're not discussing it, how can we start "have it all" feminism - it's about preparing the 40 per cent of Australian households with women as the main In recent years, government debate has existed breadwinners for a new financial landscape. The results of around the use of "gagging clauses" - contract income secrecy go way beyond equality as its own social stipulations forbidding employees from discussing good. The income they're missing out on could lead to their salaries - though few would even realise they're lower wages for households headed by women. The at the mercy of such contract clauses. In 2013, then-dearth of females in executive management becomes Australian finance minister Penny Wong introduced a self-fulfilling prophecy; since men seem to be doing a bill to the senate moving to ban gag clauses in all the heavy lifting at managerial level, it appears that

> company, "When I worked for a big multinational insurance provider, of the 20 or so executives in the company, only three were women," says Slatinec. "It affects the perception that women don't need to be worrying about earning equal amounts to men." If your CEO doesn't care about women's individual incomes, they might want to consider the effect on the end-of-year profits: a report from the Peterson Institute For International Economics found that companies with more women

in senior executive roles outperformed those with less.

Right now, the so-called "career ladder" that women are on is more like the "career vertical-face-of-a-mountain-covered-with-shards-of-glass-and-spiders". To level the playing field, women should lead the charge towards more income transparency. And though I'm always game for being an embarrassing loudmouth, it can't be entirely left up to brazen ex-strippers to do all the talking about what women are earning. Everyone needs to up their hustle.

GEMMA MAY. EARNS

A YFAR

WHAT DO YOU DO? I'm a social-media specialist.

HOW LONG HAVE YOU BEEN ON \$80K? Just under two years.

HOW MUCH DO YOU PAY PER WEEK IN RENT? \$400: I live alone in Sydney.

DO YOU MAKE VOLUNTARY SUPER CONTRIBUTIONS? No

WHAT ARE YOUR CURRENT FINANCIAL GOALS? I'd like

to start investing, but I don't know that much about it. so I need to research it and Learn more, I'm keen to do more with my savings than iust have them sitting in a term deposit at the bank.

ARE YOU FINANCIALLY INDEPENDENT? Yes, I've been

paying my own bills for a long time now. I'm single and proud to say I can pay for anything I want or need on my own.

HOW MUCH DEBT DO YOU HAVE? I don't have any debt: I've never even had a credit card. I try to lead a fairly austere lifestyle in terms of my finances and prefer to only spend on the things I really

need or want. It's too easy to go beyond your means with personal credit. I've seen it happen to friends and I've just never wanted to put myself in that kind of position.

WHAT WAS YOUR LAST BIG SPLURGE? I bought myself a Chanel Boy wallet (\$1,200) and an Olympus PEN E-PL8 camera (\$899) at Christmas, and the last

holiday I took was two weeks in LA to celebrate my 30th birthday. That came to about \$7,200.

OUR SALARY.

HOW CAN WE

START TO FEEL

HOW OFTEN DO YOU WORRY ABOUT MONEY? Less than I did when I was younger. In the past few years, I've become better at managing my money: now I have an annual budget, a yearly savings goal and a back-up fund.

HOW MIICH MONEY DO YOU THINK YOU NEED TO LIVE THE LIFE YOU WANT? I couldn't put a number on it, but honestly I'm quite happy with where I am.

WHERE DO YOU SEE YOUR FINANCES IN FIVE YEARS? Hopefully, I'll have a large mortgage to pay off but be living in a nice apartment near the beach somewhere. =>

A recent Seek survey of 4.800 Aussies found that 35 per cent don't discuss their salary with anyone -including their spouse.

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do these

things now ...AND YOU CAN FORGET ABOUT SUPERANNUATION (FOR A WHILE)

With the average age of retirement continuing to rise, you'd be forgiven for putting super in the "I'll think about it later" folder. We're assuming you've already rolled all your random super accounts into one. If not, time to make some calls, We'll wait here... Done? Great, Here's what else you should be doing.

If you've got IO minutes: "Read vour super statement carefully," says Robinson. 'Look at your balance

and then find a super calculator online and see if you'll have enough by the time you retire. You may want to start adding a little more from your own pocket if you think you might fall short." Don't understand your statement? Call your fund for advice.

If you've got 20 minutes: Use

Cannex (canstar.com.au), to see how your fund compares to others. You could be paying more than you need to in fees. If so, look for a new fund.

If uou've got 30 minutes: Set up a voluntary

ontribution. Relying on your employer's contributions isn't enough, says Debby Blakey CEO of super fund HESTA. Setting aside a little more each week will bulk out your savings, "For example, if you're 36 and you add \$20 a week to your super fund, you'll end up with an extra \$59,000 when you retire," she says.

If uou've got I hour: Make an appointment with

a financial planner to look at your current fund, says Robinson, 'They can tell you if the investments your fund is making are sound or not. If you're young, you generally want a fund that's quite risky so that you can make some serious money (and if the risks don't pay off, there's still time to recoup costs)."

If uou've got 2 hours: Look into self-managed

superannuation if you have a lot of super. With a self-managed super fund you can invest in, say, a house and get a higher return. "It's really no more work than having shares or an investment property," says Gallego, "You just need to keep records such as bills and dividend statements. The fund is audited to make sure there are no breaches of law (like someone taking money from the account before retirement)."

ON **FUTURE-PROOFING**

"Be ready for a career change. Technologu is changing jobs everuwhere. and research tells us that manu iobs (including skilled ones) will be fullu automated in the next decade. disrupting everu industru from hotels to public transport. What's your back-up plan?" RACHEL SMITH. **AUTHOR OF** UNDERSPENT

MONEY AND MARRIAGE Pop quiz: what's the number one

cause of divorce in Australia?

Aggressive mother-in-laws? Inability to share a Netflix account? Or... money? Yep, it's money. Almost 40 per cent of divorced women say financial stress led to the breakdown of their marriage. But there are ways to minimise the arguments over dollars (Netflix, well, that's another issue entirely). One is

a prenuptial (or if you're already married, postnuptial) agreement, "If you're a young couple in your twenties without assets (like property or an investment portfolio) vour name. you probably don't need a prenup," says divorce lawyer Sarah Bevan. "But if vou're older, and vou have some assets - a house, shares, investments, a business

or children from a previous relationship, then it's a good idea to protect yourself."

It's also important to keep an open line of communication when it comes to your finances. If your partner handles the money, make sure you're aware of where you stand and have access to your accounts in case something goes wrong. It seems like a no-brainer, but Gallego, who once worked as a relationship manager at a major bank, says she often saw women left with massive debts because their husbands had taken out loans in their names, then defaulted.

IN CASE OF **EMERGENCY** HOW MUCH DO

YOU REALLY NEED FOR A RAINY DAY? GALLEGO SAYS THREE MONTHS' SALARY IS THE MAGIC NUMBER, "SAVING UP TO SIX MONTHS' WORTH CAN GIVE YOU A FALSE SENSE OF SECURITY. PEOPLE START TO THINK, 'OH, I'LL JUST DIP INTO THAT ACCOUNT TO BUY MYSELF THIS NEW BAG." WE'RE ALL FOR NEW BAGS. BUT KEEP THAT **EMERGENCY** FUND ON LOCK.

ON GETTING THAT PAY RISE

"I believe in managing up. I'm more likely to give someone a pay rise who has a solid relationship with me that allows for a robust conversation. Before you ask for a raise, seek feedback on your work, put your hand up for extra assignments and make your manager's life easier. A pay rise should be easily won after that." DEBBY BLAKEY, CEO OF HESTA

ANNA GRAHAM-EVANS*. 34 **EARNS**

A YEAR

WHAT DO YOU DO? I own a risk consultancy company.

HOW LONG HAVE YOU BEEN ON \$250K? Five years, It's about \$50K less than someone in this role would typically take home, but I prefer to put that money back into the business.

HOW MUCH DO YOU PAY PER WEEK IN RENT? I pay \$1,200 onto my mortgage; I live with my husband in Bayside, Victoria.

DO YOU MAKE ANY VOLUNTARY SUPER CONTRIBUTIONS? Yes. I put an extra \$200 in a week.

WHAT ARE YOUR CURRENT FINANCIAL GOALS? I want to expand my business and migrate it online. As I'm the owner, I'd foot the bill. We're also hoping to build a house, if the bank says yes

ARE YOU FINANCIALLY INDEPENDENT? Yes. My husband earns a little less than I do, but

we're happy to share everything equally. I think that once you're married, as long as both parties are contributing to the relationship, then it becomes far less important to split everything straight down the middle It's more important to share the same financial outlook, which, luckily, we do.

HOW MUCH DEBT DO YOU HAVE? My husband and I owe about \$1.3 million across

three investment property mortgages, but the rent from them helps pay them off. We started investing in property in our early twenties; with the equity we built in our first investment property, we bought the second and then the third.

WHAT WAS YOUR LAST BIG SPLURGE? Over the past five years, my husband and I have spent about \$70,000 on NF treatments

WHAT ARE YOU SAVING FOR NOW? To send my Australian surrogate overseas for fertility treatment so we can have a baby.

DO YOU THINK YOU SPEND TOO MUCH MONEY? At the moment, we're on a strict budget so we can afford to build our house and send our surrogate overseas. We don't spend as much as we'd like, but that's okay - in the future we'll have what we want because we've tightened the belt now

HOW OFTEN DO YOU WORRY ABOUT MONEY? Not too often. thankfully, although I do baulk when I need to hand over huge sums of money to my IVF doctors. But, having said that, my husband and Lare fortunate that we have the money to hand over

HOW MUCH MONEY DO YOU THINK YOU NEED TO LIVE THE LIFE YOU WANT? My salary is enough for the both of us; it's just that we need to stop spending so

much, which is difficult at the moment. Once we have a baby and build our house, things will even out and we'll be in a much better financial position.

WHERE DO YOU SEE YOUR FINANCES IN FIVE YEARS? I'd like to hit the \$750,000 mark in superannuation - that would be a huge achievement and one less thing to worry about and we'd like to acquire more investment properties. ⇒

IT'S **CALLED A SIDE** HUSTLE

Millennials didn't invent the side hustle, but they've sure claimed it as their own. In fact, if you're in your twenties or thirties and don't have an ingenious way of raking in extra cash, it's probably because you just haven't figured out what your side hustle should be vet. It could be a once-a-vear gig (like creating a downloadable calendar) or something you do in your spare time (hello, Uber).

Some people start up a side business because they need extra cash. Others do it because they're looking for fulfilment outside their nine-to-five job. Whatever the motive, side hustling is now such a rite of passage that techsavvv training hub General Assembly runs a side-hustling course. But before you get started. a word to the wise: to avoid being stung with a huge tax bill at the end of the year (which can happen when you earn two incomes), ask

your primary employer to withhold more tax. This should cover any shortfall and might even result in a return which you're allowed to spend on shoes.

HOW TO SPEND YOUR PAY CHEQUE 30% THE 50/20/30 RULE IS ONE OF THE SIMPLEST WAYS TO ENSURE YOU DON'T SQUANDER YOUR ENTIRE PAY ON MOJITOS. IT COMES FROM US DEMOCRATIC SENATOR ELIZABETH WARREN WHO'S AN EXPERT IN PERSONAL FINANCE, ACCORDING TO THE RULE, 50 PER CENT OF YOUR INCOME SHOULD GO TO LIVING EXPENSES (RENT, GROCERIES ETC), 20 PER CENT TO FINANCIAL GOALS (SUCH AS SAVINGS) AND 30 PER CENT TO NON-ESSENTIALS (LIKE TRAVEL OR DINNERS OUT).

"If you're in your twenties or thirties and don't have a way of raking in extra cash, it's probably because you just haven't figured out what your side hustle should be yet"

CAROLYNN WALSH*. 38 **EARNS** A YEAR

WHAT DO YOU DO? I work

HOW LONG HAVE YOU BEEN ON \$400K? Five years.

HOW MUCH DO YOU PAY PER WEEK IN RENT? I pay \$2,500 onto my mortgage; I live in Paddington, Sydney, with my husband and child.

DO YOU MAKE VOLUNTARY SUPER CONTRIBUTIONS? No. Given I work in finance, I'm going to self-fund my retirement.

WHAT ARE YOUR CURRENT FINANCIAL GOALS? To pay off

my house and make investments so I can become self-supporting.

ARE YOU FINANCIALLY INDEPENDENT? Yes, I'm the primary breadwinner in my family.

HOW MUCH DEBT DO YOU HAVE? \$1.5 million in mortgages. I don't believe in credit card debt.

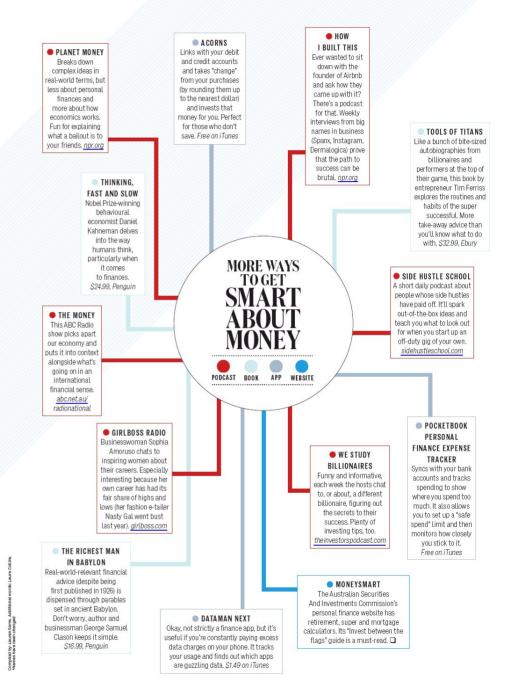
WHAT WAS YOUR LAST SPLURGE? A two-week US holiday; it cost \$30K.

WHAT ARE YOU SAVING FOR NOW? More investments with a focus on capital growth.

HOW OFTEN DO YOU WORRY ABOUT MONEY? Rarely.

HOW MUCH MONEY DO YOU THINK YOU NEED TO LIVE THE LIFE YOU WANT? \$200K a year. with no mortgage to pay off.

WHERE DO YOU SEE YOUR FINANCES IN FIVE YEARS? Owning my house outright



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FRIDA BOYELSKI'S SHIVA

by Abigail Ulman

rida Boyelski had always wanted a daughter. Then she had a daughter and that daughter grew up into a young woman who said she was actually a young man.

"You mean to tell me, you're gay?" Frida asked. "No," Ruthie said. "I'm telling you I'm trans. Did you read the book I gave you?"

"When do I have time to read books?" Frida asked. "I have a gay daughter to deal with now."

"Just read it. It'll help you understand." Ruthie was standing next to the kitchen door, a backpack strap slung over her shoulder.

"Where are you off to?"

"Leah's place. I'm gonna stay there for a bit, iust while it's school holidays."

"Does Leah know about this?"

"Yeah. She's been really supportive."

"What about Jack? Does he know? How does he feel about his girlfriend... feeling this way?"

"He knows. He's known for ages. He's happy for me."

"Is he doing this trans thing now, too?"

"It's not something I'm doing. It's something I am."

"Is Jack that thing, too?"

"No. Jack's cis."

"What ...?" "Mum," Ruthie cut in. "I have to go."

"Please don't go vet." Frida had the strange feeling that if she let Ruthie leave now, she might not be exactly the same person when she came back. She followed her daughter out to the garage and watched her get on her bike. "Why do you want to be someone you're not? What's wrong with who you are?"

"This is who I am," Ruthie said, her feet already on both pedals. "Just please read the book."

Frida Boyelski didn't want to read the book. She knew that when she started reading the book, Ruthie would be a girl - her little girl - and by the time she'd read through the whole thing, turning the pages through chapters like "The Politics Of Renaming" and "Mastectomy And What It Means", her daughter would have slowly and irrevocably turned into a person she didn't know, had never known; certainly she would no longer be the person Frida had given birth to 16 years ago.

Frida hadn't immigrated to Australia and learned English at the age of 26 so she could read a book like that. She had moved here so she could meet a man. have a daughter and give that daughter the =>

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ELLE FICTION

opportunities she herself never had. Frida left the book where it sat on the coffee table, and she called in sick to the

sat on the coffee table, and she called in sick to the nursing home for the first time in the 12 years she'd been working there.

"Are you okay?" asked Zelda at the front desk.

"My daughter's... leaving," Frida said. "She's gone. Things will never be the same."

"If's Margaret's birthday," Zelda said. "She left a piece of pear strudel in

your pigeonhole. What should I do with it?"

"You can eat it," Frida told her.

"No, no, I'm glutenfree this whole month," Zelda said. "I'll leave it in the fridge for you. It's from Chaim's Bakery. They put so much glaze on it, it'll probably outlive us all."

Frida hung up and made another phone call, this time to the Jewish Observer. "Hello,"

she told the girl who answered, "I'd like to put a message in the bereavements section. Can you help?"

When that week's edition of the Jewish Observer landed on doorsteps all over Frida's neighbourhood, it contained Frida's message. "This is to announce that Ruthie Boyelski, daughter of Frida Boyelski, will soon no longer be a girl. Frida will be sitting shiva for her daughter at her home address for the next week. Visitors welcome."

Frida Boyelski remembered watching her father sit shiva decades ago, when his own father had died. She covered all the mirrors in the house with bedsheets as he had done, because vanity was supposed to be eschewed in periods of mourning. Frida knew you were supposed to create a small tear in a piece of clothing to communicate your suffering. She cut a gash into the collar of her work shirt. Her father had spent the seven days of shiva sitting on a low chair. Frida considered trying to bend her achy knees onto a cushion and sit there, cross-legged, the way Ruthie sat when she and Leah did yoga in her bedroom sometimes. But then she remembered Ruthie's old play set, with its tiny chair and matching play-table, on which countless teddy-bear tea parties had been enacted when Ruthie was a child.

Frida found the furniture under a tarp in the garage. Ruthie's old dollhouse was there, too, its tiny windows

laced over with spider webs, and there was Ruthie's old bike, with its pale-pink frame and hot-pink streamers sprouting from the handlebars. Frida pictured Ruthie's seven-year-old face scrunched up at the sight of the bike on her birthday morning. "I told you," she'd cried to Frida, "I want a BMX racer." Frida had other memories, too – a frown over a fairy princess birthday cake, screaming fights about pinafores purchased for Passover and a 13-year-old Ruthie

perched on a stool in front of the bathroom mirror, scissors in one hand, a loose lock of hair in the other. Frida took the small chair, pulled the tarp back over the other objects and went inside.

On the first day of Frida Boyelski's shiva, the rabbi came. He gave Frida a butter cake that his wife had baked, and he read a prayer from a small book. Then he asked

Frida how she was feeling. "I've been better, Rabbi," Frida said. "I always wanted a daughter. And then I got one." $\,$

"The time you spent with your daughter isn't gone," the rabbi said. "You'll have that forever."

"But it was too short, Rabbi," Frida said. "I thought I would have a daughter until I died. I thought she would get pregnant, and give me grandchildren."

"Life isn't what we expect it to be," the rabbi said, half a piece of his wife's butter cake in his mouth. "But it's a blessing in all its forms, nonetheless. Most bereaved parents have lost their children to illness or an accident. At least your child is still with us."

"Do you have children, Rabbi?" Frida asked him.

The rabbi looked surprised by the question. "Yes," he said, "I have three daughters and two sons."

"Uh-huh," Frida said. "Enjoy your children, Rabbi. And thanks for coming."

The rabbi started to say something else, but Frida fixed him with what Ruthie liked to call her "don't even" stare, so he wiped his mouth, muttered the customary wish for Frida to live a long life and saw himself out, a crumpled paper napkin in his hand.

On the second day of Frida Boyelski's shiva, Cousin Shulie came to see her. "Ooh," Shulie said, "where did you get that side table? Are those new pants? Do you want to see photos of my Danielle? She's captain of the trampolining team and she played one of the leads in the school's production of *Beauty And The Beauty*. They decided the beast character was too negative for the kids. Last year poor Robbie Simons was traumatised because they cast him as a Nazi in *The Sound Of Music.*"

Cousin Shulie perched on the edge of the coffee table, which, given the size of her behind and the rickety legs of the table, seemed to Frida an illconsidered seating choice. Before Frida could say so, though, Shulie started to weep.

"Why are you crying?" Frida asked her. "You still have your daughter."

"I'm crying because it's my fault," Cousin Shulie said. "We've always been competitive, the two of us, since we were little. And I was jealous of you and Ruthie. You were so close. She looked up to you. My Danielle has been rolling her eyes at me since the moment she first opened them. I was so envious, I used to wish horrible things on you. I wished you unhappy, I wished you to lose everything you have, I wished Ruthie to leave you. And now it's happening. It's my fault. All my fault!"

"Shulie." Frida rolled her eyes. "Get up, go home. It's not your fault."

"I prayed to God," Shulie said. "More than once."

"You think God can bear listening to you and your screeching?" Frida asked. "God blocks your voice out just like the rest of us do. Go home to your family. Take some butter cake for Danielle."

On the third day of Frida Boyelski's shiva, Danielle came. She sat in Ruthie's favourite armchair and bowed her head. "It's my fault," she murmured so quietly Frida could only just hear her. "When we were kids, Ruthie and I spent every weekend out in my cubbyhouse. We'd play 'Mothers And Fathers' and I always insisted that I get to be the mother. I'm a year older and I bullied her into it. Ruthie had no choice."

"That's not why this happened," Frida said. "I don't know much, but that much I know."

Danielle squinted at her through the jagged ends of her fringe. "Every weekend, Auntie," she said. "For years on end, I made her play the boy."

"Have you ever known Ruthie to do anything she didn't want to do?" Frida asked. "She probably wanted to play the boy. That's why she let you be the girl. Maybe she was secretly getting her way all along."

On the fourth day of Frida Boyelski's shiva, the women from work came: Margaret, Shanie, Johanna and Zelda. They brought crackers, smoked salmon, tzatziki and capers, and told Frida all the gossip she'd been missing at the nursing home while they ate the crackers, smoked salmon, tzatziki and capers.

Johanna stayed on after the others left. She was originally from South Africa and had spent her twenties living in Bordeaux, and this made her famously open-minded among the staff at work.

"What's the big deal?" she asked, lighting a menthol cigarette. "Boy, girl, il est tout de même."

"What would you do if your daughter told you she was no longer a girl?" asked Frida.

"I don't have a daughter." Johanna blew a small smoke ring through another, larger smoke ring. That was true. Johanna had a chihuahua called Giuseppe that she loved dearly, and a husband called Olivier who she was crazy about, après tout ce temps.

"What if Olivier came home suddenly and said he was a woman?" Frida asked her.

"Honestly?" said Johanna, tapping ash onto the edge of one of Frida's good plates. "I'd be shocked. And uncomfortable and angry and miserable. But I think eventually I'd see it as just the next bie adventure of my life."

"It's the next big adventure of my life." Frida tried that out on her ex-husband when he came to see her on the fifth day of shiva. But she was avoiding eye contact as she said it, and she knew Ivan

didn't buy it for a second. He was sitting on the couch, cracking his knuckles and staring at the artwork on the wall as though he'd never seen it before, as though he hadn't helped pick it out himself.

"This is your fault, you know?" he told Frida. "You should have started seeing other people after the divorce. Instead, Ruthie was forced to become the man of the house."

"Bullshit," Frida said. "You went away and had your new wife and your new kids, and you didn't visit. How could she feel like Daddy's special little girl if Daddy wasn't around?"

"Maybe it's because you let her stay up late on school nights watching *Grey's Anatomy* when she was too young for it," Ivan said. "Kids need structure."

"Maybe it's that time you smacked her bottom when she swore at you," Frida spat back. "You're the one who taught her to swear in the first place. What did you expect?" ⇒

"It's because we did it sideways. What kind of man insists on doing it sideways on his honeymoon?"



"I'm not the one who let her eat all that fast food. You know

that stuff is full of hormones."

The argument went on and on, circling back through all the parental wrongdoings that had occurred during Ruthie's short but apparently eventful life, until finally they returned to the very moment of Ruthie's conception.

"It's because we did it sideways," Frida said. "What kind of man insists on doing it sideways on his honeymoon?"

"It's because you insisted on listening to that terrible music every time we made love."

"Bing Crosby," Frida said, "is a genius."

"Bing Crosby, Bing Crosby." Ivan waved his hands in the air. "Why didn't you marry Bing Crosby if he's such a genius?"

"I wish I had," Frida said. "Bing Crosby wouldn't want to do it sideways on his honeymoon."

"I had to do it sideways!" Ivan leaned forward and shouted. "What other way could we do it without making a racket or rolling right off that tiny bed they gave us?"

Frida Boyelski fell silent. She stared over at Ivan Boyelski, and he stared right back. The daylight was waning behind the living-room curtains, and they sat together, both of them thinking back to their honeymoon: the narrow bed, the moon spying on them through the skylight, the last few moments that their new family had been two instead of three.

"We were so young," Frida said.

"Yes," Ivan said, "and now it's Ruthie's time to be young."

"Go home to your family, Ivanchik," Frida told him, "and take some butter cake for the children."

On the sixth day, it rained, and no-one visited Frida Boyelski. She sat on the low chair all morning, but the cold was making her fingers stiff, and her achy knees ached even more than usual. She got up and turned on the heater. She made herself a cup of tea and chewed down the last piece of butter cake. She went around the house, turning lights on and turning them off again, feeling like she was looking for something or like there was something she was supposed to do, even though this was her shiva week and she had nothing else planned.

She ended up at Ruthie's bedroom door. She pushed it open and stood there, looking at the unmade bed and the posters taped to the wall, saying "Occupy Glenhuntly! 4pm Sunday" and "This Is What A Feminist Looks Like". Rain trickled down the window and rain shadows trickled down the walls, making it seem like the whole world was crying tears onto Ruthie's little-girl desk, the little-girl bed and the little-girl wallpaper

covered in flowers that Frida had picked out years ago, because it had seemed like a good idea at the time – like immigrating, like getting married, like staying in this house for years after all of that was over.

On the seventh and final day of Frida Boyelski's shiva, a boy came to visit. He was a teen boy, with short, feathery hair, and holes in his ears where earrings used to be. He was wearing jeans and a baggy blue jumper and he had a backpack slung over his shoulder. He came and sat cross-legged in front of Frida on the living-room floor. If he noticed the book sitting unopened and unread on the coffee table, he didn't mention it.

"Hello." Frida said.

"Hello," said the boy.

"What's your name?" Frida asked him.

"Rafael," the boy said. "Rafael Boyelski."

"Can I call you Ruthie?" Frida asked the boy.

"No," the boy said.

"Are you still going to call me Mum?" Frida asked him.

"Yes," the boy said. "Unless you want to be called something else?" $\,$

"No," Frida said. "Mum is good."

"Okay," the boy said, "Mum."

"Can I still brush your hair sometimes?" Frida asked him.

"No," he said.

"Will we still go shopping together?"

"Maybe. But I'm not wearing a dress ever again."

"Even on Passover?"

"Especially on Passover."

"And, if you don't mind my asking, do you still have all your... parts?"

"Yes," the boy said. "For now. But soon I want to start taking testosterone."

"And, if you don't mind my asking, will you tell me when you do that? I won't try to stop you. I'd just like to know."

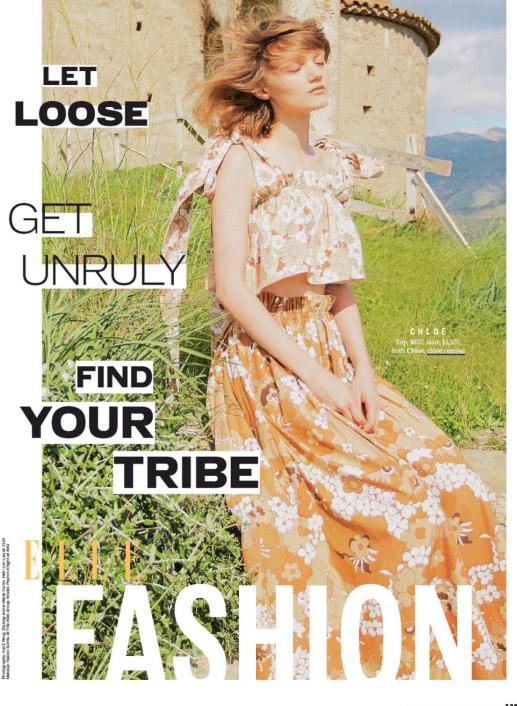
"Okay," the boy said, "I will."

Frida Boyelski had always wanted a daughter. Then she had a daughter and that daughter turned out to be a son. And now it was six o'clock and her son was standing up and saying he was hungry, and when Frida suggested they make dinner and eat together, he yawned and stretched and said, "Okay, sounds good."

Frida marvelled at the sight of him, Rafael – his skinny legs and sturdy posture, the easy way he exposed his lower belly as he stretched his body upwards, the grace with which he leaned over and reached his hand towards her. His fingers were slender and strong, and he gripped Frida's arm and held on tight as she struggled, and then managed, to rise to her feet.





























Spur on the season's utilitarian shapes with a jolt of pretty. You're in command

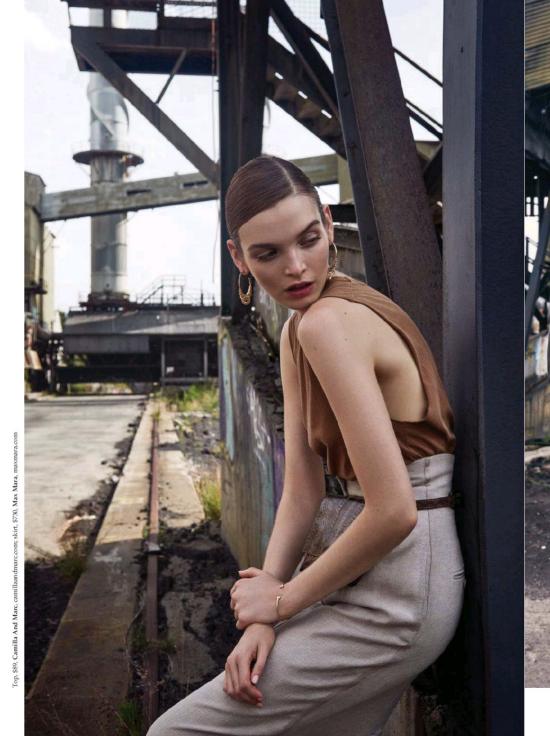
Photographs by David Mandelberg Styling by Emma Kalfus





Jacket (worn as a dress), \$135, COS, cosstores.com; belt, \$119, Polo Ralph Lauren, (03) 9654 0374; bag (worn around waist), \$475, Rachel Comey, mychameleon.com.au (worn throughout)







Belted jacket, \$2,270, pants, \$1,060, both Bottega Veneta, (02) 9239 0188



Jumpsuit, \$690, Michael Lo Sordo, michaellosordo.com; bag, \$258, X Nihilo, xuihilo.com.au; belt (looped through bag), \$49, COS, cosstores.com























YOU ALREADY SWEAR BY ITS

CULT BROW PRODUCTS.

NOW BE THE FIRST TO EXPERIENCE BENEFIT'S LATEST GAME CHANGER - THEY'RE REAL!

DOUBLE THE LIP



THE BEAUTY EDIT

New buys tried, tested and approved by the *ELLE beauty team*

OPTIMISM IS LIKE THE FLU - HIGHLY
CONTAGIOUS. IF IT'S CURRENTLY IN
SHORT SUPPLY, LIFT YOUR SPIRITS WITH
A SPRITZ OF A HAPPY EAU (THIS ONE SMELLS
LIKE MORNING DEW ON A FIELD OF FLOWERS).

L'Eau Bleue, \$130 for 50ml, Miu Miu, 1800 812 663

Treat sun spots around the eye with a brightening, hydrating cream. Eyes Illuminating Eye Cream, \$48.99,

Olav, 1800 028 280

STEP 2

RK CIAC

SECONDS

IN 20

Conceal with this universal colour-correcting formula (seriously, it works on dark skin tones, too), which is also packed with skinstrengthening peptides. Every Ultimate Eye Cream, \$48.99. Olar, 1800 028 280

STEP :

Toss on a pair of oversized sunnies: chic coverage, plus prevention. Voila.

BECAUSE MARGARINE... STUKS WOULD BE LAME...

If you're going to name a product after something that brings as much joy as butter, it better be good. Thankfully, these hydrating tinted balms live up to their creamy name, depositing the ideal amount of colour without being sticky.

Butterstick Lip Treatment in (from top) Simply Rose, Pure Petal and Pop Of Peony, \$29 each, Kiehl's, 1300 651 991; available March 2 __TECHNICALLY...

The Bloomsbury Set, \$95 each for

30ml, Jo Malone, 1800 661 062;

available March 5

It's a slumber-inducing elixir made to help a baby sleep better, but the heavenly blend of calming lavender. chamomile and orange works just as well on ly grown babes, too t's you). Massage it ressure points. or apply all over your feet then climb into a pair of cosy socks while you sleep. Goodnight Baby, \$27.95, Hanako Therapies hanakotherapies.com

SUPER, MAGIC, SKIN-BOOSTING
HIGHLIGHTERS THAT

EVEN MAKEUP DUMMIES CAN USE

THESE CULT ILLUMINATING
FORMULAS NOW COME IN
A SLIGHTLY WARMER (READ:
EVEN MORE FLATTERING)
TONE, SO IT'S EASIER THAN
EVER BEFORE TO ACHIEVE
A DREAMY, LIT-FROMWITHIN KIND OF GLOW.

From top: Strobe Cream in Goldlite, \$55, M.A.C, maccosmetics.com.au; Magic Luminizer, \$55, RMS, mecca.com.au JO MALONE'S NEW FIVE-FRAGRANCE BLOOMSBURY COLLECTION **TRESemmé**

We match each scent
– inspired by the freespirited set of creatives
ruling London in the
early 1900s – to all the
occasions in your diary.

GIRLS' DINNER

1.LEATHER & ARTEMISIA Anise-tinged absinthe, artemisia and leather create an addictive scent —your girlfriends will be ordering their own under the table by the second round of cocktails.

WEEKEND AWAY

AVV AY

2. BLUE HYACINTH

A woody vetiver b

A woody vetiver base makes this floral fragrance perfect for both daytime excursions and evening affairs.

DATE NIGHT
3. WHISKY & CEDARWOOD

A smoky, sexy mix of whisky, rose and wood, guaranteed to make him lean in close. (Note: avoid on a first date if on the fence.)

LUNCH WITH MUM 4. GARDEN LILIES A gorgeous daytime spritz of lities and ylang-ylang that smells like that first, magical breath when walking into a flower shop.

JOB INTERVIEW

5. TOBACCO & MANDARIN Selecting this citrus, sage and smooth tobacco blend is a sure sign you have excellent judgement and strong decisionmaking skills. USED BY PROFESSIONALS BOTANIQUE WITH COCONUT MILK & ALOE VERA TRESemmé EXPERT SELECTION NEW DYES OR PARABENS SHAMPOO RESTORES SHINE FOR STUNNING, HEALTHY-LOOKING HAIR

my weekend in products



(a) jocelynpetroni

Skin therapist and Chanel manicurist *Jocelyn Petroni* (aka the beauty guru to Miranda Kerr and Megan Gale) swears by a neat list of hardworking heroes when it comes to taking care of herself



From left: Ultimate Bio-Repair Moisturiser, \$99, Ultra MD, ultramd.com.au - "It's super healing and hydrating. On the weekend, I love to devote extra time to self-pampering rituals that nourish the skin and keep things simple. On Saturdays, I get a lactic acid peel with one of my therapists, then follow it with Onmilux to plump fine lines and wrinkles. The results are addictive." Face Serum, \$44, Shemana, shemana.com.au - "It's great at replenishing the skin's oils. I sometimes add a few drops to moisturiser or foundation for a dewy finish." Nutritive Lait Vital, \$46, Kérastase, 1300 651 991 - "For strong, shiny hair." SunActive SPF 50+ Face & Body Lotion, \$49, Ultraceuticals, ultraceuticals.com – "So lightweight. There's nothing worse than sand sticking to your sunscreen at the beach." Les Exclusifs De Chanel Gardénia, \$285 for 75ml, Chanel, 1300 242 635 – "Just a spritz in the hair is all I need." Vitalumière Satin Smoothing Fluid Makeup, \$89, Chanel, 1300 242 635 - "This gives beautiful, natural coverage. It conceals flaws without feeling heavy." Créme Lipstick in Redelicious and Black Orchid, \$35 each, Make Up Store, makeupstoreaustralia.com.au - "I love a strong lip. These shades are nourishing, but they somehow last, too." Blush in Madly, \$44, Nars, mecca.com.au - "The perfect-coloured tint for a natural-looking flush."



From left: Le Vernis in Ballerina, \$41, Chanel, 1300 242 635 - "I love pink and red together, so I wear one colour on my fingers and the other on my toes." Rescue RXx, \$34.95, CND, cndshop.com.au - "Apply it every night before bed for a week and it'll strengthen your nails to their best condition." Arabian Oud Body Oil, \$159, Sodashi, sodashi.com.au - "Growing up, my father and I would exfoliate with the sand on the beach after a swim, then slather ourselves in oil when we got home. It's still a ritual I swear by. This one is ultra hydrating and the smell makes me feel like an Egyptian princess." Specifique Bain Divalent, \$44, Kérastase, 1300 651 991 - "Thave oily roots, so I need a shampoo that cuts through oils to make my weekly blow-dry last." Crema Original Moisturizing Daily Conditioner, \$29.95, Terax, teraxhaircare.com.au - "The Holy Grail for shiny hair." Sensibio H₂0 Make-Up Removing Micelle Solution, \$42.99, Bioderma, 1300 884 411; Comforting Cleansing Milk, \$26.99, Nuxe, 1300 884 411 - "I'm a huge advocate of double cleansing. I remove my makeup with micellar water, then use this creamy cleanser. It's gentle and smells amazing." For Her, \$138 for 50ml, Narciso Rodriguez, (02) 9695 5678 - "Romantic, feminine and leaves an indelible mark." Ultra Brightening Serum, \$149, Ultraceuticals, ultraceuticals.com - "My go-to for cleaning out pores."







tête-à-tête with

hailey baldwin

The model hangs with a seriously glammed-up crew (Kendall, Kylie and Gigi), so it's no surprise she's got enough beauty know-how to curate her own makeup collection with ModelCo

KIT ESSENTIALS

1. Super Lips Long-Lasting Lip Lacquer in Biz, \$25, Hailey
Baldwin For ModelCo, modelcocosmetics.com

2. On-The-Glow
Cream Highlighter in
Bronze, \$45, Hailey
Baldwin For ModelCo,
modelcocosmetics.com
3. The Renewal Oil,

3. The Renewal Oil, \$320, La Mer, cremedelamer.com.au 4. Oily Skin Cleanser, \$16.49, Cetaphil, 1800 800 765

5. Volume Lash Extreme Black Mascara, 529, Hailey Baldwin For ModelCo, modelcocosmetics.com 6. Smooth Shampoo, 543, Smooth Conditioner, 540, both Ouai, sephora.com.au 1. Face Cream Women, 5211, Dr Barbara Sturm, net-a-porter.com WHEN I'M ON SET, I ALWAYS PAY ATTENTION TO PICK UP TIPS. I've been lucky enough to work with makeup artist Pat McGrath, who's incredible, and I now apply foundation the way she does. I put it in my hands to warm it, then press in into my face like I'm putting on lotion — I don't use

a brush or tool or anything like that. It gives a really nice, sheer finish. And with mascara, I wiggle the brush through my lashes so it gets closer to the lash line.

really enjoy people picking at my skin. I would rather a dermatologist do that! I'm also not as big on having a face regimen in the morning as I am at night, because I feel when I overdo it in the morning it can make my skin oily for the rest of the day. Usually when I get in the shower, I wash my face with Cetaphil then I use products by German doctor Barbara

Sturm – she's amazing. And I love good oils: rosehip oil and La Mer. I only put oil on at night unless I'm somewhere tropical with salt water.

I'M MORE OF A NEUTRAL-LIP GIRL. I can't deal with a bold lipstick, always having to reapply it when you eat and it gets all over your face, so I stick to neutral colours. I also always have concealer and highlighter with me when I'm on the go. MY PRODUCTS REFLECT MY PERSONAL BEAUTY STYLE. I was very particular about what we launched in the Hailey Baldwin For ModelCo collection and I wanted to make sure the products were suitable for all skin types and tones. I worked with ModelCo to come up with a well-edited line that I truly use on a daily basis. I feel they very much represent my aesthetic and definitely have a "Hailey" vibe.

I'M A BIG FAN OF HAIRSTYLIST JEN ATKIN'S OUAI PRODUCTS. They smell amazing and they're just really, really good. I'm travelling everywhere with the shampoo, Wave Spray, Texturizing Hair Spray... they're the best.

I'M LAZY WITH MY BROWS. I put castor oil in them to keep them healthy but I also tint my eyebrows when I get them cleaned up. That way I don't have to constantly be filling them in.

MY FAVOURITE FRAGRANCE
CAN BE WORN BY BOTH SEXES.
The reason I know that is because a boy had been using it and I was like, "I like this for myself, so I'm gonna wear it!" It's West Side by Bond No. 9, which is a fragrance brand out of New York. I like it because it's not a super-girlie scent. It smells awesome.





NEW-SEASON muse

FROM NATURAL AND UNDERSTATED TO UNAPOLOGETICALLY OVER THE TOP, THERE'S A SS17 PERSONA TO SUIT ANY MOOD. YOUR NEW BEAUTY INSPIRATION STARTS HERE











Seen at: ALEXANDER WANG, MICHAEL KORS COLLECTION, VERA WANG, JASON WU, ETRO, OSCAR DE LA RENTA

imple skin and natural texture your go-to game? Bergamote Soleil, Then you're in luck: this season a beachy vibe was felt at a variety of shows. "I drew inspiration from those Californian skater-surfer boys with sun-bleached hair that looks tangly from days spent in the sun and salt," says Guido Palau, Redken's global creative director, who used the brand's sea-salt spray to fake a dip in the Pacific Ocean at Alexander Wang's show. Makeup was minimal ("We wanted to keep the skin really fresh with a slight sun-kissed look," says Diane Kendal, who created the Wang look for Nars), so focus on evening out tone with concealer, while using bronze hues to create













Seenut: CAROLINA HERRERA, NARCISO RODRIGUEZ, PRABAL GURUNG, ALTUZARRA, LOUIS VUITTON, COACH 1941, BALMAIN



SUNDOWNER















Lipstick in

Impassioned,

\$36, M.A.C.

maccosmetics.com.au

IM ALL YOURS.



MARY KATRANTZOU, TRUSSARDI







Lip Studio Color Jolt Intense Lip Paint in

(from left) Red-dy Or Not and Berry

Naughty, \$14.95 each,

Maybelline New

York, 1300 369 327

ELLE.COM.AU / @ELLEAUS 169

Seen at: FENDI, DKNY, JEREMY SCOTT, MARC JACOBS, DION LEE, VERSACE, VICTORIA BECKHAM

shadow and extreme winged liner with piles of false lashes a host of shows embraced makeup's playful, transformative powers this season. Makeup maestro Pat McGrath used her bestselling lip kits to glitter the pouts of models at DKNY (the sparkly touch also made an appearance at Fendi and Versace), while even minimalist-leaning designers selected hits of fresh colour to awaken the face (see: Dion Lee). Of course, makeup isn't the only way to experiment - wigs and hairpieces created retro personas at Jeremy Scott and Marc Jacobs, proving it's never been a better time to embrace your inner quick-change artist.

Liquid Moondust Eveshadow in Magnetic, \$36, Urban Razor Sharp Water-Resistant Longwear Liquid Eyeliner in Perversion, \$36, \$29. M.A.C. Urban Decay, mecca.com.au

The Revenge Of Lady Blanche, \$369 for 75ml, Penhaligon's,

agencedeparfum.com.au

pout. At the Cushnie Et Ochs show, models sported side parts and satin strands tonged just so, while the pièce de résistance was the subtle two-toned pout: the top lip popping with a classic rouge, while the bottom was finished with magenta a delicate difference with major impact. If you're a traditionalist at heart, a single shade can be just as effective. Last season's vampy lip took a softer turn with plum hues at Rachel Comey, while bright red was the MO at Giambattista Valli, Mary

f the polish of a professional blow-dry makes you weak in the knees, embrace it with impossibly shiny strands and a riff on the classic crimson Katrantzou and Trussardi. ⇒

Complete Salon

Manicure in Mauvin On Up, \$14.95,

Sally Hansen

1800 812 663

\$155 for 50ml. Bottega Veneta, Perfectionist Youth-Infusing Brightening Serum + Concealer, \$55, Estée Lauder, esteelauder.co

Classic Smoothing Lotion, \$15.99. Toni & Guy, 1800 061 027

eat Styling ection, \$49.95,

Glam'Eves HD Eyeshadow in Victoria's Purple, \$15.95, Rimmel

London, 1800 812 663

168 ELLE AUSTRALIA

Le Top Coat Tinted Top Coat in Black

Métamorphosis,

\$41, Chanel,

1300 242 635

the new beauty

Modelling's new guard have thrown out the rule book - and designers are taking note

a heightened sense excitement at the SS17 shows - change was

in the air. Gone were cookie-cutter models and in their place were adventurous, rebellious, different-looking girls. "The idea of everyone looking the same is completely out," says Nicole Thompson, senior artist for M.A.C. "The mood backstage is one that celebrates individual beauty. I can't remember the last time we were just putting makeup on and not considering the character of the girl."

As the tide turns on traditional notions of beauty, 2017 calls for an unorthodox approach - one that doesn't simply acknowledge that beauty comes in all colours, shapes and sizes, but celebrates it. Here's who is leading the charge.

SHORT STORY

'We're seeing the rise of 'street casting' in shows, picking men and women who represent an idea, a feeling, rather than a particular body or beauty type," says Thompson. Think New York-based model Dilone, whose shaggy, boy-short hair accentuates her beguiling androgyny, or rising star Alanna Arrington, whose mop of fluffy curls is just as eye-catching.

Buzz cuts also created, er, buzz, popping up everywhere from atop German model ina Hoss, who walked for JW Anderson,

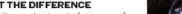
> to Jourdana Phillips, whose peroxide-blonde cut ignited thrilled whispers at Saint Laurent. The radical look is pure punk - and eons away from the idea that models are mere clothes hangers. These girls radiate personality.



Too often we're tempted to conceal our

youthful, fresh and perfect for the season. Follow their lead by nixing the full-coverage foundation for a dewy tinted moisturiser.

Rather than seeking girls who conform to their vision, some designers let the casting dictate the show's beauty aesthetic. This was none more apparent than at Michael Kors Collection, where models were simply instructed to wash their hair the night before the show so they could walk the runway with virtually untouched tresses. Push back your alarms - this year, we'll be doing the same. ⇒



unique characteristics, but the SS17 shows were all about embracing our true selves. At Valentino and Sonia Rykiel, natural makeup allowed the models' skin to shine through - freckles and all. The result was



It's out with a paint-by-numbers approach, and in with makeup

made for each individual. At Victoria Beckham, makeup legend Pat McGrath alternated between a bold stripe of blue eve shadow across the eye, a natural face with luminous skin and a deep green winged eye, depending on the face in front of her. It was the same story at Mary Katrantzou, where there were three sets of lips, and Louis Vuitton, where eye makeup varied from graphic black eyeliner to Bowie-esque colourful eye shadow. "With many shows creating more than just one uniform look, we were focusing on not just enhancement of the clothes and hair but considering the skin tone and eye shape and colour," explains Nars international lead makeup stylist Jane Richardson.

RADIANCE AWAITS

 $Stop-and\ reverse-the\ early\ signs\ of\ ageing\ with\ easy,$ effective products from Olav's Total Effects range

The first signs of ageing can pop up in your early twenties as skin begins to dull and fine lines start to appear. In fact, there are seven signs of ageing including enlarged pores, dark spots, sagging, uneven skin texture and tones - but you

don't need that many products to have an effective skincare routine. The Olay Total Effects range is packed with ingredients that are hardworking and multi-tasking (just like you), targeting the seven signs with these simple steps.



MORNING ESSENTIAL

OLAV

Layer on each AM to protect against future damage while simultaneously treating the seven ageing concerns Available in four formulas

Olay Total Effects Day Cream – Available in Normal, Normal UV, Gentle, Gentle UV, RRP: \$32,99,50g



FRESH START

refreshed

Olay Total Effects

Foaming Cleanser.

One product with seven

cleansing benefits, this

foaming wash removes

impurities, leaving skin

feeling balanced and

COMPLEXION PERFECTION

Cover imperfections with this lightly tinted BB crème that's packed with anti-ageing ingredients and skin-saving SPF.

Olay Total Effects Touch of Foundation BB Crème SPF 15, RRP; \$32,99, 50g



that I feel confident and comfortable in my own skin. Since using the Total Effects range my skin is brighter and definitely more hydrated"

JESINTA FRANKLIN, OLAY BRAND AMBASSADOR



THE **real** DEAL

They're walked the walk, so you better believe they can talk the talk. We quiz three fashion week veterans about the products they trust season after season



CV: She's walked the runways at Mercedes Benz Fashion Week Australia. Virgin Australia Melbourne Fashion Festival (catch her this month!), and imparts her beauty know-how as a Priceline Sister

THE MODEL: SAMANTHA HARRIS

HOW DO YOU PREPARE YOUR SKIN FOR RUNWAY SHOWS AND PHOTOSHOOTS?
It's less about what I put on my face and more about what I put into my body. I make sure I have a healthy, well-balanced diet and drink lots of water. I also love taking a hair, skin and nails supplement – Swisse has a great liquid one that I put in smoothies. WHAT PRODUCTS DO YOU TRUST TO KEEP YOUR SKIN IN TOP FORM? My skincare routine is super simple—cleanse and moisturise. I like to use a gentle cleanser like Cetaphil to take off my makeup, and then follow up with Palmer's Multi-Effect Perfecting Facial Oil to moisturise. I also love micellar waters, particularly Bioderma, for those days when I'm working late or travelling and might not have the time (or energy) to wash my face properly. DO YOU SWEAR BY ANY PRO TREATMENTS TO HELP YOUR SKIN RECOVER FROM FASHION WEEK? I go to Wildlife Origin in Sydney – they do amazing facials and my skin always looks fresh and bright. No matter how long and tiring my days are, it always makes me look relaxed and rejuvenated. WHAT BEAUTY TREND ARE YOU CURRENTLY LOVING? I'm really Lucky that I have a job that allows me to try all the different trends... but when it comes down to it, nothing will ever beat a bronzed, glowing look.

1. Ultiboost Hair Skin Nails Liquid, \$40.95, Swisse, 1300 884 411 2 Sensibio H₂O Make-Up Removing Micell Solution, \$31.99, Bioderma, 1300 884 411 3, Gentle Skin Cleanser, \$9.29, Cetaphil, 1300 884 411





CV: The makeup artist and author has been a fixture on the fashion show scene in Australia and overseas for decades. She is also currently Priceline Pharmacy's makeup director

THE MAKEUP MASTER: RAE MORRIS

WHICH PRODUCT GETS THE BIGGEST WORKOUT DURING A SEASON BACKSTAGE? Body moisturiser, My pet had as is dry knees and elbows, so I'll have someone just on that task during a show. Bioderma Atoderm Crème is my favourite because it's not too watery and doesn't take long to absorb into the skin. WHICH MAKEUP FROM YOUR KIT DO YOU USE ON YOURSELF? Black eyeliner — just smudge it in and go. Rimmelt makes one that is the blackest you can get. It lasts and I get a lot of flexibility out of it. I also like cream blush and a little luminiser—but not too much because I'm not 25. And I don't go anywhere without La Roche-Posay sun protection—I'm so pale and this just makes skin look healthy. WHICH MAKEUP STEP MAKES THE BIGGEST DIFFERENCE?

Mascara and brows. Colour never looks right on the eye without a frame, so I've recently started applying mascara first. I've found it's making me braver about colour and intensity because it already looks finished. And I love a soft brow; never drawn in or tattooed – I think that look is frightening. MOST SURPRISING

THING IN YOUR BACKSTAGE KIT? Strawberry-flavoured K-Y Jelly. It's the perfect thing for giving that flushed, just-been-for-a-run look that those Sports Illustrated models have.

 Illuminating Highlighter in Natural Pearl, \$24.95, Luma, 1300 884 411 2. Anthelios XI. SPF 50 Nutritive Oil, \$35.95, La Roche-Posay, 1300 884 411 3. ScandalEyes Waterproof Gel Eyeliner, \$12.95, Rimmel London, 1300 884 411



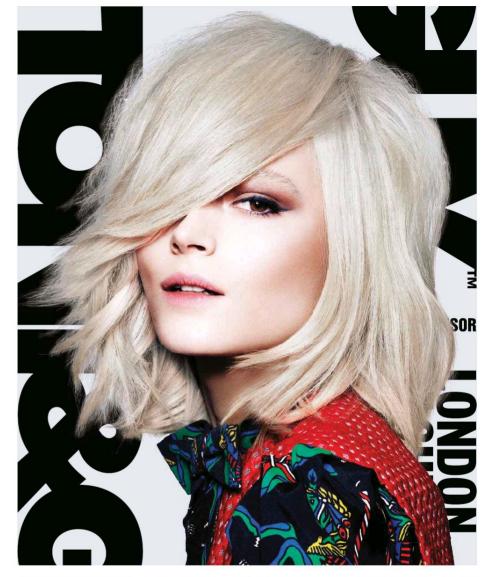
CV: As well as transforming the 'dos of Sydneysiders at his salon, Raw, Nader has had a long career styling hair behind the scenes for NYFW, editorial shoots and ad campaigns

THE HAIR PRO: ANTHONY NADER

WHAT ARE YOUR BACKSTAGE HEROES? I can't remember a time when I didn't have L'Oréal Paris Elnett hairspray in my kit. It's essential for reworking the hair shape from one look to the rect—it doesn't go flaky, David Mallett Volume Powder is super fine but adds so much omph at the roots — it's the perfect French-girl undone vibe. And Tigi's Superstar is a light foam that is flexible enough for nearly every style, from tight on the head to big curls. WHICH TOOL ARE YOU NEVER WITHOUT? I have a thing about precise, clean hairlines and part-lines when I want a style to look pollished, so I use an eyebrow brush to take away baby hairs and frizziness. It's the little things that count. WHO'S SPORTING YOUR FAVE HAIRSTYLE RIGHT NOW? Anja Rubik. It's blonde hair that faddes softly from darker roots to sun-kissed on the mid-lengths and ends. It has a relaxed shape but it still has a solid technical haircut behind it — that's key to chilled-out hair going the distance.

Elnett Satin Normal Strength Hairspray, \$10.99, L'Oréal Paris, 1300 884 411 2 Volume Powder, \$52
 David Mallett, <u>david-mallett.com.au</u> 3. Bed Head Superstar Blowdry Lotion, \$27.35, Tigi, <u>ry.com.au</u>





FASHION-LED HAIRDRESSING? THAT IS WHY I CHOOSE TONI&GUY

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IF YOU KNEW IT TOOK YOUR SKIN **30 DAYS** TO RECOVER FROM ONE NIGHT'S DRINKING, would you quit?

Your hangover affects your skin more than you realise. Hannah Betts found out the hard way

ometimes, when I was drinking, my skin would look good. The next morning, my complexion would boast a fetching plumpness and my lips would be pertly swollen. And, given how these things so often pan out, I might have had a post-coital glow. I came to regard this as a pickled prettiness.

"Wow," I'd think. "Things could be a lot worse." Give it a couple of hours and they invariably were. The plumpness would give way to a bloated greyness, my pout deflated into bleeding cracks, a parched yet acne-threatening stubble rash emerged and jet rings set in around my hollowed eyes. And it happens for a reason, says Dr Jairo Rodriguez, New York-based

nutritionist to the fashion pack, "Alcohol is one of the worst, most aggressive compounds in destroying your skin. I always joke with patients, 'If you want to look older, go ahead and drink!" Only, the older a boozer gets, the less funny this is,

London-based dermatologist Dr Michael Prager says alcohol is basically sugar, with more kilojoules. "Sugar causes glycosylation (the attachment of sugars to proteins), ageing cells and tissues through higher levels of insulin, changes in the DNA and tissue oxidisation," he explains. "This impacts upon cells in a multitude of ways: it can cause free-radical damage, and reduce cell proliferation and collagen production, slowing everything down." And if you think it can't get

worse: "Alcohol is also a diuretic - it dehydrates you. You absorb nutrients less successfully and crave salt. In women it changes their hormones, creating higher levels of testosterone, leading to things such as spots, a bloated face and hair loss." Nice.

Prager sips green tea even when at London's Dukes Bar, home to one of the world's best martinis. "So many women in their thirties ask for my advice about ageing," he says. "I point out that drink is sabotaging their looks. Then, in their forties, they come back in a panic. There are things I can do [Prager is known as the 'Karl Lagerfeld of injectables'], but the damage is done."

According to LA-based dermatologist Dr Harold Lancer, complexion guru to Scarlett Johansson, Victoria Beckham and Kim Kardashian, it can take our skin up to a month to get over a single hangover, "When you have a hormonal jolt caused by a binge fest - let's say a night of salt, carbohydrates and alcohol - it'll take about 30 days for that to calm down," he says, adding: "Celebrities don't have chefs to control their weight they have them to control their skin. When they're filming, there is zero alcohol. Does this mean you can't periodically have a glass of red wine? No. It means you can't have three glasses." Meanwhile, he says of the traditional post-drinking fry-up: "You might as well paint blemishes on your face."

Personally, after a lifetime of resplendent carousing, I stopped drinking two years ago because I couldn't sleep. Then I realised I had an alcohol problem. However, the only thing other people noticed was the effect on my skin. Despite drinking "only" the half bottle a night that many women consider normal - more, obviously, when I was on a roll - the impact was huge.

For my first week on the wagon, I was a not-so-hot mess: red-faced, spots sprouting, my nose shiny with detoxing gunk. I got conjunctivitis, my tongue was permanently furred and my eyelashes fell out. But compliments about my skin started pouring in after seven days. By day 10, I was happy to answer the door sans makeup. Two weeks in, my cheekbones looked supermodel sharp. Three days later, a man at a party mistook me for 19 (19!) years younger. After a month, I glowed, my face had lost its booze bloat and even my nails were stronger. And in six weeks, I ditched the five kilos I had put on after a spectacularly boozy summer.

At this point, I happened to run into Prager, who took one look at me and said, "My God, you've stopped drinking!" Renouncing the mother's ruin was the best thing I've ever done for my appearance. Other than hopping into a time machine and preventing a lifetime of sun exposure, nothing is ever going to have the same impact. No serum, no facial, no superfood (sorry).

Going on the wagon may be standard in La La Land. but for anyone else without a multimillion-dollar movie contract, it may be viewed as a puritanical move too far. If you're not interested in the cold turkey cutoff, then go easy on the binging (the liver can handle one drink per evening, not seven) and arm yourself with an arsenal of skin-saving products.

London-based dermatologist Dr Sam Bunting, heroine of YouTube channel Dr Sam In The City, says, "However excessive the night, try to remove makeup, even if that means micellar water on a cotton pad. Then use a retinoid, which will lessen the effects of alcohol by stimulating skin to renew and repair, leading to a brighter, glowier complexion than you deserve."

Come morning, it's - not surprisingly - all about hydration. "Apply a moisturising sheet mask - the occlusion effect encourages the ingredients to penetrate more effectively," Bunting says. "If used straight from the fridge, it'll have the added benefit of reducing redness. Keep makeup light and dewy, apply brightening eve drops and you may just get away with it." And don't neglect the skin below your chin - slather limbs in a soothing body butter to further combat dehydration.

My personal kit - based on 30 years' hard partying - featured water, liver-easing milk thistle tablets and

face wipes by the bed in the hope I had some motor control. The next morning. I'd whisk my trusty Clarisonic Aria over my skin, plus Bobbi Brown's Soothing Cleansing Oil. If this was too much effort. I'd apply a mask of Origins Never A Dull Moment Skin-Brightening Face Polisher With Fruit Extracts - the fruit enzymes exfoliate even if you lack the energy to scrub. I'd then deploy a Sisley Eve Contour Mask for a hydration hit. Guerlain's Midnight Secret Late Night Recovery Treatment -"sleep in a bottle" - worked its magic, although I used it premakeup, not the night before. Becca Shimmering Skin Perfector supplied faux dewiness, panda eves were concealed with Bobbi's Brown Creamy Concealer and lip balm was always at hand.

While most hangovers beckon a greasy cheeseburger, red meat should be avoided, as should excess caffeine, which further dehydrates. Coconut water, which is rich in electrolytes, will help with skin

repair, while Bunting favours wholegrain toast and honey as her morning-after restorative (the fructose helps the body break down the alcohol). She also proposes "an antioxidant-rich green juice with spinach, stomach-settling ginger and vitamin A-rich carrots". And, no, you're not allowed a vodka shot in that.

SAVE FACE Shimmering Skin Perfector in

Opal, \$68. Becca. beccacosmetics. com.au

Eve Contour Mask, \$160, Sisley Paris, sisley.com.au

Soothing Cleansing Oil, \$65, Bobbi Brown. bobbibrown.com.au

Never A Dull Moment Skin-Brightening Face Polisher With Fruit Extracts \$41, Origins, mecca.com.au

Almond Milk & Honey Soothing & Restoring Body Butter, \$27.95, The Body Shop thebodyshop. com.au

Can a regular person survive *California's* cult-like fitness scene? Amy Starr heads to the workout-obsessed Golden State to find out

itness is to Californians what coffee is to Italians - a full-blown religion. The dress requirements involve a lot of lycra and the altar might include a sprung floor and wall-to-wall mirrors. But unlike the current trend of receding numbers hitting Sunday service, membership for this modern place of worship is on the up and up. As of 2015, fitness became a \$26 billion industry in the sunny state of the USA. And, just as they are Down Under, boutique fitness studios are popping up faster than you can say, "Did you put the ashwagandha in that smoothie?" In fact, the increasing popularity of these studios (think of them as small gyms that focus on a particular type of group exercise) has seen them double in revenue in California in the past five years.

The impact of this rampant enthusiasm for sweaty salvation is probably being felt at your gym, too, no matter your postcode. California is basically fitness mecca, meaning cities around the world follow its lead. And with nearly double the population of Australia, and a load of them regularly visiting a gym, you can bet your Nike Frees that if you've ever dreamed up a workout, there's

already a heavily frequented timetable happening for it somewhere in the Golden State. All of this passionate patronage means California is positively packed with toned torsos and well-honed workouts.

Secretly, I've always wondered if I could kick it (and press it, squat it and lift it) with the firm-bodied fitness zealots in Cali. So I shelved my standard holiday to LA (which normally involves Disneyland, plenty of the free-pour thing and far too many burritos) for a journey down Highway 1 of a different kind. I hopped on a Oantas plane emblazoned with the flying kangaroo (which now serves a mid-air Botanica green juice, because, of course it does) to test whether my bicep curls could cut the mustard.

If I had any doubts that California was heaving with fitness fanatics, they were assuaged at San Francisco International Airport. It's there that you'll find a yoga room - for all the downward dogs and self-reflection you might want to do before strapping yourself into a flying tin can and watching a box set of Veep, while chugging on a miniature bottle of wine. The most surprising part of this space is that it's free. Yep. While airports

around the world are likely looking into how they can charge you to use their oxygen, in California, you can find some pre-flight inner peace for less than the price of a luggage trolley. Namaste indeed.

There are, of course, the purists, and the most "California" of all gym classes is Pilates. Revered for keeping many a Hollywood bod lean and clean (and a blow-dry fresh), it's also the most popular workout on ClassPass in this

My first fitness stop is Avant-Barre. It was founded by Nini Gueco, a dancer and instructor who was frustrated by the rigidity of the rules in traditional barre classes. She added a bit of fun, an inclusive kind of energy that can sometimes be missing at the franchised barre studios and music that makes you want to move. The mix proved successful and lithe bodies of all kinds started lining up for mat space. There's a young, rebellious vibe (blame the

monochromatic tanks hanging in the entryway emblazoned with Avant-Barre's signature phrase, "Badass Ballerina") that is addictive and might just stoke your inner Beyoncé (read: never a bad thing).

If you prefer your barre with a side of hipster, then try Pop Physique. Founded in LA in 2008 by former pro ballet dancer Jennifer Williams and her husband Deric, this is working out for the #fitspo generation. Clever branding, collectable merchandise, a "selfie saloon" for taking #humblebrag "Look at me, I'm at the gym" photos and lots of talk of a "sculpted" booty make it the most fun sweat space I've ever stepped a sneakered foot into. There were no cheesy motivational slogans, no classmates clad in the latest sportsluxe outfit; just a collection of happy faces wearing high-waisted leggings and T-shirts knotted to bare the midriff, and a delightfully kitsch instructor. "Embrace the shakes!" she shouted when a set got a little too much. It's a little like Aerobics Oz Style (basically the highest compliment I can give, in case you weren't sure). Stretching occurs throughout the class, rather than during a cool-down at the end, which results in the body feeling flexed and limber rather than just taut and toned. And like the lights, the volume of the music rises and falls depending on the intensity of the exercise. It made me realise that if you distract me with the right tune for long enough, I could end up with a butt as juicy as a Kardashian's (#goals #notreally).

state. But if you don't have time to wait out the results afforded by a traditional class, sign up for a session on the Megaformer. At Fit Buddha in Ventura, north-west of LA, gym-goers are hopping aboard the souped-up reformer machine for one of their nearly 50 sessions a week. Instructor Eva Kettles hands you an affirmation card before the class - the spiritual pep talk should have been enough warning that I was about to get my butt handed to me. Before she became a teacher, Kettles took

> a couple of classes on the Megaformer and saw results in two sessions, so promptly signed up to go pro. The Megaformer can be intimidating; the movements don't always feel natural, but they're resultsdriven. If you're completely insane, opt for the "combo class" - an hour-long pairing of the Megaformer and a spin on the bike, capable of burning about 4.200 kilojoules, Yowsers.

> If you thought a mash-up better than the Cronut didn't exist, then I suggest you hunt down a session of the boxing/ Pilates hybrid Piloxing. It's an hour-long cardio spectacular. performed barefoot and using weighted gloves, choreographed to thumping techno music. The movements range from fastrep boxing to Pilates stretches, and I think it's the first time I used the phrase "sweating bullets" and really, truly meant it. At least it's a great way to work off the Cronut.

> If Italy is for eating, India is for praying and Indonesia is for loving, then California is the perfect place for sweating. Because holidays where you sit poolside sipping a margarita and reading a book about someone else's adventures are so 2016.

WORK (OUT) YOUR WAY THROUGH CALIFORNIA AVANT-BARRE San Francisco; avant-barre.com Boutique-scale barre means you'll ge plenty of hands-on quidance. POP PHYSIQUE Los Angeles and San Francisco; popphysique.com Pop tunes and the promise of a popping booty. FIT BUDDHA Ventura; fitbuddhafitness.com
For a masterclass on the Megaformer PILOXING ACADEMY Burbank; piloxing.com The birthplace of the workout means you're assured of a serious pro. FITWALL Newport Beach; fitwall.com Try a 40-minute session using the purpose-built "wall", the floor and resistance bands. This is climbing, but fun. LIFTED San Francisco; becomelifted.com Meditation and resistance training combine in one 90-minute workout for mind and body SHAPE HOUSE Los Angeles; shapehouse.com Wrap up in a hot blanket, then lie back and watch Netflix during a 55-minute far-infrared heat session at this celeb fave (think Emma. Roberts, Selena Gomez and the Kardashians) X O

Los Angeles; thecrossoverxo.com The signature class employs the reformer a springboard, a water rower and a heavy

bag in one 50-minute workout.

LIT Los Angeles; litmethod.com Low-impact training (hence the name) but with high intensity - it's basically the Baby Bear of workouts: gentle, but firm. Good if you're prone to injury.

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all the rage

How that *boxing session* can benefit a lot more than just your biceps

act: fight-or-flight
hormones such
as cortisol and
adrenaline are
becoming all too
common in our daily
interactions. "It's part of
life to have our adrenal
glands elevated every
so often," says Vanessa

Gospel, a Sydney-based personal trainer at Fitness First. "Thousands of years ago, this rush gave us the ability to attempt to outrun a preying animal. But these days, we often feel the rush of nerves when delivering a presentation or running an important meeting at work."

While constantly elevated levels of these hormones is detrimental to our health, experiencing spikes in a limited, controlled setting, such as a 30-minute fitness class, can actually help the body better cope with that stressful presentation later on. "If we spike our adrenal glands, we learn how to control them," explains Gospel. "The adrenaline rush from a workout means you're working hard, and countless studies show the link between shorter, more intense workouts, high kilojoule burn and improved mental strength."

A full-on workout, whether it's high-intensity

"There's a link between shorter, more intense workouts, high kilojoule burn and improved mental strength" interval training (HIIT) or a boxing class, not only burns fat effectively, but also helps train the body to have a more managed response to stress, pumping out less cortisol when anxiety kicks in. Exercise really is like therapy.



CHANNEL YOUR ENERGY...

Intense, aggressive workouts require discipline, attention and top form. "HIIT or boxing classes offer a high-intensity workout for those on a tight schedule, making them a really efficient way to get a feel-good rush and set your entire day up with the focus and energy you need to tackle high-stress situations," says Gospel.

...BUT NOT AT A CERTAIN PERSON

Boss, boyfriend or BFF working your last nerve? Focus on releasing your frustration instead of bashing their face in. Workouts create feel-good endorphins that can bring clarity and a new perspective, so don't hinder that by revisiting every last annoying comment with each punch. Finishing a session more pissed off than when you started defeats the purpose.

COOLING DOWN IS KEY

Your muscles and mind need time to return to their level state. "You should always add a cool-down after an intense workout," says Gospel. "This could be a slow walk or some gentle active recovery. It's important you keep moving through a stretch-type sequence. This will help to slowly calm your body as your heart rate settles back to normal levels. Try taking five deep breaths while standing and roll your shoulders back slowly as you do this."







rom the outside, designer Marnie Goding's Melbourne home looks simple and unassuming. But behind the oversized front door lies a gloriously renovated family space that's as chic and classic as her muchloved fashion and accessories label, Elk.

Goding shares the home with her partner (in life and business) Adam Koniaras, their children Willow, six, and Ollie, two, plus their "furry child" Grover. With young kids running around, she loves the spacious feel of the home - and the large windows throughout. "The home is calm and warm, and has been designed to take advantage of the mountain views, which give a sense of airiness and freedom," says Goding, who moved in almost three years ago. "We lived in a little townhouse for 15 years, tucked neatly beside our neighbours. This is the opposite and such a great change."

Like the palette of Elk's biannual collections, the shades Goding has used in the house are modern, muted ⇒





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and designed with relaxation, rather than impact, in mind. "I'm drawn to colours, fabrics and textures that evoke comfort," she says. "I think I'm the ultimate nester. Anything grey and fluffy and you have me hooked!" she laughs.

Running an international brand in the fast-paced world of fashion has made Goding not only value the downtime she has at home, but also the pieces she surrounds herself with. "My work has helped hone my eye and made me appreciate craftsmanship," she explains. "It's made me more considered, buying less of everything and questioning each purchase for need and quality."

Her favourite pieces are those that have been collected, rather than just bought. "Thave a drawing rescued from a sketchbook that my grandmother drew of her sister in 1932. It's creased and discoloured but it's one of my most treasured possessions," says



Goding, who cites 1stdibs (1stdibs.com) and Designstuff (designstuff.com.au) as favourite places to while away time online, and the Victorian stores Kyo (kyo.net.au) and Modern Times (moderntimes.com.au) as well as Muji (muji.com/au) for combing through in person. The true finds, though, often come from stumbling across something beautiful or unique while she's on the road. "Most of my ideas probably come from travelling," she says. "I'm lucky to go to places that are somewhat off the map and I love nothing more than rummaging through back rooms or shelves – that's where you find the real treasures." \(\infty\)















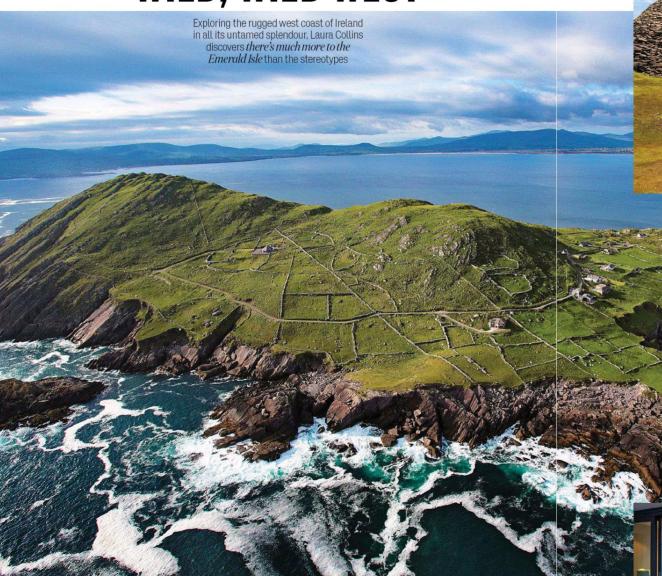
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WILD, WILD WEST



RELAND: LAND OF LEPRECHAUNS, four-leaf clovers and Niall Horan. Also the land of potatoes, Guinness, novelist James Joyce and U2. You know what? I could spend the next few pages talking about all the clichés that come to mind when someone mentions Ireland, to be sure (okay, that was the last one, I promise). But this story is not about that Ireland. It's about the Ireland you only discover once you arrive. No amount of pre-trip research and wordof-mouth recommendations can put into perspective just how friendly the Irish are. Or how much it rains (because, yes, it's quite a bit). Or how easy it is to take a little detour and stumble upon a quaint village or fascinating natural wonder and have your entire day's itinerary thrown out the window.

ON MY FIRST TRIP TO IRELAND, a day trip to the cinematic Cliffs of Moher turned into an extended visit to The Rock Shop (therockshop.ie), a purveyor of gemstones and titchy gifts in

nearby Liscannor, because the combined force of the wind, rain and fog prevented me from even getting out of the vehicle at the cliffs' car park. Although my seeking refuge from the elements turned out to be a great chance to expand my crystal collection, the experience only further proves my point – you can safely do without an itinerary in these parts.





SO IT WAS WITH A FAIRLY LAX ATTITUDE TO ORGANISATION — an approach I'm unfamiliar with — that I packed my suitcase and headed back to Ireland for round two, this time with my mother in tow. I was apprehensive about whether we'd be able to put up with one another over the course of a week. Our first test would be the airport. Mum's a massive stresser about *every single aspect* of flying, I, on the other hand, am a lean, mean, traveller-dodging machine through the airport terminal. Me: "Come on, we can make it past these people if you hustle." Mum: "What's the rush?" Me (internally): "Fuuuuuuuuuuuu!!!" We were off to a rocky start. ⇔



DOUBLE DIP

The vitality pool at Park Hotel Kenmare is best enjoyed after an (attempted) day trip to the Skellig Islands (below)

along Ireland's Wild Atlantic Way, a 2,500km-long tourist trail that stretches down the island's west coast. Flying into Galway Airport, we picked up our hire car, turned on the windscreen wipers and headed first into the city, famous for its bohemian scene, nightlife and general goodtimes vibe. No partying for us, though. Instead, we took in a few of the busier streets, then headed to The Burren Perfumery (burrenperfumery.com), After some GPS trouble sent us on a two-

hour detour, we arrived and proceeded to spend an obnoxious amount of money on organic, small batch-produced perfumes, lotions and potions. I've smelled phenomenal ever since.



THE IRISH WAY TO DO THINGS

WHISKEY Irish whiskey is often less peaty (smoky) than its Scottish counterpart or has been distilled thrice, not twice, which can make it smoother. Try lameson Teeling Tullamore Dew and Redbreast.

COFFEE A hot brew of coffee. Irish whiskey and brown sugar, it's topped with thick (but not whipped) cream, which is poured onto the back of a spoon held over the glass so that it floats on the surface of the coffee mixture. t should be drunk through the cream. not blended together

STEW The old-school way uses mutton. potatoes, onions and water, but it's common to find carrots, turnips and sometimes pearl barley in the mix. It's hearty and simple and tastes extra good with a dollon of mashed potato.

CARBS Soda bread will appear on most dining tables at breakfast. lunch and dinner. It's crumbly, tastes best smothered in butter and should never be turned down.



The majestic Cliffs of Moher are worth a visit (weather permitting)



Killarney, where we were spending a few nights, we knocked out Limerick. Adare and the Cliffs of Moher in one epic, caffeine-fuelled afternoon (Netflix, if you're reading this, Mum and I are both open to a guest spot on Gilmore Girls if you decide to do another special). Early evening, we made it to The Europe Hotel & Resort (theeurope.com), a sleek five-star property overlooking Lough Leane and in what I posit to be one of the prettiest, most quintessentially Irish-looking parts of the country. The hotel is full of bright, airy spaces that are designed to maximise the vista, but the absence of air-conditioning in the room was an adjustment for Mum, who generally operates under the policy of "the air-con must remain on at all times; get a blanket if you're cold" (Irish people don't really believe in air-con).

LATER WE HIT UP ESPA, the hotel's award-winning day spa and fitness facility. Being that I was on holiday, I can't tell you what the gym was like but the Irish sure know how to spa. Post-treatment, you go to a private room where chic little daybeds overlook the lake; they bring you biscuits and tea. Afterwards, we went down to the Spa Café to lounge in the sun in our fluffy white robes and eat salad. It's how I imagine Bono spends those U2 earnings.

BACK ON THE ROAD, we took a morning stroll through Killarnev National Park, where the dense, eerie mist hanging over Muckross Lake gave our constitutional a certain gravitas. Leave yourself a few days to explore this area if your schedule allows it - you can take a horse and cart through the grounds of Muckross House, run through Derrycunihy Wood like





you're in an M Night Shyamalan film (just kidding) or sign up for a day trip to do the Gap of Dunloe, a narrow, Tolkien-esque mountain pass you can discover by boat, horse-drawn cart or your own two feet (don't drive through it, though, or you'll be greeted with disapproving stares and head-shaking from fellow sightseers and their tour guides). Drive the magnificent Ring

of Kerry, too, but be prepared to stop approximately 20 times to take pictures on the side of the road. Head towards the coast, to the little town of Portmagee, where you can join a tour out to the Skellig Islands. Skellig Michael, the most famous of the islands, can be seen in the final scene of Star Wars: The Force Awakens, As a diehard Star Wars fan, climbing the 600-plus steps to the peak of the island was at the top of my to-do list. So let me recommend this: call ahead before driving two hours from your hotel to the port lest the tours be cancelled that day due to bad weather. Maybe next time. Skellies.

BASING OURSELVES OUT OF KENMARE for a few days so we could cross off some of the aforementioned activities, we stayed first at Park Hotel Kenmare (parkkenmare.com), a 46-room hotel that's been around since 1897. In stark contrast to the log fires and plush sofas of the common areas, the main drawcard - Sámas Spa - is sleek and modern, particularly in its approach to spa-ing. Instead of booking a treatment, you book an arrival time and leave yourself three hours for the entire "Sámas Experience". First you'll enter the Thermal Suite - there are separate male and female ones - and move between the sauna, steam room, rain shower and outdoor vitality pool at your leisure. An hour later, you'll head to a private room for your body treatment or Sisley facial, before winding down for the last hour in the Relaxation Room overlooking Kenmare Bay.

ON THE OTHER SIDE OF KENMARE BAY is Sheen Falls Lodge (sheenfallslodge.ie). I wish we stayed here for more than one night. I wish I lived here, actually. Thanks to its location just outside of Kenmare town, it's incredibly quiet the only noise comes from the gentle rushing of Sheen Falls outside your suite's window.



Visit the historic Poulnabrone Dolmen tomb (left) near Galway... if your GPS can find it: the luxurious rooms at Mount Juliet Golf & Spa Hotel (below)



Having recently undergone a slick renovation, the decor is preppy country manor meets midcentury modern; a restrained elegance that still feels lived-in and welcoming. The staff were divine, the food was delicious and dinner's background music was provided courtesy of the resident pianist. Mum: "This is chic!"

THEN WE WERE OFF TO OUR FINAL HOTEL, Mount Juliet Golf & Spa Hotel (mountjuliet.ie), which is set on a 600-hectare estate in Kilkenny and features a golf course, Michelin-starred restaurant and lodge accommodation in addition to the main house. Being our last night in Ireland, we chose Mount Juliet for its location smack bang in between Kenmare and Dublin, where we'd fly home from the following day. The hotel reception staff almost fainted as we casually mentioned we drove three-and-a-half hours, with a brief retail therapy-focused stopover in Cork, to get there. That is basically the Irish equivalent of flying Sydney to Perth for an overnighter (apparently, despite the size of the island, the Irish aren't ones for long drives either).

YES, THERE'S A LOT OF DRIVING INVOLVED on a holiday like this. At least the nationwide disdain for long road trips means that, when you're off the highway, you'll rarely have to share the road with anything more than a tractor. If getting behind the wheel isn't your thing, get you a travelling buddy who does both that is, drives and knows when to pull over and regroup because you've given them the wrong directions. On that note, sorry I called you a bad navigator, Mum.





TRAVFI



Outside your room, the little details go a long way. The hotel's lobby makes a mean first impression; bar to your left, check-in counter (engraved with scenes from Melbourne's "Paris end" in nearby Collins Street) to your right, and a photoready staircase straight ahead, starring rich blue carpet and a feature wall made to look like an overstuffed bookcase. Art is as much a part of the theatre here

as the professionally styled staff (no, really, they have their hair and makeup done by the in-house stylist before their shift starts), but it's a blending of old worlds and new: LED digital works add movement to the common areas and neon sculptures

hang playfully from the ceiling.

the city's best food and drink spots (Supernormal, Heartbreaker, Chin Chin and GoGo Bar), the on-site offering is hard to pass up. Pascale Bar & Grill showcases the best of the produce grown in the hotel's rooftop garden alongside locally sourced ingredients by the QT forager. The Rooftop At QT is an indooroutdoor space that rivals the best rooftop bars in the CBD (it's open to the public so you never have to worry about a lack of party atmosphere). Back on street level, there's a clever nod to the local laneway culture in the alley beside the hotel - Hot Sauce bar blends Korean and Japanese street food with cocktails and hip-hop bangers, while next door there's Tanto. a Japanese professional knife shop, the

While you're surrounded by some of

does. One recent addition to its portfolio is an 11-storey hotel on Melbourne's Russell Street. It's got all the quirk you've come to expect from QT - hop in an elevator and an exotically accented voice will throw

QT Melbourne is redefining what it means to

be a hip hotel, one elevator ride at a time

hotel should feel like a home

away from home; a place to

anchor a travel-weary soul, or

provide an exotic sense of escape

from the every day. Few hotel

out a cheeky suggestion, hit the "feed me" button on your in-room phone for room service - but with the added charm

of feeling distinctly Melbourne.

chains capture that essence as well as QT

The rooms are industrial (think polished concrete ceilings and exposed lighting fixtures) yet cosy. Going back to your own bed never feels as disappointing as after you've spent the night in one

equally as luxurious, though a minimalist contrast to QT's usual bold style, with black and white tiles, a freestanding bath and Malin + Goetz toiletries.

first of its kind in Australia. of their Gel Beds. The bathroom is qthotelsandresorts.com



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HOSTAGE SWAG

After cocktails at

the Rooftop At QT

Taiwanese hot dog

from Hot Sauce (right)

REKINDLING THE ROMANCE

DEAR E JEAN, I have a wonderful, intelligent, funny, caring fiancé. He's the life of every dinner party, and when I'm working late, he makes dinner and greets me with a glass of wine. He takes me on impromptu adventures, writes sweet thankyou notes to my nanna and gives me daily back rubs. Me? I'm intelligent, quite pretty, mostly witty, rather successful (and, according to this description, a tad arrogant, apparently). I've done very well with men, but I've never really cared for someone until I met this man three years ago. So I have

a wonderful fiancé... and I no longer find him attractive. I'm not sure what happened - the passion just fizzled! Now I dread going to bed with him. What do I do? I don't want to break up, but I also want to enjoy sex. - Up In Smoke

PS: Please do not suggest sexy lingerie or role-play. I need a longer-term solution.

SMOKE, MY SNAPDRAGON You've got Auntie E's word: no "sexy lingerie". (Although I reserve the right to wear alabaster tap pants and matching garters while answering your letter.)

When a woman dreads going to bed with a man she loves, we must not only look to the usual suspects (birth control pills, antidepressants, antihistamines, painkillers, etc), we must also consider the prime suspect: your "quite pretty" carcass.

Much has happened to it since you met Mr Dinner Party. Ninety-eight per cent of your atoms have been replaced - not once, not twice, but three times. The cells of your epidermis have been shedding at such a brisk Dita Von Teese rate you're not even clad in the same suit of skin you wore last month. Indeed, I'm actually answering a woman with a different body than the woman who sent her letter to me two months ago (that's how long I've been mulling this answer, Miss Smoke). And your fiancé? Isn't his body regenerating? Isn't he getting atomic tune-ups, too? Is it any wonder that the moves that filled you with such joy in the beginning no longer spark the frenzy?

I purposely abstain here from making a fuss about the ebbing and flowing of desire. It's so natural and



ask

Tormented? Driven witless? Fear not, help is just a short letter away varies so much from couple to couple (though many couples do experience a drop between years two and three) that I simply entreat you to believe that with kindness, distance (desire roars like a polar bear from afar) and tenderness, it will

reflame, and precisely when

you least expect it.

OR TWEET

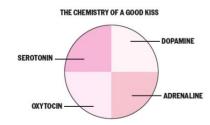
@eieancarrol

QUESTIO

EMAIL.

Wait. On second thought, why don't we just give Eros. the god of love, a kick in the pants? Care for an elixir. Miss Smoke? Close your eves, lean in and partake... See the lovely graph below? This is the formula that caused you to cry "Take me! I'm vours!" when you first

snogged your lad. Since it's a magic formula, the best way to imbibe it is with a kiss - and by "kiss". I mean a kiss of the kind you plastered upon the chap in the first mad months of courtship, the beastly and beautiful kind that brings on the blitz of dopamine, serotonin, adrenaline and oxytocin and floods your frame with the most unspeakable cravings ever felt by woman! You may not want to kiss him tonight, you may not be in the mood to kiss him tonight, but do it! Kiss him twice, thrice, four times, forsooth! Let me know how you're doing. I'm excited about this!



THE MALE GAZE

DEAR E JEAN, Shouldn't we celebrate the women's movement by burning our bras? I have small breasts and find most bras incredibly uncomfortable - I take mine off as soon as I walk in the door. So I'm happy that I have the option of going without a bra, but I find I get a lot more stares than when my breasts

are bound. Does not wearing a bra send a message to men I'm oblivious to? Is it not socially acceptable? What is your stance on going braless?

- Pigeon Breast

PIP! PIP! PIGEON Please. Men will ogle an old brassiere hanging on a clothesline. Chaps will practically propose to a cracker if it has two olives on it. You and your bosom are "the female form", as Walt Whitman said, which "attracts with fierce undeniable attraction". I wouldn't advise bouncing around the office without a bit of shackling, but otherwise, there's no such thing these days as "socially acceptable" - only in fashion and out of fashion. Right now, a liberated bust presents a classic image of glamour, simplicity

and comfort, Bah! Unsnap! Release thy bazooms!

I DREAM OF AFRICA

DEAR E JEAN, I'm a 31-year-old doctor with a specialty in paediatrics and I've always had this idea about opening a clinic in Africa. When I was a teenager, I went there with my family on a mission trip, and I'll never forget the look on the people's faces when we offered medical help, food, shelter, etc. Since then, I've known Africa is where I belong. But my long-term boyfriend (also a doctor) thinks my idea is futile and my non-profit clinic would lose money. Do I care about money? No! I just want to help people. He thinks I should volunteer with Doctors Without Borders for two weeks every year, but I'm just not ready to give up my dream. If he really loved me, wouldn't he support me? Should I keep the dream, or the dream guy?

- Out Of Africa

MISS OUT, MY LIONESS Keep the dream. Africa may let you change the world, but a man hardly ever does.

SHE AIN'T HEAVY, SHE'S YOUR MOTHER

DEAR E JEAN, I was speaking with my mother about feeling motivated to eat healthier, and she told me I'd "very noticeably put weight on" my legs. I was upset, so she said, "It's not like they're completely humungous or anything." Like that would make me feel better!

Now I feel myself slipping back into starving myself and overexercising. Am I being dramatic? Or was my mother out of line? I'm having a hard time getting over it. It's not like I'm overweight, so why does she make me feel like everyone is talking about my weight? - Sensitive Thighs

How do I turn a hook-up into the real thing? I met a wonderful guy on Tinder and, at first, it was just physical. But recently we've been having deep conversations and liking each other more – so how do I get us out of limbo and into the BF/GF thing? Let me remove

> MISS THIGHS OF THE THEWS I have two theories: first, some mothers are like the gods on Olympus. They create us. then they chain us to rocks and command eagles to eat our livers every day throughout eternity. Second and just as true - we daughters are the gods, and our mothers sacrifice their careers, their independence, their sex lives, their shoes, their figures, their plans and their wits for us. Re the shoe sacrifice: one

• the pressure of the "BF/GF thing" before it leaves you permanently damaged. You are not in "limbo". You are in paradise! What uou've got there is the real thing. Feeling uncertain is "the very essence of romance", as Oscar W said. Relish it!

winter, my own mother, the flame-haired bird of paradise Liz Carroll, was driving me to a social event in my local town, wearing her beautiful high heels encased in little clear plastic galoshes. As we passed a pond, she thumped the brakes, pulled the car over, retrieved a shovel from the boot and, saying "Let's try your new skates!", cleared the snow off the ice. I was five. Her beautiful shoes did not survive.

The matriarchal sacrificing and rock-chaining provides many mothers with a lot of weight about our weight. And as for your own personal legs, Miss Sensitive - well! Each syllable uttered by your mother is heavier than the thighs of 10,000 women. (And I don't need to point out that every word you reply has the power to cut her to shreds, do I?) You sprang from her loins, you are flesh of her flesh; the woman made your thighs, for God's sake - so, no, you are not being "dramatic". Just say to her, "Ma! Please do not mention my weight ever again. It makes me want to starve myself." You'll have to remind her of this every week or so, but so what, it's fun trying to keep a mother in line.

I kept Liz Carroll in line until recently, when, after 98 years on planet earth, wearing coral-red lipstick and her Oscar De La Renta hostess pyjamas, and with her hair done up with a turquoise bow, she shuffled off this mortal coil. She turned out not to be a god after all, but a mortal. It was the surprise of my life. \square

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60-second PSYCHOLOGY

In his new book *Psychobook*, Julian Rothenstein pulls together the most insightful, and iconic, psychological tests. *Get to know your inner self*

THE COLOUR TEST



THE INKBLOT TEST The most famous personality

test of them all, it was created by Hermann Rorschach in the '20s. Study the inkblot: what do you see?

PRESSED FLOWERS OF VARIOUS SORTS, INCLUDING ORCHIDS, IRISES, CYCLAMEN You're very aware of what it's like to have been the object of a lot of attention as a child. The jury is out as to whether this is a good thing - sometimes you think you may have overly high expectations of yourself. You're not seriously worried about being your own worst enemy, but you understand when Edgar Degas said, "There is a kind of success that is indistinguishable from panic."

MOTH OR BUTTERFLY WITH STING IN ITS TAIL Your affable sociable exterior may not prepare people for how independent you are, the doggedness with which you revolve in your own, unique orbit. You're drawn to the limelight - in many ways, your talents mean it's where you belong - but you're dubious about the costs and, more than that, you can't stand anyone telling you what to do. You're profoundly unbiddable; at the first hint of coercion, you disappear.

EYES IN DARKNESS, WITH BLINKERS ON You have a great capacity for introspection. You go somewhere inside yourself far out of others' reach and think things over exhaustively. This is not always easy for other people. As Cary Grant says to Rosalind Russell in His Girl Friday after she divorces him, "[I] wish you hadn't done that. Hildy... Divorce me. Makes a fella lose all faith in himself... Almost gives him a feeling he wasn't wanted.

This is the colour of the middle ground - you like to be uncommitted and find quiet acceptance from others

You are happy and positive; you like to take dynamic action and achieve results.

You're likely to be restless and insecure. and yet you wish to charm and be attractive to others

You're defined by

passion and energy, you are impulsive, ambitious and sexy. You live life to the full.

PURPLE Your emotional immaturity means you get stuck in wishful thinking. You need to

avoid excitement: vou've had too much already.

BLUE You're calm and loval but easily hurt; you like the good life and need a stable relationship. Contented, you're likely to gain weight.

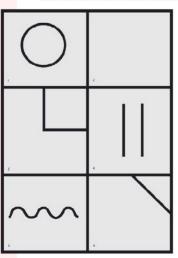
BLACK The colour that says "No". You would like to be confident self-possessed and recognised, but are in revolt against your fate.

GREEN You like possessions and the good things in life. You're a high achiever, you like impressing others, but you worry

about failure.

THE DRAWING COMPLETION TEST

This personality test was developed by Ehrig Wartegg to interpret the unconscious. Draw a picture in each of the squares incorporating the elements.



WHAT FACH SOUARE REPRESENTS BOX 1 This drawing

relates to your sense of self. You may have been assertive or tentative (drawn a face, coloured the circle in, etc) or you may have suggested there are pressures from outside the circle of your self You may happily have seen yourself as a beaming sun or a flower.

BOX 2 Your whole life is revealed in this space. Oh dear! Without quidelines. you have revealed your innermost self.

BOX 3 The square is an architectural unit; your response here relates to your feelings about your house/home or

garden. These may have implications with regard to aspects of your identity.

BOX 4 The two lines stand for the inescapable dualisms of the universe especially the duality of sex. You may have just revealed your deepest feelings about love.

BOX 5 This motif has to do with your emotional life. Are you floating on or above the waves, or are you sinking below them? Are you waving or drowning? Or did you see and project something else altogether?

BOX 6 This will reveal how you relate to your friends, who are at once part of you and separate from you.

This is an extract from Psychobook by Julian Rothenstein (\$41, Redstone Press), available at theredstoneshop.com



