JO-WILFRIED TSONGA

GRIGOR DIMITROV

SLOANE STEPHENS

JUAN MARTÍN DEL POTRO

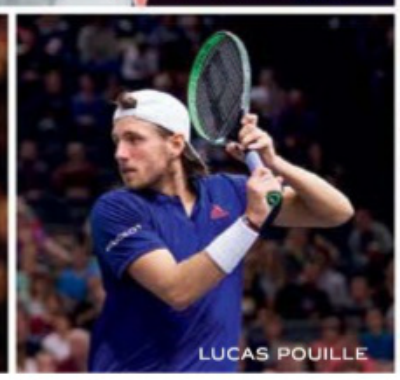
ANGELIQUE KERBER

ROGER FEDERER

GARBIÑE MUGURUZA

STEFANOS TSITSIPAS

CAROLINE WOZNIACKI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DOMINIC THIEM

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ROLEX

April 2020 marieclaire.com.au

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CELEBRATING International Women's DAY

NEW SEASON NOW!

The latest fashion & beauty trends to try

Emily BLUNT

The surprising trait that made her a star

GIRLS GONE ROGUE
INSIDE THE SECRET SOCIETY FOR WILD WOMEN

IS THIS THE WORLD'S MOST SEXIST SCHOOL?

SINGLE, FEMALE & HOMELESS
AUSTRALIA'S HIDDEN CRISIS

174
SHOES, BAGS, JEWELS
Accessories to amp up your look

30 pages of

WONDER WOMEN

We celebrate the trailblazers and future-shapers changing our world

ZIN_MC_0420

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20 YEARS OF RESEARCH
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98% of women who have tried this skincare product recommend it[4].

DIOR.COM

[1] In compliance with the ISO 16128 standard Parts 1 and 2. The remaining 9% have been carefully selected to optimize the formula's effectiveness and stability. [2] At Dior. [3] In vitro test on ingredient. [4] Satisfaction test, 61 women.

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MAXMARA.COM

Max

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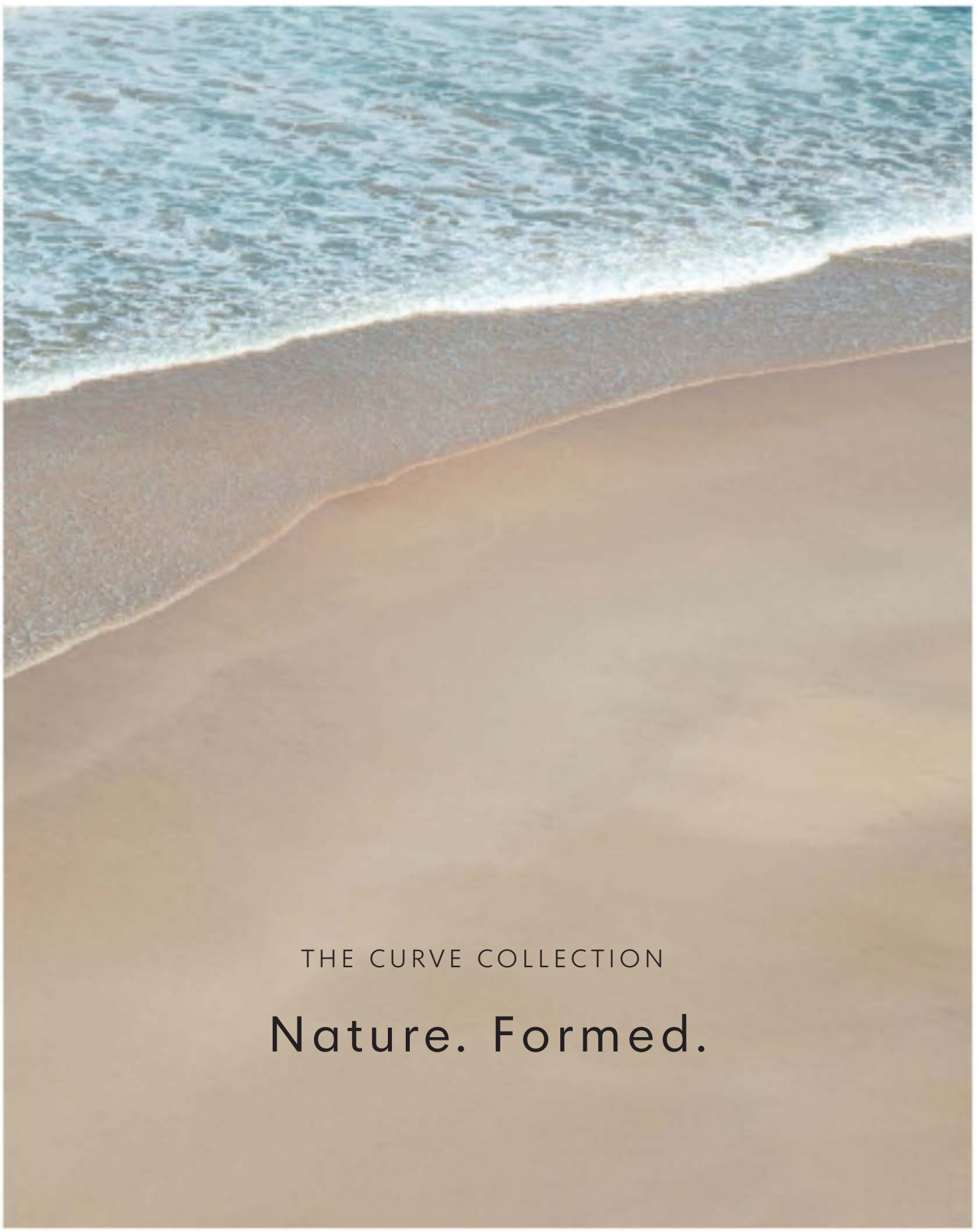

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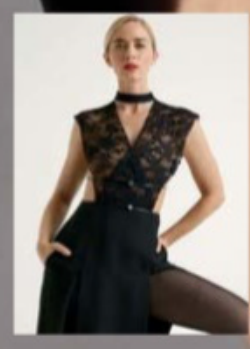

GET THE COVER LOOK

Re-create Emily's look with make-up by Estée Lauder. **ON FACE** Double Wear Stay-In-Place Makeup SPF 10 in Alabaster; Pure Color Envy Sculpting Blush in Peach Passion. **ON BROWS** Estée Lauder Micro Precise Brow Pencil in Dark Brunette. **ON EYES** Pure Color Envy Defining EyeShadow in Insolent Ivory; Sumptuous Rebel Length + Lift Mascara. **ON LIPS** Pure Color Envy Lipstick in 370 Carnal.

Photograph by Lucci Mia for Red Hook Labs. Hair by Laini Reeves. Make-up by Jenn Streicher
Emily wears Gucci dress and tights.

62
COVER
Perfectly Blunt
Emily wears Dior dress.

PHOTOGRAPH BY DENISE HEWITT; CORRIE BOND; KATHRIN MAKOWSKI/BLAUBLUT EDITION/RAVEN & SNOW.

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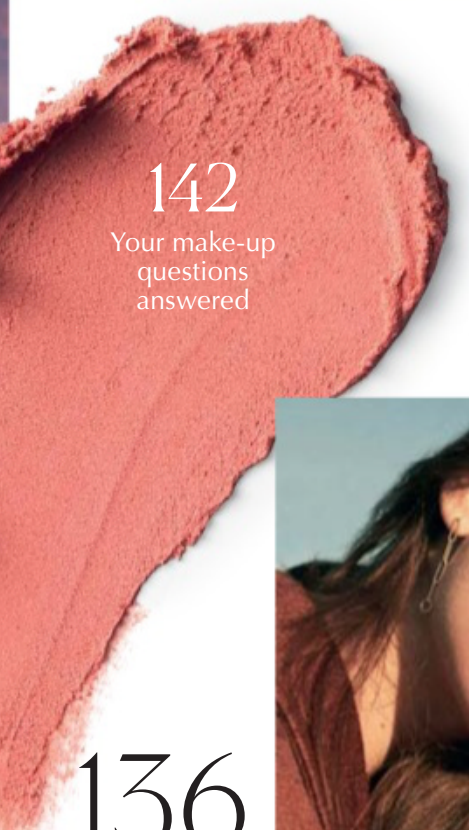

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UN WOMEN NATIONAL COMMITTEE AUSTRALIA

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PHOTOGRAPHY BY SEVAK BABAKHANI.

ROUGE VOLUPTÉ ROCK'N SHINE

NEW GLITTER STAR CORE.
SPARKLING COLOUR & SHINE. MY LIPS ROCK.

YVES SAINT LAURENT

YSLBEAUTY.COM.AU

ABOVE Student activists Luca Saunders (seated) and Shiann Broderick pay tribute to trailblazer Jane Fonda (left), who was arrested outside the US Capitol building protesting for climate justice.

Cover star Emily Blunt gets her close-up with budding photographer Denise Hewitt.

NICKY *LOVES*
The bucket bag of my dreams. Fendi bag, $2450, fendi.com/au.

A few months ago, we posted a pic on Insta of 82-year-old Jane Fonda, resplendent in a fiery-red coat, being arrested outside the White House. The "actorvist" was protesting the US's lacklustre climate policy, something she's pledged to do every Friday "to ensure the environmental crisis remains front and centre". Our post went nuts, generating nearly 10,000 likes and congratulatory comments. "Less Kardashians – more women like these!" proclaimed one. "All hail Queen Jane," chimed another. While her recent Capitol Hill rampages have inspired millions across multiple generations, these antics are nothing new for "Hanoi Jane". Decades before teen activists filled our newsfeeds, Fonda was protesting about the Vietnam War, abortion laws and gun control.

Taking inspo from Ms Fonda, this month we salute the trailblazers who've smashed glass ceilings and shattered stereotypes to pave the way. Our reportage "Because Of Her", which kickstarts our International Women's Day special issue (page 36), features seven Aussie rising stars who pay tribute to these fearless pioneers. Climate champion Luca Saunders, 14, summed it up best: "Because of Jane, we can stand up for what we believe in; my generation of activists can learn a lot from her." Wise words indeed.

Still on the topic of learning from the past, this month we unearth vintage misogynistic advertisements to prove how far the women's movement has progressed. The blatant sexism is gobsmacking now, but a critical reminder of how attitudes have shifted. To rewrite the wrongs of yesteryear, we challenged Australia's best agencies to give these shocking retro ads a modern makeover. Turn to page 48 for their triumphant re-creations.

Finally, in keeping with this issue's feminist theme, rather than go through the usual channels to find a celebrity photographer to shoot cover star Emily Blunt, our sister mag in the States tapped into the great talent emerging from Red Hook Labs, a New York studio that teaches and supports female photographers. Thankfully, Emily agreed to be snapped by three young artists – Genesis Gil, 21, Lucci Mia, 19, and 17-year-old Denise Hewitt – who each shot several portraits of the actress, all through their own unique lens. Fashion photography, like many industries, is dominated by white men, so we're proud to support this fresh female talent. As you'll see for yourself on page 62, the future looks bright.

Happy International Women's Day, everyone – I hope this special issue filled with fierce women and bold stories will inspire you all. And if you're in Melbourne, visit vamff.com.au to nab a ticket to attend our IWD breakfast with Virgin Australia Melbourne Fashion Festival and our panel of high-profile women. See you there!

Nicky

Nicky Briger
EDITOR

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PHOTOGRAPHY BY LIZ HAM; GETTY IMAGES.

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endota

FASHION FIRST

ACCESSORIES SPECIAL

The LUST LIST

Looking for some chic embellishment or a fashionable finishing touch? Look no further...

THE TREND

HARD CANDY

Evening bags need no longer be reserved for after dark. We love a slick, geometric case finished with metallic detailing, *à la* Louis Vuitton.

THE TREND

RETRO VISION

Oversized shapes, acrylic cuts, coloured lenses and touches of gold bring a '70s-inspired edge to eyewear. Think geek chic, but high glamour.

THE TREND

BUCKETS OF STYLE

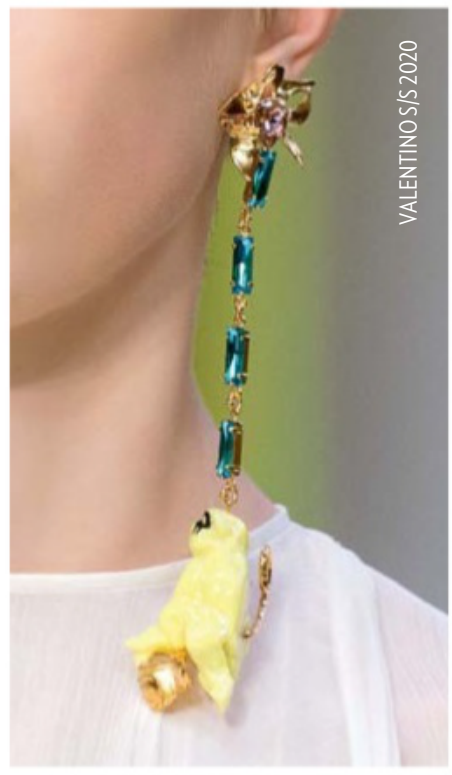
Splashed with fresh colours and textures, bucket bags continue their reign – and score extra points for their cavernous carry-all interiors. The upshot? The pail is anything but stale.

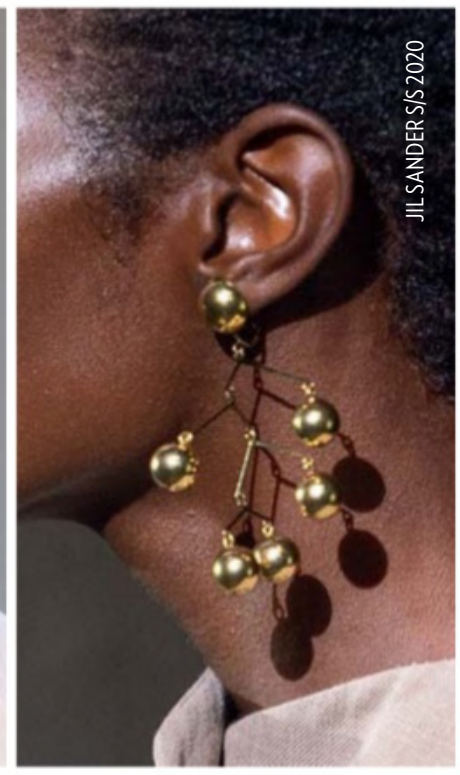
1 Pierre Hardy, approx $1642, pierrehardy.com.
2 Miu Miu, approx $2190, miumiu.com.
3 Prada, $2750, prada.com.

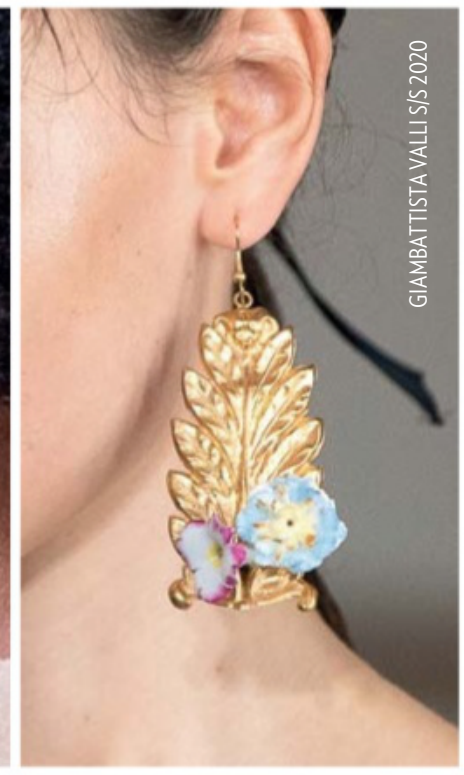
THE TREND

JEWEL PURPOSE

The latest crop of ear candy serve as more than mere accessories, but as works of art in their own right. Choose between swishy shoulder grazers and gilded golden adornments.







1

THE TREND

WELL HEELED

This season sees femininity pervade footwear, from classic Mary Janes to sweet slingback loafers. The look is undeniably ladylike but brought into the now with blingy accents, hot hues and chunky heels.

2

3

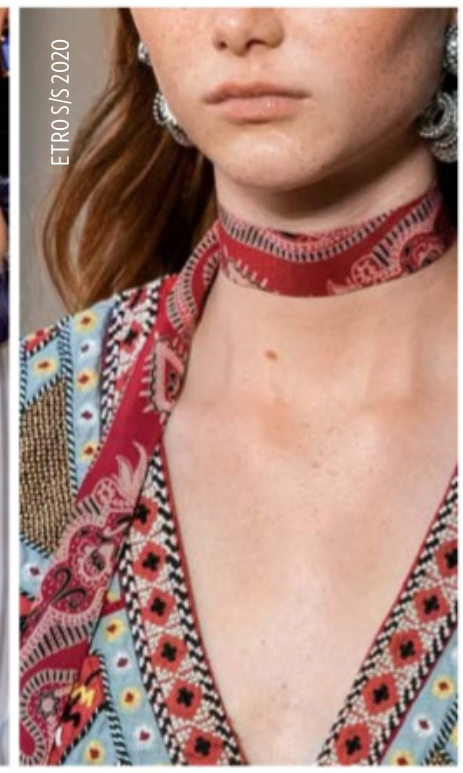
4

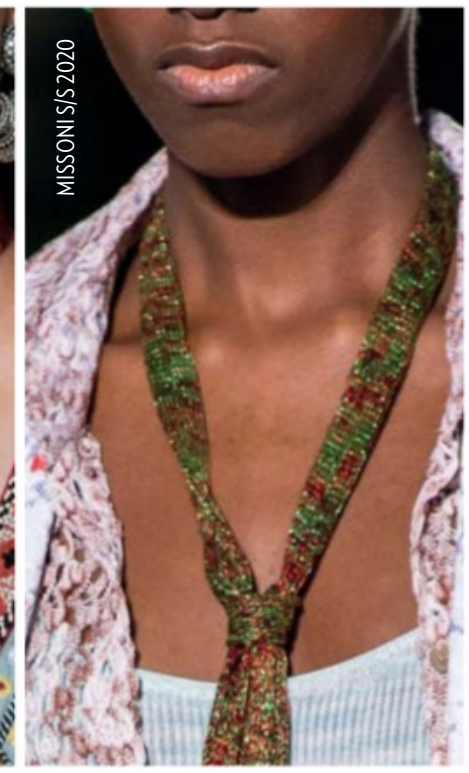
1 Nodaleto, $1116, at farfetch.com. **2** Miu Miu, $1150, at matchesfashion.com. **3** Miu Miu, $1660, at net-a-porter.com. **4** Roger Vivier, $1240, rogervivier.com.

THE TREND

GET THE SKINNY

A slinky neck scarf is your shortcut to insouciant style. Throw it on and loop it once for instant It-factor. Pair with a humble white tee or boho blouse.





THE TREND

TOP HATS

High-impact headwear cements its status on our wish list, because it's never been cooler to be sun smart. Recent runways brimmed with bold bucket styles, bonnets adorned with blooms and contemporary riffs on the fisherman's hat.

CHANEL S/S 2020

FENDI S/S 2020

MARC JACOBS S/S 2020

CHRISTIAN DIOR S/S 2020

GIAMBATTISTA VALLI S/S 2020

PRADA S/S 2020

PHOTOGRAPHY BY ULRICH KNOBLAUCH; MARTA PRACCHI; GORUNWAY. TEXT BY KATHRYN MADDEN.

the edit

RUNWAY BRIDE

Matches Fashion has launched a dedicated edit of modern wedding looks, featuring pieces that are less chichi and more chic, meaning they won't be stuffed into the back of the cupboard after just one wear.

WATCH IT

Rado's limited-edition single-tone ceramic watches are a technicolour dream. The lolly hues and sleek design make for a sophisticated spin on arm candy.

Rado watches, $2750 each, rado.com

TEST THE WATERS Science fuels sustainability at Pangaia, a brand fusing saltwater seaweed fibre with organic cotton to create these soft and slouchy T-shirts.

TEE TIME Motivated by the loss of their mother, the designer siblings behind Camilla and Marc have created two limited-edition tees to raise funds for ovarian cancer research.

EGYPT CALLING Christian Louboutin looked to ancient Egypt for his next iconic bag, inspired by hieroglyphics and the Amun temple in Luxor.

Christian Louboutin bag, $3095, 02-8355 5288

PHOTOGRAPHY BY EDDIE WREY. TEXT BY MAEVE GALEA; LUCY TAYLOR.

KAILIS

SUGARLOAF BY NIGHT COLLECTION

KAIL229926-TANDEM

Fashion designer Michael Kors; models showcase Kors' spring/summer 2020 collection in New York (below); and the Hadid sisters backstage after the show (left).

The PATRIOT

Acclaimed designer Michael Kors is fashioning a new take on the American dream, writes Damien Woolnough

Saying that Michael Kors is having a moment is a grand understatement, considering that the all-American designer has kept pace with his country's unpredictable Zeitgeist for nearly 40 years.

Seeing actresses Lupita Nyong'o, Jennifer Lopez and Saoirse Ronan embracing his classic clothing on the awards season red carpets, it's obvious that Kors' time continues to be now.

With less-stylish types in the US calling on people to "Make America Great Again", at New York Fashion Week at the Brooklyn Navy Yard in September, Kors showed that his country has always been impressive.

The spirit of the '40s-inspired high-waisted, wide-legged pants, dresses with nipped waists and power shoulders, along with pleated knee-length skirts and businesslike pin-striped blazers delivered timeless optimism.

Along with slogan jumpers with the word "hate" crossed out, it was easy to spot something political brewing among the preppy pieces borrowing from the glorious past.

The runway for Michael Kors spring/summer 2020; backstage at the show (above left); and Kors with actress and front-row regular Kate Hudson (below).

"Fashion is a reflection of the world that we live in and, right now, I think politics [is] at the forefront for a lot of people," Kors, 60, says.

"My collection was about positivity, optimism and reimagining all of the wonderful pieces that are the backbone of American sportswear. My whole starting point in terms of inspiration was a trip I took to Ellis Island, where millions of immigrants arrived to start their lives in America in the first half of the 1900s."

For the native New Yorker with Swedish and Jewish ancestry, visiting the island in the shadow of the Statue of Liberty was unexpectedly moving. "It was my first time going there, even though I've lived in New York all my life, and it was very powerful," he says. "They looked up my great-grandmother's name and showed me her history. I learned that she came to America by herself when she was 14, with $10 in her pocket. A cousin came to bring her another $10 because you couldn't enter the United States unless you had $20. From there, she opened her own business, had a family – she really lived the American dream. It reminded me that anything is possible."

Kors took that dream and ran with it, making it bigger by dropping out of the Fashion Institute of Technology, New York, to start his own multibillion-dollar business.

PHOTOGRAPHY BY GETTY IMAGES; GO RUNWAY.

"Personally, I'm living the American dream every day as a suburban kid on Long Island. I never imagined having hundreds of stores all around the world. And I think our brand DNA is very much rooted in the American dream: it's about speed, energy and optimism and the idea that anyone can travel the world, and do it in style."

Even during stints as creative director of Celine in Paris and as a judge on reality television show *Project Runway*, the former child-actor always gravitated towards sporty, streamlined pieces. But with this collection he drifted into personal territory, expanding on the Michael Kors brand DNA.

"I was looking at pictures of my great-grandmother from the '40s, when the world was in a difficult spot and women in the States really got the job done," he says. "They were rule-breakers. And that roll-up-your-sleeves attitude is what I wanted to bring to life in the silhouettes and the mood of the collection."

"I'M LIVING THE AMERICAN DREAM EVERY DAY, AND SO IS OUR BRAND"

While the '40s provided the mood, there were enough contemporary touches to have front-row regulars Nicole Kidman, Kate Hudson and veteran supermodel Patti Hansen nodding with approval as Bella Hadid prowled the runway in a double-breasted navy romper with gold thread.

Borrowing directly from the '40s without updating the styles failed to excite Kors. "Not many people realise this, but I'm a very pragmatic person. I don't design just for the runway. For me, everything has to work and function in real life."

With the onslaught of red, white and blue down the runway, Kors' answer to being asked whether he's a patriot is succinct: "Yes," he says, happy to let the clothes do the talking as women around the world continue to prick up their ears.

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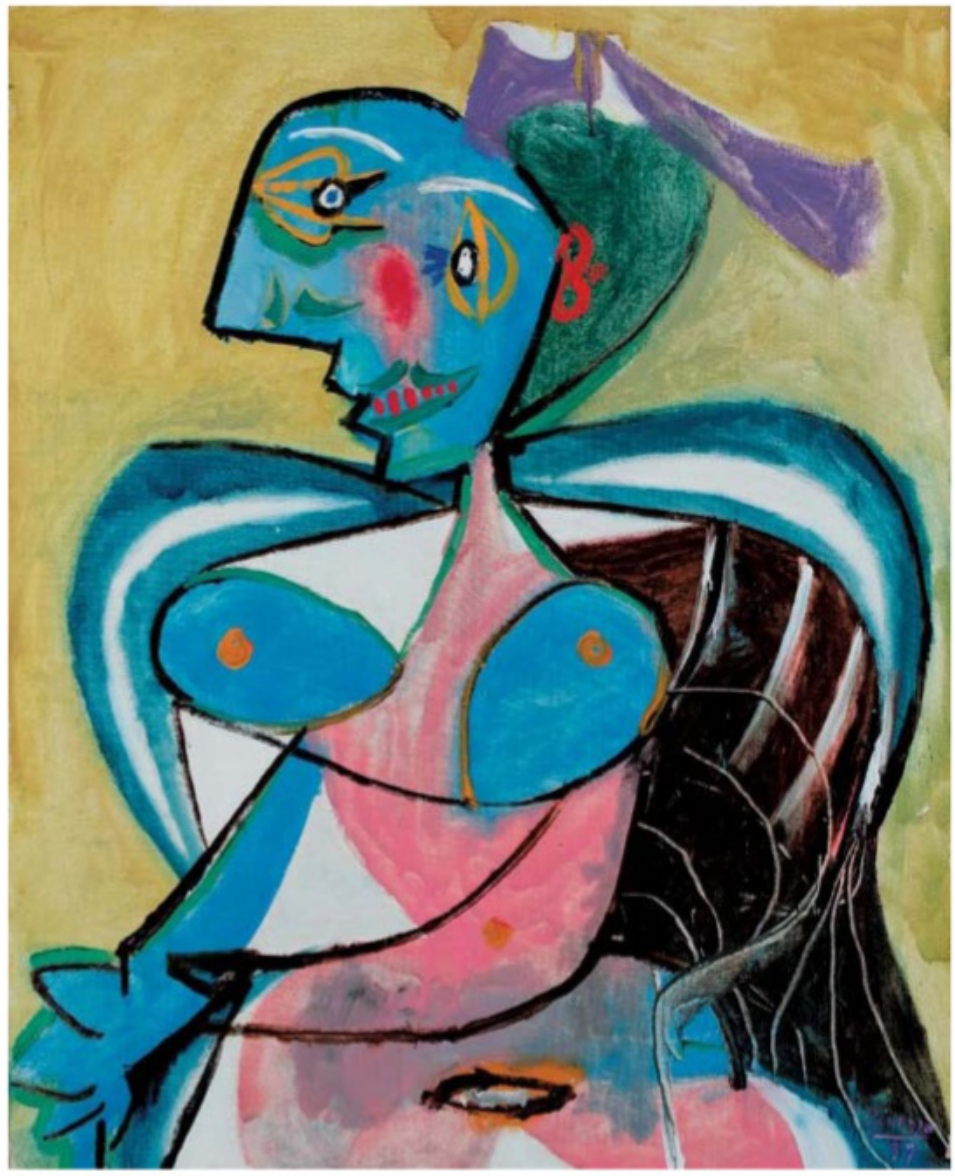


Pablo Picasso *L'Arlésienne (Lee Miller)* 1937, Private international collection © Succession Picasso / Copyright Agency 2019

Girl *Power*

What does it mean to be a woman in 2020? Anastasia Mikova travelled from Copenhagen to the Congo to meet 2000 fearless females – and turned their stories into a must-see film

Marciela's feet pound the sand of the dune overlooking her fishing village in Madagascar. A perfect pass puts the rugby ball in her hands before she dives forward, slamming the ball over the try line. She's on top of the world. "Each try I score gives me the strength to exist," says the 16-year-old (above, far left), who's one of a symphony of voices heard in the film *Woman*, to be released in 30 countries on March 8 for International Women's Day.

Director Anastasia Mikova interviewed 2000 women in more than 50 countries for the film, from cowgirls in Wyoming to *cholitas* in Bolivia. The common theme? These women are asserting themselves, fighting gender stereotypes, taking charge of their own lives and making a difference in their respective communities and countries.

All proceeds from ticket sales will be donated to a new NGO called Women On Media And News School, or WOMAN(s) for short, which will train women for media careers, in turn ensuring their messages and voices are heard all around the world.

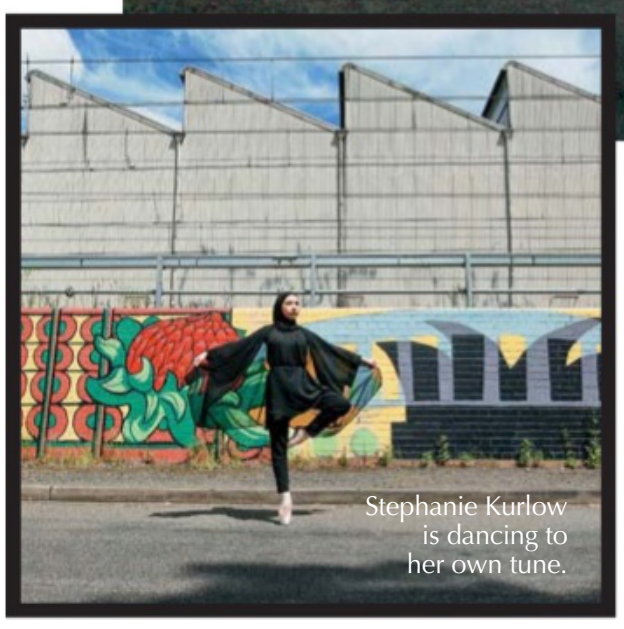
AUSTRALIA

To the POINT

In 2017, the world took notice when Zahra Lari became the first figure-skater to perform in a hijab in an international competition. Then, in 2019, Somali-American model Halima Aden became the first model to wear a burkini and a hijab in *Sports Illustrated*'s swimsuit edition.

Now, an 18-year-old from Sydney's north-western suburbs is aspiring to be the first hijabi ballerina in the world. Stephanie Kurlow started dancing when she was two but feared that her dancing career was over when she started wearing a hijab at 11. It wasn't until Kurlow caught wind of stories like Lari's and Aden's that she returned to the studio after a three-year hiatus, a testament to the "you can't be what you can't see" maxim.

"We all need someone to look up to and aspire to, and when we see someone who represents ourselves, we feel included and valid," Kurlow told *marie claire*. "The world is diverse and we need our stages, screens and workplaces to reflect that."


Stephanie Kurlow is dancing to her own tune.

Stages and screens seem to be taking note – in fact, Kurlow's decision to sport traditional Islamic headwear and modest dance gear has captured the world's attention. She's worked with brands including Lenovo and Converse on international campaigns, and most recently toured Australia with The Wiggles. Because while the hijab might cover her body, her talent shines through.

FIGHTING FIRE WITH FIRE

As a proud Wiradjuri Ngiyampaa woman, Charlotte Allingham (left) creates protest art to call out centuries of Indigenous suffering, and shares her work with almost 40,000 followers via @ coffinbirth on Instagram.

Today, she's more impassioned than ever as she watches the land her ancestors have survived and thrived on for more than 60,000 years burn due to human-induced climate change. In her illustrations (right), Allingham conveys with great beauty and sadness the deep spiritual connection Aboriginal people have to the land – a message that strikes a particular chord as Indigenous leaders share that the ancient practice of cultural burning may have prevented Australia's devastating "Black Summer".

US

GAME CHANGER

The 54th annual Super Bowl was notable for more than J.Lo and Shakira's eye-popping half-time performance. Katie Sowers, offensive assistant coach at the San Francisco 49ers, made history as both the Super Bowl's first-ever female coach and the Super Bowl's first-ever openly gay coach. So while the 49ers didn't score a victory that night, it was hailed a triumph for diversity and representation. Not that Sowers wants to be defined by her gender: "I'm not trying to be the best female coach," she said simply. "I'm trying to be the best coach."

INDIA

SKATER GIRL

Barefoot, skating down a ramp in a colourful dress is Kamali: a 10-year-old girl breaking down barriers for women all over India, one complicated, yet cool, kickflip at a time.

After Kamali received her first skateboard at age five, her mother Suganthi soon realised it was more than a toy or passing hobby for her little girl. It was the gift of freedom in a country where strict cultural beliefs remain steadfast for women. Suganthi has learnt to shrug off comments from local villagers – who criticise her radical parenting decisions – and is determined to give her young daughter the opportunities she missed out on and the audacity to follow a dream. It's a powerful lesson in going against the grain.

Attention Avril Lavigne: it's time to update your "Sk8er Boi" lyrics...

POLAND

CHOOSE FREEDOM

Poland's abortion laws are so restrictive – draconian, even – that they've forced the nation's women to take to the streets and social media to fight for their reproductive rights. Enter The Abortion Dream Team (above), who've taken matters into their own hands. The group holds workshops around Poland, educating women on how to obtain and manage a termination. While practical assistance is at the core of the Dream Team's mission, it's their support and counsel that's instrumental in making abortion not only accessible, but acceptable.

PHOTOGRAPHY BY EMILIE AUJÉ; *WO MAGAZINE*; CHARLOTTE ALLINGHAM; GETTY IMAGES. TEXT BY MAEVE GALEA; LUCY TAYLOR.

WE NEED TO TALK ABOUT...

TROLLING

During her coverage of the 2018 World Cup, SBS sport presenter Lucy Zelić faced intense online abuse from trolls, directed at her pronunciation of players' names. Now, she's hitting back with a passionate plea for accountability

When I started my career in television seven years ago as a naïve 26-year-old, I had no idea what was waiting for me on the sinister side of social media. In the beginning, the tirades of online abuse I faced forced me into a bad place and I began questioning myself and my capabilities as a journalist. But over the years I've developed a thicker skin and learnt to handle it. When disaster strikes, I simply turn off my notifications and that's how I've managed to survive, but it's not completely airtight.

After my daughter Mila arrived in April last year, everything changed for me. I realised that she too would be growing up in the social media era and all of a sudden I began to care about the way people interacted online, particularly after an anonymous coward commented on a photo of her, "Burn, you fucking witch, and your child too."

It triggered an irrepressible rage in me. I simply couldn't comprehend that a human being could say this about a five-month-old baby. What's worse is that people actually liked the comment.

So, I embarked on the most confronting challenge of all and decided to look into just who these people were. I read the comments that were said about me and other public figures and I was truly horrified. People said that I deserved to be raped and killed, others were wishing that footballer Granit Xhaka's infant daughter got cancer, and some hurled targeted abuse at a range of celebrities. It was an emotionally gruelling exercise.

What shocked me most was that some of these people weren't the low-life degenerates we've been told to expect. They were mothers attacking female reporters, fathers of young girls asking models to "bend over for the camera", teenagers competing in high school sports carnivals telling athletes to kill themselves, nurses caring for the terminally ill calling women sluts, and middle-aged men on holidays with their wives abusing actresses. It was deeply disturbing. If anyone was to say these things to you on the street, police would question them, but the online space feels exempt from such protections.

"I CAN'T LEVEL WITH HATRED, BIGOTRY AND SEXISM, BUT I CAN FIGHT AGAINST IT"

Perhaps the biggest mistake we've made is labelling these vicious people "trolls" because it's dehumanised them and put them in an untouchable category. The reality is, they're sharing our workspaces, our street corners and even our beds – they are people we know.

We've been told to "empathise" with them, to not fight fire with fire, to use filters and block them; but I can assure you none of it works and I've realised I can't level with hatred, bigotry, racism and sexism. But I can fight against it.

Recently, I began speaking to members of parliament, media personalities, parents, social media platforms and advertising agencies about the urgent need for reform.

There is increasing evidence that social media can influence suicide-related behaviour, with children as young as 14 taking their own lives. Just the thought of this terrifies me, and after everything I've been through, I don't think I could forgive myself if I didn't try to make a difference.

It's why I am calling on all social media users to #BeAccountable – for their identity, for the images they share and the comments they post. The hashtag is designed to call out untoward behaviour and start a national conversation about the way we behave online. For too long we have been trying to shroud the trolls in darkness. It's time to bring the human beings to light.

PHOTOGRAPHY COURTESY OF SBS.

NEW YORK LONDON
PARIS SYDNEY SINGAPORE
MICHAELKORS.COM

marie claire
CELEBRATING INTERNATIONAL WOMEN'S DAY

BECAUSE OF HER

Women are smashing ceilings and shattering stereotypes like never before, thanks to some truly revolutionary pioneers. Here, seven Australian rising stars pay tribute to the incredible women who cleared the path and paved the way for them

WORDS BY MAEVE GALEA, ALLEY PASCOE AND KATHRYN MADDEN **PHOTOGRAPHED BY** LIZ HAM

THE SILENCE BREAKER

"Because of Tarana Burke, I can use my voice to speak out against injustice"

– Yael Stone, actress and activist

"I became aware of #MeToo founder Tarana Burke at the same time as the rest of the world – when actress Alyssa Milano used that simple phrase and it exploded on social media in October 2017. What those two words did was remove shame around sexual violence, assault and harassment. Suddenly those words meant, 'It's not your fault, you're not alone, you shouldn't feel ashamed.' Those two words opened the curtains and shed light on one of society's best-kept secrets: that the majority of women have experienced some form of sexual harassment, assault, abuse or violence.

"Very quickly, there was an acknowledgement of Tarana's activism going back to 2006 [when she first coined the phrase]. Whether Alyssa had tweeted #MeToo or not, Tarana would still be doing the same work; she would still be in a rape crisis centre in The Bronx giving her workshops, regardless of the hashtag.

"Tarana has talked about what it means for her to suddenly have privilege, to suddenly have all these eyes looking at her, all these people quoting her work. She says, 'Inherently, having privilege isn't bad,' but it's how we use it that counts. She believes we must use our privilege to serve other people.

"I find this idea liberating. It might mean using your privilege to stand alongside another woman who is standing alone. [In 2018, Yael spoke out against actor Geoffrey Rush's inappropriate behaviour when they worked together in 2010 and 2011. This came after actress Eryn Jean Norvill made a private complaint about Rush's sexual misconduct on set, and found herself at the centre of a defamation case.]

"I think there are people who speak early and first, and that can be very damaging [for them]. But those people shift the needle, they make a pathway, they have the courage of that moment. Often, they suffer for it. I don't see myself as one of those people, but I really appreciate the sacrifice."

Orange Is the New Black star Yael Stone salutes #MeToo founder Tarana Burke (opposite).

YAEL WEARS HER OWN BLOUSE AND SHOES; BASSIKE PANTS, BASSIKE.COM; MEADOWLARK EARRINGS, MEADOWLARK.COM.AU.

THE LEADER

"Because of Jacinda Ardern, I know I can have a family and a career" – *Jess Scully, Deputy Lord Mayor of Sydney*

"New Zealand Prime Minister Jacinda Ardern had her daughter Neve while holding elected office [in June 2018]. When I found out she was pregnant, I thought, 'Oh my God, yes! She's breaking ground.' Seeing her being a world leader and a parent opened a door for me. I gave birth to my daughter Elinor last September, a couple of weeks after being elected Deputy Lord Mayor of Sydney. I didn't get any maternity leave – I think they only expected old white men to do this job – but I had a month where people mostly left me alone. Motherhood is incredible and exciting. I love watching Eli learn new things every day, but it's tiring. I'm worried about the juggle ... I constantly feel torn.

"I take Eli to meetings, events and photo shoots, and I have a supportive partner who has taken a year of paternity leave. Seeing Jacinda take her baby to the UN General Assembly in New York [in September 2018] was really inspiring.

"If people ever question what I'm doing, I point to Jacinda; if the prime minister of New Zealand can do it, I can too.

"I think the biggest problem we have in the world is that our politicians don't look like the people they represent; our politics exists in a bubble so far removed from the messy reality everyone else lives. The average Australian is a 38-year-old mother of two – that's not what our male-dominated parliament looks like. I think we would all benefit if our representatives were more representative of us.

"My hope for Eli is that gender inequality is something they teach in history because we fixed it – at the same time we fixed the climate crisis and got rid of racism, sexism and ageism. And then we lived happily ever after."

Sydney's Deputy Lord Mayor Jess Scully is inspired by fellow mum and Prime Minister of New Zealand Jacinda Ardern (far left).

JESS WEARS COS DRESS, COSSTORES.COM/AU; HER OWN GLASSES; MEADOWLARK EARRINGS, MEADOWLARK.COM.AU.

Naomi Campbell (back) paved the way for Sudanese-Australian model Sabah Koj.

THE SUPERMODEL

"Because of Naomi Campbell, I can walk the runway with confidence"

– Sabah Koj, model

"Naomi Campbell opened doors for every model of colour. When I was starting out in the industry, she gave me faith. I thought, 'If she can make it, I can make it.' I've gone to a lot of shoots and been told 'Oh, you walk like Naomi' or called 'Naomi Jr'. It's cool to get those compliments because she's such an iconic model.

"I love seeing her walk. We have the same attitude – I've always loved the hips and being sexy and putting on a facade on the runway. When I got to walk the Victoria's Secret runway [in 2018] I thought to myself, 'Walk like Naomi!'

"I met her when I was at the Valentino show last year. It was the best moment of my life. I was crying on FaceTime to my mum, saying, 'Oh my God, I walked with Naomi today!' [After the show] she gave me a hug and said, 'You guys were beautiful.' She was in tears. If you're nervous or feel uncomfortable at a huge show, it's so nice when the experienced models come and say a few words to you. It makes a big difference. That's Naomi's legacy. She's a trailblazer, but she's also showed all of us how to mentor the less-experienced girls and support each other because it's a tough industry, especially when you're starting out."

SABAH WEARS HANRO TOP, HANRO.COM.AU; WYNN HAMLYN PANTS, WYNNHAMLYN.COM; MEADOWLARK EARRINGS, MEADOWLARK.COM.AU.

The Spice Girls changed the game for female artists like Thandi Phoenix (below).

THE PERFORMER

"Because of the Spice Girls, I know I can do anything boys can"

– Thandi Phoenix, singer

"As a female musician, you get used to walking into a room and being the only woman. Maybe I can handle it because of the Spice Girls.

"I have such vivid childhood memories of jumping up on the coffee table with my best friend, watching [the film] *Spice World* and pretending to sing into the remote control. They were five normal girls who had become the biggest pop sensations in the world. They'd completely taken over from boy bands and told girls that they could be whoever and whatever they wanted to be.

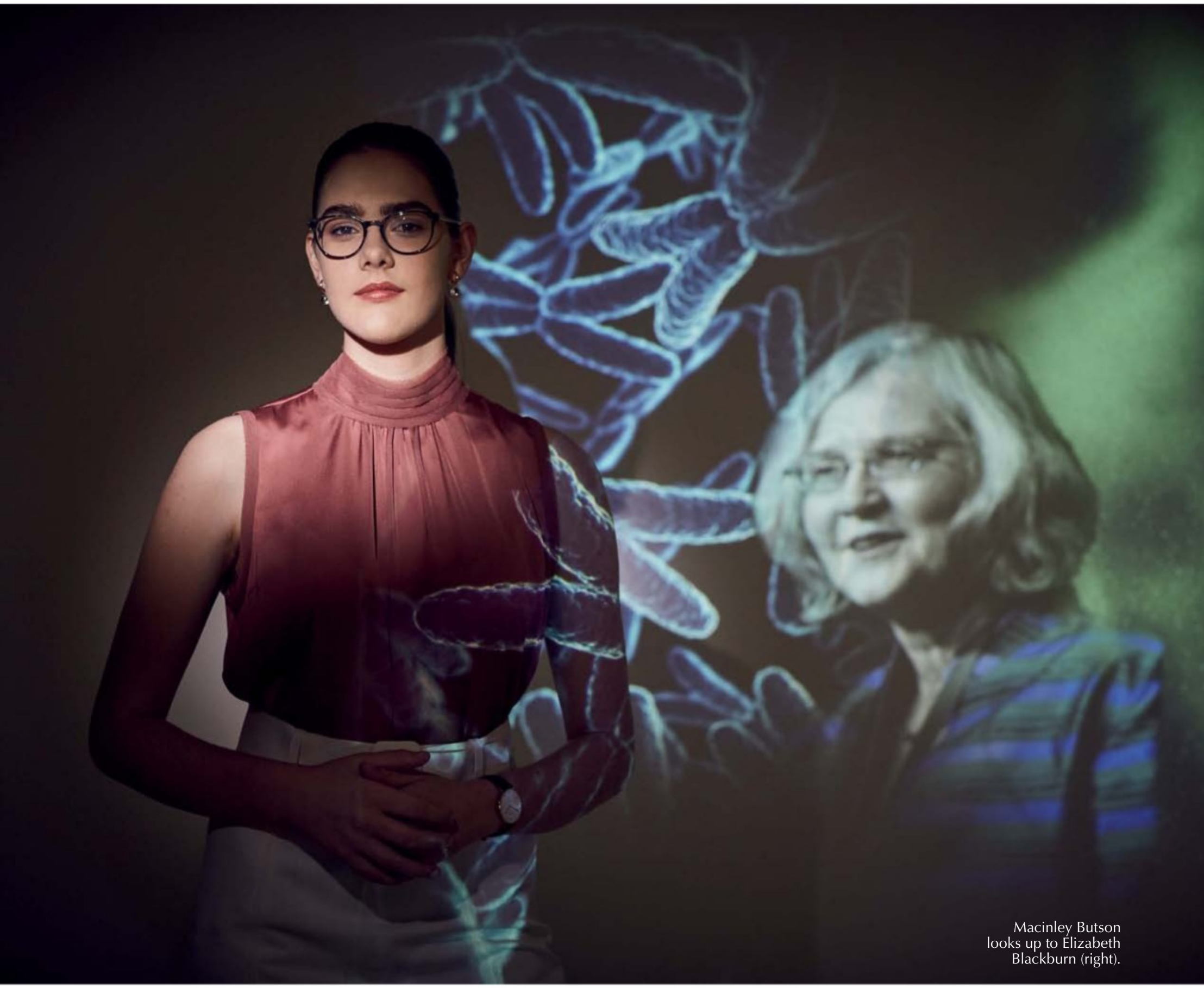
"My favourite was Scary Spice. She was mixed race, I was mixed race – my dad's South African and my mum's Australian. As a brown girl growing up in Australia, it was quite rare to see someone who looked like me in the spotlight. It was validating and encouraging.

"The Spice Girls' message of 'girl power' was so strong. It was about supporting and lifting each other up. They were always yelling 'Equalisation between the sexes!', which was my first taste of feminism. Sure it was commercialised and digestible, but they brought it into the mainstream.

"I've been quite lucky throughout my career so far – I have a lot of men in my team and I've only had positive experiences. But we need more diversity and equality in the industry, and we need more women at the front. Change has to come from every facet – from the labels to the radio stations to the streaming services.

"It's so important to have strong female role models in music. If you can see it, you can dream it, believe it and achieve it, so I owe a lot to artists like the Spice Girls."

THANDI WEARS HER OWN BLAZER, SHORTS, SNEAKERS AND RINGS; BEC & BRIDGE TOP AT THEICONIC.COM.AU; BRIE LEON EARRINGS, BRIELEON.COM.



Macinley Butson looks up to Elizabeth Blackburn (right).

MACINLEY WEARS ZARA BLOUSE, ZARA.COM/AU; H&M SKIRT, HM.COM/AU; HER OWN GLASSES AND WATCH; ALIX YANG EARRINGS, ALIXYANG.COM.

THE INNOVATOR

"Because of Elizabeth Blackburn, I can pursue a career in science"

– Macinley Butson, engineering student and inventor

"I first learnt about Australian scientist Elizabeth Blackburn at the National Youth Science Forum when I was in Year 11. She's the only Australian woman to have won a Nobel Prize [for her work in physiology or medicine] and I remember thinking how ridiculously outstanding she was. She's a phenomenal role model, not just because she's a woman in a male-dominated industry, but because she has a pioneering spirit.

"I have the same curious mind. I created my first invention – a pair of sunglasses – at age seven. When I was 15, I invented SMART Armour, a shield to protect cancer patients from excess radiation, which has finally been approved for a pilot trial in a hospital this year. At 18, I won the Stockholm Junior Water Prize for inventing an ultraviolet radiation sticker that accurately measures the solar UV exposure required to sanitise drinking water. Now [at 19], I'm studying a Bachelor of Engineering at the University of Wollongong. There is one other girl in my engineering class of 30. Even when I'm the only girl in the room, I'm not going to let my gender stop me – just like Elizabeth.

"Elizabeth won her Nobel Prize 11 years ago and she is still the only Australian woman to [have] received the honour. I'm hoping to change that. If I could say one thing to Elizabeth, it would be 'thank you'. Female role models in science are few and far between and it's been comforting for me to know that someone has walked the path before me. I would be totally speechless if I ever met Elizabeth in person, but I would like to tell her how grateful I am [to her] for paving the way for my generation. There's not enough gratitude in the world."

THE ACTIVISTS

"Because of Jane Fonda, we can stand up for what we believe in"

– Luca Saunders, 14, and Shiann Broderick, 18, leaders of School Strike 4 Climate Australia

Luca (seated) and Shiann take cues from proud protester Jane Fonda (back, in a 1970s mugshot).

SHIANN

"I became aware of Jane Fonda when I started out in climate activism. I admire her enduring strength and persistence, from when she protested the Vietnam War in the 1970s to more recently calling out Donald Trump. By putting herself out there and using her platform, she's been a role model for young activists.

"My house was burnt down in November last year. Over 85 houses in Nymboida [northern NSW] were destroyed. And that's only houses. I'm one of the leaders for School Strikes 4 Climate Australia in the Clarence Valley area, but since being personally affected I now want to fight [harder] and be a lot more involved.

"It's heartening to see that people of Jane's generation care about our future. Back home we have the Knitting Nannas group who come to our school strikes; they sit and knit to show their solidarity. I think some of them even got arrested. It's like a whole group of Janes!"

LUCA

"My generation of activists can learn a lot from Jane Fonda – especially how not to worry what other people think. That's something I aspire to, because I know I'm not at that stage yet. I think every climate activist has received hate online, and it gets under your skin. I received a lot of negative feedback from people after my interview on the *Today* show. You try to laugh it off, and you say, 'That's hilarious, they're calling us sheep,' but it still hurts.

"I admire the fact that Jane's willing to risk her reputation, especially with her Fire Drill Fridays protests at the US Capitol, where she's been repeatedly arrested. She doesn't seem to care what people think of her. In those moments [when I'm criticised for my activism], I try to channel my inner Jane."

LUCA WEARS EVERLANE T-SHIRT, EVERLANE.COM; INCU COLLECTION PANTS, INCU.COM; SENSO SNEAKERS, SENSO.COM.AU. SHIANN WEARS AERE PLAYSUIT AT THEICONIC.COM.AU; VEJA SNEAKERS, VEJA-STORE.COM. STYLED BY ELLA BLINCO JURY. HAIR AND MAKE-UP BY DESIREE WISE/NETWORK AGENCY.

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She's hardworking, educated and has dedicated years of her life to raising a family. The fastest growing group of homeless people in Australia isn't men sleeping on park benches, but single women, who are couch surfing and living in cars and hostels in record numbers. Georgie Dent reports on a shocking epidemic

FEMALE, HOMELESS *and* HIDDEN

Inside Australia's invisible crisis

Vicky Vacondios, who suddenly became homeless with three young children.

For Vicky Vacondios, life could not have been happier. Raised in a strict but loving Greek family, she married in her 20s and set about establishing her own tight family unit in suburban Melbourne. Before long she was the mother of three beautiful children – two boys with a little girl, Becky, completing the perfect picture. Like many mums, she juggled motherhood with part-time work and volunteering at her kids' school.

But when her husband became abusive, she had to flee the family home, taking the children with her. They headed to rural Victoria, where housing was at least affordable, but jobs were scarce. She was forced to return to the city within 12 months in search of paid work.

It was here she was hit with a horrific reality: she couldn't afford to put a roof over her children's heads. It was the beginning of a tumultuous period of homelessness for Vicky and her three kids, aged two, seven and 10, who were forced to endure months of short-term band-aid housing solutions. They moved into her sister's home temporarily, but Vicky found couch surfing too intrusive. "I was embarrassed. I had no money but I didn't want anyone's help," she admits.

Reeling from how her life had unravelled so quickly, Vicky sought out homelessness services for help. For the next three-and-a-half months, the family lived out of a series of motel rooms that currently serve as Australia's temporary answer to emergency accommodation. "I'd take the kids to school and then race back to the service where hotel rooms were allocated on a daily basis," Vicky recalls, explaining the stressful day-to-day hurdles she faced to keep her family safe.

Eventually they were moved into crisis accommodation, which proved an even worse experience: drugs, addiction and violence were rife, and it was difficult to see an end to the trauma. "I'd lock myself in my room at times," Vicky, now 46, admits tearfully. Her thoughts were dark and despairing: 'What's the use of living? I've failed my kids. I've failed myself. I'm a terrible parent.'

Vicky's ordinary life had turned into a living nightmare.

And it's becoming an alarmingly familiar nightmare in Australia, where women's homelessness has reached epidemic levels. Older women are officially the fastest-growing demographic at risk. From 2011–2016, the Census revealed a 31 per cent jump in the number of Australian women aged 55 and over who were displaced. (In Victoria the jump was 67 per cent and in NSW it was 48 per cent.)

But experts warn these official figures don't even represent the full extent of the issue, because women's homelessness is often shrouded by invisibility. "It's hidden; these women aren't visible on the street but they are homeless," explains Jeanette Large, CEO of Women's Property Initiatives. "They might be couch surfing, staying with friends, or living in their cars or a storage unit or severely crowded crisis accommodation."

It's a situation Jane Matts knows all too well. She's a tertiary-qualified educator, change-management consultant, mum of two and law student who's worked hard her whole life. "Even when I had kids, I only had a few months off before returning to work part-time," she says. "At one stage in my career I was making $600 a day and travelling around Australia."

But at age 50, Jane became homeless. "I had to start from scratch. I'd lost everything, I had nothing." Like Vicky, she left her home due to an abusive relationship (domestic violence is the leading cause of homelessness among Australian women) and found herself shockingly and suddenly on the street. Over the years her income had been used to cover the mortgage, the kids' child care and their living expenses, so despite having always worked, she had nothing saved. And it wasn't safe to stay home.

She alternated between staying with friends, sleeping in her car and living out of a caravan she borrowed from her father. "It was a terrible existence," she tells *marie claire*. "When you're sleeping at night in a car park you never feel safe.

Vicky with her daughter, Becky, 13.

Even when the car's locked it's like you have one eye open the whole time."

Jane spent nine months living out of the caravan, mostly "free camping" anywhere she could park. "When I could afford it, I'd go to a caravan park for a night to have a shower and at least feel safe, but even there I'd get men knocking on my doors asking for sex. I'm in my 50s – I hate to think what younger women are subject to."

Between taking showers in public toilets, washing her clothes in the bathroom at McDonald's and turning up to supermarkets right before they closed to get marked-down food, Jane was trying to find work and pretend she wasn't homeless. "You can't look like a homeless person but you can't afford clothes and the night before the interview you might have moved your car three times because someone knocked on the window and you couldn't sleep."

It was a vicious cycle and Jane says it felt like the whole system was stacked against her. "When you've left a violent relationship and have nowhere to live, what you really need to get back on your feet is some stability. But how do you find stability when you've got nowhere to live?"

According to Jan Berriman, director of National Housing & Property Development at YWCA Australia, women's homelessness is at crisis levels. "I've been in the housing sector for 20-odd years and I've never come across the numbers we're seeing now," she says.

In Melbourne alone in the past eight months, women's not-for-profit YWCA received 495 applications for emergency housing. "Of those we've been able to house 45. We have a turn-away rate of nearly 90 per cent – it's just shocking," says Jan.

So how have women – rather than the stereotype of the grizzled older man sleeping rough – become the epicentre of this crisis? Extreme housing unaffordability, in regional areas as well as urban centres, is combining with economic and gender inequality to devastating effect. "I call it a tsunami of issues coming together to peak," says Jan. "We have unaffordable housing, not enough social or low-income housing, and the inequality women have faced over their lifetime – from the gender pay gap to low superannuation and caring duties – all manifest to a point where they can't afford housing."

When asked to describe the "typical" woman approaching YWCA for housing assistance, Jan is quick to answer. "She's aged between 45–55, has worked tirelessly for most of her life, not necessarily in low-paid jobs but predominately part-time. Her work has been more intermittent because she's often taken on the responsibility of caring for children or older relatives and supported a partner's career."

That description perfectly matches Kylie*, a nurse in her early 40s. The week before Christmas last year, she became homeless for the first time. "I've been nursing for 20 years, divorced for 12 years and had been living independently," she says. "I never imagined this. I'm struggling to get my head around it."

After spending the past few weeks in short-term accommodation, "two

THE COLD HARD FACTS

27%
THE PERCENTAGE AUSTRALIAN WOMEN'S HOMELESSNESS ROSE BY BETWEEN 2006 AND 2016

49,017
THE NUMBER OF WOMEN EXPERIENCING HOMELESSNESS ON CENSUS NIGHT IN 2016

40%
OF HOMELESS WOMEN ARE ESCAPING DOMESTIC VIOLENCE

nights at the most", she is now in a women's shelter on Sydney's Upper North Shore where she can stay for three months. "I have always lived week-to-week and fortnight-to-fortnight, but I had a roof over my head and my bills were getting paid. I wasn't rich but I was managing on the borderline," she tells *marie claire*.

Kylie lost her footing when she left rental accommodation last year. "It was a block of units, there was mould everywhere, lots of issues with drugs and I would often use headphones at home to block out the screaming and fighting," Kylie explains. She suggested moving somewhere nicer and splitting the rent with another woman she'd befriended in the block. The arrangement didn't work out and after six months when the lease was up, Kylie had nowhere to live.

"I had trusted that things would be OK," she admits. "[The other unit] wasn't nice but it wouldn't be taken from me and I knew I had a bed to go to. I call it secure because even though it was run-down and there were problems, it was safe. Homelessness can happen to people with good jobs. They're qualified, work hard and then one day their life changes."

Jeanette agrees it often only takes one event – a job loss, an illness, an unexpected bill – to trigger a financial unravelling. "Just one thing can put women in a disastrous situation really quickly because they don't have the financial base behind them," she says, noting that the issue compounds for women living independently.

"When you're single, there's no other account you can tap into," says Kylie, who's feeling optimistic that her three-month stay in the Sydney shelter will help her find somewhere to live and secure work. "They do a care plan and help you work out what's required to save for your bond and two weeks' rent while you're here," she says. "I'm proactive. I can't sit here and do nothing. I'll do as much as I can."

Feeling secure and supported at the shelter – as Kylie does – is critical but not always the case.

"Initially it was really nice to feel safe and have a bed. I could go to sleep with the sense that no-one would attack me," Jane recalls of her time at a women's refuge with her daughter. "But with so many women who are so traumatised all in one place … it's really, really hard."

Experts agree that for more women to avoid homelessness, systemic solutions and a wholesale commitment to solving the problems are required on several fronts. Debbie Georgopoulos, CEO of the Women's Housing Company, reiterates that gender inequity needs to be addressed.

"WHEN YOU'RE SLEEPING AT NIGHT IN A CAR PARK YOU NEVER FEEL SAFE. EVEN WHEN THE CAR'S LOCKED IT'S LIKE YOU HAVE ONE EYE OPEN THE WHOLE TIME"

"If we don't look at inequality and things like the pay gap, which over the course of a woman's life could pay off a home, we'll be having the exact same conversation in 20 years because the drivers of homelessness won't have changed for women." Policies and initiatives around superannuation, pay equity, home ownership and workforce participation that increase the capacity of women to earn more and retire with more are critical.

But Debbie adds that for older women in Australia, there is no time to rewrite the story.

"For those women who are experiencing homelessness today, they cannot turn back the clock," she says. "We absolutely need more housing. Without new supply we cannot respond."

It's estimated that almost 750,000 extra social dwellings are needed in the next 20 years to meet the oncoming surge in demand for people at risk of homelessness. "These need to be built," says Jan. "It will take a long, long time for that supply to be met. And yet the appetite in this environment from [federal and state] governments is not strong."

It's an issue that's been largely ignored for decades, which is why it has reached catastrophic levels. "If the government had implemented some of the recommendations from many years ago – which was basically investment in social housing – we wouldn't be in this situation," Jeanette says. "Or even if the government had taken up ideas like facilitating super funds investing in the provision of social housing, we wouldn't be here. But they weren't interested in providing the necessary tax breaks to make that happen."

Jeanette says we need to flip the way we think about housing. "We need a completely different approach. Housing is the stability that allows people to get on with their lives and it's clear that people need assistance."

There are ways to tackle this crisis: developers lending buildings to community organisations to provide housing, encouraging investment in social housing, and transitioning aged care facilities into affordable housing options. But they all require commitment.

"If something isn't done pretty dramatically we'll continue to see huge increases in numbers," Jan says.

Vicky Vacondios understands this firsthand. Some eight years sgo she started volunteering and working to influence politicians by talking about her experiences through public speaking. "It was work and it was empowering to be influencing policy and turning the negative into a positive," she says. She's also about to publish a handbook on how to help homeless or vulnerable people, aimed at community service workers but also the general public. Best of all she's working full-time and now renting basic housing in Melbourne. Finally she has what everyone wants and deserves: a place to call home.

PHOTOGRAPHY BY REBECCA PIDGEON. HAIR AND MAKE-UP BY JORDAN HALLEWELL; VANESSA BARNEY. *NAME HAS BEEN CHANGED

6%
OF HOMELESS WOMEN ARE ROUGH SLEEPERS

236
THE NUMBER OF NATIONAL REQUESTS FOR CRISIS ACCOMMODATION THAT COULD NOT BE MET DAILY IN 2017-18

SLUG

marie claire
INTERNATIONAL
WOMEN'S DAY

SEX (ISM) doesn't SELL

Flashback to yesteryear and misogynistic stereotypes pervaded advertising (read: the woman was either a subservient housewife or a sultry sex object). We've come a long way, but to rewrite past wrongs we challenged Australia's best ad agencies to join us in giving these retro campaigns a modern makeover

WEARING THE PANTS

Agency: Ogilvy

When we saw this original 1970s advertisement for Mr. Leggs pants, our blood boiled a little. Who knew so many symbols of hyper-masculinity and downright degradation could fit in the one image? It's scary stuff. In today's advertising landscape, demeaning women in such a way is unacceptable – and good riddance! Women are now more empowered and in control. We're portrayed as fierce leaders who don't need to put anyone down to make this world our own. In other words, we're represented far more as we should be.

PUT YOUR FOOT DOWN

Agency: 303 MullenLowe

The world has changed for the better in the almost-50 years since Weyenberg's last shoe ad. Equality and justice are slowly taking the place of long-held sexist societal attitudes. So with this ad, we imagined what it would look like if a shoe company – who once added to the problem – positioned themselves as a champion for women's rights. It's an apology for their past advertising on the one hand, and their line in the sand on the other. It's time to kick sexism to the kerb.

TRUE BEAUTY

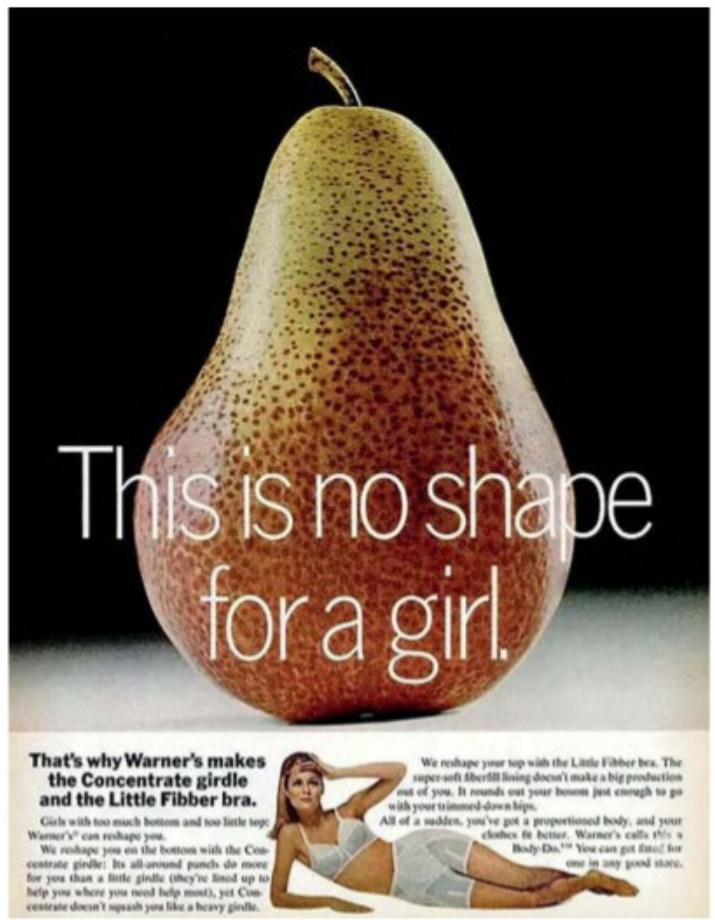
Agency: Ogilvy

Bygone beauty ads made women feel like they needed make-up for a man's approval and admiration – take this Seventeen Cosmetics ad from 1947 as an example. Thankfully, most beauty ads nowadays tell a more truthful narrative. We don't wear make-up for men – or anyone else for that matter. A little touch of our favourite products can help us feel our best, and there's nothing we can't achieve when we're full of self-love. By changing the narrative and imagery used to represent women, advertising can help shift how the world sees us and, most importantly, how we see ourselves.

CLEAN UP YOUR ACT

Agency: Ogilvy

When we enter into a relationship, we develop a shared reality. Many couples feel like they're close to parity in the division of labour in the household. But study after study shows women are doing far more than their share and it's impacting their long-term health and happiness. The sexism of the past was extremely overt – look no further than this 1940s Hoover vacuum directed solely at women (because men don't vacuum, that's what wives are for). Today, we acknowledge gender dynamics are much more complex, leading to a more insidious form of inequality. A vacuum cleaner can only make you happier if you use it 50 per cent of the time.



BODY BEAUTIFUL

Team ***marie claire***

Women's bodies are not one size fits all – contrary to what this 1960s Warner's slimwear lingerie ad would have you believe. The feminine beauty ideal has (thankfully) changed a lot since women were forced to wear corsets to give them the "perfect" hourglass figure. Now, we expect underwear advertising to embrace women in all their glory, because every size is fun size. In the words of our Queen Lizzo: "No, I'm not a snack at all. Look, baby, I'm the whole damn meal." Preach it.

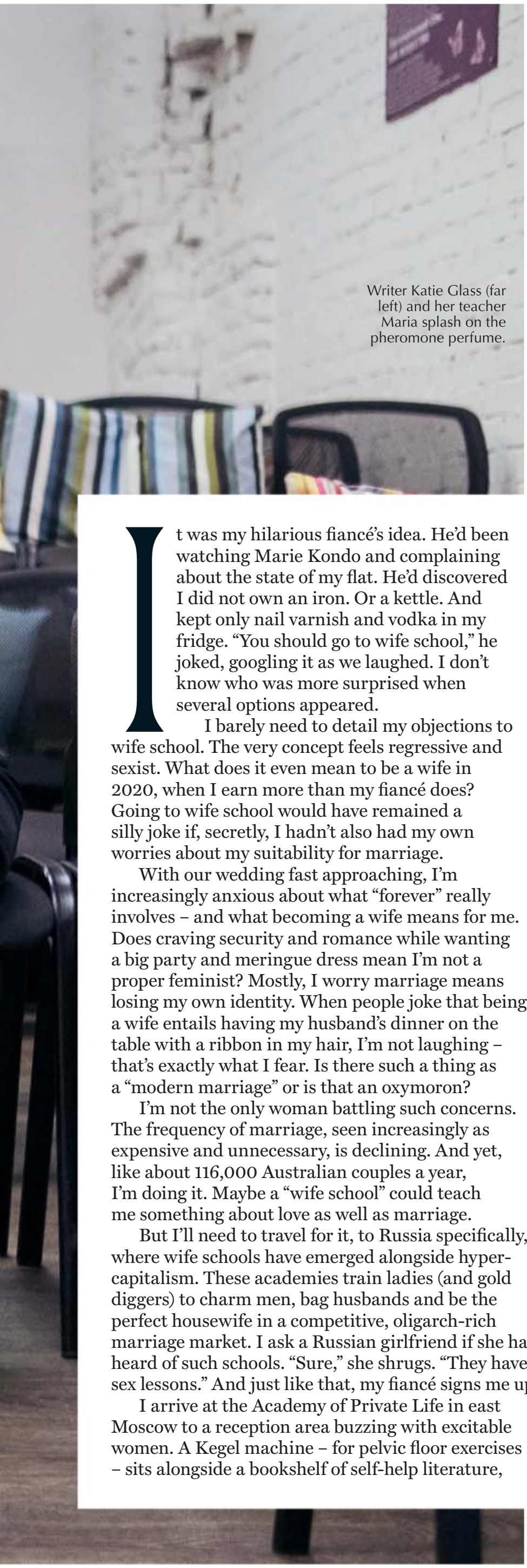
That's why Warner's lingerie makes underwear for everyone.

At Warner's, we believe bras should uplift you – both physically and mentally. There's nothing more empowering than loving your body exactly as it is. Just ask Lizzo.

PHOTOGRAPHY BY GETTY IMAGES.

I WENT TO WIFE SCHOOL

What does marriage mean in 2020? Reluctant bride-to-be Katie Glass signs up to wife-training academies in Russia and America to find out how *not* to do it



Writer Katie Glass (far left) and her teacher Maria splash on the pheromone perfume.

It was my hilarious fiancé's idea. He'd been watching Marie Kondo and complaining about the state of my flat. He'd discovered I did not own an iron. Or a kettle. And kept only nail varnish and vodka in my fridge. "You should go to wife school," he joked, googling it as we laughed. I don't know who was more surprised when several options appeared.

I barely need to detail my objections to wife school. The very concept feels regressive and sexist. What does it even mean to be a wife in 2020, when I earn more than my fiancé does? Going to wife school would have remained a silly joke if, secretly, I hadn't also had my own worries about my suitability for marriage.

With our wedding fast approaching, I'm increasingly anxious about what "forever" really involves – and what becoming a wife means for me. Does craving security and romance while wanting a big party and meringue dress mean I'm not a proper feminist? Mostly, I worry marriage means losing my own identity. When people joke that being a wife entails having my husband's dinner on the table with a ribbon in my hair, I'm not laughing – that's exactly what I fear. Is there such a thing as a "modern marriage" or is that an oxymoron?

I'm not the only woman battling such concerns. The frequency of marriage, seen increasingly as expensive and unnecessary, is declining. And yet, like about 116,000 Australian couples a year, I'm doing it. Maybe a "wife school" could teach me something about love as well as marriage.

But I'll need to travel for it, to Russia specifically, where wife schools have emerged alongside hyper-capitalism. These academies train ladies (and gold diggers) to charm men, bag husbands and be the perfect housewife in a competitive, oligarch-rich marriage market. I ask a Russian girlfriend if she has heard of such schools. "Sure," she shrugs. "They have sex lessons." And just like that, my fiancé signs me up.

I arrive at the Academy of Private Life in east Moscow to a reception area buzzing with excitable women. A Kegel machine – for pelvic floor exercises – sits alongside a bookshelf of self-help literature, and overhead a sign reads "#choosehappiness". Established by Larisa Renar, a psychologist and biologist, the academy's courses include How To Return Love To A Fading Relationship, The Art Of Sexual Affection and How To Get Gifts, advertised by a photograph of a woman in lingerie with the euphemistic strapline "How to play the magic flute."

Tonight, 20 women in their 20s and 30s, wearing pretty tops and flowing silk skirts, gather in the basement to learn How To Find A Husband. Our teacher, Ekaterina, wearing a gem-encrusted floor-length gown, leads us through a meditation. We visualise ourselves in a pink love castle, a pink love flower blooming inside us, and our ideal husband standing before us. Ekaterina instructs us to visualise our man, down to his "social status and income".

Around me, women concentrate. I ask Ekaterina why they come. "Russian women are different," she drawls. "Women in Europe, America and Australia are more concentrated on their career, they're more independent, concentrated on themselves. Russian women are looking for love, they dedicate themselves to the home, they are able to sacrifice their career for men." I suspect she is right. Once, economic necessity was the main reason women got married – we've all read our Jane Austen. Perhaps a lack of opportunity still drives some Russian women, or perhaps they're just naturally more romantic.

Renar's book suggests that women trying to attract a husband should wear dangly earrings and high heels and act "playful", "girlish", "obedient" and "naive". I look down at my comfy playsuit and realise I'm going to have to change up my whole act.

The next day, in lipstick, heels and a minidress, I totter to Moscow's Secrets Centre, a funky hipster warehouse where women study "the development of marital relations". There's a statue of Cupid in the reception area and, inside, a vast sex shop is stocked with enough paraphernalia to make a dominatrix blush: red whips, pink leather handcuffs, gold nipple clamps and every kind of vibrator under the sun.

"OUR TEACHER TELLS US IT'S IMPORTANT FOR THE WOMAN TO COOK. BUT FIRST SEX, THEN BORSCH"

Our teacher, Maria, elfin-faced and white-haired in a skin-tight black dress, insists sex is the most important thing in any marriage. "It's very good if a woman cooks," she nods, but "first sex, then borsch."

Today Maria's course is on How To Be A Perfect Lover. There's a lot to cover. First, it's important how we look. Maria advises we should wear fish-nets because men are hunters instinctively attracted to something caught in a net. Manicured hands make frantic notes.

It's important we smell of sex, Maria continues, claiming that after the age of 20, women's sexual pheromones dry up (studies have yet to conclusively prove the existence of human

Katie begrudgingly tries on a veil.

sex pheromones). She hands around pheromone perfume to try. It smells like expired White Musk, The Body Shop's cult-'90s fragrance.

I giggle through Russian sex lessons, but realise that I'm also irritated. I grew up with post-feminism – the rise of ladettes; the Spice Girls; *Sex and the City*. I'm a pro-sex feminist, yet Russia's sex classes aren't about women's desires – only the grim necessity of doing what your man wants in bed. As a route to personal happiness, that's miserable, and as the basis for marriage, well, surely it's impossible? What happens when your pheromone perfume has run out and the baby's crying again?

Not all the courses are sexual. There are classes in How To Create The Perfect Couple and How To Quarrel Correctly. For 6500 roubles ($150), I sign up for How To Make A Man Fall In Love With You.

The first thing we learn is that in order to make a man fall for you, you have to love yourself to a "narcissistic" extent. If men see us as a princess, they'll treat us like one. The second thing we must learn is to take presents, actions and attention. To make a man love us, we must let him invest.

Next, our teacher draws a diagram of the three different parts of the brain on the whiteboard. She explains men's actions are controlled by their subconscious mind, so we should use hypnosis to influence them. To do this, we must make sure that our man's conscious brain is switched off – i.e. when they're playing video games, watching sport, are post-coital or drunk. At such moments we might whisper, "Your heart is beating when you're next to me."

We learn about men's "imprints" – the early experiences that establish their ideas of the perfect wife – perhaps influenced by their mother or female characters they saw in films, books and cartoons. We are told to find out what they are.

And we learn to fluctuate our emotions like a Katy Perry song to make our man want us more. Close then distant, hot then cold. The teacher suggests establishing a common ritual, then breaking it. For example, having coffee with him every Monday, then suddenly not turning up.

But it's during the second half of the course that things gets seriously weird. The lights go off. Our teacher gets out a box of latex dildos and instructs us to take one. We're told to hold the phallus tightly, close our eyes and take ownership of it. "Touch it, think about how it feels," she encourages. I notice my stance widen and realise I'm manspreading. Do I feel more powerful? More confident? I'm still pondering when our teacher slams hers to the ground, telling us to do the same. In order to make men love us, she explains, we have to get rid of our phalluses. We must be women, not men.

The women next to me starts crying. She realises, she says, that behaving like a man is where she's been going wrong. She isn't sure she wants to give up her penis. I know how she feels. Suddenly I understand Freud's "penis envy".

I return from Russia with more questions than answers. Namely: do women want so little, and are men really this easy to manipulate? I spend the next few days attempting to hypnotise my fiancé. I grill him about his "imprints" and discover he fancied Jodie Foster in *The Silence of the Lambs*, which is worrying. Should I be whispering, "It rubs the lotion on its skin"?

I act girlish, wear heels and fish-nets, and am almost disappointed by how delighted he is. I magnanimously offer to let him buy me some earrings and, to my amazement, he agrees.

Finally, I try cutting off my penis – a metaphor that feels increasingly uncomfortable outside Russia – and turn myself into a housewife. I cook, clean, go to the laundry with his shirts, do the big shop. I'm so busy I've no time for work. Is this why there aren't more famous female Russian writers?

After a week, I'm annoyed. Is this really the only way to be a wife? Unlike many of the women I met at Russian wife school, I'm not marrying for money. (The tax breaks aren't that great.) I'm not even marrying to have kids. My reasons are not practical but emotional. I want someone to be close to, have fun with, and share a connection and support. Someone who shares my values and ambitions as well as orgasms and housework. I want a partnership in which we both thrive, not where my life is about servicing his needs.

FOR RICHER OR POORER?

$53,168*
The average cost of a wedding in Australia

116,000
The number of weddings in Australia each year

30
The median age of Australian brides

33%
of Australian marriages end in divorce

60%
of Russian marriages end in divorce

“RUSSIA’S SEX CLASSES AREN’T ABOUT WOMEN’S DESIRES – ONLY THE GRIM NECESSITY OF DOING WHAT YOUR MAN WANTS IN BED”

Wife 4 Life University, now renamed WifeSavers, is like Open University for marital harmony. It was founded by Ramona Zabriskie, who looks like a glamorous Aunt Bessie, or Martha Stewart before she went to jail. She’s been a wife and “celebrated marriage mentor” for 40 years, and while she’s based in the US, I can attend her classes online.

American wife school doesn’t offer quick fixes. It’s more work than my university degree was, with video tutorials, quizzes and worksheets. I tell my fiancé I have to do wife homework and he looks optimistically at the ironing.

As if! I’m busy writing essays and learning affirmations, such as “I am ready to do what it takes to cherish and be cherished.” My worksheets involve thinking about the marriages that have influenced me (that of my parents, who quickly divorced), how I met my fiancé (drunk) and why we want to be together (because I fall asleep laughing with him and he’s so good in bed).

Ramona gets me to write about our best and worst times together. I write about the time we took mushrooms in an outdoor bubble bath in Big Sur. And the time I was admitted to hospital and he looked after me, washing my hair. Instead of focusing on the material aspects of the relationship, as we did in Russia, we spend more time examining our emotions. This feels more like modern marriage.

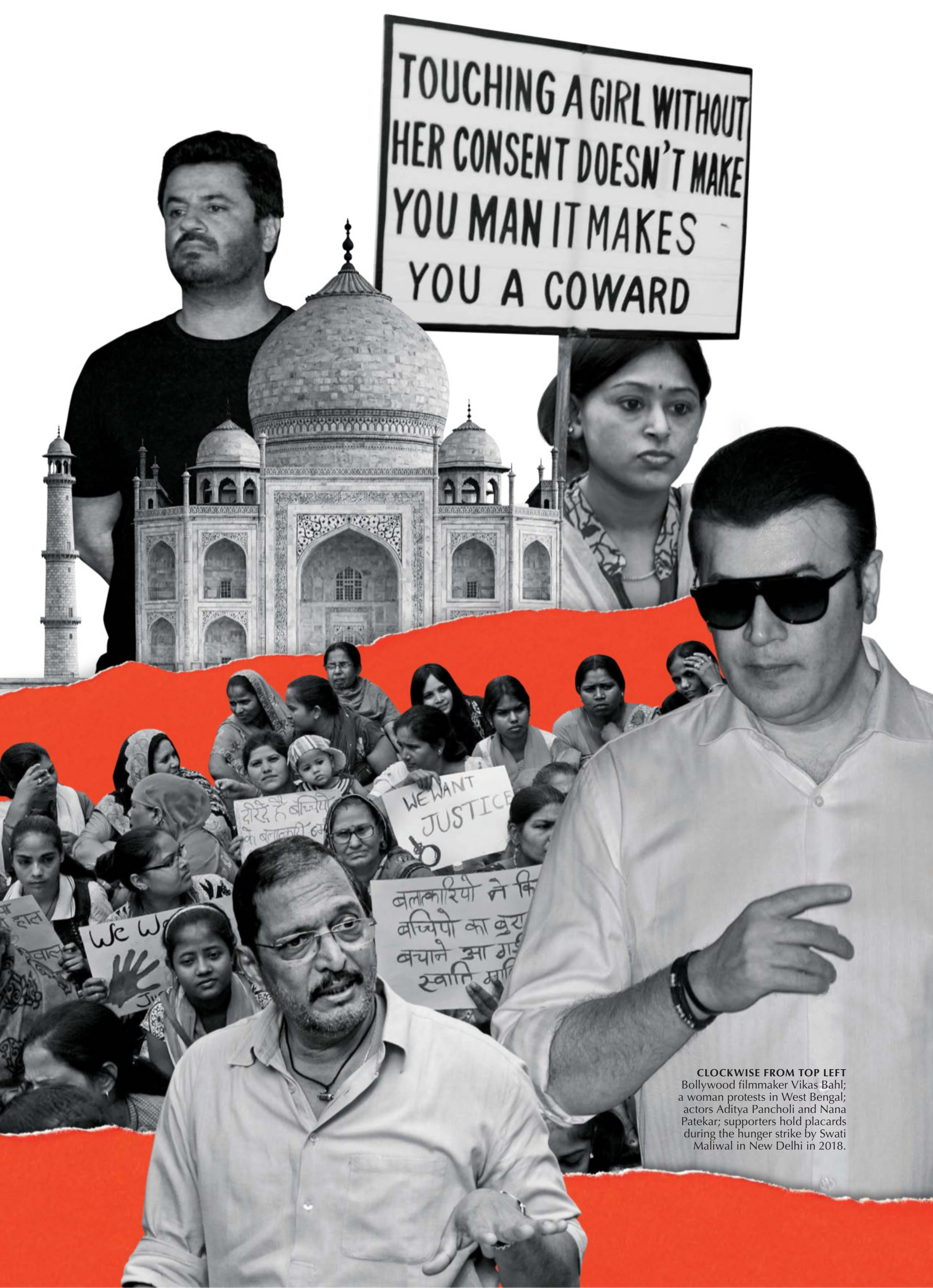
It’s telling that marriage began declining in the ’70s, as feminism exploded and women saw other options for themselves. If I’ve learnt anything from both wife schools, it’s what I don’t want – and that’s to be defined by a gender stereotype I don’t recognise in myself. Surely modern marriages work only when people are free to bring what they want – and are best at – to a relationship regardless of their sex.

There are also some empowering moments at American wife school. Ramona encourages me not to look to my husband for everything I need, but instead to nurture my own creativity, self-respect and self-care. But I find it frustrating that, while the focus might be different, it’s still the women having to do the heavy lifting. As if marriage is always – and only – women’s work.

Still, I am affected by one of the exercises Ramona asks me to do. She gets me to write a letter to my husband as if it were decades from now. In it, I tell him about all the fun we’ve had: honeymooning in Italy in our VW campervan, feeding fresh pasta to our dog, building a cabin in the woods, spending our 10th anniversary at Burning Man. I write about how hard things were when we lost our business after our daughter was born, when our granddaughter was ill. I thank him for making me feel safe, for having my back, for teaching me what family is. As I’m writing it, I come to understand what I want from marriage: a partner, a family, a best friend I’m having lots of sex with. Is modern marriage really that simple? Maybe I needed to go to wife school to learn that it is.

CLOCKWISE FROM TOP A lecturer at the Academy of Private Life shares how to be the perfect lover; Katie (centre) practises visualisation; and a fellow student assesses the saucy study materials.

PHOTOGRAPHY BY OKSANA YUSHKO/*THE SUNDAY TIMES MAGAZINE*/NEWS LICENSING. *WEDDED WONDERLAND 2019 SURVEY

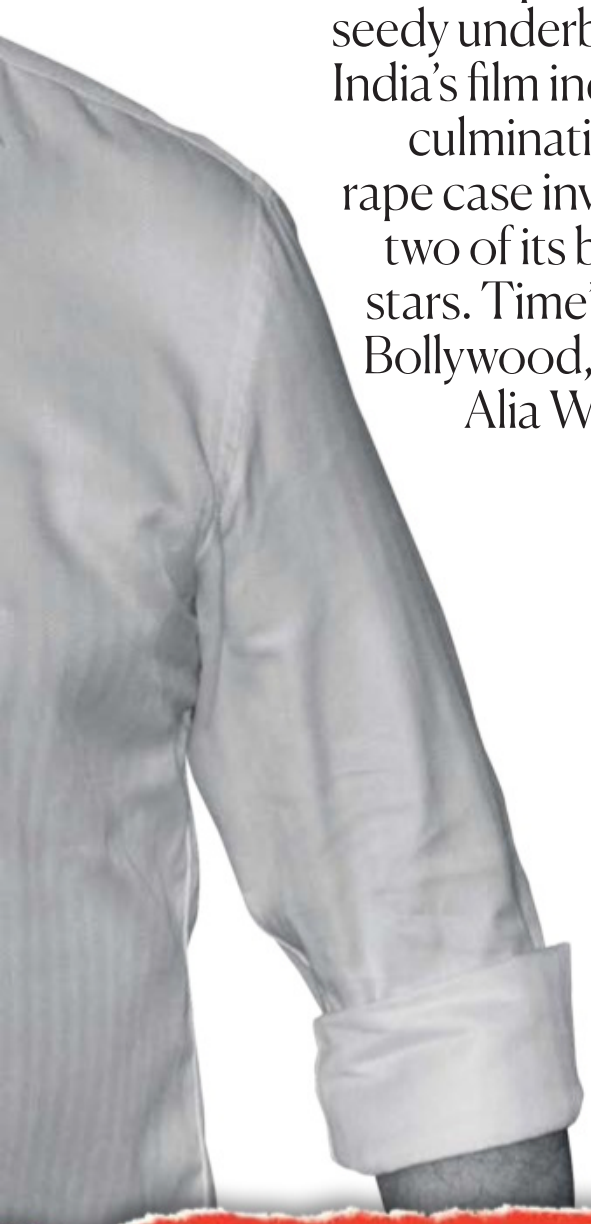


CLOCKWISE FROM TOP LEFT
Bollywood filmmaker Vikas Bahl; a woman protests in West Bengal; actors Aditya Pancholi and Nana Patekar; supporters hold placards during the hunger strike by Swati Maliwal in New Delhi in 2018.

marie claire
INTERNATIONAL
WOMEN'S DAY

BOLLYWOOD'S #METOO MOMENT

A wave of sexual-abuse allegations have exposed the seedy underbelly of India's film industry, culminating in a rape case involving two of its biggest stars. Time's up in Bollywood, writes Alia Waheed



In an anonymous office in Mumbai, the home of India's mammoth film industry affectionately known as Bollywood, a teenage girl stands in front of two film executives in suits. The younger one hands her a script. "This is the scene where the dancer is trying to seduce the cop," he says. "Strip off and show us how you would do it." The two men exchange glances, barely maintaining the pretence of an audition.

The girl hesitates. Although she is pretty, in an industry where former Miss World contestants struggle to land major roles, being merely pretty isn't enough.

"In the end, I did what I had to do," says Sangeeta*, 19, an aspiring actress. "The door was locked so I didn't have a choice. I felt dirty afterwards, but everyone knows if you want to get anywhere in Bollywood, you have to be in with the people of influence. I just numb myself to it. Trust me, any actress who is anywhere got there via someone's bed."

With its colourful costumes and OTT song-and-dance numbers, the Bollywood film industry has long been perceived as an exotic, fun and light-hearted alternative to Hollywood. But beneath the glitz and glamour lies a dark side – a seedy underbelly that was forced to the surface in June 2019 when one of its most well-known actors, Aditya Pancholi, then 54, was accused of rape by a famous Bollywood actress.

While the actress cannot be named for legal reasons, she has been described in the Indian media as a serious A-lister, the Bollywood equivalent of Jennifer Lawrence. The case relates to an incident that took place 16 years ago, when the then-struggling young actress was trying to get a foothold in the industry.

In a police report, the actress claims she was raped by Pancholi after he offered to drop her home after a party. She also claims he took compromising images of her without her consent, and raped her several more times over the next five years. "We have filed a case against Pancholi for rape and defamation," said the actress' lawyer Rizwan Siddique. "There are lots of reasons why she came forward now, which we have submitted to the court."

Pancholi has strongly denied the allegations and said the complaint was "pre-planned, as I had filed a defamation case". He also says the truth will come out, and was granted anticipatory, pre-arrest bail in September. No trial date has yet been set.

But the case has prompted national debate, with many hoping it will lead to a seismic shift in cultural attitudes to women and sexual harassment.

In a nation where 22 per cent of the population live below the poverty line, Bollywood is the ultimate dream factory. The lure of instant fame and fortune is intoxicating, as thousands of young men and women flock to India's capital Mumbai to try their luck in the big smoke.

But in reality, the industry – the largest producer of films in the world, worth nearly $4.5 billion – has its very own star system akin to that of Hollywood in the '50s. Most successful actors and actresses are either the offspring of famous Bollywood stars or have come via the beauty pageant route, including former Miss World Priyanka Chopra Jonas. For young hopefuls without the backing of a celebrity surname or a high-profile media career, promises of fame – made on the casting couch in return for sexual favours – can be difficult to resist. Yet few women dare to speak out about it for fear of destroying their careers.

"I grew up in Delhi and it saddens me to say I don't know a single woman who hasn't faced sexual harassment or abuse," says Richa Chadda, who starred in 2018 film *Love Sonia*. "The film industry is a microcosm of our patriarchal society. It's magnified because people are competing for fame and their livelihoods.

"I had several occasions when I experienced sexual harassment and predatory behaviour. In retrospect, by saying no, I will say it has cost me a lot of good roles and perhaps if I was more pliable, my work life would be easier, but that's not who I am."

CLOCKWISE FROM ABOVE Actor Nana Patekar is mobbed by the media in 2018 amid accusations; actress Jiah Khan; and Aditya Pancholi at Khan's funeral in 2013.

BOLLYWOOD'S #METOO TIMELINE

MARCH 2008
Former Miss India Tanushree Dutta accuses veteran Bollywood actor Nana Patekar of sexually harassing her on the set of *Horn 'OK' Pleassss*. Patekar is cleared of all charges due to insufficient evidence. Dutta is attacked by a mob and flees to the US.

JANUARY 2018
A Mumbai court charges Aditya Pancholi's son Sooraj, also an actor, with abetting the suicide of his girlfriend, Jiah Khan. Khan died in 2013, leaving a note detailing the abuse she suffered throughout their relationship.

SEPTEMBER 2018
A decade on, Dutta's claims against Patekar resurface on an Indian TV show. She becomes the face of India's #MeToo movement. Indian women, including Bollywood stars, start to speak out about their own experiences.

OCTOBER 2018
HuffPost India publishes a report alleging that director Vikas Bahl sexually assaulted a female crew member in 2015. He's cleared of the charges three months later, and reinstated as director of a major Bollywood film.

JUNE 2019
A leading (anonymous) Bollywood actress accuses Aditya Pancholi of rape. Details of her police statement – alleging Pancholi drugged and raped her several times between 2004–2009, starting when she was just 16 – become public. Pancholi denies all allegations and is currently on bail.

JUNE 2019–2020
Dutta revisits her original case against Patekar, but again it is dismissed. Nonetheless she continues to spearhead #MeToo, urging Bollywood to boycott choreographer Ganesh Acharya after abuse allegations surface in January.

IN 2018, THE THOMSON REUTERS FOUNDATION NAMED INDIA THE MOST DANGEROUS COUNTRY IN THE WORLD **FOR SEXUAL VIOLENCE AGAINST WOMEN**

Banita Sandhu, an actress and model from Wales who made her Bollywood debut in the film *October* in 2018, agrees. "The casting couch has always been associated with Bollywood; it's just an unspoken truth," she says. "Luckily, I haven't experienced this, but I've heard of lots of small, seedy casting directors in the industry and [it's] not just girls [at risk], boys are vulnerable too. It's something that should be spoken about so if a young person goes into a casting room, they know that what's been done to them isn't appropriate, because at the moment many people think it's just the way the industry works."

Critics of Bollywood cite a problematic paradox: the sexually liberated image that its films portray versus the socially conservative attitudes that prevail in Indian society. Rape is commonly used as a dramatic vehicle on screen, and all too often the narrative involves a woman strongly rebuffing the aggressive advances of a man until she eventually succumbs. The message? That when a woman says "no" she actually means "yes". Men stalking women is also commonly portrayed as acceptable in Bollywood films.

But for ordinary Indian women, the shame and stigma attached to being a rape survivor is so strong that many avoid reporting it altogether. In 2018, the Thomson Reuters Foundation named India the most dangerous country in the world for sexual violence against women, and the National Crime Records Bureau estimates that a rape takes place there every 15 minutes.

Attitudes are slowly shifting, though. Following the brutal gang-rape and murder of 23-year-old Jyoti Singh on a Delhi bus in 2012, the film industry became a target for people's anger. Many slammed Bollywood for its over-sexualised storylines and romanticising rape on screen (and in turn legitimising it off screen).

But the real uproar came in 2018 when actress Tanushree Dutta spoke out about being sexually abused by Bollywood veteran Nana Patekar. The alleged incident occurred in 2008, when she was 24 and he was 57; she filed a police complaint at the time but it was thrown out due to insufficient evidence. Soon after, a mob attacked Dutta's car and she fled to the US.

"How is any [#MeToo] movement going to happen in India until and unless you acknowledge what happened to me 10 years ago?" she said in an interview with Zoom TV in late 2018. Her words went viral, women rose up and suddenly social media feeds across the country flooded with #MeToo posts. At least 10 male Bollywood figures – including actors, filmmakers and writers – were accused of sexual crimes, and a number of high-flying men were forced to step down from their positions. Most allegations came from anonymous sources, but major stars, including Priyanka Chopra, tweeted #BelieveSurvivors to show their support.

Now attention turns to the Pancholi case – and it's not the first time the name has been linked to controversy. In January 2018, Pancholi's son Sooraj was charged with abetting the suicide of his girlfriend, Jiah Khan. The British Bollywood actress died in 2013, leaving a note detailing the abuse she had suffered throughout their nine-month relationship. The investigation is ongoing.

"Actors think they are gods above the law," says Khan's mother, Rabia. "One famous director called Jiah for a script reading and said strip off and wear a bikini. Why do you need to strip off to read a script?

"Another set the condition, if you have sex with me you will get a film role. She had the confidence to walk out but a lot of girls don't. She was a known actress and went through this. Imagine what a new girl must go through."

Rabia hopes the Pancholi case will bring much-needed change and better protection for the women trying to make their name in the cutthroat world of Bollywood. Time is up in the industry, though a culture of victim-blaming will be the biggest hindrance to the #MeToo movement.

"With this Pancholi case, people's perceptions have changed because the victim is a successful actress," she says. "If you are a nobody, no-one hears you scream. This actress is a big celebrity, so when she speaks, people will listen and ... will believe her."

Bollywood star Tanushree Dutta spearheads India's #MeToo movement. **BELOW:** Indian women show their support for rape survivors in 2018.

*NAME HAS BEEN CHANGED. PHOTOGRAPHY BY GETTY IMAGES; ALAMY.

Perfectly Blunt

Hollywood headliner Emily Blunt sits down with writer Anne Fulenwider – *and* her 11-year-old son – to talk about how she found her voice and the surprising childhood trait they share

BY ANNE FULENWIDER AND SAMMY BLATSTEIN

PHOTOGRAPHED BY LUCCI MIA AND GENESIS GIL FOR RED HOOK LABS

Alexander McQueen dress with belt; De Beers necklace.
OPPOSITE PAGE
Balenciaga dress and necklace.

On a rainy afternoon last November, Emily Blunt came to our house in Brooklyn to talk to my 11-year-old son, Sammy, about something they have in common: stuttering. I've been a fan of hers since 2006's *The Devil Wears Prada* (not to mention *Edge of Tomorrow*, *Sicario*, *A Quiet Place* and *Mary Poppins Returns*), but I became an even bigger fan once I found out she was deeply involved in the American Institute for Stuttering (AIS), an organisation that has played a large role in our family's life. Sammy has attended the institute on and off since he was seven, and in 2016 he was asked to speak at its annual benefit in New York. The two other speakers that evening were then–vice president Joe Biden and actor Bruce Willis, and the whole night kicked off with a video from a very pregnant Emily, who has hosted the event since 2010. The evening changed all of our lives, especially Sammy's, and I've been stalking Emily ever since to thank her for the work she has done for stutterers everywhere.

This is how it came to pass that, three years later, she showed up at our door, took off her shoes in the foyer, ate our homemade banana bread, petted our dog and sat down with Sammy. It turns out that in addition to stuttering, they share a love of pranks and a talent for mimicry. Once the digital recorder was shut off, they performed their current favourite imitations of people in their lives, leaving us all doubled over in laughter.

Here is a shortened account of her afternoon at our house.

Sammy Blatstein: So, you're from England. How do you like living in Brooklyn?
Emily Blunt: When I first met my husband, John [Krasinski], I was living in Los Angeles, and that was hard because it felt like the antithesis of what I had grown up in – a place with a sense of community and culture and real spontaneity and vibrancy. And I love walking cities. So moving to Brooklyn really felt like home to me. I think my soul was better suited to Brooklyn. I really love it.
Sammy: I know you had a stutter when you were growing up, or maybe you still do?
Emily: Once a stutterer, I feel, always a stutterer.
Sammy: What was school like with your stutter?
Emily: My stutter really started to take hold around six or seven, and then kind of got progressively more challenging for me, and as I reached about 11 or 12, it was pretty ingrained.

Dolce & Gabbana top and bra.

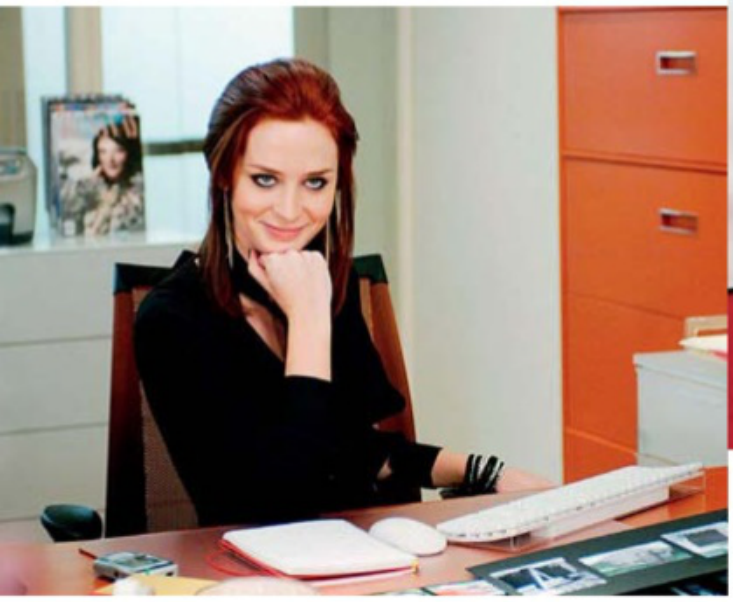
It wasn't the whole part of me; it was just a part of who I was. There were certain people who liked to define me by that. That was tough. I decided not to really spend time with those people. I've probably only now come to realise that everybody has something [challenging] growing up. That just happened to be my thing. What do you think people think about stuttering?

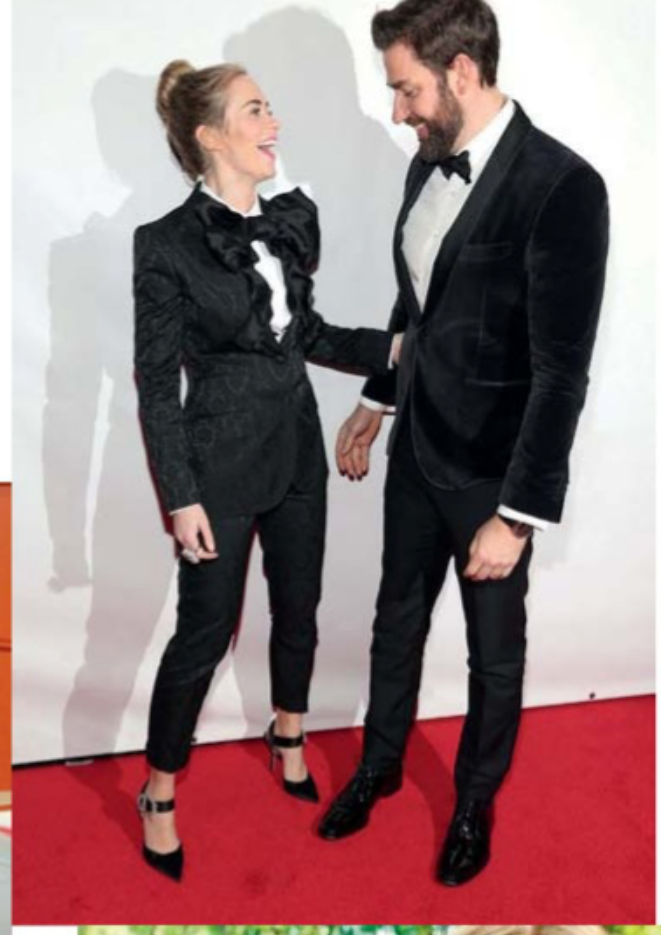
Sammy: In my school, we have this thing called the Daily News. And they pull people out of this bin that has all of our names. And when my name comes up, I have to read the news about what's going on in school. I feel like sometimes when I stutter, people think, he's a bad reader.

Emily: Right? There's a lot of misidentification. I love the American Institute for Stuttering and what they teach kids, because actually it's really not about 'Oh, I stutter really badly.' It's more 'I stutter really well. I'm a brilliant stutterer.' It's sort of the reverse psychology. That's really helpful. The [lack of] information out there, or the way people misconstrue what it is, is the main issue. Because stutterers don't feel understood. It's not psychological. It's not that you're nervous, it's not that you can't read, it's not that you don't know what you want to say. It's neurological, it's genetic, it's biological. It's not your fault. It runs very prominently in my family, and my uncle, my cousin and my grandfather all stuttered. There's nothing you can do about it. Those are the messages I'm trying to get out there so that you're not in a situation where you're reading something and people think, oh, he might not be a good reader. I'm sure you're a brilliant reader. A huge percentage of people around the world, millions and millions of people, stutter. I guess through AIS, you've met other stutterers?

Sammy: Yes. Through AIS I actually met Joe Biden and Bruce Willis.

Emily: Come on now, how cool is that? I know Bruce was really nervous to speak. He didn't want to when I first approached him about it. Then he realised that it was such a cool cause. And how amazing is that? Bruce Willis is so cool that everyone else's cool factor hits the floor when he walks in the room – and he's a stutterer. Just like Samuel L. Jackson, Ed Sheeran and Kendrick Lamar, who is like the best rapper around.





CLOCKWISE FROM RIGHT Emily Blunt with husband John Krasinski; a scene from the gripping *A Quiet Place: Part II;* and in the hugely popular *The Devil Wears Prada*.

Sammy: How has stuttering affected your life?
Emily: I think in some ways, when you go through something like having a stutter, you become a really good listener. You absorb the world in a different way. Because you're maybe less inclined to talk when you're going through it. You become really conscious of a lot of stuff going around you, so I think I was a really observant kid. I was a really empathetic kid, and still feel that's something I try to lead with. And I encourage empathy in my kids and embracing differences and not being scared of them, or teasing people for them, you know?
Sammy: How did you go from a stuttering kid to a Hollywood actor?
Emily: It goes back to the stuttering, strangely. When I was 12, my class teacher was this really cool guy called Mr McHale. He was this enormous man with a massive moustache. He asked me if I wanted to do the class play, and I said no. And he said, "But I think you can do it. I've heard you doing silly voices and mimicking people. So if you did it in a silly voice, would you consider doing it? Why don't you do it in an accent?" And that was a very liberating thing for me as a kid. Suddenly, I had a fluency. The removal of yourself from yourself, in some ways, was freeing. I agreed to it, and I did speak completely fluently. I did a really bad northern English accent, which I won't even try to do for you now. That was the beginning of realising that I had a handle on it, and maybe it could be temporary, and maybe I could grow past this. That was kind of a big deal. It's not the reason I went into acting, even though that makes for a good story. Because still, after that experience, I wasn't planning on being an actress. I was going to go to university. I wanted to do Spanish, I wanted to work in the UN; I had all these plans. I always loved languages. I didn't stutter when I spoke other languages. But then I did a play at boarding school that went to the Edinburgh Festival Fringe.
Sammy: That's awesome.
Emily: There was a teacher who was in it with me. He called his agent and said, 'You've got to come see this girl.' He came to see me and said, 'I think you're really good. Do you want to try this?' And I said OK. I had a really casual attitude toward it, and that maybe is no bad thing. It's such a competitive sort of soul-devouring business. I enjoyed auditioning because I didn't have any pressure; I didn't need to win. If it didn't work, it was OK. It was just something I thought I'd try, and then I've fallen madly in love with it. I can't imagine doing anything else now. I don't know what I would do, nor would I be qualified for anything.
Sammy: Me and my mum were talking about *A Quiet Place* and *Mary Poppins* [*Returns*]. In *Mary Poppins* [*Returns*], all your talking was really fast. And in *A Quiet Place*, you barely talk at all.
Emily: Which is much nicer. Yeah, really convenient actually. It's a perfect role for a stutterer, being quiet. That's why we're doing another one. I was like, 'John, this is a good zone for me.' If [only] I could just do *Quiet Place* movies for the rest of my life.
Sammy: Do you like scary movies?
Emily: Not at all.
Sammy: Yeah, same.
Emily: So, see? Stuttering trait. I feel that once those images are emblazoned on my mind, they're there forever. I don't think I can get rid of them, and I scare easily. Actually John had never watched scary films before he did *Quiet Place*. But what I love about [it] – and I think what people have gravitated toward – [is that] it's not gory and horrifying, it's tense and it's an intense experience watching it, but it has deeper themes of how far you'd go to protect your family, and it's a big metaphor for parenthood, the first one. That idea of releasing your children out into the big bad world and not being able to protect them, it's what all parents feel.
Anne: I'm curious. I notice something when Sammy watches Joe Biden speak in the debates. Sammy will say, 'See, he was going to stutter there, and he switched words.' He notices, and he reads him in a completely different way. Do you have that almost Spidey sense of picking up on stuttering?
Emily: I think you do have a Spidey sense if you're a stutterer, and I can spot one a mile off. And I'm sure you can too, Sammy. Because I spot all the tics and all the little idiosyncrasies that people do when they're about to stutter, or they're hiding it, or they're masking it. You spot all the tricks because you do them yourself.
Anne: But you and Joe Biden and Bruce Willis, you all seem to have figured out a way to manage in the world with a stutter.
Emily: You do. You figure it out.

A Quiet Place: Part II *is in cinemas from March 19.*

PHOTOGRAPHY BY LUCCI MIA AND GENESIS GIL FOR RED HOOK LABS; GETTY IMAGES. STYLING BY J. ERRICO. HAIR BY LAINI REEVES. MAKE-UP BY JENN STREICHER. MANICURE BY KAYO HIGUCHI. LOCATION RED HOOK LABS.

“The idea of releasing your children into the big bad world and not being able to protect them, it’s what all parents feel”

Chanel dress.

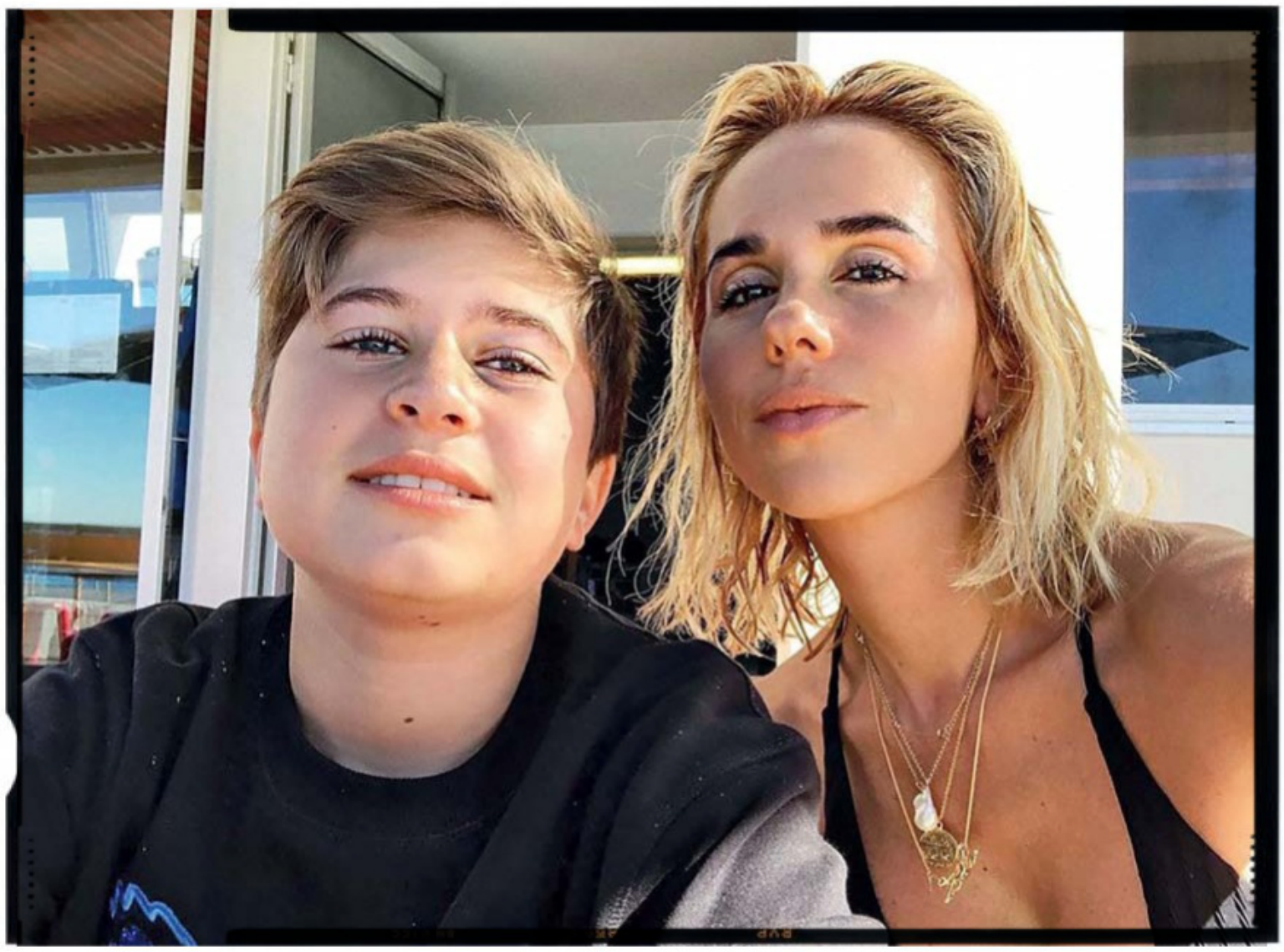
marie claire
INTERNATIONAL
WOMEN'S DAY

A LETTER TO MY SON

The next generation of boys will play an integral role in the ongoing fight for gender equality. Here, three Australian celebrities share their hopes and dreams for their sons, and some motherly advice

Pip EDWARDS

The fashion designer reflects on becoming a single mum at 27, and her unbreakable bond with her "bestest friend"



My dearest Justice,

To the one constant in my life, I want to thank you, Justice. I find myself in reflection mode, as I'm approaching 40 and you approach 14. It's been a jam-packed ride doing life with you. I can't even remember what my life was like before you were born – my real life started with you! I want to thank you for being my absolute rock; I want to thank you for being my only anchor. I want to thank you for being my bestest friend ever, my confidant, my roommate, my annoying little brother, my voice of reason, my reminder of what really is the sole purpose of my life. I want to thank you for being my passion, my drive, my ambition, my greatest challenge and, most of all, I want to thank you for being my son, my greatest achievement.

You've allowed me to explore the true grit of life; you allowed me to find and become my true self and, through trial and error, to work out who I really am, no matter the mistakes made along the way. There are times when I've had major mother's guilt for working too much or missing out on many "firsts" for you at school, while I was building my career to set ourselves up, but you have always understood why it was the way it was and you've never judged nor questioned it.

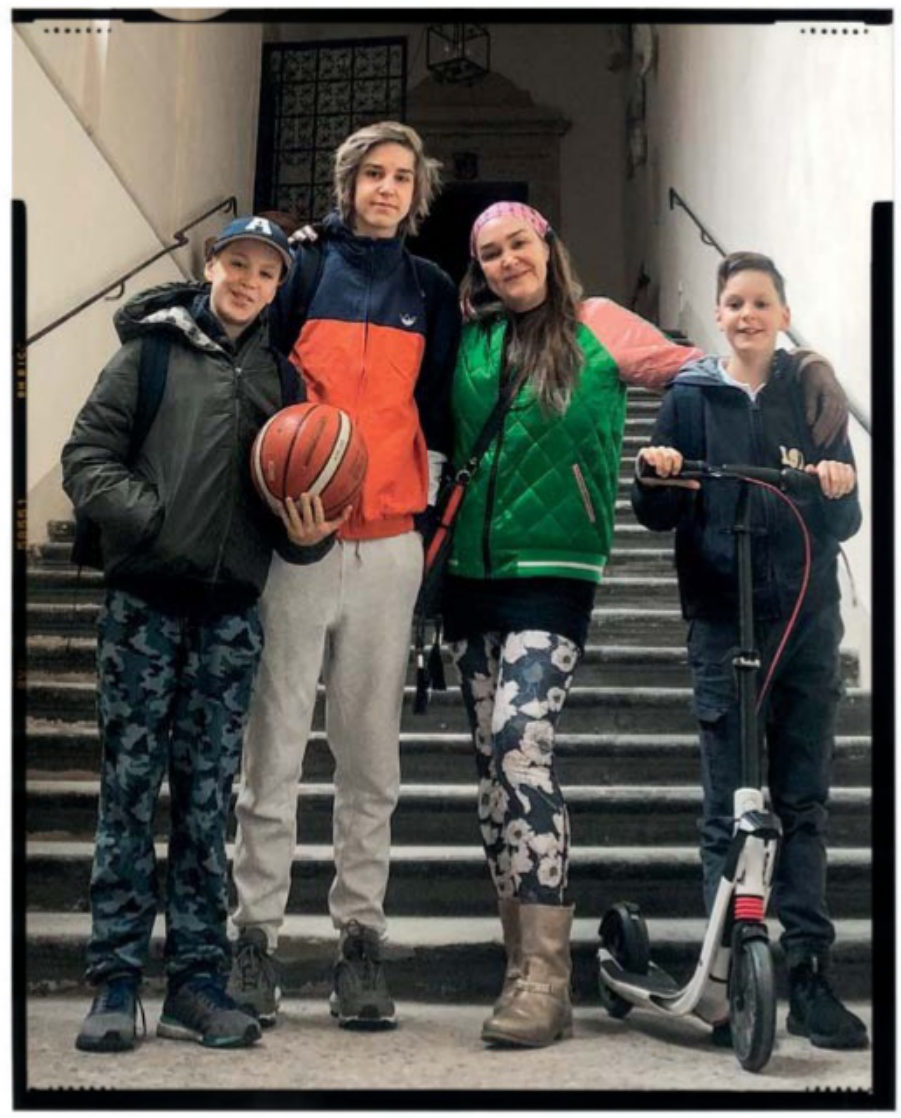
Raising you as a single working mother was a lot to take on, especially at 27. Whether I showed you too much emotion, or whether my honesty was just too honest, thank you for allowing me to feel what life is really like for me, with, at times, no filter. I hope, in turn, that being exposed to this realness, seeing the world through my raw eyes, will set you in good stead for your incredible future ahead. Through life's highs and lows, the drama and the tears, the twists and turns, and with all the laughs, the boundless love and crazy excitement and adventures that we find ourselves on … I am always learning, you are always learning. We are both learning and feeling every single day, and I'm so grateful that we get to do it together.

"There are times I've had guilt for working too much, but you've always understood"

It's Just Us, baby. I love you with all my heart xxxxx

Kate LANGBROEK

After her eldest son survived cancer, the radio broadcaster wanted to teach her boys to live life to the fullest. Now the family is on a gap year in Italy



My three sons,

I can't write to you, my darling heartsongs, without telling you something about myself. My essential self, that is. Who I was before you.

You see, I never imagined I would be a mother.

In the range of my childhood fantasies, motherhood existed as a broad and vague possibility, a definite smudge on the horizon, but one that I may never reach. After all, not everyone is an explorer.

And yet here I am, mother to four, three of them you.

Lewis – you were the first, born in 2003, the day before my own birthday. And what a gift. Undoubtedly you are the leader of the band of brothers. You enjoy your miraculous, physical six-foot superiority; you lie in wait for your youngers behind corridor corners and take them down with stealth tackles, tickling them until they are shrieking, breathless with laughter that is not far from tears.

You goad them and tease them, and they are in awe of so much about you: your height, your easy cheekiness with your parents, that you can fix anything electronic, that you make the world's best fried chicken, that you survived leukaemia, that the sun shines when you smile.

Then there is Artie. My mouse. My freshly-minted 13-year-old. You are the hardest to know, my green-eyed boy. You are fair of face and diligent and clever. You dread being late, and you hate it if I run an amber light or forget to sign a form. You read as though your life depends upon it and adore your father, who takes you to practise your hoop shooting on freezing Italian mornings. We call you The Shadow, such is your devotion to the man who made me a mother. You have the fiercest battle face on the basketball court, and yet you love babies and are so kind and attuned to them, it is easy to see the magnificent father you will be one day.

You are spare with expressing your emotions, but I know how deeply sentimental you are, my son. Will you remember, when you are a man and your peach-skin cheeks have sprouted whiskers, how at night when I would tuck you in, I would whisper all that is beautiful about you, right into your ear? I will remember for you, if you like. You would lie as still as a rock in the darkness, not wanting to miss a word, until a silent tear would leak from your eye, and you would whisper words of love back to me.

And my baby. My Jannie. Named for my tall Dutch father, Big Jan. You are 10 years old (350 in elf years) and the world is a wonder to you. I love how you wake up whistling – brimming with enthusiasm for every moment. You have a pointy chin, almond eyes, and a shock of hair like an anime character. You never walk if you can run, jump, slide or dance. You have a lisp that you are teased about but [are] untroubled by, and are chock-full of snippets of knowledge you have gleaned. The other morning when I woke you up, do you remember the very first thing you said to me? "Mum," you said. "Did you know Papua New Guinea ith a conthitutional monarchy?" (I didn't.)

You, my little man, are the best audience for any story or prank. You are fiercely competitive, and yet you are the most passionate supporter of your brother Artie. If his team loses a basketball match, you weep hot tears of rage and complain bitterly about the umpiring. You two share a room [and] I hear you telling stories and giggling over all the rude Italian words you know until I shush you and you fall asleep.

It is at once my privilege and burden to look after you, my boys. It is my calling to watch you grow. To keep you alive (praise be). To shine the light of love on you. To discipline you. To make adventures with you. To show you that the strength and beauty of a woman is often in giving (and not to undervalue that). To teach you to set the table, to open the door for someone who has their hands full, to take out the rubbish.

"We try to show you that strength can be in humour, in resilience, in choosing"

Together, your dad and I try to show you that strength can be in humour, in resilience, in choosing happiness, and that – while it is good to be gentle and kind – sometimes it is necessary to gird your loins and wage battle.

This is, of course, life's work in progress, but I hope we are right; that this is how lovely boys grow up to be valiant and honourable Australian men.

Yumi STYNES

The presenter and writer hopes her son will watch and learn from his three older sisters

To my son, Manbaby,

I love you! You make me laugh. What a funny chap you are. You know, after having three daughters, I wasn't sure if my body knew how to make a boy, but then there you were, growing inside me, a tiny baby boy, finally coming out blue and squalling, surprising me even when you were minutes old. I left the hospital about six hours after you were born and dashed up and down two flights of stairs to bust one of your sisters out of school early, while your dad waited with you in the car.

I'm telling you this because I want you to know I'm tough. You were born into a family of tough women.

We were so used to having girls that I would say to your dad, "Can you go and check on her?" I'd have to correct myself: "Go and check on him. On him." The novelty of having a son was so great that I emphasised it in your first nickname, "Manbaby", because as a male and a baby, you blew my mind. People always ask, "How is it different having a son after three daughters?" I'm still working it out.

So far I have noticed you like bashing things. No stick is safe around you. Countless plants have been beheaded during your backyard reign of terror. You also love to cuddle. And, more specifically, you love to cuddle *me*. Even though my own mum's main parenting advice was to teach every child to call for Dad first, you are the one who calls for me most often, and will snuggle me and cling to me and insist we fall asleep together in a blissful fug of bad breath and baby farts.

Of course I have thought about how to help you fit into the world, how to help you be the best boy and the best man that you can be. How?

You have always been around girls and women. Your most cherished inspiration is your sister, who is only 17 months older than you and who, so far, has been fairly true to her name, Mercy. At the moment, she is the light that guides you, berates you and inspires you. She is smart. She loves you and leads you. Keep her onside and never think as you get older that you can belittle or diminish her because of her sex. I've seen other boys do this to their sisters and in doing so they lose their greatest ally, playmate and teacher.

I've always believed that you can tell a man who was raised with sisters. They're at ease with women, and understand and respect the inherent power of women. The best thing I did for you was give you a trio of kick-ass sisters. Each has her own strengths and gifts. Watch them.

To be the best man you can be, I advise you to keep watching your father. He is steady and kind. He is smarter than me but not as tough, and this is a good thing. He knows respect. He does the things that a man needs to do to keep a household filled with children running, without feeling insecure, without compensating for his domestic commitments with overblown expressions of what some might call "masculinity" and others might call "entitlement" or, more generally, "bullshit".

He also never lost his curiosity about the world, and this is a deeply appealing trait.

Don't drink alcohol. It doesn't agree with us. You have my nose, and I'm guessing you'll have other parts of me, too, like a propensity to drink too much and a deep love of getting wasted. Sorry if you inherit this. I'll be watching and I'll be the one saying to you, "Don't drink. Stop drinking. Drinking isn't good for you." (No-one ever said this to me.)

I love you. Wear sunscreen.

PHOTOGRAPHY BY INSTAGRAM; GETTY IMAGES.

The secret club for WILD

marie claire
INTERNATIONAL
WOMEN'S DAY

WOMEN

From battling sharks to escaping pirates and discovering untouched caves, female adventurers have some spine-chilling stories to tell. Alley Pascoe infiltrates the exclusive society for intrepid explorers to hear their tales

Lotte Reiter exploring Tasmania and Samoa (top). **OPPOSITE PAGE FROM TOP** Adventurer Cecilia Vanman in Antarctica; and Louise Korsgaard deep underground.

Behind an unassuming gate in Copenhagen's trendy Nyhavn district is a hidden, cobblestoned alleyway. Down the alleyway is a heavy wooden door flanked by a nautical compass coat of arms. Behind the door is the clubhouse of the most exclusive, invitation-only society in Europe: The Adventurers' Club of Denmark.

Inside, a portrait of three Aboriginals from Central Australia hangs on the wall; the image shows an uncle dripping blood from his arm onto his nephew to give him strength during an initiation process. To the left is an image of a five-year-old Papua New Guinean girl with amulets around her neck including a dried human hand. In the corner is the skin of a polar bear, surrounded by spears, shields and arrows collected from tribes around the world. In the middle of the room is an enormous round table built from the wooden transport box that delivered an elephant to the Copenhagen Zoo. It's carved with the names of the members of The Adventurers' Club as a rite of passage. Well, the names of the male members...

The Adventurers' Club was founded in 1938 by famous Danish explorer Peter Freuchen (a two-metre-tall hulk known as "the most interesting man in the world") and his wife Magdalene, an actress who travelled through Greenland, Mexico, the US and Russia. Of the 10 founding members, two were women: Magdalene and Estrid Bannister Good, who explored China during the civil war, visited Japan during an earthquake and ventured to India, Africa, Sumatra and Malaysia. Twenty years after forming, the men kicked the women out of the club (rumour has it because their wives at home weren't happy with them fraternising with other women at the clubhouse). Undeterred, the women formed their own club, The Women Adventurers' Club of Denmark, a secret society for female explorers, globetrotters and daredevils. Today the group has more than 60 members, who meet once a month for dinner and important discussions at the clubhouse, which they rent from the blokes for the occasion.

Sitting at the great wooden table at The Adventurers' Club, Louise Korsgaard feels at home. "There's a special energy in the room that makes me forget the slightly boring life [at home with the kids in Copenhagen]," says the mother of two with a PhD in hydrological modelling, who has spent her impressive career exploring caves across the globe – including discovering India's longest cave system. Louise, 45, joined the club last year after doing the required three-minute teaser talk, followed by a 45-minute presentation wearing her caving helmet and a pretty summer dress. She opened her speech with her favourite underground anecdote. After falling in love with cave exploration aged 14 when she first visited Gunung Mulu National Park in Borneo, she returned to the system when she was 18 with her sister, 17. They signed up for an adventure cave tour with a guide, where you enter through one entrance and come out at another. When the Danish sisters hadn't exited after 10 hours, the tour company headquarters raised the alarm. "Our guide had gotten lost. After eight hours of trying to find the exit, we ran out of light in our headlamps. We had no food or water. The guide told us to sit down and wait while he went for help. We sat there in total darkness and sang Christmas carols to keep ourselves entertained," says Louise, who was finally rescued after 17 hours. Was she terrified? "No, not at all. I was confident someone would find us." As for the guide, "He no longer works there."

It's a ripper of a story, but you need more than just a good yarn to score an invite to the selective club. You can only apply for membership at the invitation of the club's admissions committee. The rules dictate that you need to have had unusual experiences in unusual circumstances (preferably abroad). You also need a curious mind and a passionate heart, says Cecilia Vanman, a marine mammal biologist, photojournalist and explorer who joined the club in 2011. Unlike the male division of the club, who have a top-secret initiation ceremony, the women's club is more, well, civilised. "We don't cover anyone in tar and feathers," jokes Cecilia, 48. "When you join, the chairwoman wears a special coat with all these amazing artefacts from around the world sewn onto it and we repeat the Women Adventurers' Club oath, where we swear to live a life of adventure and share it with the world."

Cecilia ticks all of the Adventurers' Club boxes. In her past life as a shoe designer in London's fashion district, Cecilia fell in love with scuba diving and left high heels to study a master's degree in marine mammal science at Bangor University in Wales, graduating in 2005. She's worked as a marine environment consultant ever since; leading expeditions in the arctic and antarctic, taking film crews to the great polar regions and even working with Leonardo DiCaprio on his environmental crusade. These icy wonderlands trump Leo when it comes to career highlights. "There's a feeling of immense wilderness in the Arctic and Antarctic. It makes you feel so small because it's controlling you. You can't control it. You are at its

FROM FAR LEFT Fearless explorer Cecilia Vanman; adventurers Lotte Reiter, Benedicte Riis and Louise Korsgaard at the top-secret clubhouse; and the coat of arms.

mercy. I think that's a very healthy thing to experience," says Cecilia, before revealing her all-time favourite marine experience. "I was in a stationary Zodiac boat in Antarctica in 2017 when two humpback whales approached us and spent more than an hour with us. One looked me directly in the eye and it was the greatest moment I've ever had in the water."

For every amazing encounter, there's a testing challenge. Cecilia says the one time she really feared for her life was working on a ship off the coast of Africa. "We were under the constant threat of pirates," she recalls. "It was one of the most difficult projects mentally because we lived in fear, even with armed guards. Our sister ship was attacked, but luckily nothing happened to us. We were still absolutely exhausted by the end of the three-month stint."

Lotte Reiter, a conservation biologist and ecologist who, at 44, is one of the youngest members of The Women's Adventurers' Club, is acutely aware of the dangers female explorers face. "There will always be a greater risk of harassment for female travellers," admits the blonde-haired, blue-eyed Dane, who quietly recalls an uncomfortable situation with a drunk man on a train in India that only ended when a local woman shamed him for being drunk. "You have to be careful and smart. When you're in another country, you need to be aware of their culture, show respect and be friendly. It's amazing how far you can get with a smile." Lotte's smile has taken her to more than 45 countries including Mauritius, Costa Rica, Seychelles and India, where she learnt water shiatsu, a therapeutic practice involving stretches, acupressure points and floating in warm water.

Benedicte Riis, 61, has also relied on her smile during her exotic journeys. Having lived in Bulgaria, South Africa and Brazil, she learnt early on how to deal with condescending men before she embarked on her greatest adventure: sailing from Cape Town to Rio de Janeiro in 2005 in her little sailboat, battling storms, sharks and chauvinists. "You need to have courage," says the former teacher-turned-explorer-slash-musician. "There is always a lot of men in sailing. I remember preparing my boat in South Africa for a trip and being surrounded by a group of men watching with their arms folded across their chest. They asked if I had enough diesel, if I was sure I was strong enough for the trip. I proved I was strong enough later in the night at the bar over a few beers."

It's a sad reality that female adventurers feel the need to prove themselves. "When people picture an explorer, they think of Ernest Shackleton in the antarctic with a frozen beard. They don't tend to think of women, but that's changing," says Cecilia, smashing stereotypes as she smashes ice sheets in the Arctic.

Despite the dated cliché of an explorer, Lotte thinks technology and TripAdvisor are making adventuring easier for women. In fact, the proportion of female thrill-seekers has skyrocketed: a recent Hostelworld study found the number of solo female travellers has increased by 88 per cent in the past four years. Solo female travellers now outnumber their male counterparts by nearly two to one. "More women are standing up, showing the way and not letting social constructs hold them back," declares Louise, who's travelling to Spain in a fortnight to explore a new set of caves.

> "More women are standing up and not letting social constructs hold them back"
>
> – *Louise Korsgaard*

With so many intrepid women traversing the globe, there's more need than ever for The Women Adventurers' Club of Denmark. Louise, Cecilia, Benedicte and Lotte all describe the club as their happy place, where they feel most like themselves – surrounded by their "sisterhood". "At my first meeting, I looked in the eyes of the women and said, 'This is my family'," says Benedicte, adoringly.

The club contains priceless collective knowledge, from intel on the government in South Africa to the UN, Galápagos tortoises to weaving techniques in Japan. "But we all know something about adventure," adds Benedicte. The women collect beads from their travels like stories, breaking a necklace from a remote community at the heavy wooden table and sharing the beads among the members to add to their own necklace. They wear the colourful adornments to meetings and on special occasions – like their annual picnic with the male adventurers, where the blokes light cigars and scoff at the women's attempted no-smoking rule. All of the women agree: they're glad their club is for women only. And even though their names aren't carved into the clubhouse's great round table, they're slowly and surely being carved into the history books instead.

Cecilia's single most important piece of wisdom for adventurous women is to "have a curious mind – and don't be afraid to use it". On that note, she really must finish our Skype conversation; she's leaving for Antarctica tomorrow with an influential US think tank investigating climate change. Adventure awaits (and hopefully a whale or two).

PHOTOGRAPHY BY ANDREAS HOUMANN. ADDITIONAL REPORTING BY THOR F. JENSEN; SOPHIE PASCOE.

PRETTY WOMAN TURNS 30

FAIRYTALE *or* FANTASY?

It's been three decades since Julia Roberts stepped into a pair of over-the-knee boots to play working girl Vivian. Here, two Australian sex workers reflect on the legacy of *Pretty Woman* and how it measures up today

TILLY LAWLESS

"*Pretty Woman* was revolutionary because it depicted a sex worker as desirable and dateable – not just a drug addict"

I remember watching *Pretty Woman* for the first time as a kid, and wondering if sex workers really did refuse to kiss clients. It seemed silly to me, as a child who hadn't been sexual with anyone, that you would allow someone to go inside you but not kiss you.

Now watching the film on its 30th anniversary, having been a 'working girl' for over six years, it's the scene that most amuses me. The concepts that a) sex workers have boundaries and b) some things can be more invasive than penetrative sex, are ones that many people struggle to wrap their head around. I do mainly brothel work, and I am constantly coming up against men who complain that I have 'too many rules' when I won't kiss or let them perform oral sex on me. I always explain that to me those things are more intimate than blow jobs or sex. Some are astounded that I have things I won't do, as if they have paid for me in entirety and should have free rein with my body, but most get it. Those things are the most intimate to them too, and that's why they want them, because they are chasing the 'real' experience.

Watching Vivian as she vivaciously totters across screen, I am simultaneously warmed and saddened by the film. Warmed, because it is wonderful to see a sex worker depicted as desirable and dateable, not just a drug addict or a nameless murder victim, a spectacle to the respectable – as the body of the girl killed on Vivian's street is to the tourists that photograph it in one of the opening scenes. Saddened, because little has changed for sex workers around the world, particularly over in the US.

Living and working in NSW where sex work has been decriminalised, I am incredibly lucky to do my job safely. The explosion of the internet has given many sex workers the ability to advertise for themselves and negotiate directly with clients, without the need for a middleman. In the US, though, sex workers who live and work together like Vivian and [her best friend] Kit are at risk of being arrested, can be charged with pimping simply for supporting each other, and may need to turn to an exploitative pimp to protect themselves from clients and the brutality of police.

FOSTA [Fight Online Sex Trafficking Act]/SESTA [The Stop Enabling Sex Traffickers Act] are two acts that were introduced in the US supposedly to fight sex trafficking, but in actuality they prevent sex workers from being able to advertise their services. This means that many sex workers are being pushed back to 30 years earlier, to a street corner or vulnerable to a controlling pimp.

One of the opening scenes of *Pretty Woman* has a man walking down the LA street asking people, 'What's your dream?' The film itself is a reminder of the fact that though the American dream is all about capitalism and being self-made, sex work is not allowed to exist within that dream. Sure, financially profit off anything, except your sexuality. To fit into the American dream, Vivian has to be rescued by a man, which is shown as a fantasy – an impossibility in line with "Cinde-fucking-rella" – when in reality there are many working-class women who date clients or who climb the social ladder, using their beauty, privilege and sexual appeal to men, till they are out of the industry and transcend their beginnings. Think Marilyn Monroe or Blac Chyna.

Something I still appreciate is Vivian's refusal to be a kept woman/mistress, because she recognised that it was just another form of sex work. In a day and age where people like to separate 'whores' [women who are paid to sleep with multiple men] versus 'sugar babies' [women who financially capitalise off one man], it was refreshing to see a film that categorised them as the same. When high-powered businessman Edward [Richard Gere] told Vivian he wanted to 'Get [her] off the streets,' she clapped back, 'That's just geography.' She would still be entirely financially dependent and subservient to him, with even less freedom than if she was working as she had previously.

In our society, we are still taught to quantify love based on possessiveness, and so the romance is predicated on Vivian leaving the industry. What I would find truly radical, and would love to see, is a rom-com with a sex worker where the partner supports her work, doesn't expect her to sacrifice it for them, but recognises that work-sex is work-sex, which is different to private-life sex. Now that would be revolutionary.

GALA VANTING

"*Pretty Woman* is a naive portrayal of sex work – the reality is much more complex"

I've been working in the sex industry for more than 15 years, but managed to avoid watching *Pretty Woman* until recently. If you're a sex worker, you almost don't need to. It was the butt of many a brothel girls' room joke, and the plot is ubiquitous, referenced again and again in popular culture and in critical texts about feminism and sex work.

I suppose I also assumed that a '90s Hollywood film about sex work was unlikely to have done much research on the topic nor consulted with actual sex workers, which told me that it wouldn't do justice to the subject. Nothing about us can be any good without us. May Hollywood get the memo asap!

When I finally watched it, I came away feeling like it punched above its weight in its portrayals of sex workers. I saw Vivian as someone who was whore-identified, class-proud, and the right amount of righteous. Kit's 'We say who, we say when, we say how much' mantra feels like a sex worker battle cry.

There are absolutely elements of the story that are resonant with my own experiences, particularly when boundaries shift or are poorly negotiated, or emotional connection changes the terms of engagement, for better or worse. I've found myself in situations where the working mode doesn't quite suit both the provider and the client equally, and the power is perpetually shifting. I know how tricky it can be to determine your service and assert your worth as a novice sex worker. I also know the feeling of 'rescuing' a client from his own boringness.

But watching *Pretty Woman* for the second time, I realised that I'd given it a bit more credit than it perhaps really deserved.

The film is a naive portrayal of sex work, and one that felt like it delivered a little whorephobic jab every few minutes. It does score points for not ending in the death of the sex-working protagonist, which has historically been the common fate of sex workers on screen. But it still can't resist a nod to the dead-hooker archetype within its first few minutes – to be fair, though, that archetype is very much still with us, and will be for as long as sex-work stigma is perpetuated.

To suggest that *Pretty Woman* 'glamorises' sex work – which is a timeworn argument of anti-sex work pundits – is to shirk responsibility and to see pop culture as a 'how-to'. In much the same way that porn cannot be our only source of knowledge about sex, this film cannot be our only source of knowledge about sex work.

The danger of the *Pretty Woman* story for me is the way it collapses all sex-work experiences into a singular narrative. Back in 1990 we were starved for complex representation – and, in many ways, we still are. In the case of *Pretty Woman*, the 'saviour' narrative is perhaps the most insidious. Followed closely by the idea that a sex worker's 'no' is only observable if there's someone else in the room to hear and/or defend it, or that it can be magically turned into a 'yes' if you stalk her in a limo or confess to her your daddy issues, as Edward does.

Some of us enter the industry in rags and stay in them. Some of us find the riches, and some of us lose them. Some of us do feel at times that we want to be rescued, though not at the cost of our humanity, and others just want a dignified transition from one field of work to another where we can 'explain this gap in our résumé' without fear of being denied the job.

If we want to know the 'reality' of sex work, we need to be comfortable holding more than one truth simultaneously. Following *Pretty Woman*'s 30th birthday, I hope that media portrayals of sex work can be guided by sex workers to do exactly that.

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CULTURE

YOUR FIX OF FILM, MUSIC, ART & BOOKS

GIRL OF THE MOMENT

Jodie TURNER-SMITH

The mysterious new queen of the big screen

WATCH IT
Queen & Slim hits cinemas March 12.

Jodie Turner-Smith is not someone you quickly forget. Long-limbed, with luminous skin and a silky British accent, she is strikingly beautiful and equally charming. The 33-year-old actress moved to LA a decade ago, but despite a spate of small-screen roles and music video appearances, you probably have no idea who she is. Turns out that's no accident. "I do try my best to separate my life and my work. It's pretty intimidating to have everything you do scrutinised," she admits.

Normality is a coveted commodity in Hollywood and yet, Turner-Smith has decided to trade in her enigmatic status for the right role, and the right person. In 2018, around the same time she met her husband, *Dawson's Creek* teen heart-throb Joshua Jackson (at Usher's 40th birthday party, no less), Turner-Smith caught early production murmurs of *Queen & Slim*. "Immediately I knew it was something I wanted to be a part of," remembers the star, who, in her feature film debut, plays the titular Queen alongside Daniel Kaluuya's Slim.

Penned by Emmy Award-winning writer Lena Waithe and directed by longtime Beyoncé collaborator Melina Matsoukas, the film begins with the flash of police lights arriving in the dark behind the two African Americans driving home from an unremarkable first date. It's an uncomfortable moment that quickly escalates to a chilling crescendo. Yet, to Turner-Smith the film is, at its heart, "a beautiful love story between two black people trying to survive something really horrible".

Walking the red carpet with Jackson (with whom she's expecting a child this year) at the premier was "so surreal" for the actress, who describes herself as "just a normal person from a small town". Her biggest pinch-me moment? "When Snoop Dogg told me he loved the film." Gotta love that Snoop seal of approval.

PHOTOGRAPHY BY ERIK CARTER/*THE NEW YORK TIMES*/REDUX/HEADPRESS. TEXT BY MAEVE GALEA.

The BIGGEST AUTHOR YOU'VE NEVER HEARD OF

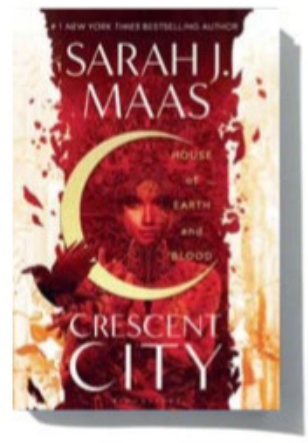
Meet Sarah J. Maas: the world's number one YA author who's sold more than nine million books in 37 languages in the male-dominated fantasy genre. Alley Pascoe sits down with *The New York Times* bestseller as she makes her adult debut with the *Crescent City* series

Sarah J. Maas is preparing to walk on stage to a crowd of 900 screaming fans in Melbourne. She's juggling her baby on her hip, eating a handful of Cadbury Creme Eggs and stressing about tripping in her heels. "I'm super awkward. I never know what to do with my hands when I go on stage. I always feel like my wave is too excited and weird," she says, candidly. "Last night I told the entire audience the thing I look forward to most every day is taking my bra off when I get home."

Maas is the Jennifer Lawrence of the writing world: quirky, relatable and bloody hardworking. The American YA author started writing at age 15 and has gone on to sell millions of books and amass a cult following. When we speak in the marble-adorned bar of the Four Seasons Hotel in Sydney, Maas is wrapping up her *Throne of Glass* tour, and farewelling the wildly successful series. "It was definitely overwhelming to see [the final book] *Kingdom of Ash* and to reflect on that girl in high school who dreamt big – and the dreams came true," she says. "In the least arrogant way possible, I felt proud of myself."

As she should. After more than 20 years in the industry, Maas, 36, is a bona fide icon. She's come a long way from her days as a quiet teenager reading fairytales and watching *Buffy the Vampire Slayer* and *The Goonies* in New York City. "I've learnt to be kinder to myself as a writer. When I was younger, I'd tell myself I sucked and I wasn't good enough," she says. "Now, I'm like, well fuck you, mean little inner critic. My first draft might be crap, but I can fix it."

"WE'RE AT A GOLDEN AGE FOR AMAZING FEMALE WRITERS"
– Sarah J. Maas



What hasn't changed is her love for the craft. "Writing is still the thing that brings me joy. There's nothing like getting super into a scene – then looking at the clock and eight hours have passed. That feeling made me want to be a writer, and I still get it."

In a genre dominated by blokes such as George R.R. Martin, Stephen King and J.R.R. Tolkien, Maas is a rare – and powerful – female voice. "I think things are changing and we're at a golden age for amazing female writers. There's still a lot of work to be done in YA fantasy, but I hope it gets to the point where we don't even have to discuss being a female writer in a sea of male writers. Girls are going to grow up with so many heroines and kick-ass writers," says Maas, who describes herself as a proud, unabashed feminist. "If I could, I would have a stamp on my forehead."

As well as being excited about the future of the fantasy genre, Maas is especially eager about her debut adult series *Crescent City: House of Earth and Blood*, an action-packed adventure full of mythology and her signature touch of romance. "The writing process didn't feel any different [to YA], apart from a few more f-bombs," admits Maas, who tries to write every single day. "I hope the readers have as much fun reading it as I did writing it. I've turned it in already, but I can't stop thinking about it and wanting to add in more scenes. When that happens, I know I am truly obsessed."

Personally, she's looking forward to some family milestones, such as seeing her son, Taran, take his first steps in their backyard and getting back into a normal eating routine. "When I'm on a deadline, I eat like a wild animal; three cups of coffee in the morning, an English muffin snack, a grapefruit and 10 chicken nuggets in the afternoon," she says with her J-Law candour. Bestselling authors, they're just like us.

Crescent City *by Sarah J. Maas (Bloomsbury, $29.99) is out now.*

PHOTOGRAPHY BY BEOWULF SHEEHAN; GETTY IMAGES.

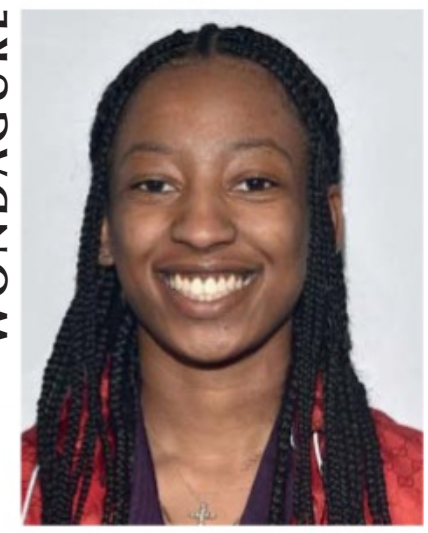
MOVE OVER, MAN!

These women are killing it in industries dominated by dudes

SAILOR MOON

The anime genre encapsulates almost 10,000 titles, and most of them feature guys. Female voices are often absent, and the genre is frequently criticised for the oversimplification, sexualisation and objectification of female characters. Thankfully there's Sailor Moon, the feminist icon of our childhood. Not only does she have an important job (protector of the universe, ICYMI) but she and her girl squad epitomise friendship goals, always supporting each other. Plus, she chose a boyfriend who puts her career before his own. If she can do it, why can't we?

WONDAGURL



Walk into any recording studio and chances are you will be walking into a room full of men. The gender ratio of male music producers to female music producers is about 47 to one, which only makes the achievements of WondaGurl (Ebony Oshunrinde) even more impressive. She got her start sending beats off to Drake and Travis Scott over social media, which, believe it or not, worked. Now she collabs with everyone from Jay-Z, Rihanna, Drake and SZA. Did we mention that she is still only 23 years old?

HEIDI MONEYMAKER

Smashing through barriers is all in a day's work for Heidi Moneymaker. Literally. As one of Hollywood's most in-demand stuntwomen, there is pretty much nothing she can't or won't do. Moneymaker, 42, has doubled for Drew Barrymore, Michelle Rodriguez and Scarlett Johansson. While men get all the credit for being tough, Moneymaker has learnt that being a stuntwoman is in some ways even more hazardous than being a stuntman. "Wardrobe for women is tighter and skimpier," she explains. "When you get slammed into walls or hit by a car, it's harder to pad up."

ELIZABETH ANN MACGREGOR

What do the Guggenheim, the Met, the Louvre and the Prado all have in common? They're all famous art museums (duh!), but they also all have male directors (ugh). The art world is notoriously and historically gender-biased, yet Elizabeth Ann Macgregor, 62, has successfully helmed the Museum of Contemporary Art Australia in Sydney for the past 20 years, turning it from a struggling museum on the verge of bankruptcy to attracting more than a million visitors annually, becoming the most visited contemporary art museum in the world. No biggie.

RECOLLECTIONS OF MY NON-EXISTENCE

by Rebecca Solnit (Granta, $34.99)

Based on her experiences living in San Francisco during the '80s, Solnit's memoir details her awakening as a feminist and writer in a world that prefers women to be silent. A powerful voice struggling against the epidemic of violence against women and the exclusion of women in cultural arenas, Solnit shares her stories in the hope that future generations of women won't suffer in the ways that she and the women she knew had to. This book is imbued with biting honesty and wisdom, so read it then give it to a woman you love.

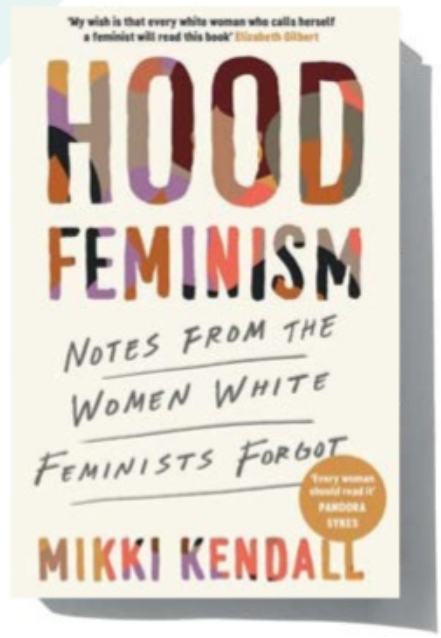
BOOK CLUB

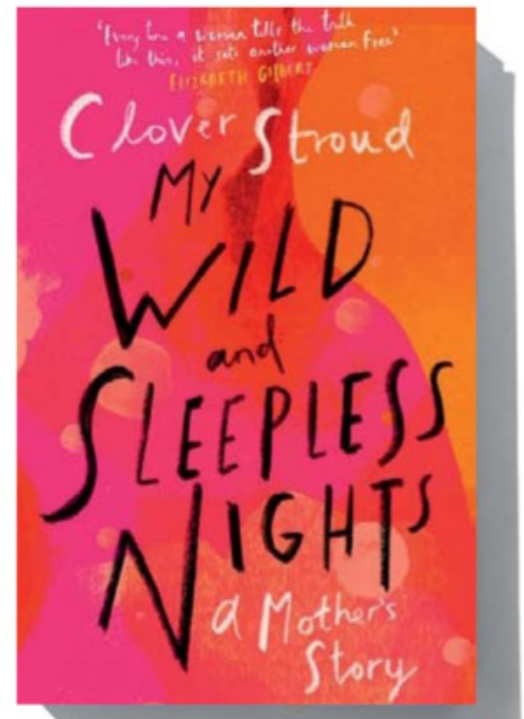
Fuel your inner feminist with these non-fiction new releases

HOOD FEMINISM

by Mikki Kendall
(Bloomsbury, $36.99)

In her book of essays, Kendall – an intersectional feminist from Chicago's South Side – confronts head-on how mainstream feminism is so often based on increasing privilege for the few. Kendall writes with patience and empathy, but her message is firm: it's time to step back and listen to those who are most marginalised not only by society, but by a movement that is meant to empower. The takeaway? Inequality exists not only between the sexes but within them, and as feminists we need to address that.





MY WILD AND SLEEPLESS NIGHTS

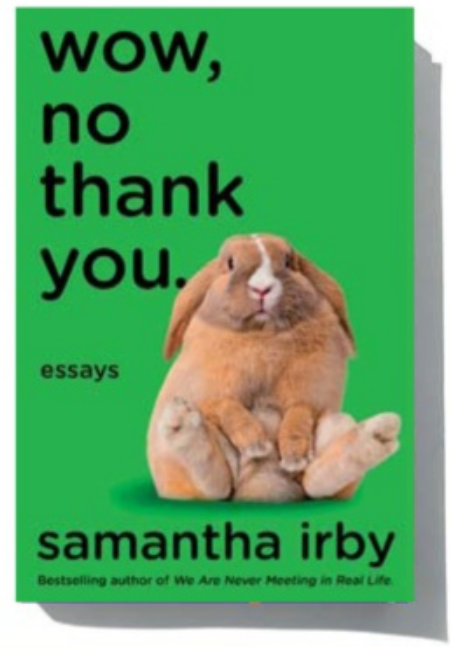
by Clover Stroud
(Transworld, $35)

Clover Stroud is a journalist and mother of five, making her perfectly qualified to pen a memoir about motherhood, female sexuality and identity. Charting the course of one year, the first in her youngest child's life, Stroud is transparent about her struggles and successes as a mother, proving once again that the more honest the writing, the more it will resonate with the reader.

WOW, NO THANK YOU

by Samantha Irby
(Allen & Unwin, $22.99)

New York Times bestselling author Samantha Irby chronicles her 40th year with expert wit and whimsy as she ditches the bad dates and boozed-up nights of her 20s and 30s for a rural existence that she aptly describes as "Girls Gone Mild". Hilarious proof that growing old and growing up is not the same thing, Irby begrudgingly embodies the trials and tribulations facing the "modern woman" in her writing.



EDITORS' CHOICE

How *marie claire* editors will be spending International Women's Day

ALLEY PASCOE
Features editor

"I celebrate women every day of the year, so on International Women's Day, I'll be having a well-earned rest and watching the new season of *Shrill* on SBS On Demand and tagging my friends in all of [comedian] Aidy Bryant's Instagram posts. God, women are amazing, funny and nice-smelling. Happy IWD to us."

MAEVE GALEA
Junior features writer

"I will be marching in the streets of Buenos Aires, yelling out *ni una menos* [Spanish for 'not one (woman) less'] followed by a lazy afternoon in the sun with a glass of champagne. As I see it, it's basically our shared birthday and we should celebrate accordingly."

NICKY BRIGER
Editor

"I'll be celebrating IWD early at *marie claire*'s International Women's Day Breakfast at the Virgin Australia Melbourne Fashion Festival [VAMFF] on March 6, chatting with our panel of powerhouse women over a coffee, or maybe a mimosa. Join us, via vamff.com.au."

KATHRYN MADDEN
Features director

"The International Women's Day March has become a bit of a *marie claire* tradition, so I'll be heading into Sydney's Hyde Park on the Saturday and showing my support for the sisterhood. On the actual day, I'll settle in at the Golden Age Cinema & Bar for a night of indie screenings by female filmmakers."

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STARS OF STEM

The world needs science, and science needs women. This month, we're celebrating the powerhouse researchers awarded a L'Oréal–UNESCO For Women in Science Fellowship. Please give a round of applause to these five trailblazers whose work may change the world

PHOTOGRAPHY BY HUGH STEWART **WORDS BY** ALLEY PASCOE AND MAEVE GALEA **STYLING BY** CHLOE BUTTENSHAW

FROM FAR LEFT Doctors Samantha Solon-Biet, Ashleigh Hood, Yvonne Anderson, Alisa Glukhova and Valerie Sung.

A WORD FROM THE HONORARY JULIE BISHOP

The former minister for foreign affairs, education and science is a passionate advocate for women in STEM

"Science has the power to transform our lives and to respond to the challenges of our times. Inventions such as the internet, wi-fi, computers, mobile phones and virtually every modern convenience has come from the work of a scientist. For example, it is scientific research that enables farmers to grow crops and raise livestock to support the world's growing population. While clean sources of energy will be unlocked [through science] so that we can eliminate the burning of fossil fuels.

For humanity to reach its full potential we need to harness the intellect and passion of our entire population, and that includes the 50 per cent that is female. Currently, women make up less than one-third of researchers globally and that means we have significant talent potential that should be tapped.

The L'Oréal-UNESCO For Women in Science program recognises and supports the achievements of female early career researchers. It is playing an important role in encouraging young women to take a greater interest in STEM subjects at school and university, and to then pursue careers in related fields. This is vital, as young women and girls are currently not opting for studies in science subjects in sufficient numbers to create the critical mass that is necessary to achieve cultural change. Parents also need to support and encourage girls who have the aptitude and interest in STEM. Mentoring networks for early career researchers also play an important role in supporting women entering the field.

We stand on the cusp of the fourth industrial revolution, and women should be at the forefront of that wave of achievement."

> "FOR CULTURAL CHANGE, IT'S VITAL YOUNG GIRLS STUDY SCIENCE"
> *– Julie Bishop*

"FUNDING MEANS A LOT TO WORKING MUMS IN SCIENCE"
– Dr Alisa Glukhova

DR ALISA GLUKHOVA

Structural biologist, Monash University

Growing up in Moscow, Dr Alisa Glukhova never doubted her ability to become a successful scientist. She had no reason to: her mother was an acclaimed geophysicist and her biggest role model. "It wasn't until I got older that I realised that there's this huge gap between men and women in STEM," reflects Glukhova, whose mum gave her some pointed advice during her studies in biochemistry at Moscow State University. "When I had a presentation, my mother would say, 'If you want to be taken seriously, you can't be looking like a woman.'" So Glukhova adopted a uniform of pants suits, ponytails and no make-up. "Even now, I still try to dress more manly in a sense; it gives me that extra confidence," she says.

Confidence is something Glukhova admits she struggles with, especially because it's difficult to describe what a structural biologist does. Researching human cells, molecular behaviour and Frizzled receptors doesn't roll off the tongue quite like "discovering a cure for cancer".

Even so, Glukhova has thrived since moving to Australia five years ago, both professionally and personally. She's one of our leading structural biologists, a newly awarded L'Oréal UNESCO For Women in Science fellow and is expecting her first child any day. Is she excited? "Of course." Is she worried? "A little. Actually, quite a bit."

Glukhova says the biggest challenge facing women in STEM occurs "somewhere mid-career, when women are at an age when they want to start having a family. Because they can't stay on [in their job] full-time, a lot of them do drop off and it's really hard to come back after that."

Luckily for Glukhova, she has a supportive husband, a retired mother excited to take on grandma duties and the L'Oréal funding to help pay for childcare. "Funding means I can come back to work, or I can spend more time in the lab, and that's very important."

DR VALERIE SUNG

Paediatrician, Murdoch Children's Research Institute

It's a harsh statistic: only 28 per cent of researchers are women. Even starker: only three per cent of scientific Nobel Prizes have been awarded to women. Yet Valerie Sung is hopeful. After all, she's spent her career surrounded by smart, successful, savvy women.

Sung, whose research focuses on understanding the best treatment for children with hearing loss, started her career in paediatrics, a specialty where there's an 80 per cent predominance of women. Now she is a researcher at the Murdoch Children's Research Institute, where women also make up the majority. She made the transition from paediatrician to researcher when she realised the impact she could have. "As a clinician, I can only help patients on an individual basis, but if you can answer a research question, you're not just helping one family but many."

Despite her own positive experiences as a "woman in science", Sung acknowledges there is work to be done in addressing the gender inequality in other scientific fields. "We need to encourage and support women to step into more senior positions because that's where the issue is." And she's not wrong. Fewer than 20 per cent of women researchers make up the most senior leadership positions. Hopefully, women like Sung can help close that gap and instead of being asked about being a "woman in science", she can be asked about being a "scientist". Full stop.

"WE NEED TO ENCOURAGE WOMEN TO STEP INTO SENIOR POSITIONS"
– Dr Valerie Sung

PREVIOUS SPREAD: JULIE BISHOP WEARS HUGO BOSS BLOUSE AND SKIRT, HUGOBOSS.COM/AU; SHOES, HER OWN; TIFFANY & CO. EARRINGS AND BRACELET, TIFFANY.COM.AU. ALISA GLUKHOVA WEARS OROTON TRENCH COAT, OROTON.COM; COUNTRY ROAD DRESS, COUNTRYROAD.COM.AU; KAILIS NECKLACE AND EARRINGS, KAILISJEWELLERY.COM.AU; GEORG JENSEN BRACELET AND RING, GEORGJENSEN.COM/EN-AU.

DR YVONNE ANDERSON

Paediatrician, University of Auckland

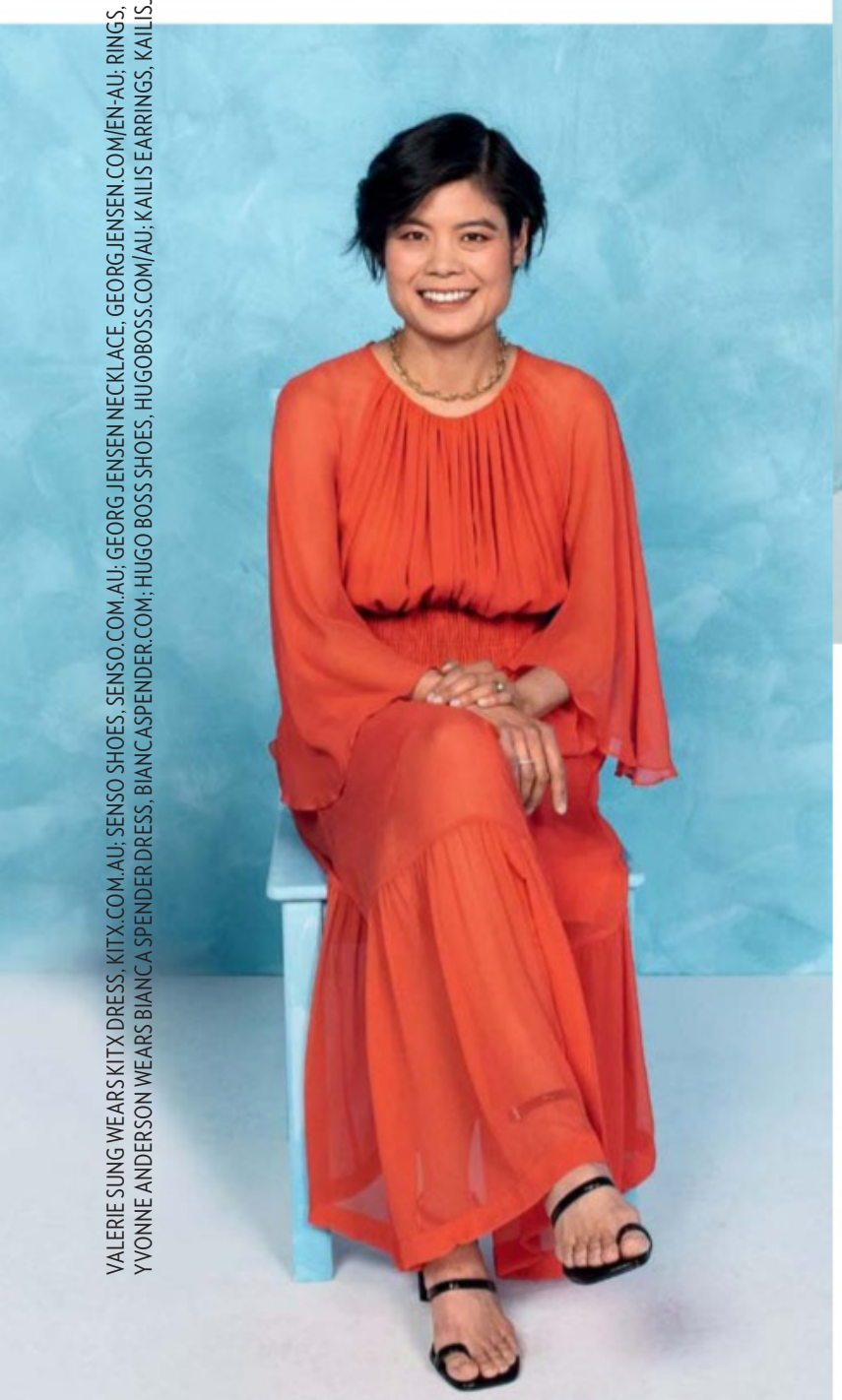
When Dr Yvonne Anderson moved back to New Zealand in 2008 after undertaking postgraduate study in the UK, she was shocked at the number of children affected by weight issues. "I knew early on in my career that I wanted to work with children and families, and seeing the over-representation of Māori and those from most-deprived households, I realised we needed a different approach to address the issue," says Anderson. So she set about founding Whānau Pakari, a multidisciplinary intervention program for children and adolescents with obesity, to tackle the fact that NZ has the second-highest child obesity prevalence in the OECD.

In the past eight years, more than 1000 kids have been referred to the program, with heartening results. "I'll always remember Hamish, aged 15, who worked really hard to make healthy lifestyle changes and is now a regional under-15 hockey representative, supporting other children on their journey through our mentoring program." Anderson, a mum of three young boys, gets a kick out of receiving emails from families celebrating successes – from family activity nights and home vegetable gardens, to triathlon medals. "I feel very privileged to be a part of their journey," she says.

Passion is what keeps Anderson, 45, going when she faces monumental challenges, including the stigma associated with obesity. "There's this assumption that people who experience weight issues are sitting on the couch eating the wrong food; that's simply not the case. The reality is more complex: people are working longer hours, have limited time and are struggling to buy healthy food."

To tackle such a complex issue, Anderson relies on her research and clinical teams of eight. "I've learnt to surround myself with exceptional people, because their enthusiasm and commitment to address inequities and stigma in this area is inspiring."

"MEN NEED TO PLAY A ROLE IN REMOVING THE BARRIERS FOR WOMEN IN SCIENCE"
– Dr Yvonne Anderson



VALERIE SUNG WEARS KITX DRESS, KITX.COM.AU; SENSO SHOES, SENSO.COM.AU; GEORG JENSEN NECKLACE, GEORGJENSEN.COM/EN-AU; RINGS, HER OWN.
YVONNE ANDERSON WEARS BIANCA SPENDER DRESS, BIANCASPENDER.COM; HUGO BOSS SHOES, HUGOBOSS.COM/AU; KAILIS EARRINGS, KAILISJEWELLERY.COM.AU.

DR ASHLEIGH HOOD

Geoscientist, The University of Melbourne

In 2018, Dr Ashleigh Hood travelled to the Northern Territory with two other female geoscientists to investigate ancient tidal sediments. They were there to answer an important question: "What was the world like 1.6 billion years ago?" Along the way, they faced questions of their own from curious locals – not about their fascinating work, but about their gender. "When people saw three women in a four-wheel drive outside of Darwin, they were generally very surprised – and sexist. They asked us if we could read a map and were amazed we hadn't got lost. When we asked to borrow a shovel, the guy said, 'Would you like a lady's shovel?'" says Hood, pondering the difference between a lady's shovel and a regular shovel.

Hood, 32, was disappointed – but not entirely surprised – by the reactions. Having studied a Bachelor of Science and completed her PhD at The University of Melbourne before doing her post-doc at Yale University in America, she admits geology is a male-dominated field, like most STEM jobs. The first step to addressing the gender inequality in science is to make women visible, says Hood, doing just that by posing for her marie claire portrait. "We need to see more women in these fields. Having a token female is no longer enough, society needs to change," adds Hood, who says the L'Oréal-UNESCO For Women in Science Awards are shining an important light on researchers.

Having been awarded a L'Oréal-UNESCO For Women in Science Fellowship worth $25,000, Hood is using the funding for a research trip to Canada later this year, getting dropped into a remote mountain range with her (female and male) team by helicopter. If she gets asked if she wants a lady's helicopter, Hood is prepared to call out the sexism. "I think the best thing would be to question the person and make them feel uncomfortable by saying, 'Oh I'm interested in why you would say that. Is it because I'm a woman?'" she says. "It's important to be direct and outspoken and have your voice heard. Don't laugh it off. Women shouldn't be afraid to call it out."

"IT'S IMPORTANT TO BE OUTSPOKEN AND HAVE YOUR VOICE HEARD"
– Dr Ashleigh Hood

ASHLEIGH HOOD WEARS BALENCIAGA BLOUSE, AT DAVIDJONES.COM; SABA PANTS, SABA.COM.AU; SENSO HEELS, SENSO.COM.AU; GEORG JENSEN EARRINGS, GEORGJENSEN.COM/EN-AU. SAMANTHA SOLON-BIET WEARS ROKSANDA DRESS, AT DAVIDJONES.COM; GEORG JENSEN EARRINGS, GEORGJENSEN.COM/EN-AU; KAILIS NECKLACE, KAILISJEWELLERY.COM.AU. HAIR AND MAKE-UP BY ALLISON BOYLE AND MICHAEL BRENNAN @ THE ARTIST GROUP.

"GOOD RESEARCH IS NEVER DONE ALONE, IT'S ALWAYS DONE IN TEAMS"
– Dr Samantha Solon-Biet

DR SAMANTHA SOLON-BIET

Nutritional biologist, The University of Sydney

When you picture a day in the life of a scientist, you'd be forgiven for imagining a lonely lab filled with Bunsen burners and latex gloves. In reality, working in the STEM fields is varied, collaborative and – at times – glamorous (take this *marie claire* photo shoot, for example). As Dr Samantha Solon-Biet explains, "The stereotype is that you're in the lab working by yourself all the time. Some days it's like that, but most of the time it's quite social."

In her role as a nutritional biologist researching maternal nutrition during pregnancy, Solon-Biet plans experiments with her team over beers, mentoring upcoming scientists and presenting her work at conferences in the Swiss Alps, as you do. "All good research is never done alone, it's always done in teams," she says.

That spirit of collaboration is something that Solon-Biet holds close to her heart. The 35-year-old mother-of-two admits that she's relied on the solidarity of the sisterhood while working in an industry dominated by men. "Women are more aware now that we need to support each other through careers in STEM, whether that means nominating each other for awards or going out for a coffee and just having a whinge and a cry about how hard it all is," she explains.

Early in her career, Solon-Biet benefited enormously from the support of a female mentor and is now paying it forward, inspiring the next generation. "Knowing that she's successful and thriving with her family where she is now is hope for me that it's possible, and it helps me to guide and mentor other women who are trying to follow the same footsteps as well." Let's hear it for the science sisterhood!

HERE & NOW

OUR PICK OF THIS MONTH'S MUST-HAVES

BRING A SHADE OF ELEGANCE

Luxaflex® Pirouette® Shadings provide softly curved, horizontal fabric vanes attached to a sheer backing for an enhanced way of controlling light and privacy. Classical and simple, delicate folds appear to float, allowing light to filter through, or be closed for privacy. Visit luxaflex.com.au

CLINICALLY TESTED

endota New Age® Peptide 8 Hyaluronic Serum rapidly reduces fine lines and relaxes wrinkles, increasing skin hydration and clarity for a more luminous complexion. Available in spa and online. Visit endota.com.au

COULD YOUR HAIR USE A DETOX?

Free your hair from unwanted impurities and product build-up to create the perfect foundation for immediate revitalisation. This shampoo forms a proprietary blend specifically designed to provide a detoxifying effect, with green tea and avocado oil to re-invigorate and revive.

EXPRESS YOURSELF, SANS WRINKLES

New Wrinkle Block blocks visible expression wrinkles up to 78% in 30 minutes, delivering a near 40% wrinkle and 76% eye bag reduction in seven days. Two powerful peptides simultaneously slow down expressions while charging skin with the energy to bounce back.

STAY ON YOUR FEET ALL DAY

The Flexure runner, created using the shoemaker's pioneering ECCO FLUIDFORM™ Direct Comfort Technology, is light, sumptuously soft and super flexible. Crafted from a range of luxuriously rich ECCO Leathers all developed in the shoemaker's own tanneries, the ECCO Flexure Runner looks and feels fabulous. Visit au.ecco.com

FASHION

SHOW STOPPER

Turn heads this month, whether draped in exuberant colour and eye-popping print, or adorned in head-to-toe white. Plus, luxury design house Sportmax celebrates half a century in style.

Marc Jacobs dress, and scarf, both POA, marcjacobs.com.

PHOTOGRAPHY BY NOÉMI OTTILIA SZABO.

Valentino dress, POA, and sandals, $1320, 02-8404 0888; Gucci earrings, $1155, gucci.com/au. **OPPOSITE PAGE** Paris Georgia top, $669, parisgeorgiastore.com; Aje earrings, $165, ajeworld.com.au; Sarah & Sebastian ring, $595, sarahandsebastian.com.

BLANK

White-on-white takes on new meaning for autumn with sculptural shapes, soft shirting and tonal texture. Think classic, with a creative twist

PHOTOGRAPHED BY CORRIE BOND **STYLED BY** CHLOE BUTTENSHAW

CANVAS

SOFT
DRY

White Story jumpsuit, $625, whitestory.com.au; Chantelle bodysuit, $69.95, at davidjones.com; Veja sneakers, $155, veja-store.com; Avenue the Label hat, $99, avenuethelabel.com.au; Louise Olsen x Alex and Trahanas earrings, $290, dinosaurdesigns.com.au. **OPPOSITE PAGE** camilla and marc dress, $650, camillaandmarc.com; Albus Lumen x Mara & Mine sandals, $430, albuslumen.com; Aje earrings, $165, ajeworld.com.au; Sarah & Sebastian bracelet, $450, sarahandsebastian.com.

Zimmermann coat, $1500, zimmermannwear.com; Veja sneakers, $155, veja-store.com; Aje earrings, $185, ajeworld.com.au. **OPPOSITE PAGE** Esse Studios jacket, $620, and pants, $400, essestudios.com.

Bottega Veneta dress, $1910, 02-9239 0188; Veronika Maine earrings, $129, veronikamaine.com.au. **OPPOSITE PAGE** Lee Mathews jacket, $599, and pants, $499, leemathews.com.au; Zimmermann tank top, $250, zimmermannwear.com; Studio Amelia sandals, $370, studioamelia.co; Sarah & Sebastian necklace, $650, sarahandsebastian.com.

woodrow

Sir the Label dress, $950, and skirt (worn as top), $500, sirthelabel.com; Aje earrings, $165, ajeworld.com.au. **OPPOSITE PAGE** Albus Lumen dress, $850, albuslumen.com; Louise Olsen x Alex and Trahanas bangle, $360, dinosaurdesigns.com.au. Hair by Kyye/Work Agency using Oribe. Make-up by Peter Beard/TAG using Kryolan Cosmetics. Model: Akiima/IMG.

Marine Serre dress, top, and leggings, all POA, from a selection at marineserre.com; Gucci shoes, $1175, gucci.com/au.

Ode to joy

Fashion lets loose with breezy silhouettes and eclectic prints – because style shouldn't take itself too seriously

PHOTOGRAPHED BY NOÉMI OTTILIA SZABO
STYLED BY MARTHA VIOLANTE

Fendi dress, $4700, fendi.com/au.
OPPOSITE PAGE Gucci top, $1150, and skirt, $2100, gucci.com/au; Selin Kent chain necklace, approx $1755, and sapphire necklace, approx $3290, selinkent.com.

Chanel blouse, $4960, skirt, $7390, hat, $2170, and belt, $5750, 1300 242 635. **OPPOSITE PAGE** Celine by Hedi Slimane dresses, $5200 (left), and POA, 02-9139 1504.

Louis Vuitton dress, $9200, au.louisvuitton.com.
OPPOSITE PAGE
Erdem dresses, both POA, erdem.com; Emme Parsons shoes, both approx $651, emmeparsons.com.

Givenchy dress, $4700, 02-8197 0420; Ariel Gordon chain necklace, approx $6215, arielgordonjewelry.com; ManiaMania pendant necklace, approx $3401, themaniamania.com; Celine long necklace, $2300, 02-9139 1504. **OPPOSITE PAGE** Marc Jacobs dress and scarf, both POA, marcjacobs.com. Hair by Tommy Buckett. Make-up by Yui Ishibashi. Manicures by Yukie Miyakawa. Models: Vaughan Ollier/APM; Yao Shiau/Wilhelmina New York.

Half a century in the business of fashion is no mean feat for any brand, let alone one that remains family owned and run. This year, Sportmax honours its milestone with a nod to the past and gaze firmly fixed on the future.
By Bree McDonald

Celebrating 50 YEARS *of Sportmax*

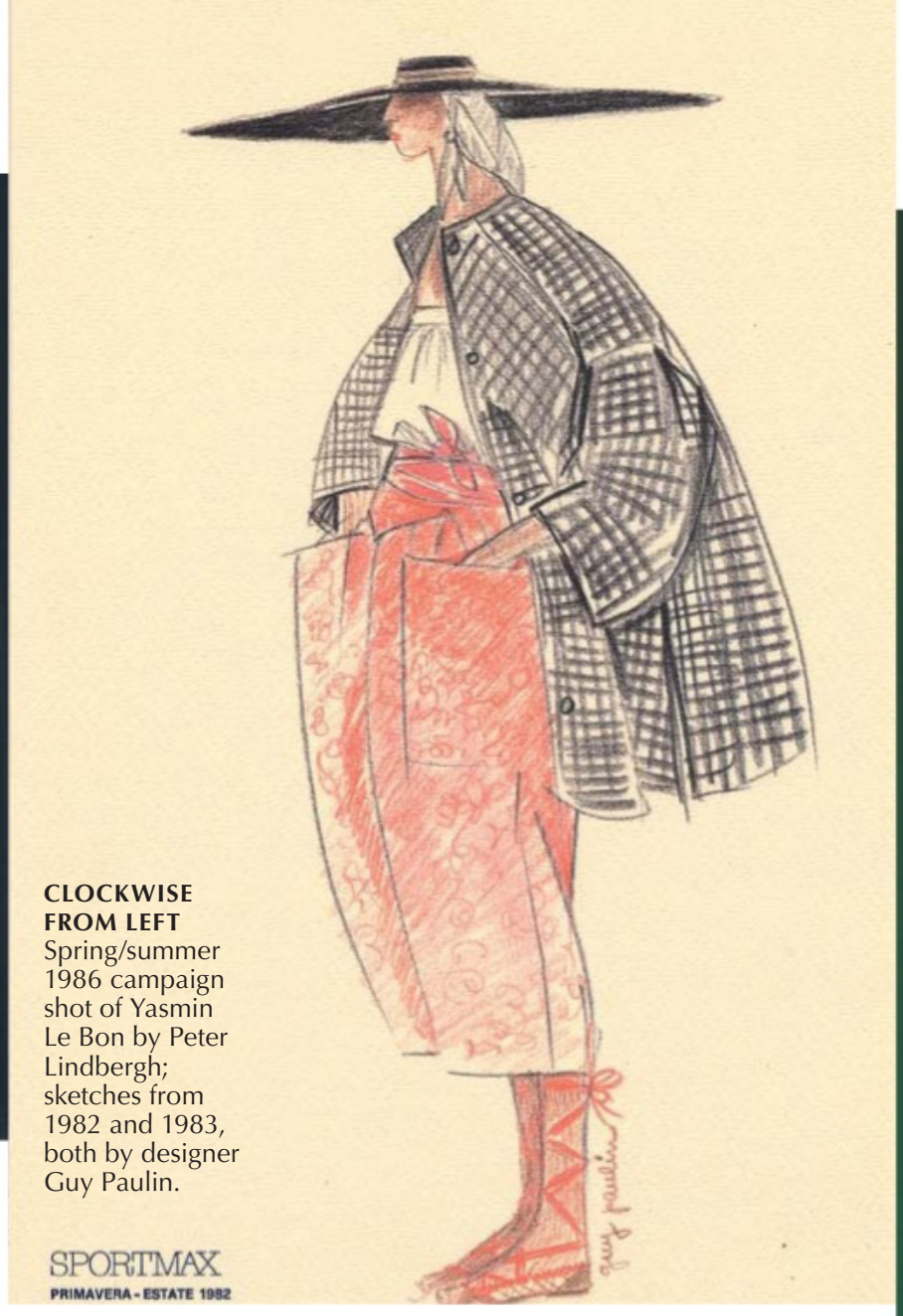
When Italy's fashion maverick Achille Maramotti launched Sportmax back in 1969, it was meant to be the experimental arm of his powerhouse Max Mara Fashion Group. Inspired by the social revolutions of the time, specifically the mood in "Swinging London", he created the brand to reflect changing attitudes, while retaining his renowned up-market made-in-Italy quality. In doing so, Maramotti launched a collection of modern garments to be purchased separately, then mixed and matched to fit women's shifting disposition.

Fast forward 50 years and now it is Maramotti's granddaughter, Maria Giulia Prezioso Maramotti, who is presiding over Sportmax's anniversary celebrations in London – dressed head to toe in a striking crimson suit, martini in hand. "Sportmax ... is full of contradictions – like my suit. It's a classic with a twist." She is quick to mention that this ideology is still very much present today. "Of course, we have had to adapt to changing times, but the values my grandfather instilled have transferred generationally. Even people new to the company seem to breathe the legacy, just as those who have been with us for decades." According to Prezioso Maramotti, a surprising number of the Sportmax employees have been with the brand for "30, 40 or more years – this is not unusual in our company".

It's clear Maramotti laid solid, inspired foundations for the business, but it's the brand's evolution that has captured the imagination of fashion historians and documented in a new book *Sportmax*, produced to celebrate the 50-year milestone. As fashion writer Luke Leitch notes in the tome, "[the brand] was later defined by a changing chorus of creative talents".

Forgoing headlining individuals, Sportmax has always relied on creative collaboration. Gifted designers such as Nanni Strada, Jean-Charles de Castelbajac and Guy Paulin have contributed their own unique vision to the brand, always with the support of the greater in-house design team. A heartwarming example is Laura Lusuardi, who joined Max Mara in 1964 as an office assistant, and merely five years later went on to head up design at the label. During her tenure, Lusuardi created some of their most treasured archive sketches and brand-defining silhouettes. The baton

CLOCKWISE FROM TOP Two illustrations by former Max Mara head designer Laura Lusuardi; Sportmax fashion director Grazia Malagoli at the house's 50th Anniversary event in London last December; a look from the Sportmax capsule collection celebrating the anniversary; and Maria Giulia Prezioso Maramotti (left) with model Erin O'Connor at the anniversary event.



CLOCKWISE FROM LEFT Spring/summer 1986 campaign shot of Yasmin Le Bon by Peter Lindbergh; sketches from 1982 and 1983, both by designer Guy Paulin.

was then passed to Grazia Malagoli in 1983, and she remains Sportmax's inimitable fashion director to this day. When asked about the significance of this long tenure, Prezioso Maramotti remarks that despite Malagoli being with the company for so many years, this is the first time they have stopped to celebrate.

Alongside a limited-edition capsule collection, the Assouline-published coffee-table book aims to recognise these achievements. From its striking cover art, shot by esteemed fashion photographer David Sims, the choice reflects the publication's purpose of capturing the brand's dynamism. "Together, the brand and I found this image to be a perfect amalgamation of the Sportmax codes – street, sport, fashion and timelessness – *voila*," said Olivier Saillard, curator, director and editor of the book. "It is a proud choice."

Collaboration with noted photographers has always been a signature aspect of the brand's heritage. Throughout the 1970s, Sarah Moon and Hans Feurer set the tone for the decade, before iconic fashion photographer Peter Lindbergh immortalised the then-unknown model Yasmin Le Bon in the '80s with his imagery for the label. The legacy continues today, with the likes of Harley Weir and Jamie Hawkesworth cementing the brand firmly in the 21st century.

While researching the brand's remarkable history, Saillard discovered the immense breadth of the Sportmax archive - which he believes is one of the finest in Italy. "Sportmax, from the beginning, would ask the lead designer to sketch and sketch and sketch, and they kept all of these," he says. "I actually discovered Guy Paulin made some cheeky erotic imagery and they even kept them. I love this idea to keep everything, no matter what." So significant is this archive, he points out, the Musée de la Mode de la Ville de Paris has not one single design by Guy Paulin and yet Sportmax has everything he created during his time with the company. Saillard says he hopes the

"THIS BOOK IS SOMETHING FOR THE WHOLE SPORTMAX FAMILY TO TREASURE. IT BELONGS TO EVERYONE"
– Prezioso Maramotti

PHOTOGRAPHY BY GETTY IMAGES. SKETCHES BY LAURA LUSUARDI; GUY PAULIN.

“IT’S IMPORTANT TO THINK ABOUT THE NEW GENERATION WHO WANT TO LEARN SOMETHING. THEY COULD ALL LEARN SOMETHING FROM SPORTMAX”
– Olivier Saillard

BELOW
The Sportmax book cover celebrating 50 years of the brand.

book will inspire and become a reference for fashion students into the future. “It’s important to think about the new generation who want to learn something. And they could all learn something from Sportmax.”

In fashion, brand history is a currency unto its own and to draw on it can be an incredibly abundant source. Notes from the past can propel a collection forward and it’s this thinking that fashion director Grazia Malagoli enlisted for the anniversary capsule. The iconic 15-piece collection is composed of three vibrant hues: deep red, emerald green and ultramarine blue. It’s precisely this palette that ensures the capsule’s most significant homage to heritage comes to life. The reprisal of a striking feature stitch from the ’70s illuminates details and overlocks dramatic silhouettes throughout. Coats, dresses and jackets are all built to be worn together or interchange, ideal for a modern woman’s wardrobe, just as Maramotti set out to accomplish back in 1969.

It is obvious that owning a piece or two from this special collection would ensure an investment in modern fashion history: clothes that stand the test of time, something to be shared and passed on between generations. Whatever you decide to do, make like a Maramotti and keep it in the family.

GLOW *to* SLEEP

NEW

Noni Night AHA Resurfacing Serum

A powerful certified organic night treatment serum that uses AHAs, BHA and ferments to help resurface you skin, for a smoother and more radiant complexion.

PROVEN RESULTS

91% noticed pores appeared smaller*

91% noticed the appearance of dark spots & hyperpigmentation were minimized*

91% noticed a more youthful appearance*

*Based on a study of 53 consumers, ages 25-55 using the Noni Night AHA Resurfacing Serum nightly over a 4 week period.

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ACCESSORIES SPECIAL

The devil's in the detail, and our new-season edit of bags, belts, shoes and jewels will give your autumn wardrobe an instant injection of cool

Aje **SHIRT**, $255, and **JEANS**, $295, ajeworld.com.au; H&M **HEELS**, $119, 1800 828 002; The Way **EARRINGS**, $9.99, theway.com.au; Jaggar The Label **BAGS**, $129.95 each, at fashionbunker.com.

PHOTOGRAPHY BY MASON STEVENSON.

As the temperature drops, fanciful accents and on-trend accessories put the fun in fashion

10 ideas

Zara **BLAZER**, $139, **BLOUSE**, $69.95, and **LEGGINGS**, $49.95, zara.com/au; Reliquia **HEADBAND**, $130, and **EARRINGS**, $129, reliquiajewellery.com.

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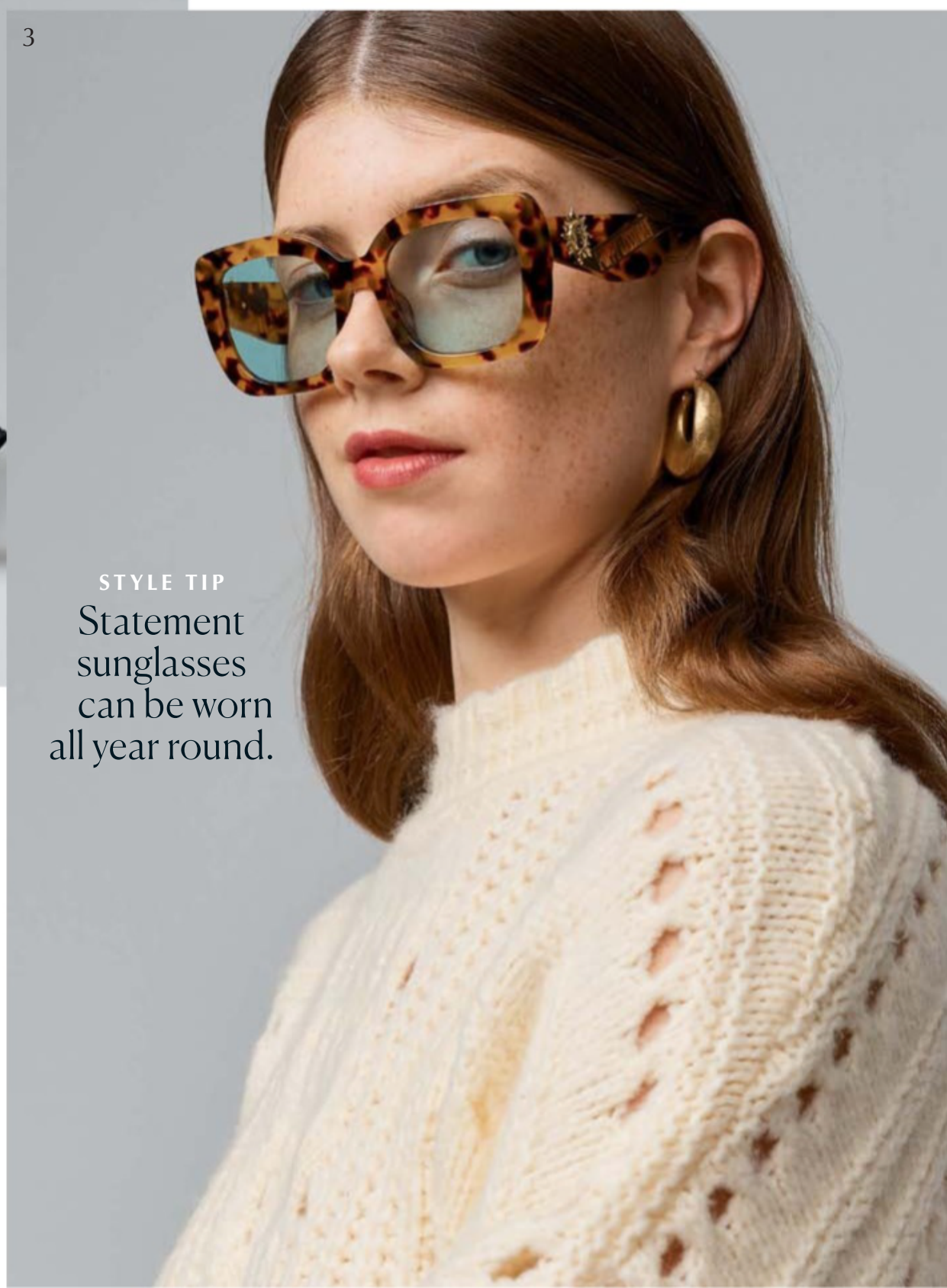


STYLE TIP

Statement sunglasses can be worn all year round.

1 Saba **KNIT**, $299, saba.com.au; H&M **SKIRT**, $59.99, and **HAT**, $24.99, 1800 828 002; Wittner **BOOTS**, $340, wittner.com.au; Reliquia **EARRINGS**, $159, reliquiajewellery.com; vintage **CORSAGE**, approx $45, from a selection at Zoo Emporium, 02-9380 5990; Boden **BAG** (top), $160, bodenclothing.com.au; Polo Ralph Lauren **BAG** (bottom), $499, 02-9410 2038. **2** Zara **TOP**, $59.95, zara.com/au; Polo Ralph Lauren **SKIRT**, $349, 02-9410 2038; Pixies Bows **HEADBAND**, $75, pixiespix.com.au; Billini **BELT-BAG**, $69.95, billini.com. **3** ASOS **KNIT**, $80, asos.com/au; Poppy Lissiman **SUNGLASSES**, $145, poppylissiman.com; Reliquia **EARRINGS**, $159, reliquiajewellery.com.

1

2

3

1 Bec & Bridge **TOP**, $150, and **SKIRT**, $180, becandbridge.com.au; Rolla's long-sleeved **KNIT**, $99.95, rollas.com.au; Sol Sana **BOOTS**, $239, sol-sana.com.au; Reliquia **BOW CLIP**, $49, and **EARRINGS**, $159, reliquiajewellery.com; Oroton **BAG**, $299, oroton.com; Levante **STOCKINGS**, $16.95, at myer.com.au.
2 ASOS **BOILERSUIT**, $100, asos.com/au; H&M **HAT**, $24.99, and **SCARF**, $29.99, 1800 828 002; The Way **EARRINGS**, $9.99, theway.com.au; Seed Heritage **BELT**, $49.95, seedheritage.com.
3 H&M **TOP**, $89.99, 1800 828 002; Mimco **EARRINGS**, $79.95, mimco.com.au; **WATCHES** (from top to bottom) Michael Kors, $259, at myer.com.au; Fossil, $179, fossil.com; Mimco, $229, mimco.com.au; Michael Kors, $379, at myer.com.au; Swarovski, $499, swarovski.com; Sans Beast **BAG**, $149, sansbeast.com.

H&M **TOP**, $59.99, 1800 828 002; Uniqlo x JW Anderson **SKIRT**, $59.90, uniqlo.com/au; Mimco **NECKLACE**, $169, and **CUFF**, $99.95, mimco.com.au; Charles & Keith **BAG**, $83, charleskeith.com/au.

Marimekko **TOP**, $115, marimekko.com; Zara **SHORTS**, $49.95, zara.com/au; ASOS **BERET**, $20, asos.com/au; Oroton **EARRINGS**, $89.95, oroton.com; Witchery **SCARF**, $59.95, witchery.com.au.

PHOTOGRAPHY BY MASON STEVENSON/ARTBOX BLACK. STYLED BY MONICA RUSSELL. HAIR AND MAKE-UP BY TENEILLE SORGIOVANNI/LION ARTIST MANAGEMENT USING MARC JACOBS BEAUTY. BEAUTY ASSISTANT: JODIE DAY. MODEL: JESSICA BURLEY/VIVIEN'S.

1

STYLE TIP

Add a hint of print with a fierce bag.

2

3

1 Aje **SHIRT**, $255, and **JEANS**, $295, ajeworld.com.au; The Way **EARRINGS**, $9.99, theway.com.au; Jaggar The Label **BAGS**, $129.95 each, at fashionbunker.com. **2** Hansen & Gretel **COAT**, $459, and **HAT**, $119, hansenandgretel.com; Polo Ralph Lauren **KNIT**, $199, 02-9410 2038; Neuw Denim **JEANS**, $179.95, neuwdenim.com; Brie Leon **EARRINGS**, $99, brieleon.com; Poppy Lissiman (floral) **TOTE**, $190, poppylissiman.com; Pretty Little Thing (white) **BAG**, $45, prettylittlething.com.au. **3** Veronika Maine **BLOUSE**, $269, veronikamaine.com.au; Reliquia **HAIR CLIP**, $40, reliquiajewellery.com; Kate Spade New York **GLASSES**, $260, 02-9540 0500; Alix Yang **EARRINGS**, $129, alixyang.com.

CLOCKWISE FROM TOP LEFT Charles & Keith, $89, charleskeith.com/au; Brie Leon, $199, brieleon.com; The Daily Edited, $249.95, thedailyedited.com.

THE HOT LIST

Accessorise and shine! These new-season pieces can be the stars of the show in their own right

BAGGING RIGHTS

Whether textured or tonal, sleek or petite, these crossbodies, clutches and cases are pieces to have and to hold.

1 Oroton, $499, oroton.com. **2** Coach, $550, coachaustralia.com. **3** Ted Baker, $539, tedbaker.com/au. **4** Jaggar The Label, $199.95, at fashionbunker.com. **5** Charles & Keith, $79, charleskeith.com/au.

6 Oroton, $299, oroton.com. **7** Marimekko, $350, marimekko.com. **8** Studio Amelia, $595, studioamelia.co. **9** Roxy Jacenko Accessories, $50, pixiespix.com.au. **10** Izoa, $159, at theiconic.com.au. **11** Billini, $79.95, billini.com.

12 Country Road, $99.95, countryroad.com.au. **13** Respiro, $689, at valetstudio.com. **14** Oroton, $329, oroton.com. **15** Ted Baker, $269, tedbaker.com/au. **16** Tod's, $2685, tods.com.

17 Bally, $970, bally.com.au. **18** Brie Leon, $199, brieleon.com. **19** Charles & Keith, $96, charleskeith.com/au. **20** The Way, $59.99, theway.com.au. **21** Dlyp, $469, dlypstudios.com/au.

22 Brie Leon, $99, brieleon.com. **23** TK Maxx, $49.95, tkmaxx.com.au. **24** Sparrows Weave, $922, at matchesfashion.com. **25** Kate Spade, $649, katespade.com.au.

BOOTS AND ALL

If the shoe fits, wear it – and luckily this season serves up fierce footwear for every style tribe.

COMBAT

Dr Martens, $259.99, drmartens.com.au

Nasty Gal, $82, nastygal.com/au

Grenson, approx $451, at net-a-porter.com

Sol Sana, $259, sol-sana.com.au

CRISTIANO BURANI S/S 2020

KNEE-HIGH

Merchant 1948, $349, merchant1948.com.au

Mi Piaci, $480, mipiaci.com.au

Edward Meller, $455, edwardmeller.com.au

CELINE S/S 2020

Beau Coops, $525, beaucoops.com

Sol Sana, $389, sol-sana.com.au

WHITE

Jaggar The Label, $279.95, at fashionbunker.com

Mi Piaci, $320, mipiaci.com.au

Wittner, $260, wittner.com.au

A.W.A.K.E. MODE S/S 2020

Senso, $285, senso.com.au

COWBOY

HAIDER ACKERMANN S/S 2020

Marks & Spencer, $109, marksandspencer.com/au

Mi Piaci, $320, mipiaci.com.au

Senso, $265, senso.com.au

Senso, $295, senso.com.au

Vintage Stanley Hagler, $450, at harlequinmarket.com

Christie Nicolaides, $239, christienicolaides.com.au

Chanel, $1550, 1300 242 635

Lovisa, $17.99, lovisa.com

Zoo Emporium, $45, 02-9380 5990

Christie Nicolaides, $269, christienicolaides.com.au

BROOCH APPROACH

Statement corsages and fabulous florals – pinned to the lapel – instantly elevate any ensemble.

Philippa Craddock, $355, at matchesfashion.com

Lovisa, $16.99, lovisa.com

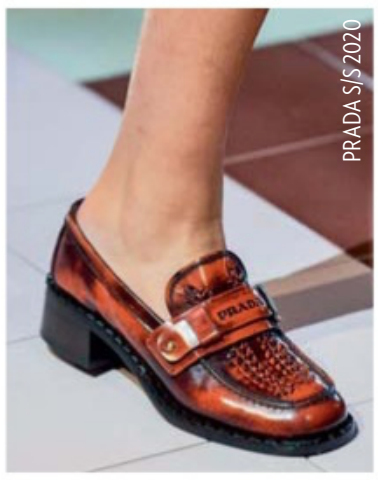
Zoo Emporium, $50, 02-9380 5990

Vintage Stanley Hagler, $450, at harlequinmarket.com

ON THE DOWN LOW

Style and comfort collide via mid-heels in striking shapes and on-trend hues.

BRASS BUCKLES



FROM LEFT Bally, $970, bally.com.au; Beau Coops, $399, beaucoops.com; Mimco, $229, mimco.com.au; Atmos & Here, $109.99, at theiconic.com.au.

BLUE & STRAPPY

FROM LEFT Glassons, $59.99, glassons.com; Wittner, $220, wittner.com.au; Mara & Mine, $425, maraandmine.com; Steve Madden, $119.95, stevemadden.com.au.

ANIMAL PRINT

FROM LEFT Charles & Keith, $129, charleskeith.com/au; Senso, $199, senso.com.au; Sol Sana, $199.95, sol-sana.com.au; Glassons, $59.99, glassons.com.

COOL MULES

FROM LEFT Charles & Keith, $89, charleskeith.com/au; Wittner, $185, wittner.com.au; Jaggar The Label, $189.95, at fashionbunker.com; Senso, $199, senso.com.au.

TO THE POINT

FROM LEFT Charles & Keith, $79, charleskeith.com/au; Atmos & Here, $129.99, at theiconic.com.au; Iris & Ink, $222, at theoutnet.com; Wittner, $160, wittner.com.au.

FROM TOP Seed Heritage, $179.95, seedheritage.com; Wittner, $185, wittner.com.au; LMS, $220, lmsthebrand.com.

Swarovski gold, and silver, $149 each, swarovski.com

H&M, $14.99, 1800 828 002

MIXED METALS

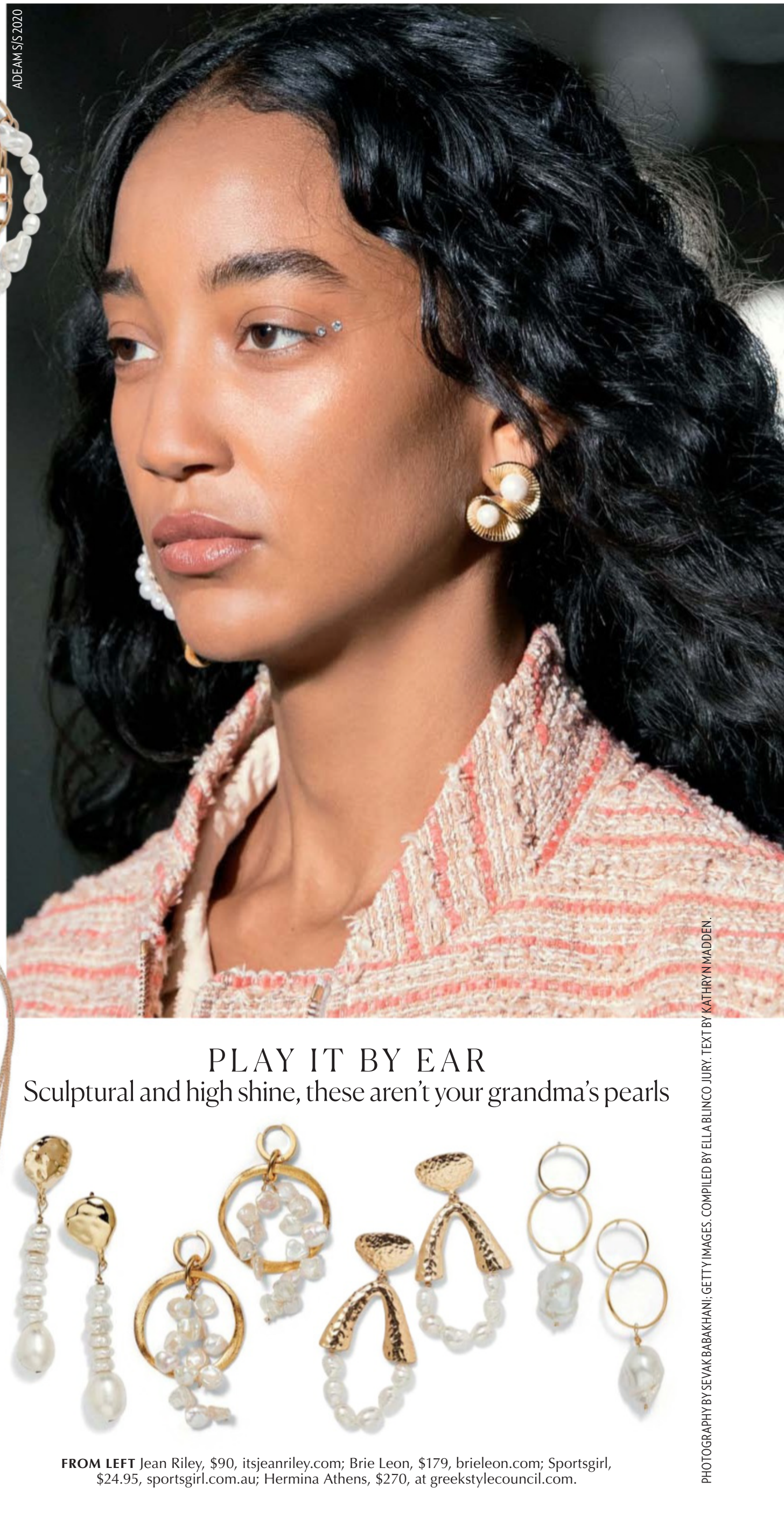
Pairing gold and silver is not just allowed, but encouraged

ALEXANDER MCQUEEN S/S 2020

Seed Heritage, $24.95, seedheritage.com

The Way, $19.99, theway.com.au

Sportsgirl, $16.95, sportsgirl. com.au



ADEAM S/S 2020

PLAY IT BY EAR

Sculptural and high shine, these aren't your grandma's pearls

FROM LEFT Jean Riley, $90, itsjeanriley.com; Brie Leon, $179, brieleon.com; Sportsgirl, $24.95, sportsgirl.com.au; Hermina Athens, $270, at greekstylecouncil.com.

PHOTOGRAPHY BY SEVAK BABAKHANI; GETTY IMAGES. COMPILED BY ELLA BLINCO JURY. TEXT BY KATHRYN MADDEN.

PANDORA

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Pandora.net

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beautycrew.com.au

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*BEAUTYcrew is Australia's number one dedicated online beauty destination, as rated by Nielsen within the apparel and beauty category. Source: Nielsen Market Intelligence (Domestic), Average Daily Unique Browsers, as at 28/8/2019.

PHOTOGRAPHY BY EDWARD URRUTIA. STYLING AND TEXT BY SALLY HUNWICK.

CLEAN HYDRATION

We often overlook hydration for the latest buzz ingredient, but a good dose of moisture is your fast route to skin plumpness and radiance. These clean and natural nourishers will not only give you round-the-clock hydration, they will help even out pigmentation, reverse environmental damage and up your glow factor.

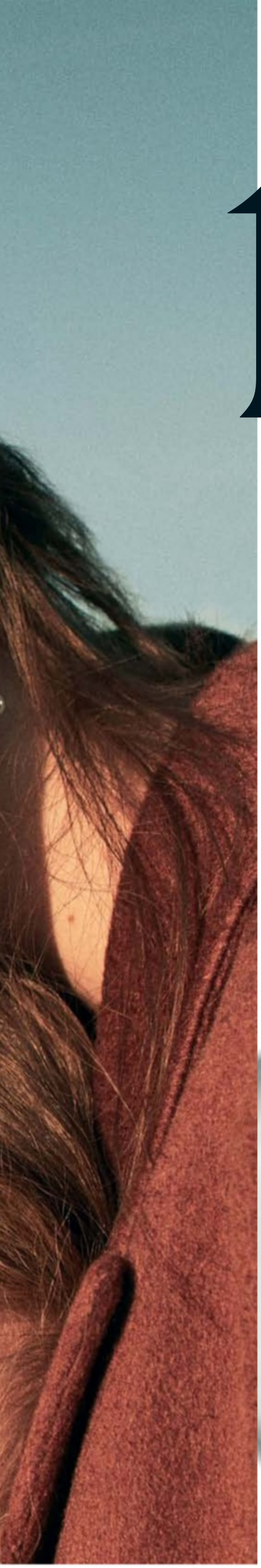
CLOCKWISE FROM TOP LEFT, KIEHL'S Calendula Serum-Infused Water Cream, $69; **ERE PEREZ** Australian Blue Cypress Face Nectar, $38; **ENDOTA** Peptide 8 Hyaluronic Serum, $180; **RARE BY LIVKIN** Glacial Glow Glacial Clay, $129; **INDIE LEE** Overnight Facial Oil, $114; **BIOSSANCE** Squalane + Vitamin C Rose Oil, $112.

HOT HAIR

Beauty director Sally Hunwick asks the experts how to get hair looking its shiny best.

GOALS

Plus, our faves in vegan hair services and products



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THE BIG FADE

Hair is more prone to dryness and breakage during the warmer months due to higher UV radiation. "The melanin inside your hair cortex absorbs the UV radiation from the sun, which can break down the melanin in the cortex," says Rob Smith, senior principal scientist at Dyson Hair Science Research. This breakdown process is known as photobleaching, and it could be the reason you're experiencing colour fade. "It does help reduce the amount of UV that gets to the scalp [but] it has a host of knock-on effects, including hair becoming more susceptible to breakage," explains Smith.

HOT TIP
PROTECT YOUR STRANDS FROM HEAT AND SUN WITH A SHIELDING SPRAY.

SISLEY Hair Rituel by Sisley Protective Hair Fluid, $120 (1); **L'ORÉAL PROFESSIONNEL** Serie Expert Color 10 In 1 Perfecting Multipurpose Spray, $31 (2).

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AVOID THE FLOP

High humidity often means strands go limp, fast. "More moisture in the atmosphere can lead to frizzier hair and shorter style retention," says Smith. "Hair is more malleable during warm weather, which can make blow-drying and straightening increasingly difficult."

DO THIS
IMPROVE MANAGEABILITY WITH A HUMIDITY PROTECTOR.

REDKEN One United All-In-One Multi-Benefit Treatment, $43 (3)

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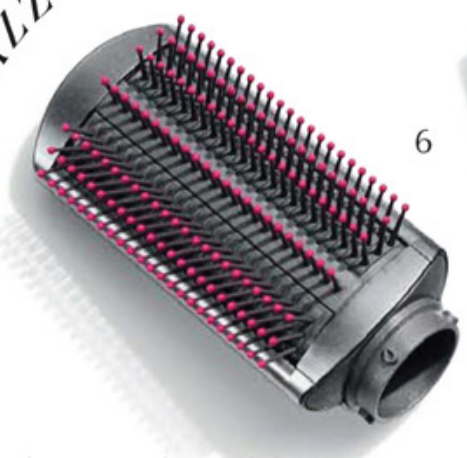
GET A PROFESSIONAL TREATMENT

Say yes to that hair treatment at the basin during your next colour appointment. It will give hair a much-needed moisture boost. "These [treatments] are designed to combat damaged or dry hair and return your locks to their most healthy state," says Ian Michael Black, global artistic director at Aveda Hair Color. Book in the Aveda Botanical Therapy, $60-$100. "It's a penetrating in-salon treatment that works deep inside the structure of the hair to improve strength and moisture," explains Aveda educator Darren Summors. His tip: "An in-salon treatment tends to give longer-lasting results than a mask treatment, which sits on the surface of the hair and only lasts through one shampoo."

5

TRY: PUREOLOGY Hydrate Superfood Treatment, $51.95 (4), for lush, nourished hair in just one session, thanks to avocado and coconut oils; and **SCHWARZKOPF** BlondeMe Tone Enhancing Bonding Mask, $31.95 (5), to detangle hair, and strengthen and repair hair bonds in lightened hair.

KEEP FRIZZ AT BAY



Anthony Nader, celebrity stylist and owner of RAW salon in Sydney, tells us how to prevent frizz and flyaways:

COOL RINSE "Rinse strands in the coolest temp you can stand for 20–30 seconds. The cool temp closes your hair cuticles, making your strands shiny and less fluffy."

BLOT "Blotting your hair dry is ideal, [as opposed] to rubbing your strands," explains Nader. "Rubbing agitates the hair cuticle, which makes it appear more brittle and dull."

LOWER THE TEMP Keep your hot tool on a lower heat setting, and add a cool shot at the end to set your style and add shine.

DYSON Airwrap, $799 (6)

6

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HOT TIP CONDITION WITHOUT SHAMPOOING. "SPRAY WITH WATER DILUTED WITH A LITTLE CONDITIONER TO REFRESH HAIR AND HELP TAME ANY CRAZY STYLES FORMED OVERNIGHT"
– Dr Tim Moore, chief technology officer at ghd

CUT BACK ON WASHING

You might have heard beauty experts recommend cutting back on how often you wash your hair. Here's why Dr Tim Moore, chief technology officer at ghd, says we should cut down on shampoo sessions.

WET HAIR IS WEAKER
"Hair is weak when wet, so reducing your exposure to water and also towel drying will help prevent any breakage."

YOU'LL LOSE DEFINITION
"Washing removes natural oils, which protect your hair and help combat frizz. Plus, if you have curly tresses, those natural oils will help create more defined curls."

AVEDA Rinseless Refresh Micellar Hair & Scalp Refresher, $32 (7)

7

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GET INTO SCALP MASSAGE

"Massaging your scalp daily for 10 minutes has an incredible effect on the hair," says Moore. "It will relieve tension and also increase the blood flow for thicker, healthier and longer hair." We round up three scalp treatments for every scalp type.

SUPER GENTLE Kristin Ess Scalp Detoxifying Bubble Mask, $24.99 (8). Cooling, exfoliating and fun, this pre-shampoo scalp mask boosts moisture levels and reduces flaking without scrubbing.

GENTLE Oribe Serene Scalp Exfoliating Scrub, $82 (9). Physical beads and chemical exfoliants (think AHAs and fruit extracts) blend together in this gentle scrub to get rid of dirt, oil and flaky build-up. It also cleanses hair as you go. Win-win.

DEEP Ouai Scalp & Body Scrub, $63 (10). Perfect for a once-a-week scalp detox, this sugar-based scrub buffs away any build-up and leaves hair and skin smelling heavenly.

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HOT TIP TIE HAIR UP BEFORE BED TO PREVENT BREAKAGE. "IT'S LIKE A ROPE – ONE FIBRE IN A ROPE IS WEAK, BUT BUNDLE THEM TOGETHER AND YOU CAN PULL A SHIP" – *Tim Moore*

DON'T OVER-BRUSH

That myth about brushing your hair 100 times a day has been discredited by experts. "Over-brushing can damage your scalp and hair cuticles," says Moore, who suggests investing in a paddle brush. "It's the gentlest form of brush." For wet hair, "Don't brush it," advises Moore. "It may tear your water-weakened locks and cause instant breakage." Instead, he suggests using a wide-spaced comb. "And go slowly to minimise any possible damage."

GHD Detangling Comb, $25 (11)

8

STYLE IT DRY

Dry styling with texture sprays adds a relaxed vibe and longevity to just about any hair type. Here are two vegan-friendly options to invest in.

KEVIN.MURPHY Young.Again Dry Conditioner, $42.95 (12). Add a day or two to your hairstyle while adding softness and manageability to strands.

BONDI BOOST Sea Salt Spray, $29.95 (13). Increase volume and add a cool matt finish with a few sprays at the roots.

"WE ARE SEEING A MAJOR INCREASE IN PLANT-BASED, FREE-OF-ANIMAL-TESTING AND NO ANIMAL-DERIVED VEGAN HAIR DYES"

– Simon Bright, ambassador for Faction8 vegan hair colour by Pulp Riot

9

VEGAN COLOUR

If you want to cut back on chemicals, more salons are offering vegan colour services. "A lot of vegan hair dyes are made up of plant ingredients such as rice protein, quinoa extracts, and seed and nut oils, to help replace harsh chemicals such as ammonias, parabens and resorcinol," says celebrity colourist Simon Bright. "Natural plant-based ingredients nourish and protect hair and are gentle on the scalp while still being 100 per cent effective," adds Bright, who runs vegan hair salon Jonny + June in Sydney and is an ambassador for in-salon vegan colour Faction8 by Pulp Riot.

10

TAKE THESE HOME

Vegan products for all hair types

FOR BLONDES: JONNY + JUNE Original Purple Shampoo, $29.95

FOR SILKY HAIR: AVEDA Cherry Almond Softening Shampoo, and Softening Conditioner, $27 each

FOR HEAT: PROTECTION OLAPLEX No.7 Bonding Oil, $49.95

FOR CURLS: DAVROE Curl Crème Definer, $24.95

PHOTOGRAPHY BY KATHRIN MAKOWSKI/BLAUBLUT EDITION/RAVEN & SNOW; EDWARD URRUTIA.

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Your make-up

QUESTIONS ANSWERED

Keen for a beauty update? Beauty director Sally Hunwick asks three industry experts our burning questions about cosmetics, including what we should (and shouldn't) be doing to put our best face forward

My favourite makeovers are actually make-unders," says Trinny Woodall, TV personality and founder of Trinny London make-up. "Whether you are a teenage woman who has grown up and wants to do something different, or you're in your 40s and 50s and have done the same thing for a long time, it's easy to learn new make-up tricks and you don't have to be expert."

In terms of what you should do, Woodall says start with cream-based products to achieve perfected natural-looking skin. Not only do they blend well, they won't crease or settle into fine lines or pores. It's the reason Woodall has focused her cosmetics brand on cream-based make-up.

Ross Andrewartha, director of artistry at YSL Beauty and Giorgio Armani Beauty, agrees. "Give me dewy skin any day," says Andrewartha, who is well known for the luminous skin he creates on personalities such as Rebecca Judd and Brooke Hogan. "Working with cream products gives a more youthful appearance to the skin and can be used for all skins types. Powders can be harder to work with as we age."

But there are some things we should never do. An example? Eyeliner on the bottom lashes, says Alphie Sadsad, Sephora Australia's national artistry lead. "It's not flattering," he explains.

We asked for the hard truths in regards to your most asked make-up questions. Consider yourself schooled.

Q HOW CAN IT LOOK NATURAL?

A Cream-based make-up is near foolproof, says Woodall. "Cream-based products really help you blend make-up."

TRINNY LONDON cream-based stackable make-up pots. **FROM TOP,** Miracle Blur Lip and Line Filler, $48; Lip2Cheek in LadyJ and Pia, $46 each; BFF Eye Serum Concealer in Victoria, $48; Eye2Eye Eyeshadow in Fortune, $34.

GUCCI Rouge à Lèvres Satin Lipstick in Vantine Fuchsia (left) and Agatha Orange, $57 each

Q SHOULD WE BE USING A LIPLINER?

A Yes, and no. "We're seeing lipliner on all the runways now," says Andrewartha. The reason he's leaning in? "Lipliner can add staying power to a sheer lipstick or gloss. It's also your best friend when wearing a bold lipstick, as you can sharpen the edges easily," he says. Just be sure to fill in your lips, rather than leave an outline. "Lipliner can close in your lips and make them look hard," warns Woodall. She recommends using a lipstick applied with a lip brush for a softer finish.

Q HOW MUCH SHOULD WE RELY ON OUR FOUNDATION?

A "Less is more with any foundation," says Sadsad. "Just apply where you need it, starting from the centre of the face and blending out." You can always add more coverage if you require, he advises. Also enlist a primer – it boosts radiance and means you don't need as much foundation.

GIORGIO ARMANI Luminous Silk Hydrating Primer, $76; **STILA** Lingerie Soufflé Skin Perfecting Colour in 2.0, $58.

1

Q CAN WE WEAR GLITTER FOR DAY?

A "You know how much I love sequins in fashion and that doesn't stop with make-up," says Woodall, who suggests sheeny finishes rather than outright glitter for daytime. "If you're used to wearing a bright lip, try a metallic lip instead. Or pop a bit of sheen on the eyelids." Another tip: "Just do one thing [sheeny], and if you don't do it on your face, pop some on your body," adds Woodall.

CHANEL Ombre Première Laque in Quartz Rose, Rising Sun, and Desert Wind, $52 each (1); **MELLOW** Glitter Chrome Eyeshadow in Golden Glow, $30 (2); **NARS** Body Glow, $90 (3).

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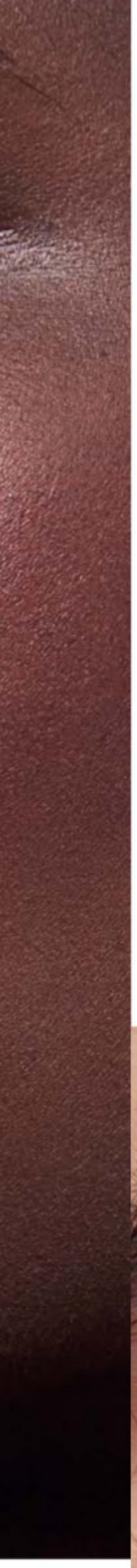
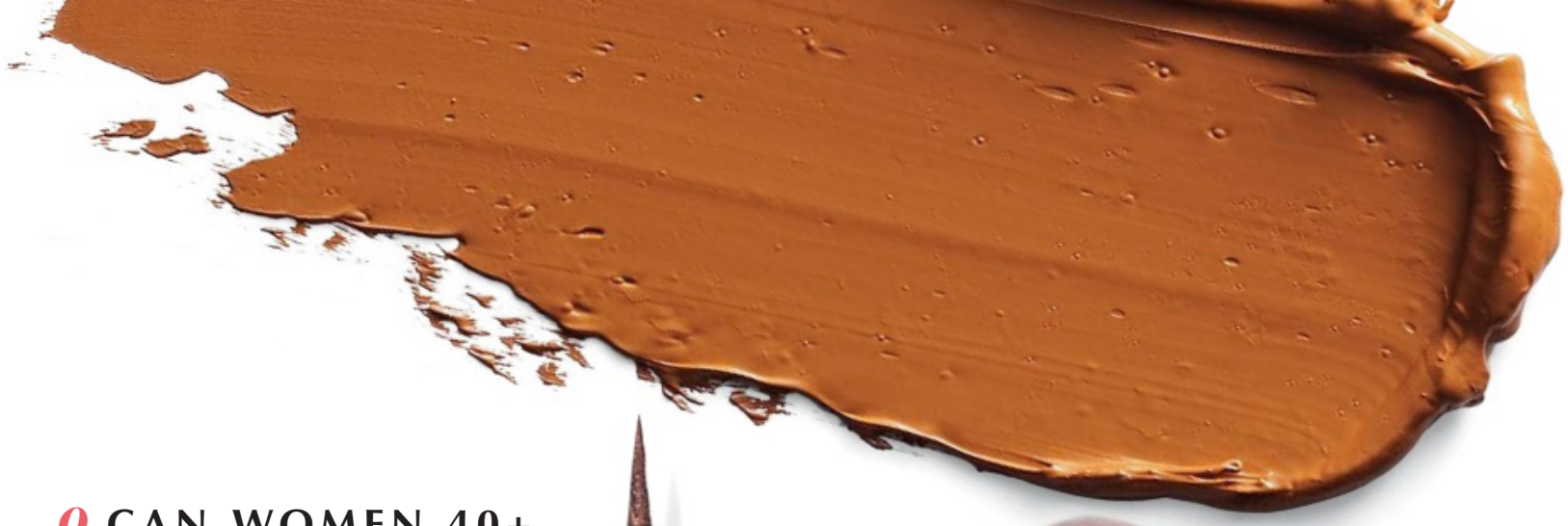
Q HOW CAN WE MAKE HIGHLIGHTER LOOK SEAMLESS?

A "You have two ways to apply liquid highlighters," says Sadsad. "Either apply it under your foundation or over your foundation." The key to inner glow? Diligent blending. "Make sure you apply and blend only on the highest points of your face where the texture is smoother."

LA MER The Glow Highlighter, $140 (4)





Q CAN WOMEN 40+ WEAR EYELINER?

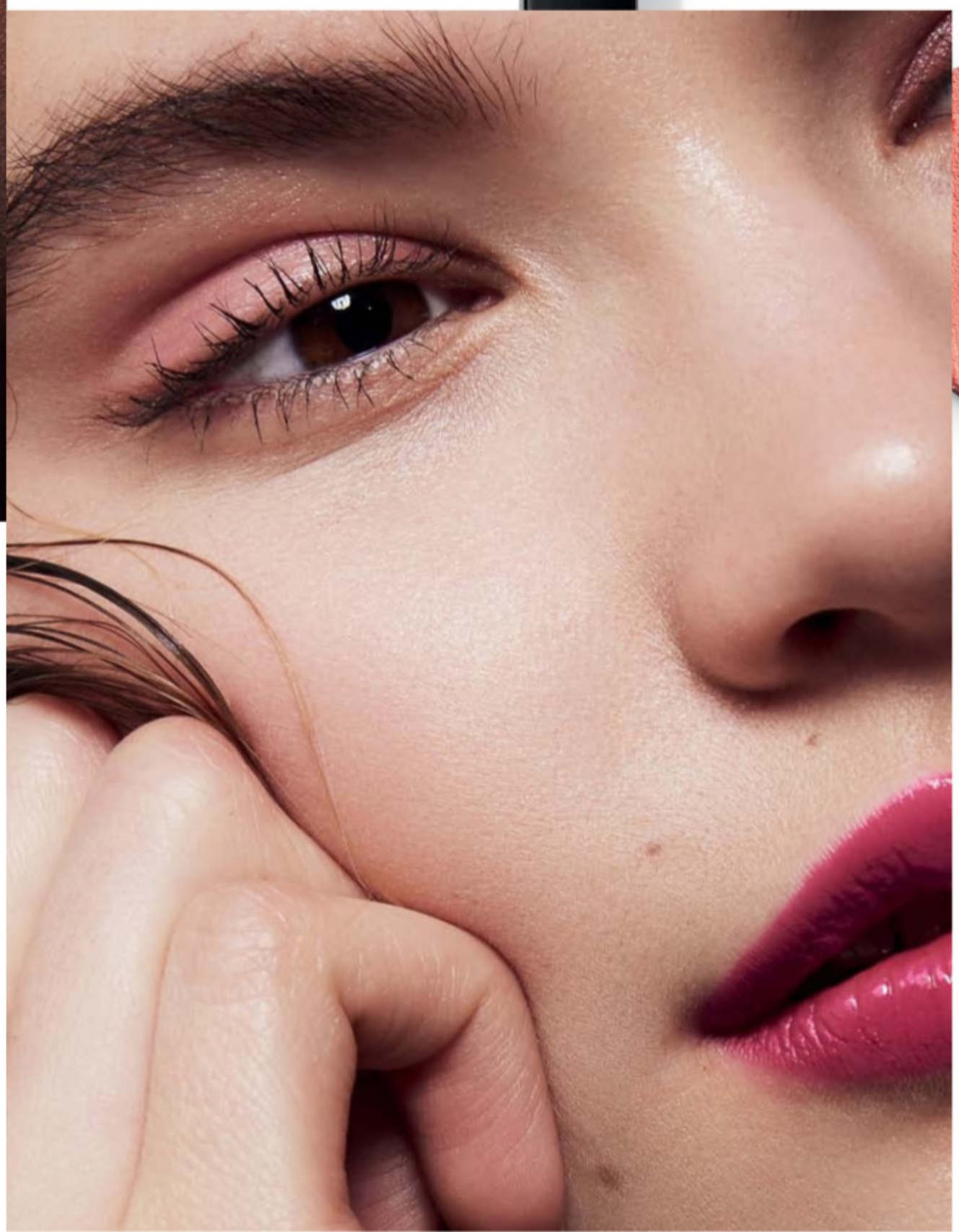
A Andrewartha says you can keep eyeliner going whatever your age. "Eyeliner is so versatile," he explains. "It helps define the eyes, add a subtle lift, elongate the eye shape or even just add a bit of sass to our look." The beauty expert has one tip for older eyes. "As we age, the shape of our eyes change, so we just need to work with products differently. Try swapping black eyeliner for brown."

CHANEL Le Line De Chanel in limited-edition 522 Bronze Doré, $60

Q SHOULD WE STILL BE CONTOURING?

A "The modern way to contour and add dimension is to use your favourite matt bronzer and blend it into your complexion, rather than creating strips under your cheeks," says Andrewartha. His tip, "Use a large flat brush and blend on your cheekbones, keeping under the cheekbones clean."

ESTÉE LAUDER Double Wear Radiant Bronze Cushion Stick, $58 (1); **FENTY BEAUTY** Sculpting Bronzer Brush, $50 (2).



Q WHERE DO WE APPLY BLUSH SO IT LOOKS NATURAL?

A Past a certain age, finding your apples isn't going to work, says Woodall. "When you stop smiling, it will be too far down your cheeks." Instead, she suggests "feeling where the cheek is naturally more plump" before applying lightly and taking the time to blend.

SMITH & CULT Flash Flush Cream Velvet Blush in Universal Peach, $37

Q SHOULD WE APPLY MASCARA ON OUR BOTTOM LASHES?

A "I always add mascara to the bottom lashes," says Andrewartha. "It opens your eyes and also adds definition." Suffering smudging? Woodall suggests priming under the eyes with concealer. Or get your lashes tinted. "It's perfect for those who find it difficult to apply mascara to lower lashes," says Andrewartha.

FENTY BEAUTY Full Frontal Mascara in Cuz I'm Black, $39

Q HOW DO I USE CONCEALER LIKE A PRO?

A "Adding concealer is one of the most important elements in creating any look," says Andrewartha, who starts with a concealer two shades brighter than the skin tone he's working on. "I apply around the eyes, buffing out towards the temples; it really does help lift the face." Next he adds a tiny amount around "the jaw line, chin and forehead". The key? "Don't use too much product, it must look as natural as possible."

RIMMEL LONDON Lasting Matte Full Coverage Concealer, $16.95

Q LIP GLOSS IS BACK. CAN WE ALL DO GLOSSY LIPS?

A "Lip gloss is flattering for all age groups; it just depends on placement," says Sadsad. If you have fine lines around the lips, try this trick: "Place lip gloss just on the centre of the lips – it will give the illusion of having it all over," says Sadsad. "It also prevents the gloss from travelling outside the lip line."

DIOR Lip Glow Oil Colour Reviver – Cherry Oil in (from left) Coral, Raspberry and Cherry, $52 each

PHOTOGRAPHY BY NICKY ONDERWATER/BLAUBLUT-EDITION.COM/RAVEN & SNOW; EDWARD URRUTIA.

Q CAN WE ACCENTUATE EYES AND LIPS TOGETHER?

A Red lips and bold eyes were big in the '80s, but can we still rock them together in 2020? "It depends on your bone structure," says Woodall. "If you have incredibly strong bone structure, wonderful lips and very strong big eyes, it can look incredible." How to make it modern? Go for one tonal shade on eyes and lips. Like pink on pink, or golden hues. "A deep golden eye, and a beautiful nudie lip can ... [create] a strong look paired together," says Woodall.

ESTÉE LAUDER Pure Color Desire Rouge Excess Matte Lipstick in Lead On, $60 (1); **CHARLOTTE TILBURY** Luxury Palette of Pops Eyeshadow Quad in Pillow Talk, $80 (2).

Q WHAT IS THE BEST SHAPE FOR CHIC NAILS ?

A "Keep nail length short and natural," says Jocelyn Petroni, Chanel manicurist. "Keep the free edges of the nail slightly curved, while maintaining clean and sharp corners." Her best tip to a pristine manicure? Come prepared. "Always keep an emery board handy to smooth out any minor nail traumas."

CHANEL La Baśe Protective and Smoothing, $41 (3); **SALLY HANSEN** Neon Collection Miracle Gel in Peach Please, $16.95 (4).

WeChat ALL THINGS Fashion

SCAN WITH THE WECHAT APP TO FOLLOW AUSTRALIA'S LEADING LUXURY CHINESE ACCOUNT

BLUR AND CONCEAL

Luxe brand Hourglass never disappoints with handbag-worthy make-up staples. These new concealers not only look chic, but they give a fresh, flawless finish. Hotfoot it to Mecca, now.

FROM LEFT
Hourglass Vanish Airbrush Concealer in Sepia; and Dune, $45 each

the edit

1

2

FRUITS & FLOWERS

Consider adding these sparkling fragrances to your scent wardrobe.

DIOR MISS DIOR ROSE N' ROSES EDT 100ML, $198 (1).
An homage to the Provencal rose, harvested only in May, this feminine fragrance blends notes of mandarin and geranium.

BLUMARINE B. EDP 100ML, $89 (2).
Pink grapefruit and pear blend with jasmine, cedar wood and musk for a bright and pretty, everyday scent.

MARC JACOBS DAISY EAU SO FRESH DAZE EDT 75ML, $99 (3).
With notes of white peach and orange blossom, this new edition is as floral and fruity as they come.

UPDOSE YOUR POTENT-C

A hero when it comes to brightening, these vitamin-C-spiked newbies will get you glowing. Sand & Sky Australian Emu Apple Super Bounce Mask, $93.90 (above), is steeped with C-packed Kakadu plum and hyaluronic acid to turn lacklustre skin around in minutes, while Nip + Fab's Illuminate Vitamin C Fix Concentrate Extreme 3%, $39.99 (below), is dosed with antioxidant-rich acai fruit extract to energise and brighten skin.

SO FRESH

Who doesn't love a little quirky luxury with their beauty? That's just what you get with these delightful Chanel Chance fragrance pencils. Handbag friendly, retractable and offering four different Chance scents, fragrance on the go just got easy.

CHANEL Chance Perfume Pencils (pack of four), $145

3

OLD-SCHOOL BEAUTY

Nostalgia is coming back to beauty in a big way. We love this gentle exfoliating mask by Santa Maria Novella, not just for its whimsical packaging but for its ability to buff away dead cells to leave skin looking and feeling porcelain smooth.

SANTA MARIA NOVELLA Idralia Gentle Exfoliating Mask, $115

SKIN SPLURGE

Some areas of our face work harder than others. We round up three decadent concentrates to solve specific issues.

FOR NECK

LA MER The Neck and Décolleté Concentrate, $385. With "tech neck" a modern-day concern, this luxe plumping balm offers lift and firmness to a crepey neck thanks to infusing the brand's famed Miracle Broth in concentrated doses.

FOR CONTOURS

DIOR Capture Totale C.E.L.L. Energy Super Potent Serum 50ml, $315. Supercharged with a re-energising floral complex, this updated serum smooths and plumps the skin to give definition to facial contours.

FOR EYES

CHANEL Le Lift Crème Yeux, $145. We blink about 10,000 times a day. To combat fatigue, this cream has a built-in anti-fatigue shield to minimise puffiness and dark circles, while alfalfa concentrate kickstarts collagen to lift and smooth.

PUCKER UP

Some sources say that the amount of lipstick women ingest could be as much as 3kg every 10 years. But finding a natural lipstick that delivers good colour payoff isn't easy. Our pick: Karen Murrell Natural Lipstick in Coral Dawn, $29.95. Dosed with avocado and evening primrose oils and candelilla, this all-natural lipstick tastes as good as it wears, thanks to added cinnamon and sweet orange.

HIGH-FASHION NOTES

Created by Celine artistic director Hedi Slimane, the nine unisex fragrances (plus two launching later this year) in the Celine Haute Parfumerie Collection epitomise French sophistication. We love Saint-Germain-Des-Prés EDP 200ml, $460. With its sensual notes of petite grain, orange blossom and vanilla, this scent captures the Parisian-chic cafe scene. If you can't get to the house's perfume boutique on Rue Saint-Honoré in Paris, you can pick yours up from Celine's Collins Street store in Melbourne.

PHOTOGRAPHY BY EDWARD URRUTIA; GO RUNWAY/SNAPPER IMAGES. TEXT BY SALLY HUNWICK.

AGE OF ENLIGHTEN MENT

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IN PROFESSIONAL TREATMENTS
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PEPTIDE 8
HYALURONIC SERUM

100%* of trial participants had measurable reductions in wrinkles and fine lines.

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BRIGHTENING SERUM

3X*† more effective than the average corrective serum.

SUPER C
FIRMING SERUM

MORE THAN 90%* of trial participants experienced measurable improvement in uneven skin colouration during the trial.

†This is above similar skin lightening preparations that typically achieve a 1% reduction per month.
*When used twice daily over 8-12 weeks. For more specific information on our clinical trial results, see ***endota.com.au***

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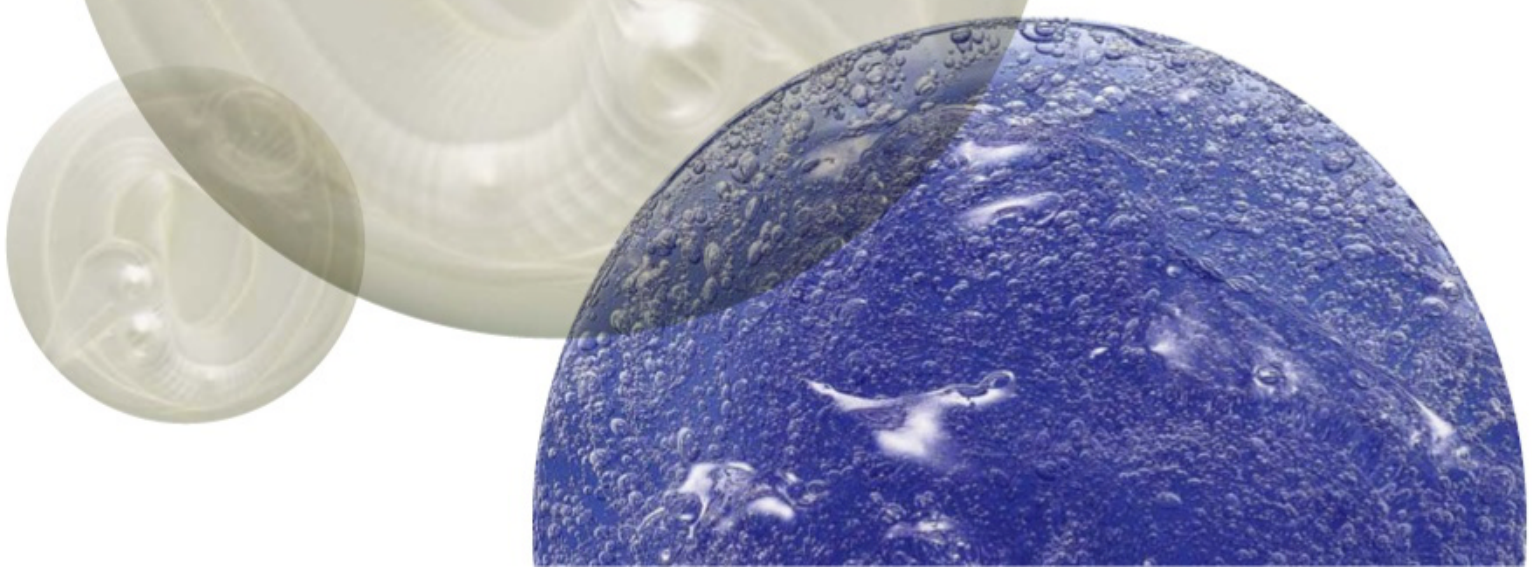
endota new age®

DEEP CLEANSE

Cleansing is the first step in every skincare routine – and the experts say it's the key to having the skin you crave. We talk to a professional to get the lowdown on suds-ing up. By Sally Hunwick



CLOCKWISE FROM TOP, PAULA'S CHOICE The UnScrub, $37; **PAYOT** Herboriste Detox Gelée Minceur 3-en-1, $85; **GARNIER** Micellar Cleansing Water, $6.95; **DERMALOGICA** Special Cleansing Gel, $58; **DR LEWINN'S** Line Smoothing Complex Melting Cleansing Jelly, $29.95; **ULTRACEUTICALS** MD Ultimate Brightening Foaming Cleanser, $79; **OLE HENRIKSEN** Truth Juice Daily Cleanser, $38.

CLEANSING GOALS

"Whatever cleansing method you're using, you need to make sure you get all the stuff off," says Paula Begoun, known for her straight-talking beauty advice as The Cosmetics Cop, and founder of skincare brand Paula's Choice. She says foundation, eye cream and sunscreen ("particularly pure mineral sunscreens, the ones with titanium dioxide and zinc oxide") are the most difficult to shift. "[Aside] from clogged pores when you have this stuff on your skin, natural skin exfoliation doesn't happen and you can't get ingredients [into the skin] very well," she explains.

HANDS VS DEVICE

"I like to use a soft wash cloth," says Begoun. "It's [effective and] cheaper than a cleansing brush." But if you want to go down the tech route, Begoun suggests a soft-touch device, such as the ones from Clarisonic and Nu Skin, to buff away impurities without being too abrasive. "The major thing is that it has to be gentle," advises Begoun. "If you want to use a device, that's fine, but it can't rip at the skin. The key is to get the dirt and make-up off without damaging the skin."

CLOCKWISE FROM TOP,
NU SKIN ageLOC LumiSpa Kit in Sensitive, $428, nuskin.com;
CLARISONIC Smart Profile Uplift in Pink, $499, clarisonic.com;
FACE HALO Original, $30 (pack of three).

THE THREE-STEP CLEANSING EQUATION

MAKE-UP REMOVER
GARNIER Micellar Cleansing Water, $6.95

MILK OR OIL
NUORI Protect+ Cleansing Milk, $75

GEL
ULTRACEUTICALS MD Ultimate Brightening Foaming Cleanser, $79

THREE'S A CHARM

Begoun recommends a thorough routine to achieve truly clean skin. "It can depend on how much make-up you have on, but I personally use a triple cleansing system: eye make-up remover, which is the first step, breaks up the eyelash glue and all the other stuff on there, and then I cleanse my face twice." In terms of formulation, an oil- or milk-based cleanser can work well as a first step. "An oil cleanser or a creamy cleanser first breaks down make-up better," says Begoun. "Then use a cleanser that leaves the face a little fresher."

"WE WANT TO CLEANSE SKIN PROPERLY SO THAT IT IS ABLE TO PERFORM THE FUNCTIONS IT'S SUPPOSED TO DO, SUCH AS EXFOLIATE ITSELF. GOOD CLEANSING HELPS SKIN FUNCTION LIKE SKIN"
– Paula Begoun, founder of Paula's Choice

"SOMETIMES IT TAKES A VILLAGE TO GET YOUR MAKE-UP OFF. WHATEVER THAT VILLAGE IS, IT CAN'T TEAR, IRRITATE OR DAMAGE THE SKIN"
– Paula Begoun

FEELING IRRITATED?

Begoun's first suggestion is to get back to a gentler cleansing routine. "What you can do immediately is stop using harsh scrubs and cleansers, and cleansing brushes that are like sand paper," she says. "It's amazing how quickly your skin will go back [to its usual state] when you use non-irritating products."

SOFTLY SOFTLY

"Anything that rips and tears into skin, damages the health of the skin," says Begoun. The reason micro-tears are bad is that it slows down skin renewal. "You can't build collagen and you can't repair skin when you rip at it. So, whatever cleansing method you're using, it has to be gentle." When it comes to grainy cleansers, this same gently-does-it method still applies. "The best scrubs are soft because it is so easy to overdo it," explains Begoun.

MORE TO TRY

MAKE-UP REMOVAL
DIOR Hydra Life Micellar Milk No Rinse Cleanser, $62

GENTLE CLEANSE
OLE HENRIKSEN Truth Juice Daily Cleanser, $38

DEEP CLEANSE
CHANEL Sublimage L'Huile-en-Gel de Démaquillage, $153

GENTLE EXFOLIATION
PAULA'S CHOICE The UnScrub, $37

PHOTOGRAPHY BY EDWARD URRUTIA.

How to GET YOUR GLOW ON

Known for her ability to create super glowy skin, we ask Nam Vo, Marc Jacobs Beauty global artistry ambassador, to give us her best-kept secrets to boost radiance.
By Sally Hunwick

START WITH A GREAT BASE

"Beautiful make-up starts with beautiful skin, so I focus a lot of time on skin prep," says Vo, whose top skin tip is to engage in a regular skincare routine. "Find one that works for you and then stick with it. It makes all the difference to how make-up looks and feels on your face."

TATA HARPER Hyaluronic Gel Moisturizer, $172 (1); **TATCHA** The Water Cream, $104 (2); **MARC JACOBS** Beauty Youthquake Hydra-Full Retexturizing Gel Crème Moisturiser, $78 (3).

1

2

TRY THIS

GEL CREAMS "A GEL CREAM PLUMPS UP SKIN BUT STILL FEELS LIGHT," SAYS VO. "IT'S THE PERFECT FIRST STEP TO ACHIEVE THAT RED CARPET GLOW"

3

BEAUTY BLENDER Original, $30

HIGHLIGHTING 101

Successful glow takes strategic placement and a light hand. "You want to hit the top of the cheekbones and the brow bone," says Vo, who uses a combination of BeautyBlender, fluffy brushes and fingers to apply. Once you have nailed that, feel free to experiment. "Then you can play around with other areas of your face."

TOP TIP "If you're wearing a low-cut shirt, don't forget your collarbone," says Vo.

4

5

7

6

IN YOUR KIT

THE BASE

To get her clients' skin looking smooth and unblemished, Vo starts with a concealer/powder duo as the base. Find a concealer that is "super creamy and full coverage but also looks natural," says Vo. "Then touch up with powder [to] blur out all imperfections. It's like a filter in real life."

NUDE BY NATURE Mineral Finishing Veil, $39.95 (7)

THE GLOW

Vo suggests a liquid or cream version for lit-from-within naturalness. "I have been using Marc Jacobs Beauty Dew Drops [Highlighter] for a long time now; it's definitely one of the go-tos in my kit." Also try the cream versions from Kora Organics and YSL Beauty.

MARC JACOBS Beauty Dew Drops Coconut Gel Highlighter in Tantalize, $64 (4); **KORA ORGANICS** Luminizer in Rose Quartz, $36 (5); **YSL BEAUTY** Touche Éclat Glow Shot in Daylight, $68 (6); **NUDE BY NATURE** Mineral Finishing Veil, $39.95 (7).

PHOTOGRAPHY BY EDWARD URRUTIA; GO RUNWAY/SNAPPER IMAGES.

Australia's N°1 eye cream for

DEEP WRINKLES, CHRONIC PUFFINESS & SERIOUS DARK CIRCLES

Home grown sensation: *REVITALEYES is the N°1 selling eye cream in Australia*

For the first time ever a single product is effective against all 3 major eye agers, and it's proven to work instantly, with dramatic results in just 7 days.

+ 3 PEPTIDES VITAMIN C

deliver clinically proven results in 30 minutes, 7 days and 28 days on all 3 major eye agers

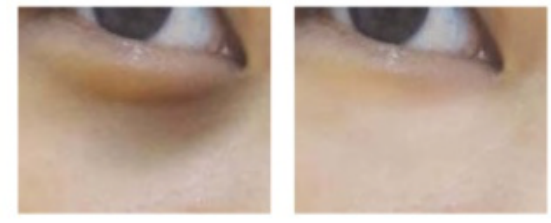
Unlike most eye creams, which can treat only one major sign of aging, REVITALEYES is a veritable cocktail of powerful anti eye aging ingredients which treats all 3 major eye agers. In this formula, not one, but three super strength peptides are combined to create a total solution for eyes that treats every major symptom of aging around the eyes (and all of the minor ones too). Each one of these powerful peptides is clinically proven to improve its respective sign of aging. Each one is included in this formula at clinical levels.

DEEP WRINKLES

- See wrinkles reduced by 38% in 30 minutes thanks to the proprietary tensor system
- Over 40% wrinkle smoothing in 7 days and up to 63% in 28 days
- 97% of test subjects reported smoother skin†

CHRONIC PUFFINESS

- Tensing effect visibly reduces puffiness and opens up eyes in 30 minutes
- Close to 20% visible reduction in chronic bags in 7 days & up to 30% in 28 days†
- 70% of test subjects saw dramatic reduction in bags/puffiness by day 15 increasing to 95% by day 60



SERIOUS DARK CIRCLES

- Vitamin C wakes up and brightens under eyes instantly
- Close to 20% visible lightening of dark circles in 7 days and 35% in 28 days†
- 93% of test subjects reported reduced shadows and improved eye contour†

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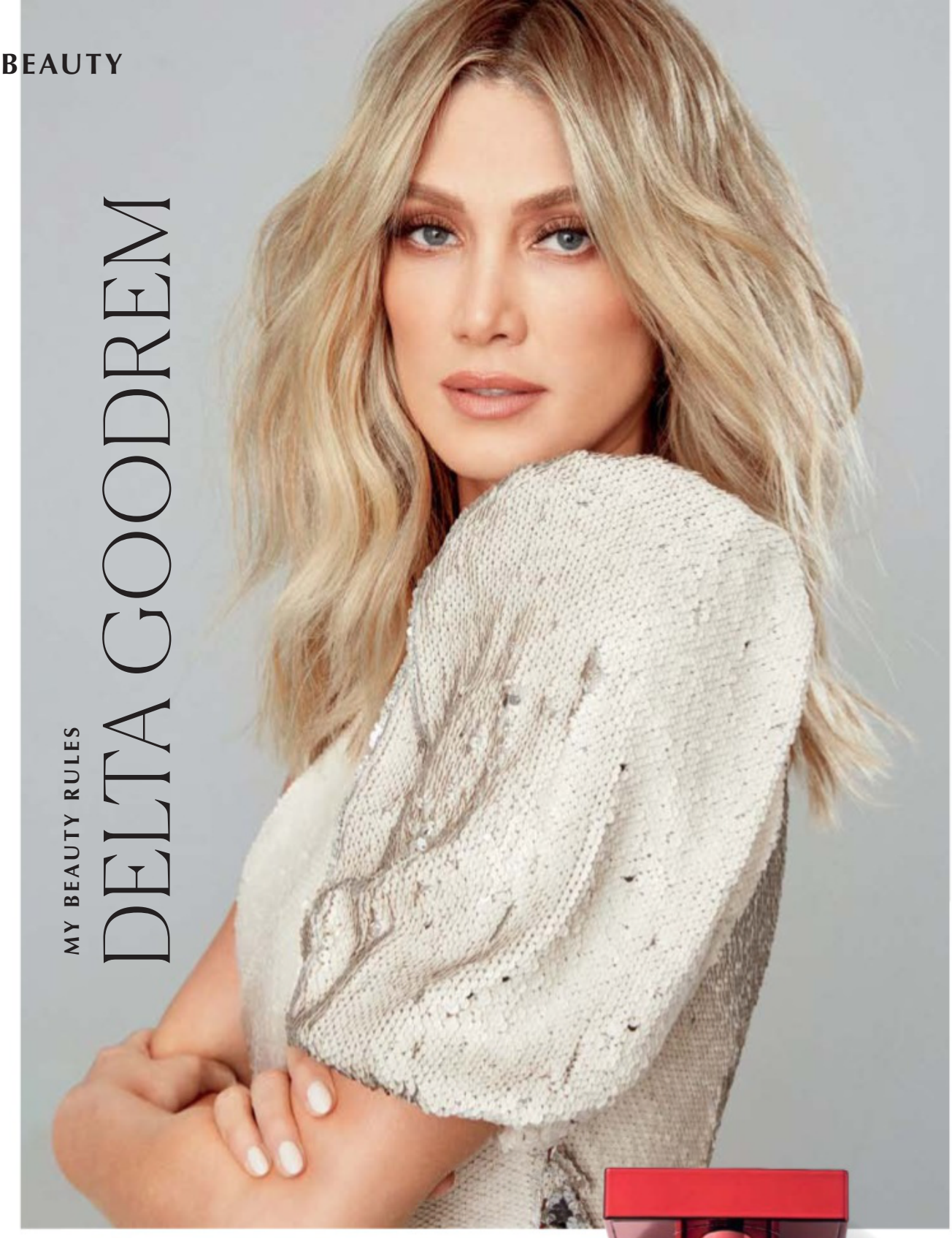
MY BEAUTY RULES

DELTA GOODREM



The singer/songwriter-turned-fragrance-entrepreneur talks favourite notes, her love of crystals and how she lets her hair down

MY NEW FRAGRANCE, DESTINY, HAS BEEN AN EVOLUTION. I really wanted to include parts of my first two fragrances – Delta and Dream – in this new scent, but also move to where I was headed next professionally and personally with Destiny. I love wood notes but also vanilla, so they're important in the base for me. [And] I still love the fun and fresh florals on top, so I have included them in this fragrance.

EVEN THOUGH DESTINY IS NOT ESSENTIALLY A NOIR FRAGRANCE, I'VE BEEN WEARING IT BOTH DAY AND NIGHT. I still wear my other fragrances. I like mixing that with this one a little bit, because you should never have to stick to one perfume.

TO ME, BEAUTY IS WHAT'S GOING ON INSIDE. And I see everyone as beautiful [when] they have a good heart.

The more you ... step into yourself, [the more] you get to a place where you have a feeling of "yeah, this is me right now". When I feel alight and creative, that's beauty to me.

WHEN IT COMES TO MY SKIN REGIMEN, I'VE LEARNT THAT THE SIMPLER I KEEP IT, THE BETTER MY SKIN RESPONDS. I've tried every skin routine under the sun. You do get into the cycle of "I've got to fix that, I've got to fix this", using every cream [possible]. As somebody who's been on camera since they were seven and [had] so much make-up put on my skin, I'm much more of a minimalist now. However, I like a little concealer, a little powder, mascara and a tiny bit of blush and lip gloss. And my fragrance.

I SWEAR BY TAKING MAKE-UP OFF AT NIGHT – MY MUM DRILLED IT INTO ME GROWING UP. I love the Ella Baché Eye and Lip Cleanser; it just takes everything off so easily.

I HAVE PROFESSIONAL TREATMENTS, BUT I HAVEN'T IN A WHILE. After coming off *The Voice,* going into [the creation of] Destiny and making new music, I haven't had much time.

WHEN IT COMES TO MY HAIR, IT REALLY DEPENDS. If I'm not on camera, I'm very low maintenance. My hair really has a mind of its own – it's naturally wild. You would be terribly shocked!

I'VE GOT CRYSTALS EVERYWHERE AT HOME. I've been drinking out of a crystal water bottle. I just figured, anything that encourages me to drink more water...

THE LAST THING I DO BEFORE LEAVING THE HOUSE IS APPLY A FRAGRANCE. That's the finishing touch.

Destiny by Delta Goodrem is available at Chemist Warehouse, chemistwarehouse.com.au

1 DELTA GOODREM Destiny EDP 100ml, $49.99. **2 ELLA BACHÉ** Eye and Lip Cleanser, $45. **3 WESTMAN ATELIER** Eye Love You Mascara, $95. **4 BY TERRY** Starlight Rose CC Powder, $106. **5 CAW** Crystal Activated Water Bamboo Crystal Dome Water Bottle with Rose Quartz, $120.

PHOTOGRAPHY BY CARLOTTA MOYE; EDWARD URRUTIA. INTERVIEW BY SALLY HUNWICK.

OLAY

DNA *or* OLAY?

Olay Regenerist is now boosted with NEW Carob Fruit Extract, Amino Peptides, Olive Extract, Vitamin b3, Hyaluronic Acid & Glycerol. It firms, plumps and reduces wrinkles.

Olay scientists analysed over 20,000 genetic samples and discovered the secret behind women who look exceptionally young. After testing 25,000 ingredients, Olay re-engineered its formulas. Now every woman can be

ageless.

UP TO 10 YEARS YOUNGER IN JUST 4 WEEKS

WHEN MEDITATION GOES MASS

Ahead of World Meditation Day in May, wellness editor Lucy E Cousins looks at why this private practice has gone public and whether group meditation is worth the hype

Meditation is tough at the best of times, but it's especially difficult when you're sitting next to a heavy breather with a whistle nose on one side and a frequent sigher on the other. That's not to mention the lady sitting in front of me with so much perfume on she might burst into flames, and the guy behind me who had garlic prawns for lunch.

But then, that's to be expected when you're sitting in the middle of Sydney's Centennial Park with 300 other people, being guided in a meditation practice by a teacher with a voice as smooth as polished concrete. It's hot, hard to concentrate and the sounds of humanity literally surround me.

Perhaps this is the attraction of events such as Wanderlust (a mindful triathlon that includes a mass meditation). They bring people together, encourage a sense of community by creating a structured space to meditate, and enable people to let go of their inhibitions. But Wanderlust isn't the only company promoting mass meditation as a new sport. In the US, there are Facebook pages dedicated to mass meditation meet-ups, and here in Australia mass meditation is offered everywhere from the National Gallery of Victoria and Sydney's Royal Botanic Garden, to Movie and Meditation Night in Alice Springs and Meditation by the Sea in Perth.

For many, a Saturday night spent silently with a bunch of strangers is the key to feeling balanced. But how does meditation as a solo sport compare with meditation in a group of hundreds?

For Vedic meditation practitioner and Ayurveda health coach Gary Gorrow, the benefits of meditation come down to the calm, positive energy that a mass meditation creates and the effect it encourages in others. "There's a lot of science that looks very deeply at the subject of the 'field effects of consciousness' [of people in groups], and the principle is that every human being, whether they're conscious of it or not, affects their environment through their energetic field," he explains.

You might feel this effect in your everyday life, he says, when you spend time with someone who is really hyped up and you feel like your heart rate starts to increase. Or when you go to a rock concert or sporting event.

"Often, people can relate to when there's riots or when there's mayhem that erupts in a football stadium, and suddenly everyone's just losing their minds, turning into a maniac," Gorrow says. "On the opposite side of the scale is [mass meditating], when people are bathing in this state of deep peace. It pulls others into that vortex in a way."

However, for neuroscientist Dr Sarah McKay, the question of a collective energy in meditation comes down to a spiritual belief, not a scientific one.

"Some people believe that everyone gets into a conscious state when you're [meditating] in a group, and all the brains together are tapping into the same stream," she explains. "But, to do this, our consciousness would have to exist outside the brain."

McKay points out that there is no definitive evidence for this, and suggests that it should be seen as a belief system, as it's not based on what we understand about neurobiology.

"I believe consciousness emerges from the brain. And when there's no brain, there's nothing," says McKay. "But, I know our brains evolved to be social. So I think being together meditating with other people with a collective purpose gives us a good feeling."

Gorrow agrees, explaining, "We're naturally gregarious creatures, and we are very communal and love community and having a tribe, essentially. We, as humans, love to share experiences."

So depending which school of thought you believe, mass meditation may or may not herald positive change on a broader level. Either way, we know that meditation as a shared experience is worthwhile in the sense that it has all the benefits of a private session (reducing stress and anxiety, lowering heart rates, better sleep), with the bonus of social interaction.

But don't worry if you struggle to zone out from the crowd long enough to actually meditate; that's entirely normal, says Caitlin Cady, author of *Heavily Meditated* (Hardie Grant, $29.99).

"Those potential distractions can become part of your meditation practice," she says. "Rather than getting our attention 'caught up' in the noisy breather next to us, it can help to just notice it and let it pass, like a cloud sailing through the soundscape, and then gently bring your attention back to your meditation focal point or technique."

Cady says the bottom line is don't let distractions stop you; instead let them help strengthen your meditation muscles. And she's right. Once I got used to the sounds around me, the debris of human existence, I sank into a relaxed state, where at the end of 20 minutes I felt refreshed, calm and somehow closer to the people around me. Yes, even death-by-perfume lady and the heavy breather.

MEDITATION THREE WAYS

SOUL ALIVE
Live-streamed meditation from Instagram. soulalive.com.au

DIPSEA
Sensual meditations to get your sexy on. dipseastories.com

EXPECTFUL
Meditations for fertility, pregnancy and parenthood. expectful.com

MEDITATION'S SLEEPY SISTER

If meditation isn't for you, Cady suggests you try yoga nidra. Never heard of it? Join the club. "Yoga nidra is an ancient, guided relaxation technique sometimes called yogic sleep," she explains. "Basically, it's like a nap on steroids. Research is emerging about the effectiveness of yoga nidra in helping people heal from trauma, anxiety and depression, as well as PTSD. In some ways, yoga nidra is even more approachable than meditation – for one, you get to lie down ... blanket and eye pillow optional." Sounds like our kind of workout!

PHOTOGRAPHY BY GETTY IMAGES.

The smart GIRL'S GUIDE *to* GOING VEGAN

Thinking of ditching animal products? Here's how to do it the healthy way

Maybe you've watched the Netflix doco *The Game Changers* one too many times, or you're curious about the "not-meat" meat on the supermarket shelves, or perhaps you just want to actively reduce your footprint on the planet. Whatever the reason, if you're looking to start a plant-based diet in 2020, you're not alone.

In fact, Vegan Australia estimates that about 400,000 to 500,000 Aussies eat a vegan diet, with a further 2.5 million committed to vegetarian diets. On top of this, recent data from Google showed that Australia had the highest searches for "vegan" worldwide in 2018, and even fast-food chains such as Hungry Jack's and Hog's Australia's Steakhouse are jumping on board with vegan-friendly food. It's official: veganism has gone mainstream. So now is a great time to flirt with having a plant-based diet.

WHAT IS A VEGAN DIET?

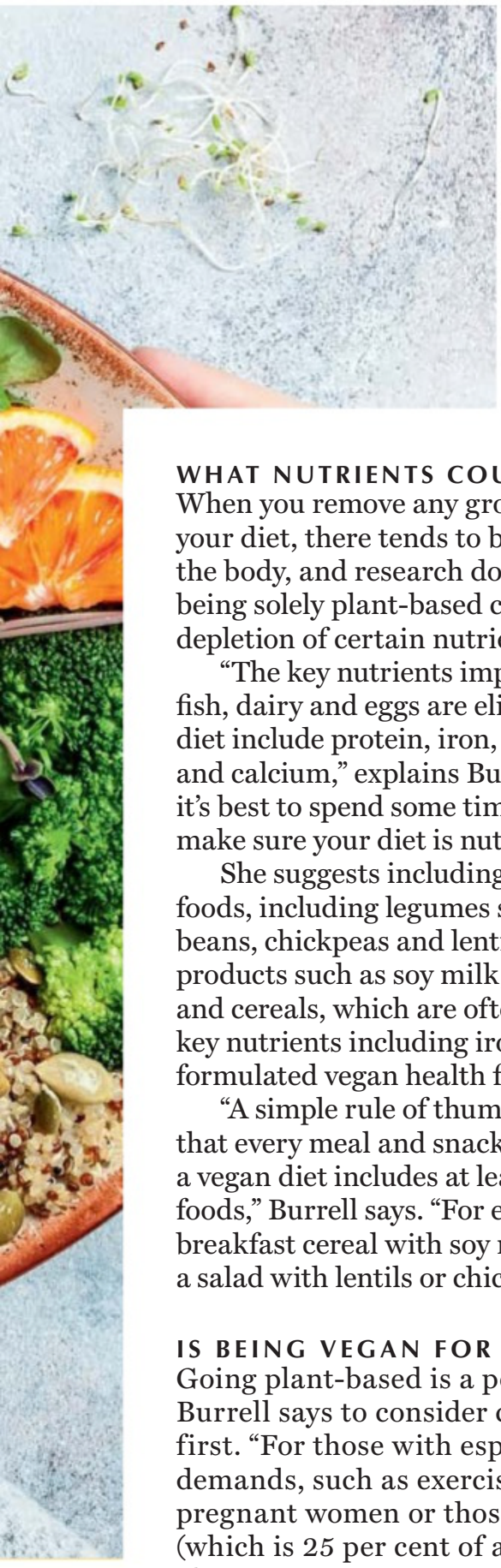
Unlike a vegetarian approach, which generally excludes meat, chicken and seafood, vegan diets eliminate all animal foods from the diet, including eggs and dairy. This can also be extended to removing honey, rennet and gelatine, and avoiding leather and animal furs, skins and products.

IS BEING A VEGAN HEALTHY?

This seems to be the question on everyone's lips, and according to dietitian Susie Burrell, there is an upside to eating more plant-based food.

"There are numerous health benefits associated with a plant-based diet in general," she explains. "Lower body weight, reduced risk of developing some types of cancer, reduced risk of heart disease and diabetes, and a longer life span. However, these benefits are also seen in vegetarian diets in general, not only vegan diets."

PHOTOGRAPHY BY GETTY IMAGES. TEXT BY LUCY E COUSINS.



WHAT NUTRIENTS COULD I MISS OUT ON?
When you remove any group of foods from your diet, there tends to be some effects on the body, and research does show that being solely plant-based can lead to the depletion of certain nutrients.

"The key nutrients impacted when meat, fish, dairy and eggs are eliminated from your diet include protein, iron, vitamin B12, zinc and calcium," explains Burrell, "and, as such, it's best to spend some time meal planning to make sure your diet is nutritionally adequate."

She suggests including nutrient-dense foods, including legumes such as kidney beans, chickpeas and lentils; calcium-fortified products such as soy milk; wholegrain breads and cereals, which are often fortified with key nutrients including iron; and specifically formulated vegan health foods.

"A simple rule of thumb is to ensure that every meal and snack consumed on a vegan diet includes at least one of these foods," Burrell says. "For example, wholegrain breakfast cereal with soy milk for breakfast; a salad with lentils or chickpeas for lunch."

IS BEING VEGAN FOR EVERYONE?
Going plant-based is a personal choice, but Burrell says to consider consulting an expert first. "For those with especially high-energy demands, such as exercising regularly, pregnant women or those with low-iron levels (which is 25 per cent of adult women), it is also important to remember that it can be challenging to get the right amount of iron, zinc and vitamin B12 on a 100 per cent vegan diet," she explains. "For this reason, if you want to be vegan, a consultation with a dietitian will ensure you are ticking the boxes on all of your essential nutrients."

SHOULD I BE EATING FAKE MEAT?
From Hungry Jack's vegan burger to the fake meat on supermarket shelves, these new products seem like a good option for vegans, but healthy chef Luke Hines, author of *Eat More Vegan,* says think again.

"One of the biggest myths of going vegan is people think that when they remove meat from their diet, they have to replace it with a fake meat alternative!" he says. Instead, he recommends substituting good-quality plant-based protein, because usually the "faux" versions of meat are processed, contain "nasty ingredients" and can be high in sodium. So if you're going to eat them, check the ingredients and nutritional panel first to understand what you're consuming.

CELEBRITY VEGANS

JESSICA CHASTAIN
"I had more energy than I've ever had in my whole life. I was just listening to what my body was telling me!"

ERYKAH BADU
"Vegan food is soul food in its truest form. Soul food means to feed the soul. And, to me, your soul is your intent."

MILEY CYRUS
"Be the voice of those who can't say 'stop'. Who can't say 'that hurts'. Who can't say 'I'm so afraid to die.' Be the voice of the animals!"

ELLIE GOULDING
"Once I fully understood where meat came from … I found that concept quite hard to live with. If you don't need meat to survive, I don't see why you have to have it."

OXFORD UNIVERSITY FOUND THAT IF THE WORLD WENT VEGAN BY 2050, WE COULD PREVENT 8.1 MILLION HUMAN DEATHS PER YEAR, SAVE $1.48 TRILLION IN HEALTHCARE AND CUT GREENHOUSE EMISSIONS BY 70 PER CENT

IS COOKING VEGAN FOOD HARD?
It can feel overwhelming to cook vegan meals at first, as we are so used to including animal protein, but Hines says to keep it simple. "Too many people overcomplicate things in the kitchen," he explains. "Just focus on a few key ingredients, utilise them in a beautiful way and cook with love. Plant-based foods contain so many different colours, textures and options to choose from, so you'll be able to create amazing meals."

HOW DO I START?
The easiest way to get the ball rolling is to incorporate a few more meat-free meals into your lifestyle, says Burrell. Focus a meal or two each week around legumes and whole grains – for example, a bean burrito or vegetable lasagne. Focus a meal or two each week around legumes and whole grains – for example, a bean burrito or vegetable lasagne. And for those trying a plant-based diet for the first time, it's important to remember that not all vegan foods are healthy. "Health-food aisles are starting to stock vegan cakes, biscuits and pastries, chips and snacks, which can be just as unhealthy as regular processed food," says Burrell, "but the health benefits associated with a vegan diet come from largely natural, unprocessed foods."

She adds that the majority of us will benefit from diets that contain a higher proportion of plant-based foods, anyway. So while you don't need to be 100 per cent vegan to reap the rewards, adopting a plant-based diet at least some of the time will have benefits for your health, as long as you do it the right way.

YOUR STARTER KIT

Here's some inspiration you can let sprout

BOOK
EAT MORE VEGAN
by Luke Hines (Pan Macmillan Australia, $39.99)
Tasty vegan meals even meat eaters will love.

PODCAST
PLANT PROOF
plantproof.com
Answers tough questions about living a plant-based lifestyle.

WEBSITE
LIKE A VEGAN
likeavegan.com.au
Recipes, reviews and advice about vegan life.

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LIFESTYLE

YOUR INTERIORS AND FOOD PLAYBOOK

WELL LIVED

Meet the entrepreneurs turning their homes into their hustles – and subsidising their stylish existences in the process. Then jet off to Bali or West Hollywood armed with our guides to the best hotspots. Because long weekends are for lunching, we're cooking up an irresistible daytime feast that's a cinch to pull off.

Wine industry entrepreneur Elise Cook combines business and pleasure at her South Australian property.

PHOTOGRAPHY BY ELISE COOK.

Say hello to the placemakers who are transforming their homes into incredible launch pads. By Anna McCooe

The GREAT HOME HUSTLE

Work. Life. Family. Style. Living the dream here in Australia, and now you've got to have a little something extra going on. In some cases, combining work and home is about providing the slack required for the push and pull between the two. Other times, it's about subsidising the life you choose to live. So here's to the stylish women who are shaping their own futures. We step inside their empires.

ELISE COOK

WINERY CO-OWNER AND INFLUENCER

On Instagram, Elise Cook's life looks beyond perfect. With her mermaid hair and glistening tan, she breezes through life amid rays of eternal sunshine. Or so it seems. There have been a lot of brave choices behind the lifestyle she and husband Domenic Palumbo have carved out in South Australia's McLaren Vale. Their property is more than just a home, it plays host to the couple's wine company, Down The Rabbit Hole. The cellar door resides in a renovated shed, and tasting room sits within a converted double-decker bus. Elise says sharing her backyard with the wine-loving public has helped build a connection with their brand.

On a more personal front, it also presented the couple a chance to live out a fantasy. "The land just had this feeling about it – really hard

to describe but easily felt," she says. "We couldn't afford to build our cellar door as well as buy a house elsewhere, so it kind of chose us."

Pre-reno, the old house on the property was no fantasy "but we had to make it work and it's amazing what you can do with a space and a lot of white paint," says Elise. They had zero building experience at the time, but found their way forward and established a modern bohemian feel that swept through the house, cellar door and bus renovations.

Down this particular rabbit hole, work and family are intertwined, says Elise. "This place wouldn't be here without the help and hands of our families," she says. "We also wanted to create a family feel with our team. They can all use the house in their breaks, for showers or to crash in whenever needed. So, once again, the house plays a big role in making it a home base for everyone. We know that if the team feels it, our guests feel it."

Before putting down roots here in McLaren Vale, the couple spent two years on the road living the van life. After all that solitude, the shift to a more public existence is felt, and in their first year on the property they've had just two days alone. "We've been enveloped by people, and business can be a little chaotic at times," says Elise. She adds that the guest rooms are a constant rotation of friends, family and travellers, which is a karmic reversal of sorts. "We had so many people welcome us into their homes while we lived on the road, we wanted to use our home to do the same."

Elise knows her life on the property is a charmed one – customers and all. "I've never let myself get hung up on that feeling of needing our own space here. If I really needed that, I would have to pack the van and go somewhere else, because this land – and even this house we live in – is for people."

"We had so many people welcome us into their homes while we lived on the road, we wanted to use our home to do the same"

CLOCKWISE FROM TOP LEFT White, terracotta and timber sweep through the Down the Rabbit Hole cellar door, on Elise Cook (right) and Domenic Palumbo's property.

CLOCKWISE FROM TOP
Sommer Pyne's kitchen and dining rooms are the control centre of the events held at her home; while her living room and bedroom are sanctuaries.

SOMMER PYNE

E-TAILER AND WORKSHOP HOST

Australian expat in London, Sommer Pyne, has turned the gorgeous home where she lives with her family into an empire. Under the banner House Curious, the Victorian home in Wandsworth Common is the setting for creative workshops, where participants learn new skills over a shared meal. The entrepreneurial mother of two also runs an online interiors hub by the same name, selling the curated objects staged within the home.

This unique business idea was triggered in 2015 by an all-too-familiar scenario, when Sommer was on a mission to carve out a business that could work around her girls. After leaving her career in advertising and dabbling in property developing, Sommer needed a new path. As fate would have it, she and husband Will were renovating their home at the time, sparking a love affair with interiors. She thought of a homewares store, "but to do that in London you need a lot of investment". With Facebook at its peak, she also felt a real need for people to connect offline, away from social media. "London can sometimes be a lonely place and this was my way of bringing people together," Sommer explains.

> "London can sometimes be a lonely place and this was my way of bringing people together"

The result – @housecurious – combines her love of entertaining with the ultimate justification for a major homewares habit.

The stunning home also trades on its good looks as a film location. BBC drama *McMafia* was shot there and, while Sommer still ponders over lead actor James Norton in her bed, she's sticking to smaller still shoots from now on. "As much as you tell people to be careful, something always gets damaged," she says. Sommer admits it can be invasive but – looking around at the life it affords her – totally worth it.

SIMONE HAAG
DESIGNER

The second thing you notice, upon meeting Simone Haag is that she is incredibly switched on. She radiates with entrepreneurial energy: spotting opportunities in the finest crack; making things happen; changing the game. The first thing is her style, which is no less than sublime as it orbits around her – refined, unexpected and welcoming. The Melbourne designer, stylist, curator and mother of three started her own practice. But before that, she bought her mid-century Melbourne home and she and husband Rhys Haag renovated it together – twice.

The house is the ultimate launch pad. Two rounds of renovations meant double the publicity. The first transformation – all timber panelling, pale larch floorboards and filled with greys, wools and tan leathers – landed at the height of the Scandinavian style trend. "It went gangbusters," she says, "even landing a few magazine covers."

Five years on (and three babies) meant a need for more living space. But instead of selling up and moving, Rhys tempted Simone with the prospect of pouring the would-be agent fees and stamp duty into furniture, objects and art via a second renovation, "so that was a done deal from me," she says.

Location fees for photo shoots help to subsidise a taste for the finer things. "I would be lying if I said I did it for any reason other than the cash! Admittedly it can be a little bit of a stress having to get the house super clean and all children and animals out. But a multi-day shoot can pay for a small holiday for us, or an artwork, or even just new linen for the beds, so [it's] definitely worth it!"

The hilltop home is also used to host mentoring sessions, where Simone reveals the secrets to her picture-perfect style. It's also part home office. "Having young kids, my home serves as a place to work, to research, to invite clients over for a casual meeting, and a space to feel inspired," she says.

So what's next for this trailblazing designer and the place she calls home? After a sourcing trip to Los Angeles, Simone is planning a mid-2020 open house to showcase the objects, art and furniture she finds abroad. "They will all be for sale – and just another reason to throw the door open!" And why not.

CLOCKWISE FROM LEFT
Quirky textures adorn the Haag house; the designer's enviable bedroom and living room; and a shot of the bedroom used in a Bed Threads shoot.

"The chance for a second bite at the cherry was too great. It allowed me to show a more refined design aesthetic"

PHOTOGRAPHY BY ELISE COOK; BÉNÉDICTE DRUMMOND (SOMMER PYNE); AMELIA STANWIX AND DEREK SWALWELL (SIMONE HAAG).

Weekend feasts

Here's to Sunday lunches, Saturday afternoons that stretch into night,

and shareable daytime recipes that are guaranteed for a good time

RECIPES BY ADAM BUSH **PHOTOGRAPHY BY** KRIS KIRKHAM

MUSSELS WITH ORZO AND 'NDUJA

SERVES 4

200ml Pernod (unsweetened aniseed-flavoured liqueur) or vermouth
500g mussels, cleaned
1 tbsp olive oil
1 onion, finely chopped
2 cloves garlic, finely chopped
1 tsp fennel seeds
50g 'nduja, broken into pieces (see note)
300g orzo pasta (risoni)
2 ripe tomatoes, chopped
small bunch flat-leaf parsley, chopped
1 lemon, wedged, to serve

1 Put Pernod in a large, deep, lidded frypan and bring to the boil. Tip in mussels, put on lid and cook for 5 minutes or until mussels open. Drain, reserving the liquid.
2 Heat olive oil in the same pan, add onion and garlic, and cook gently for 5–10 minutes or until soft. Add fennel seeds and 'nduja, and cook for 5 minutes or until everything is a deep red. Stir through orzo and tomatoes so that all grains are coated.
3 Pour mussel liquid into a jug, leaving the last gritty bit in the bowl. Top up with boiling water to make 750ml of liquid, add to the orzo a ladleful at a time, and cook, stirring, until all liquid has been absorbed before adding the next. Once orzo is cooked, add mussels to heat through. Scatter with parsley and serve with lemon wedges.

NOTE
'Nduja is a spicy Italian spreadable salami. Buy it from Italian delis and some supermarkets, or use chopped chorizo instead.

ASPARAGUS AND TOMATO SAVOURY FRANGIPANE TART

SERVES 4

400g puff pastry (or 4 sheets frozen puff pastry, partly thawed)
125g thin asparagus spears
100g cherry tomatoes (mix of yellow and red), halved
3 thyme sprigs, leaves picked
extra virgin olive oil, to serve

SAVOURY FRANGIPANE

100g unsalted butter, softened
2 cloves garlic, crushed
2 eggs, plus 1 yolk to glaze
35g plain flour, plus extra for dusting
65g ground almonds
35g parmesan, finely grated

1 Heat oven to 190°C and put a baking sheet in the oven to heat. Roll puff pastry on a lightly floured work surface into a rectangle measuring 40cm x 25cm. If working with puff pastry sheets, on a lightly floured chopping board layer them on top of each other, allow to thaw completely and roll out into a rectangle measuring 40cm x 25cm. Fold over 2cm of pastry from around edges to create a border. Carefully lift onto a second baking paper-lined baking sheet and chill. |
2 To make the frangipane, put softened butter in a bowl and use electric beaters to whip until light and fluffy. Add garlic then whole eggs, one at a time, adding a large spoonful of flour with each egg. Add any remaining flour, ground almonds and parmesan, and mix well.
3 Dot all over the inside of tart then use a palette knife to spread evenly. Scatter over asparagus, cherry tomatoes and thyme. Mix egg yolk with 1 teaspoon of water and brush the border well.
4 Place cool baking sheet on top of hot baking sheet and bake for 40 minutes or until pastry is crisp, frangipane is puffed and golden, and asparagus and tomatoes cooked. Drizzle generously with extra virgin olive oil and serve.

GARLIC CHILLI CLAMS ON SOURDOUGH TOAST

SERVES 4

6 tbsps extra virgin olive oil
3 slices prosciutto, shredded
4 cloves garlic, sliced
1 red chilli, seeded and finely chopped
150ml white wine
500g clams or pipis, cleaned
4 thick slices sourdough, toasted
½ a small bunch flat-leaf parsley, finely chopped
1 lemon, wedged

1 Heat olive oil in a lidded frypan and fry prosciutto until crisp. Add garlic and chilli, and gently fry for 3 minutes or until soft. Add white wine and, once bubbling, add clams, put on the lid and cook for 5–6 minutes, shaking the pan, until all of the clams are open.
2 Put sourdough toast on plates and ladle over the clams and garlicky dressing. Sprinkle with parsley and serve with a lemon wedge to squeeze over.

RUM CARAMEL-ROASTED PINEAPPLE

SERVES 4

1 small pineapple, peeled and eyes removed
150g caster sugar
75g butter
100ml double cream
3 tbsps rum
vanilla ice-cream, to serve

1 Cut the pineapple into quarters lengthways, and cut out the core from each piece.
2 Put sugar in frypan and heat gently, swirling pan until it is dissolved. Turn up the heat and cook until caramel is the colour of rusty copper. Carefully add butter and swirl until fully dissolved. Add pineapple and cook for 10–15 minutes, turning, until softened and glazed.
3 Put pineapple on serving plates. Add double cream and rum to the pan. Heat together and spoon over the pineapple. Serve with vanilla ice-cream.

PURPLE SPROUTING BROCCOLI TEMPURA WITH PONZU DIPPING SAUCE

SERVES 4 AS A STARTER

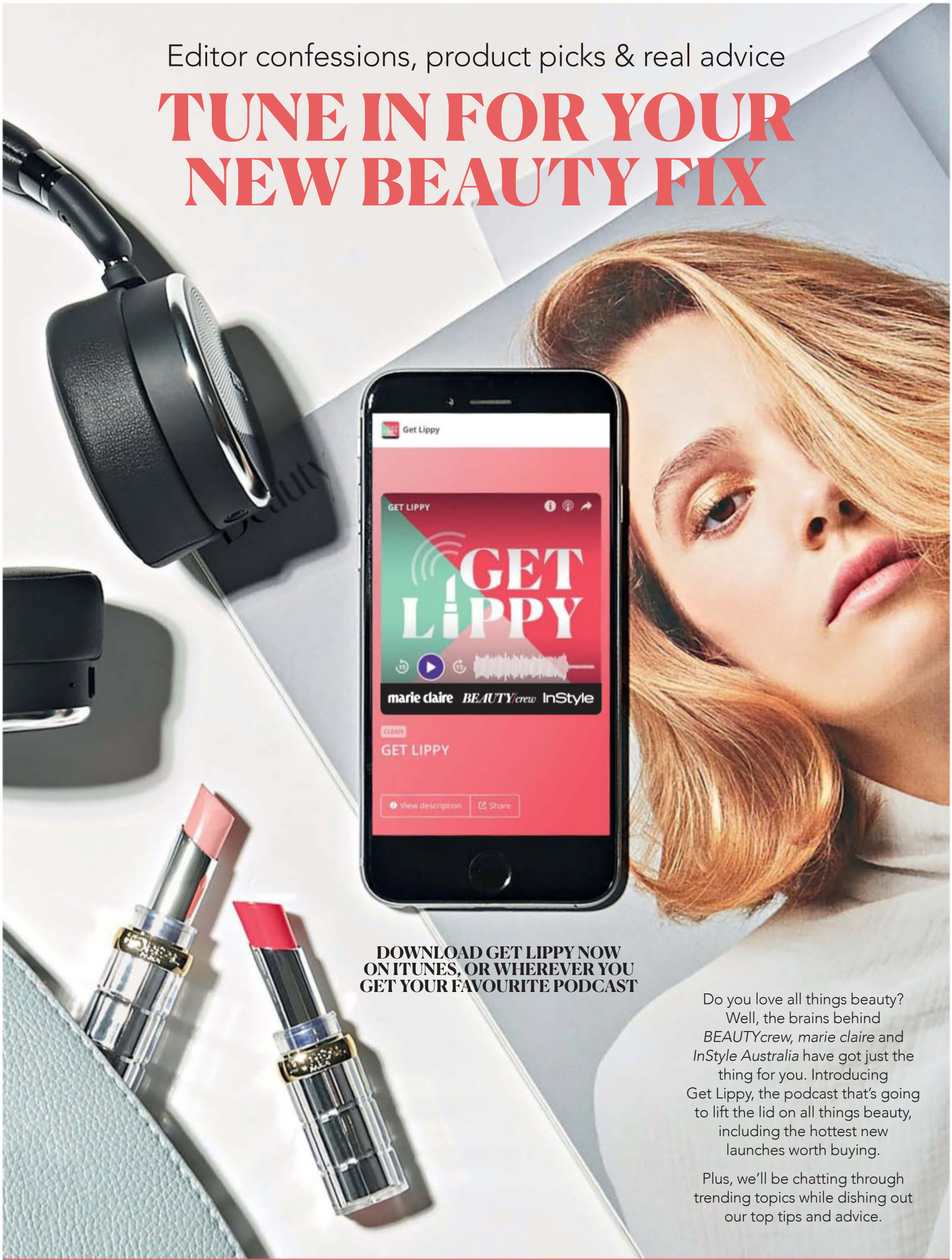
100g plain flour
50g cornflour
250ml soda water, chilled
vegetable oil for deep frying
200g purple sprouting broccoli, separated into spears

DIPPING SAUCE
4 tbsps soy sauce
1 tbsp mirin
½ lime, juiced
1 tbsp caster sugar
2 tsps rice vinegar

1 Put all dipping sauce ingredients in a bowl. Whisk until sugar is dissolved.
2 Tip flours and half a teaspoon of sea salt into a large bowl and gradually whisk in soda water – don't over-whisk as this will make the batter tough.
3 Fill a pan no more than a third full with oil and heat to 180°C or until a cube of bread browns in 30 seconds.
4 Dip 4 or 5 broccoli spears in batter, coat fully and gently lower into the oil. Fry for 4–5 minutes or until really crisp, then drain on paper towel and season with sea salt. Keep warm in a low oven while you fry the rest. Serve with dipping sauce.

Editor confessions, product picks & real advice

TUNE IN FOR YOUR NEW BEAUTY FIX



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marie claire BEAUTY/crew InStyle

ESCAPE

TRAVEL INSPIRATION FOR WOMEN GOING PLACES

The rooftop pool at the Kimpton Rowan, Palm Springs, is the place to be as the sun sinks behind the San Jacinto Mountains.

HOTEL OF THE MONTH

Palm Springs, California, is entering its second golden age. In the early 20th century it was the oasis of choice for Hollywood's glitterati – it was the farthest point contracted stars were allowed to travel. Now, revitalisation is rife and the Kimpton Rowan Palm Springs Hotel is leading the charge. Its interior puts a contemporary twist on the resort city's mid-century heritage, while the views of the San Jacinto Mountains are the star attraction. Between vintage shopping, stargazing and retro architecture tours, the hotel's rooftop pool bar and downstairs Window Bar have good times sorted. Visit rowanpalmsprings.com

TEXT BY ANNA MCCOOE.

Sunset at Ulu Cliffhouse, a beacon for the surf set and the cool crowd in Uluwatu.

NEXT LEVEL *Bali*

There are still a lot of Australians in Bintang singlets in Bali, but Asia's crazy rich and the world's bohemian gypset are remaking the island of gods as the elevated getaway we can't wait to revisit

ULUWATU

What's your definition of heaven? Chances are Bali has an incarnation of it. It's busy, yes, and crowded too. But when you wade through the traffic, the Bali you came for is reaching peak bliss levels.

Tourism to the Indonesian island has more than tripled in the past decade and, in turn, the crowd is changing. The Australians in Bintang singlets are still there but they are blurring into the background as Asia's crazy-rich kids fly in for the weekend in search of Insta moments and food gods to worship. The gypset too are turning up in droves, looking for new surf breaks and spiritual enlightenment. For the overworked, Bali will forever be a sanctuary for balance, if not total inner peace.

Arriving alongside the hordes, there is also a raising of the bar. Food is fabulous in Bali, be it holistic and whole or downright decadent. Interiors are breaking new ground too, thanks to the magic combination of local craftspeople and international creatives. Hospitality is also sublime – the Balinese have always done service with a gentle smile, but now they are world-class in this field.

So where to now? Dramatic limestone cliff-fringed Uluwatu on the south-west tip of Bukit Peninsula, or a jaunt back in time to Nusa Lembongan, Seminyak's dining scene, or a gypset reset in Ubud? We want it all.

FROM TOP Inside The Clubhouse at Ulu; and the onsite beach club, Ulu Cliffhouse.

THE SCENE

SURFER CHIC

Tri Hita Karana – the Balinese idea that happiness can be found in a person's relationship with nature, their fellow humans and God – shines through in Uluwatu. Looking over the Bukit Peninsula, it certainly feels close to heaven. Morning breaks crisp and calm with barely a ripple across the crystal-clear azure sea. Ulu means "land's end" and that's exactly how it feels, practically suspended on the cliff's edge. In this spirit, each day starts with the best intentions: yoga, smoothie bowls, jamu (a traditional medicinal elixir) and surfing. Then it slips into a haze of feasting and parties.

LUXE STAY

THE CLUBHOUSE AT ULU

The Clubhouse at Ulu comprises seven spacious boutique suites some 60 metres above the world-famous Indian Ocean surf breaks. It is the epitome of laid-back luxury. Did someone say private bar? Order a mojito by the 25-metre infinity pool, or better yet, in your freesia-scented room.

A text via WhatsApp to our host, Ryo, and, whoosh, a bartender appeared, followed by an in-suite masseuse to knead out all those knots.

By day, take the stairs down to the private beach or hang with the cool kids at Ulu Cliffhouse, the onsite beach club where Carl Cox has graced the stage. As the sun rises again and you're ready to get the blood pumping, your host can plan a surf lesson or yoga on the deck.

NUSA LEMBONGAN

THE SCENE

STEP BACK IN TIME

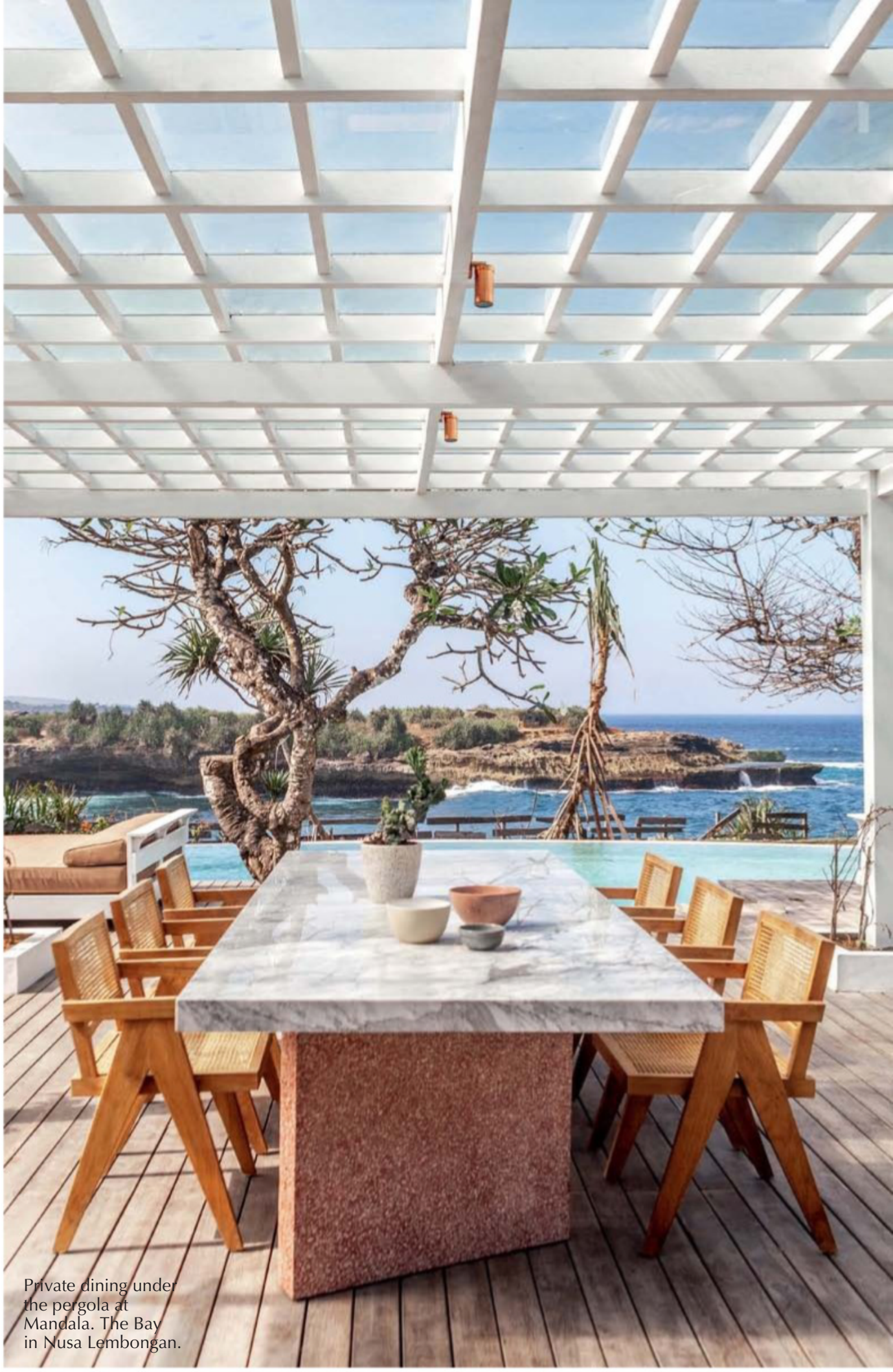
For anyone who has ever lamented that Bali isn't what it used to be, Nusa Lembongan is paradise reborn. The little island 45 minutes by boat from Bali is starting to explode with luxury resorts and villas, but at the time of writing there is no traffic, no crowds and you can still bag a slice of waterfront on a budget.

PRIVATE OASIS

MANDALA. THE BAY

Zipping across from Serangan Harbour in a fast boat, the next stop is Mandala. The Bay, above Nusa Lembongan's Sandy Bay Beach. Their five-bedroom villa is group getaway perfection. The price, less than $1000 a night (low season), is a throwback to old-school Bali but the luxury on offer is in step with the region's best. Walking through, the interiors are so open plan they are virtually open air. The look is a perfect marriage of Balinese architecture and bold modernity with contemporary art.

Every day starts on a high with a chef-prepared breakfast. Then the concierge takes care of the rest. Want a massage? Done. Keen to spot a manta ray? A dive trip is just a phone call away. A mixologist to make full use of the bar? Sorted. Cocktail in hand, there's only one spot for sunset – the secret fire pit with views of local natural wonder Devil's Tears.



Private dining under the pergola at Mandala. The Bay in Nusa Lembongan.

Samsara's villas are luxurious havens; located amid a lush green setting (left).

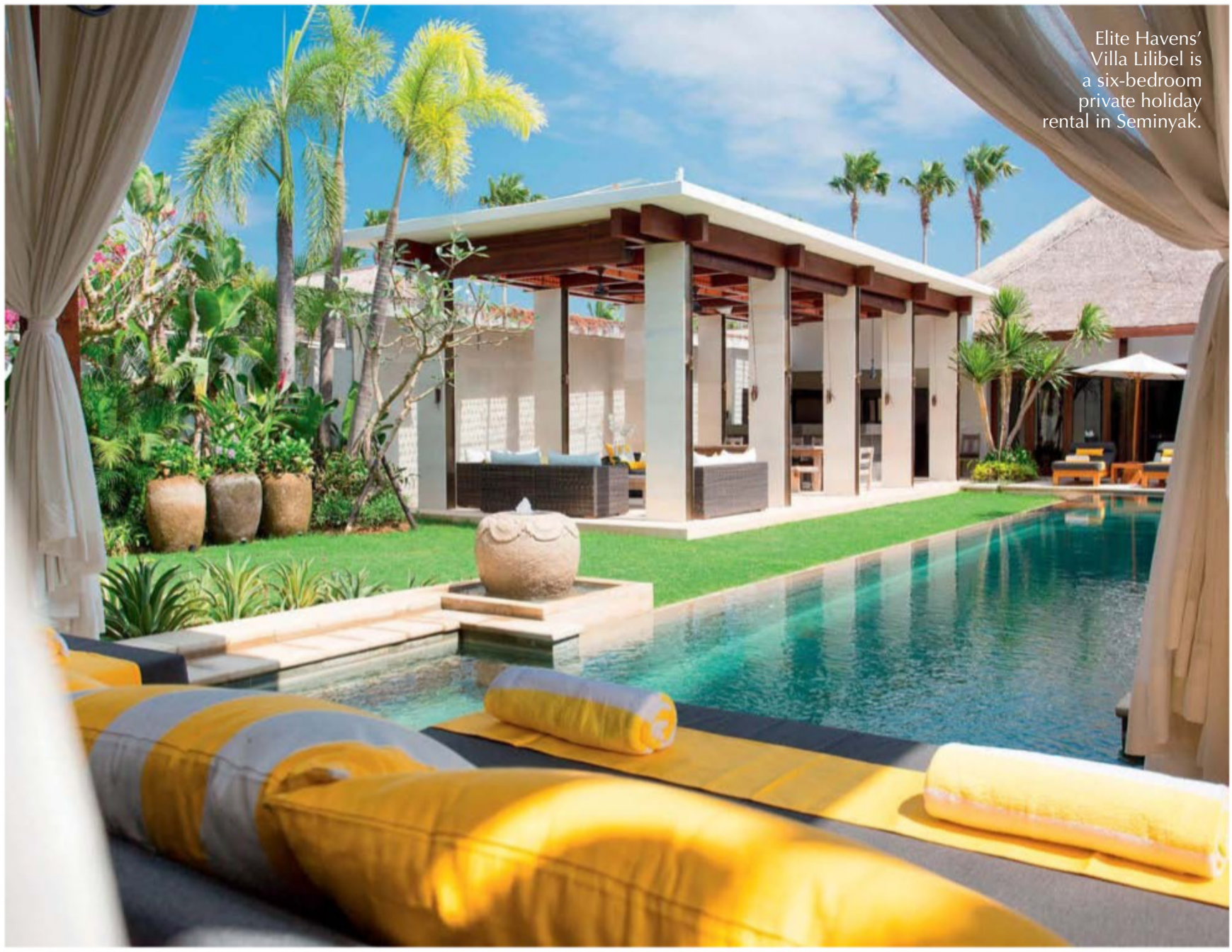
SEMINYAK

THE SCENE
BUZZ ON THE BEACH

The race is on in Bali's luxury hotspot: to be the best, the brightest, flashiest and most fabulous. And that's not a bad thing. With every month that goes by, another celebrity chef comes to town (hello Maurice Terzini's Da Maria, Maurizio Bombini of Mauri and Will Meyrick at Billy Ho). With that, another boutique sets up shop and a hot new hotel vies to outshine the rest. It makes for great sport if you love to eat, shop and luxuriate. Sign us up – for a few days at least.

GROUP STAY
ELITE HAVENS

Villas are the way forward for group holidays in the 'Yak. When the biggest challenge is having too many restaurants, cafes, beach clubs and too little time, downtime needs to deliver. Elite Havens, a purveyor of prestigious holiday rentals, has it covered. Their suite of properties come fully staffed with chefs, butlers and a villa manager armed with local knowledge to hook you up with restaurant reservations and the best nannies, massage therapists and facialists in town. Visit elitehavens.com



Elite Havens' Villa Lilibel is a six-bedroom private holiday rental in Seminyak.

PHOTOGRAPHY BY SCOTT GOLDSBURY; COURTESY OF ULU CLIFFHOUSE; COURTESY OF THE CLUBHOUSE AT ULU; COURTESY OF MANDALA. THE BAY; COURTESY OF SAMSARA UBUD. TEXT BY ANNA MCCOOE; BETH YOUNG.

UBUD

THE SCENE
HOLISTIC HAVEN

The spiritual healers are on stand-by. The jungle is ever-present. Ubud, in Bali's lush green interior, should come with a warning for the stressed. A week here and you just might quit your job, become a yoga teacher and embark on a ritualistic journey of cleansing, toning and sipping on raw green coconuts. Of course, if you're up for transformation, Bali's mystical heartland is ripe for a sabbatical.

JUNGLE HAVEN
SAMSARA, UBUD

The floaty feeling that sweeps through our Samsara stay sets in at breakfast – served in a wicker boat in our private villa pool. Looking over the infinity edge into the jungle, we wouldn't want to be anywhere else – except the spa, which lures us out from our breakfast bliss bubble with the promise of a restorative massage. Samsara is a Zen-inducing, balance-restoring holy sanctum of a hotel. Each of the 122-square-metre villas luxuriously reinvents Balinese architecture in marble, teak and floaty fabrics. Nearby, Kelusa village is an untainted taste of traditional Bali life, in all its mystical glory. Partake in water purification rituals, high tea and hikes, then relax into the evening with dinner at The Kelusa and a classic movie by moonlight. Eat. Pray. Love. Sorted!

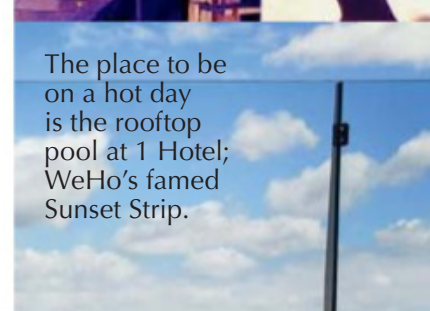
Style Destination

WEST HOLLYWOOD

Georgia Love in WeHo.

STAY

If you want the true WeHo experience, 1 Hotel is the go-to, set right in the heart of the infamous Sunset Strip. The urban oasis is lined with greenery both inside and out. And that's just the first taste of this hotel's green ethos. Upon check-in, you're told to download the app – they "don't do paper" – and will be texted your room number so as not to have to use a card to write it on. It's very LA. Beyond check-in is a great experience. A city-gazer's dream, it has a rooftop pool, a separate rooftop yoga deck and, you guessed it, a rooftop bar with some of the best views of the city, especially at sunset. And don't judge it by the location. The Sunset Strip is no longer that seedy rock'n'roll drive-by of days past. Today, it's *the* place to eat, drink, see and be seen.



The place to be on a hot day is the rooftop pool at 1 Hotel; WeHo's famed Sunset Strip.

Our fascination with all things Cal-a-forn-i-yay takes us to the state's epicentre of cool known by the inner circle as WeHo. Georgia Love hits the streets

You can see LA – hello Disneyland, Grauman's Chinese Theatre and the Hollywood sign – or you can live it, if even just for a few days. In 2020, the Californian dream is found in just one walkable pocket of the city of stars. And it's cool enough to be known simply by an acronym.

Call West Hollywood by its full name and you may as well wear a sign around your neck saying TOURIST. In about the only thing in LA that's similar to New York, the trendy neighbourhood is known affectionately as WeHo. If LA as a whole is La La Land, WeHo is undoubtedly the heart. From the city's best restaurants and rooftop bars to a drool-worthy design district, the world's best and biggest gay bars and the infamous Sunset Strip, there truly isn't much you can't do in WeHo alone. Its walkability makes it particularly desirable in a city known for its impossible handbrake-start streets and nightmare traffic.

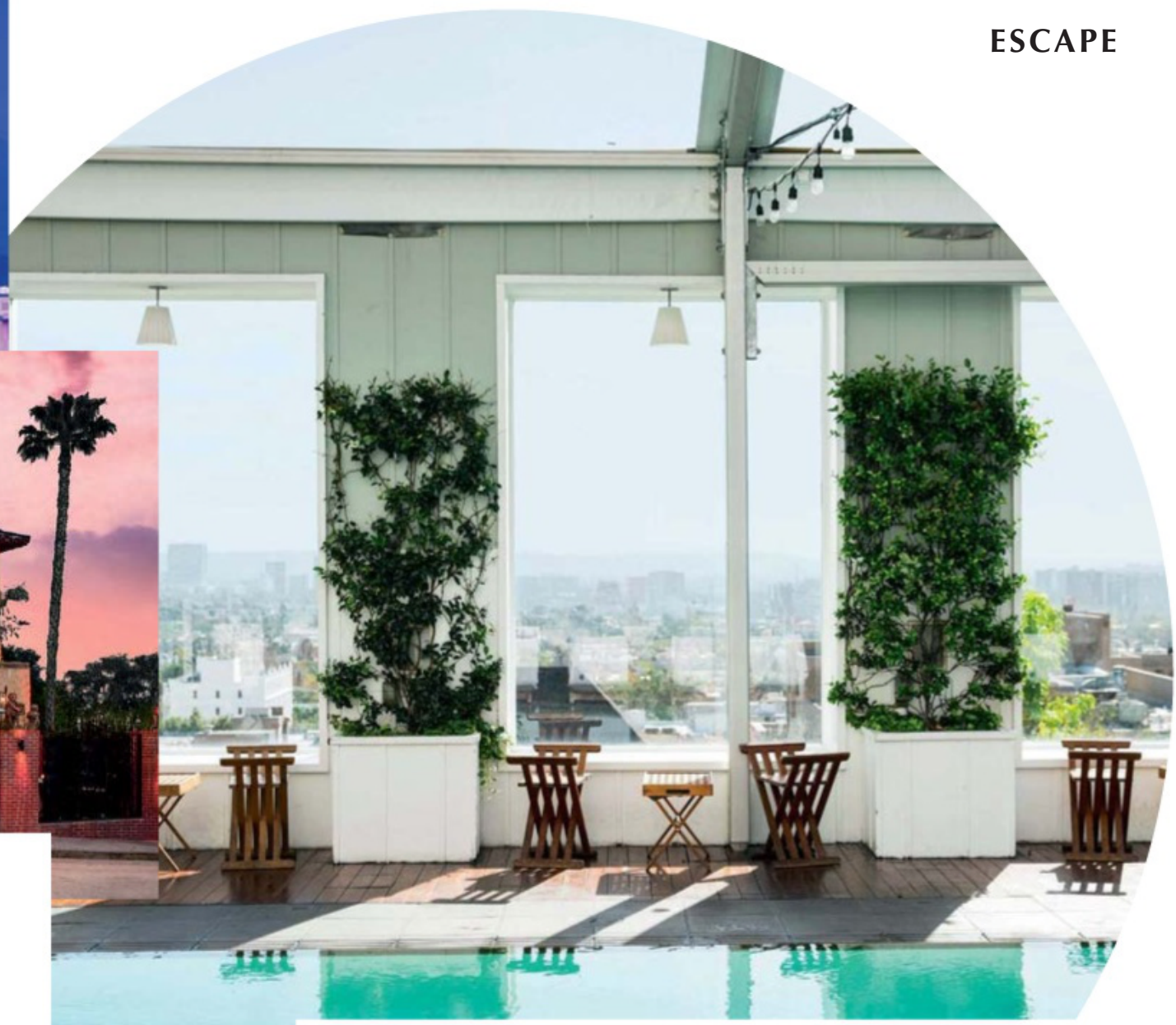
Here's what's hot in the LA hotspot.

"IF LA AS A WHOLE IS LA LA LAND, WEHO IS UNDOUBTEDLY THE HEART"

EAT

Don't expect oversized burger and fries joints on every corner. Instead, you'll find numerous award-winning eateries to rival the best in the country. Top of my list is Gracias Madre, the vegan Mexican restaurant that broke all my carnivorous rules. If the incredible tequila and mescal-exclusive cocktail menu doesn't get you to stay, the large plant-based menu will. Give me the cauliflower "frito" and chimichangas and I'll forget what a cheesy beef burrito was. And while I'm throwing all my previous judgements out the window, Pizzana on Robertson Boulevard may just serve the best pizza in the world.

A Mexican fiesta spread at Gracias Madre.



PARTY

Hallelujah, it's raining men! No matter your orientation, you simply cannot deny yourself a night out in WeHo's famed gay nightclub scene. Santa Monica Boulevard is littered with bars, restaurants and clubs quite literally flying the rainbow flag and it truly could not be more fun. The most famous of the gay bars is of course The Abbey. The now 29-year-old institution may look like a church, but I don't remember taking communion around barely clad male dancers pouring appletinis down their eight-packs to EDM beats at my Anglican high school. Whether you're gay, straight, queer or anywhere in between, do yourself and your dancing shoes the favour of finding out why this nightclub's reputation proceeds itself. Just don't blame me for the hangover.

DETOX

Why ride out your hangover when you can pump vitamins and minerals straight into your bloodstream to feel better? Yes, this is actually a thing. And the latest LA trend doesn't seem to be going anywhere, with IV infusion centres popping up all over the city. They are exactly as they sound: vitamins and minerals infused into your body through a drip. Origin Stretch & Spa has the "For Last Night's Regrets" IV infusion, with 1000mL of IV fluids, vitamins C, B12 and B-complex, anti-nausea and magnesium. Or, for the more faint-hearted, you can opt for a quick vitamin shot of anything (or everything) from A to zinc. But learn from my mistake, dear reader, and don't get a shot the day you have to sit for 16 hours to fly back home. They do hurt a little and the injection doesn't go into your arm…

PHOTOGRAPHY BY RYAN FORBES; JOYCE LEE; JAMES BAIGRIE; INSTAGRAM; COURTESY OF GRACIAS MADRE PHOTOGRAPHY BY ERIC WOLFINGER.

CLOCKWISE FROM TOP LEFT Partying at The Abbey and the Mondrian Skybar; and checking out the high-end goods at The RealReal.

DRINK

While the options are abundant in this social hub, it's hard to go past WeHo's famed rooftops for a tipple. And it's easy to see why Skybar at the Mondrian is the best known and most photographed. With sweeping views of the city set between picture-frame windows, it's the perfect place for daytime lounge hangs, and boasts a pumping party vibe by night, with world-class DJs and a higher-than-likely chance of celeb spotting. My tip: get there for sunset for some seriously envy-inspiring Insta shots.

SHOP

I audibly gasped when I walked into The RealReal, a huge and uber-luxe high-end consignment store in the heart of WeHo's design district on Melrose Avenue. This is anything but your run-of-the-mill second-hand clothing store. Here, you will find nothing less than Gucci, Dolce & Gabbana and Hermès, laid out like they were in their original homes along Rodeo Drive. These wares have come from the wardrobes of starlets and their stylists, because Kim Kardashian West isn't wearing last season's Prada. But I sure as heck will! There's even a full wall of Birkin bags for up to 50 per cent off. RIP me.

"I AUDIBLY GASPED WHEN I WALKED INTO THE REALREAL"

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Uma Thurman in the 1994 cult-hit movie *Pulp Fiction*.

UMA THURMAN

She was the Hollywood bombshell who became one of the #MeToo movement's most vocal victims. On the eve of her 50th birthday, Uma Thurman's legacy extends far beyond the screen. By Michelle Davies

It was 1980 and, despite being only 10 years old, Uma Thurman was anxious about the way she looked. At school, she was bullied about her height, large feet and hands, and wide-set eyes. "I was sure that my looks were hideous," Thurman later said. "I was a little too tall, odd, funny looking." Yet a mere eight years later she was being feted as one of Hollywood's most beautiful new stars after her breakthrough role in *The Adventures of Baron Munchausen*. Being considered attractive and talented was quite the validation for a young woman shunned by her classmates.

Thurman is now one of the most recognised faces in the industry, shimmying her way to icon status in Quentin Tarantino's cult classic *Pulp Fiction* in 1994. Her performance as Mia Wallace earned her an Oscar nomination for Best Supporting Actress and a lifelong role as Tarantino's muse.

Thurman at Cannes in 1993; with John Travolta in *Pulp Fiction* (above right); on set with Quentin Tarantino (right).

But there was also a dark side to her dazzling cinematic pairing with Tarantino – being allegedly sexually assaulted by his producer and collaborator, Harvey Weinstein. Now, as Weinstein stands trial on rape charges (at the time of printing), Thurman considers herself "extremely fortunate" to have found the strength to expose him. "[It's] having the courage to just try to move forward, try to take another step, and try not to let things overcome me – to be brave," she said last year.

She was born Uma Karuna Thurman on April 29, 1970, in Boston, Massachusetts, to father Robert, one of America's leading scholars on Buddhism, and mother Nena, a model-turned-psychotherapist. The year she turned 14 Thurman spent the summer in New York taking acting classes. On returning to school she played Abigail in a production of *The Crucible* and some talent agents from New York – who'd come to watch her perform – offered to pay for further lessons. Thurman moved to the city, where she enrolled at the Professional Children's School and signed up with Click Models to earn money for rent.

In 1988, aged 18, she got her big break in Terry Gilliam's oddball comedy *The Adventures of Baron Munchausen*. Her role as Venus, for which she had to appear as though naked while standing in a seashell, caused a stir – but it was nothing compared to the reaction she received for her next film, *Dangerous Liaisons*. Set in pre-Revolution Paris, Thurman played Cécile de Volanges, a bride-to-be attacked in her bedchamber by John Malkovich's rakish Viscount Valmont. Thurman's breasts were exposed during the scene, causing public furore.

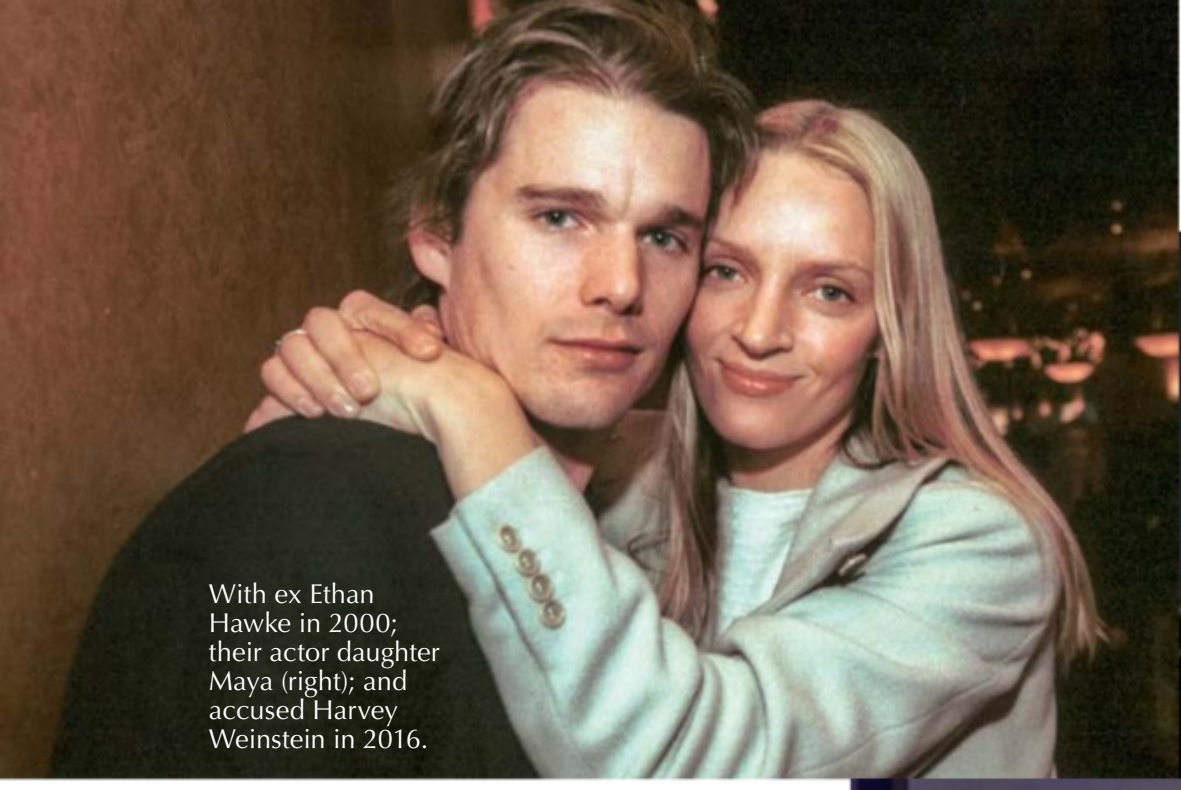
"That showing part of the human body would have such an overwhelming effect and be the cause of such insane media amazed me," Thurman later said. "It was a shocking thing to suddenly put up as some kind of hot thing." For the next year, she took to wearing baggy clothing to hide her body and backed away from acting. "I preferred not to work if I was going to be pigeonholed as the sexual flavour of the month," she explained. Malkovich, in particular, became protective of her, describing her to *Rolling Stone* in 1989 as "a haunted girl".

In 1990, aged 20, Thurman returned to work in another period piece, the critically acclaimed *Henry & June*. On set she met her first husband, British actor Gary Oldman. Despite the age gap (Oldman was 32) and their obvious differences – she practised Buddhism, he had a reputation for hard partying – the pair fell in love and married that same year. Two years later it was over, though, with Thurman commenting "it takes a special kind of woman to put up with him". In 1993, she landed the coveted lead role in Gus Van Sant's *Even Cowgirls Get the Blues*, and a year later she was cast as Mia Wallace in *Pulp Fiction* alongside John Travolta and Samuel L. Jackson. Costume designer Betsy Heimann put together Mia's look and, in doing so, created one of the most iconic character images ever committed to celluloid. Her inspiration for the crisp white shirt and black trousers was *Reservoir Dogs*, Tarantino's previous hit film, and when she applied Chanel's Rouge Noir to Thurman's fingernails, it sent sales soaring and turned the nail polish into a cult product.

Yet despite the cooler-than-thou image she was projecting as Mia, Thurman was overcome with shyness when it came to the infamous dance scene with Travolta. "I was more afraid of the dancing than almost anything, because it was exactly my total insecurity," she said. "But once I started dancing, I didn't want to stop."

On set, Thurman and Tarantino had conversations that ultimately inspired his next project, the *Kill Bill* series. He wrote the character of Beatrix Kiddo, aka The Bride, specifically for her and waxed lyrically about Thurman being his muse, comparing them to Alfred Hitchcock and his longtime creative influence Ingrid Bergman. "It's a special bond that I'm proud to have and, hopefully, one day, people will reference me and Uma like they do [them]," he said.

Yet, unbeknown to the director,



With ex Ethan Hawke in 2000; their actor daughter Maya (right); and accused Harvey Weinstein in 2016.

their professional relationship had put Thurman in personal danger. The studio that bankrolled both *Reservoir Dogs* and *Pulp Fiction*, and would go on to finance the *Kill Bill* series, was Miramax, co-owned by Harvey Weinstein. When a slew of actresses came forward in 2017 to accuse Weinstein of rape and sexual assault, Thurman was among them.

In a harrowing interview with *The New York Times* published in 2018, Thurman described how, after *Pulp Fiction* was released to great acclaim, Weinstein made an advance in a Paris hotel, then attacked her in his suite at the Savoy in London. "He pushed me down. He tried to shove himself on me. He tried to expose himself ... all kinds of unpleasant things," she said.

At the time Thurman was contracted to *Kill Bill* and felt obliged to continue with the project, but regarded Weinstein as an enemy. In the interview, Thurman also spoke of the guilt she carried about continuing to work with Weinstein after he assaulted her.

"The complicated feeling I have about Harvey is how bad I feel about all the women that were attacked after I was. I am one of the reasons that a young girl would walk into his room alone, the way I did," she said. Yet it was obvious that, like the other women who came forward, Thurman felt Weinstein had the upper hand in his position of power. "This was my champion ... He had a chokehold on the type of films and directors that were right for me," she said. Weinstein has denied assaulting her and other women.

Meanwhile, Thurman met actor Ethan Hawke on the set of 1997 sci-fi thriller *Gattaca*, and the pair married in May, 1998. Their daughter, Maya, was born two months later, and son, Levon, was born in 2002 (Tarantino pushed back filming for *Kill Bill* until his star had given birth).

The first two *Kill Bill* films were shot over nine months. All went well until the final week, when Thurman sustained permanent injuries to her neck and knees after she crashed while driving along a Mexican dirt track at 65km/h. She had begged for a stunt person to take her place in the scene, and blamed Tarantino for making her do it. "Quentin and I had an enormous fight, and I accused him of trying to kill me," she said.

The pair's friendship was strained for years afterwards. Thurman claimed Weinstein stopped her obtaining footage of the crash so she couldn't sue, but he denied giving instructions to "destroy the vehicle or orchestrate a cover-up". Before Thurman exposed Weinstein to *The New York Times*, Tarantino managed to locate the footage and gave it to her. "It is the biggest regret of my life, getting her to do that stunt," he later said.

In 2003, Thurman and Hawke separated amid reports he was having an affair with their children's nanny, Ryan Shawhughes, whom he later married. Thurman described the break-up as "excruciating", and said it left her self-esteem "pretty mangled".

"QUENTIN AND I HAD AN ENORMOUS FIGHT. I ACCUSED HIM OF TRYING TO KILL ME"

In 2007, then 37, she started dating Elle Macpherson's former partner, billionaire financier Arpad Busson. He proposed in 2008, throwing a lavish party at his £10 million London home, attended by Sir Elton John, Sting and Claudia Schiffer. They split a year later, but reunited in 2011, and in July 2012 their daughter Luna was born. However, by then the couple had all but split, and things became toxic when, in January 2017, Busson took Thurman to court to establish custody rights and accused her of being a pill-popping, temperamental mother. In uncomfortable scenes played out in open court, it emerged that Thurman, then 46, had ADHD and took medication to treat depression, anxiety and insomnia. Previously, she had also spoken of developing body dysmorphic disorder following Maya's birth, telling one interviewer, "I see myself as fat."

Meanwhile, Thurman's career was failing to match the critical and commercial heights of *Pulp Fiction* and *Kill Bill*. She had the lead role in *My Super Ex-Girlfriend* in 2006, but the film was panned, and she followed that with the equally derided *The Accidental Husband* in 2008. More recently, though, Thurman has successfully ventured into TV. In 2012 she was nominated for an Emmy for her appearance in *Smash* and she currently stars in the supernatural drama *Chambers* on Netflix – which ironically pits her in the streaming ratings against her daughter Maya, now 21, and the breakout star of Netflix's *Stranger Things 3*.

If Thurman is troubled by the trajectory of her career, she doesn't show it. Instead she prefers to reflect on what she's overcome since being in the public eye. "If you had sat me down [at the beginning of my career] and gone through some of the challenges I would face and I would overcome and grow through, I probably wouldn't have believed any of it."

PHOTOGRAPHY BY ALAMY; GETTY IMAGES.

THE WOMEN WHO MADE ME

YVONNE STRAHOVSKI

The powerhouse actress gives a standing ovation to the most inspirational women in her life

BOŻENA STRZECHOWSKI

My mum Bożena is the original feminist. She's from Poland, where there's an old-school mentality that women belong in the kitchen. Mum never bought into that. She did her own thing and worked as a lab technician. My parents emigrated from Poland to Australia before I was born, when Bożena was 26. She left her home country to move to the other side of the world for a better life ... I admire her bravery. I think a lot of my adventurous spirit comes from my mum.

As well as her sense of adventure, I inherited my mum's sensitive soul. She loves *The Handmaid's Tale,* but finds it hard to watch. She gets quite moved – we have that in common.

It's a cliché, but my mum taught me that everything always works out. She used to say, "Even through the hard times, everything will find its place. You've got to keep going." I try to have that positive attitude every day.

MRS HALLIDAY

Mrs Halliday was my high school English teacher. I don't think she knows how hugely influential she was to me. I want to take this opportunity to thank her. Growing up in a Polish-speaking household, I was never confident with my English vocabulary at school. It always felt like I was playing catch-up.

Then Mrs Halliday introduced me to Shakespeare's plays and the world of poetry and classic novels. That was a huge moment for me. Mrs Halliday also convinced me to pick the highest level of English in my senior years. She said, "You're going to do it and you're going to do really well." And I did.

Teachers leave such a huge mark on their students. Mrs Halliday inspired me to push myself beyond the boundaries of my own beliefs, and I'm eternally grateful for that.

"I THINK A LOT OF MY ADVENTUROUS SPIRIT COMES FROM MY MUM"
– Yvonne Strahovski

FROM LEFT The "original feminist", Yvonne's mum Bożena; and director Emma Freeman.

EMMA FREEMAN

I worked with [director] Emma Freeman on the ABC series *Stateless* and it was such a collaborative, enjoyable experience. She's a beautiful soul, but she's also such a professional with a killer instinct. The material was very sensitive and emotionally demanding, so it helped to have someone grounded leading the way.

There was a scene where I had to get in the ocean in the middle of winter, and I really didn't want to do it because it was freezing, but I worked it out with Emma. I remember laughing a lot on that day and pumping myself up to get into the water. The series was quite serious, but the shoot itself was a lot of fun.

Watching Emma work and her dedication to the material was so inspiring. I'd love to work with more female directors, and to one day direct. I think male directors and producers don't really know what to do with us as women and tread extra carefully, especially in this day and age. There are more women coming forward now and I hope that it equals out one day. By "one day", I mean yesterday!

Stateless *is currently airing on ABC.*

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