

LIFESTYLE HEALTH & BEAUTY

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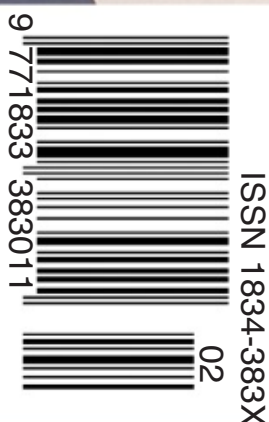
ISSUE 87 FEB-APRIL 2020

**GET THE
GOSS ON
GLOSS**

**celebrity
style on
the 2020
red carpet**

**the mane
attraction**
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CROWNING GLORY

**summer
skin SOS**





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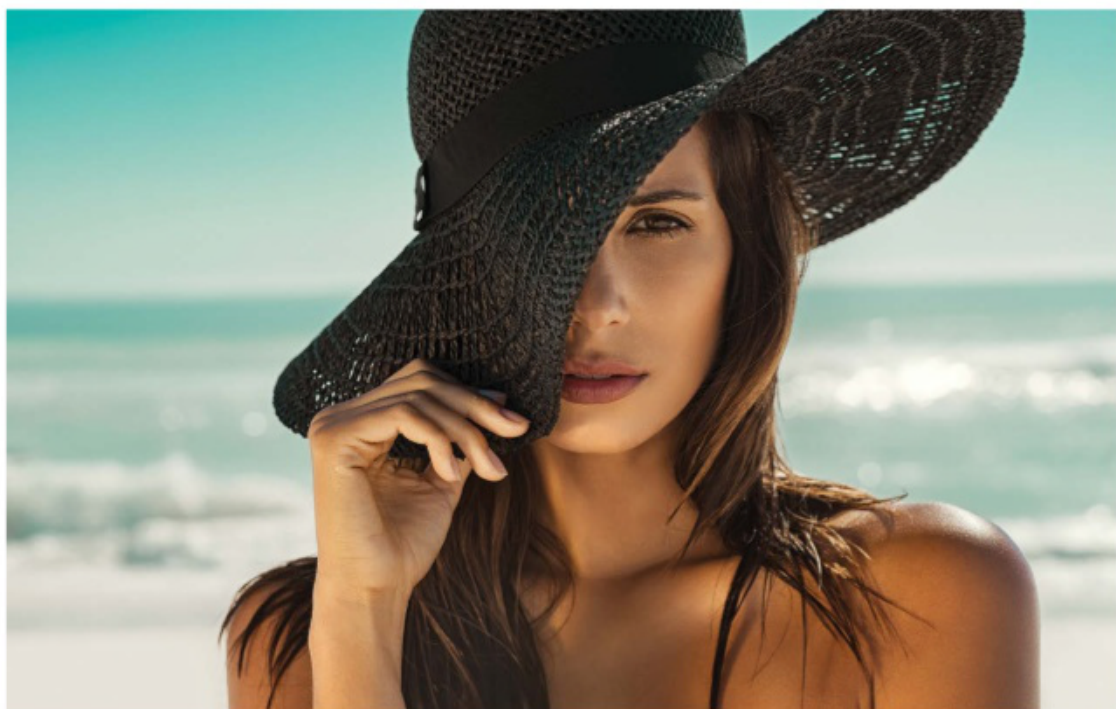
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From the EDITOR



Welcome to our first issue of the new decade! 2020 has started with many global events that have rocked the world, and not in a good way. While it may seem trivial to focus on beauty, taking the time for relaxation and self-care can make us feel better about ourselves and what is going on around us. And beauty is all about making us feel more confident and attractive, and that can't be a bad thing.

Summer is slowly drawing to a close and it's time to ramp up our skin care and treatments to make sure summer dryness and damage doesn't stay with us all through the year. Read our story on page 44 for the best Summer SOS products to grab now.

In this issue we bring you the 10 questions to ask BEFORE you consider having eyelash extensions on page 80. I confess, I'm an addict and can't imagine not having them now, but I certainly did my homework first. We also delve into what makes a man attractive. Wealth or facial features? Read the story on page 56 and draw your own conclusions.

Our hair is called our crowning glory for good reason. We look at options for treating thinning hair on page 62 and from page 66 we bring you the best of the best hair products to make sure your 'mane attraction' is in tip top condition.

Read all our other articles including: classic and new fave scents (page 74), the differences between male and female facial features (page 60), the gloss on gloss (page 88) and the 9 cellulite fighting foods that should be in all our diets (page 92).

See you next issue!

Michelle Kearney

Editor-in-Chief

michelle@bellamedia.com.au

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topical skincare to promote
skin health. ”

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Beauty insider

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



COSMETICS POWERHOUSE, MORPHE, NOW OPEN AT CHADSTONE, VIC

Calling all beauty addicts! Morphe has opened its second store in Australia at Chadstone – The Fashion Capital. The rule-breaking beauty retailer is known for a full lineup of professional-grade makeup that spans over 300 brushes, highly coveted artistry palettes, and 60 shades of Fluidity Full-Coverage Foundation. Internet-breaking brand collaborations include the Morphe X Jeffree Star Artistry Palette and brush collections, the Morphe X James Charles Mini Palette and Eye Brush Set and the Morphe X Jaclyn Hill Eyeshadow Palettes. Additionally,

Morphe also carries sought-after brands such as Lunar Beauty and House of Lashes and cult faves including P.Louise Makeup Academy, SUVA Beauty and NABLA.

'We're so excited that our Australian #MorpheBabe community now has another dedicated retail destination where they can shop Morphe,' says Kahla Broussard, VP of Retail Sales and Operations at Morphe.

This is Morphe's second store in Australia (the first is in Melbourne CBD). With 50 retail stores throughout the United States, Canada, Australia and the United Kingdom, as well as online, Morphe looks set to continue its rising star.





SISLEY PARIS – DAVID JONES ELIZABETH STREET REOPENS LUXE BEAUTY HALL

High-end cosmetics house Sisley Paris continues its exclusive long-term partnership with department store David Jones, as the iconic retailer unveils its exciting new Ground Floor renovation at the Elizabeth Street flagship store in the heart of Sydney's CBD.

In December 2019, David Jones reopened its designer-brand beauty and accessories hall, after being closed for 11 months during a \$420 million refurbishment.

In celebration of the re-opening, Sisley hosted an inaugural customer event at the renovated Elizabeth Street location where Mia Hawkswell, one of Australia's leading celebrity hair and makeup artists, created the perfect hair and makeup looks showcasing Sisley's latest releases.

As part of this exciting new retail transformation, Sisley Paris customers will experience the brand's exceptional customer service and expertise in an exquisite and intimate environment.

The new Sisley Paris destination will allow customers to immerse themselves in the full universe of Sisley Paris, discovering the best in Sisley makeup, skincare, fragrance and hair care.

David Jones Elizabeth Street is the first store in Australia to offer Sisley Paris customers the opportunity to experience the Hair Rituel by Sisley interactive 'Styling Studio'. Within the studio includes the Hair Rituel Analyser Service, a high-tech diagnostic assessment of the vitality and health of the hair fibre and scalp, followed by the Sisley Awakening Hair Rituel treatment and a personalised Hair Rituel program to take home.

The renovated space also means an upgrade for the Beauty Room, where customers can experience Sisley's signature 60-minute Botanical Facial.

One of the world's most prestigious beauty brands, Sisley Paris harnesses the power of plant extracts to create the ultimate in luxury cosmetics. It uses high-quality botanicals with cutting-edge science to produce a celebrated collection of skincare, makeup, hair care and fragrance.

ELLA BACHÉ LAUNCH SKIN TINT SUPERFLUID GREAT SPF50+

Did you know Ella Baché developed one of the first ever Aussie-made sunscreens back in the 80s, testing their classic Sunguard sunscreen on surfers at Whale Beach?

Backed by generations of Australian suncare research, Ella Baché's vision has always been to remain at the forefront of the latest ingredients and technology to be skin kind and sun protected. And with their latest Aussie-made breakthrough, Superfluid Great SPF50+, they've done exactly that.

This 3-in-1, glow-inducing, broad spectrum superfluid is Ella Baché's most innovative suncare product to date, and is a powerful hybrid of skincare and suncare.

A primer, skin tint and SPF all in one, Superfluid Great SPF50+ has a 4-hour water resistant formula which protects against both UVA and UVB rays while giving an ultra-lightweight, glowy sheer coverage available in four tinted shades. It's formulated with antioxidant-rich Green Tea and Kakadu Plum Extract that work to protect skin from free radicals together with moisturising plant derivative PENTAVITIN® and refreshing Aloe Vera.

Importantly, to keep skin (and our reefs) glowing, Superfluid Great SPF50+ is formulated without any nasties.

Superfluid Great 50+ (\$55) is a handy all-in-one essential suncare product that protects skin from UV rays and photoageing, while nourishing skin and adding a healthy looking glow.





@cosbeauty

CHARLOTTE TILBURY DELIVERS THE MOST REQUESTED EYE LOOKS WITH THREE NEW PALETTES

Makeup artist to the stars and queen of iconic eye looks, Charlotte Tilbury announces the launch of three new iconic Luxury Palettes, inspired by her most-loved, most-requested eye looks.

Introducing The Queen of Glow and the reimagined The Rebel joining The Charlotte Darling, three colour-curated, off-the-peg eye looks for everyone, everywhere. These are Tilbury's ultimate eye secrets, expertly curated for eye-widening, eye-colour enhancing magic to transform your eyes and your mood in an instant.

'I've spent my life studying the magnetic beauty of iconic women, creating custom-made looks for them, so they can be whoever they want, wherever they want, whenever they want,' says Tilbury. 'Using all of my best-kept beauty secrets I have extracted the beauty DNA of some of the most inspiring women and put them in these palettes!'

Whether a signature seductive smokey eye or an eye-opening radiant glow, the new palettes are the ultimate eye makeup weapons.



TWO ICONS, ONE MUST-HAVE NAIL COLLECTION

In 2016, two icons partnered to create one unforgettable collection: the Hello Kitty Collection by OPI. The collection became an instant favourite – the most talked about OPI collection of all time with the most searched for shade in the brand's history, 'Let's Be Friends!'

Due to huge demand, these two icons are saying Let's Be Friends again! OPI has once again partnered with the pop culture giant to celebrate Hello Kitty's 45th anniversary.

Launched for the holiday season, the new OPI Hello Kitty Collection includes 12 signature shades ranging from frosty whites and pinks to deep velvety hues and lots of sparkles. Inspired by the first collection, best-selling shade Let's Be Friends!, a powdery whisper pink,

made its return. We love adding a coat of Born to Sparkle, a pink hexagonal glitter in a clear base, over Let's Be Friends! for a cute yet sassy nail look.

Classic reds, rich golds and shimmering pewter pay homage to the signature Hello Kitty bow, while blues and purples in the collection vary from icy hues to deep velvet.

All 12 Hello Kitty Collection shades are available in the long-wear Infinite Shine formula – a 3-step system to long lasting colour with ProStay Technology offering a high-shine finish and vibrance for up to 11 days. Step one is the Infinite Shine ProStay Primer, step two is your chosen Infinite Shine colour and the final step is the Infinite Shine ProStay Gloss. The collection is also available in Nail Lacquer and GelColor formulas.



ELLA BACHÉ LAUNCHES THE LATEST IN ILLUMINATION

Let's get illuminated! Ella Baché continues to make bold moves in skin radiance innovation by launching Neobright Correcting Night Cream this February 24th – the first-ever cream to harness the power of the rare white tomato.

The newest synergetic duo, the lightweight Neobright Correcting Night Cream and re-named Neobright Correcting Day Cream, will have you waking up with a smoother, more radiant and brighter complexion than ever.

Pioneering founder Madame Baché was the first to use tomatoes in skincare back in 1936. Inspired by observing girls in Hungary apply sliced tomatoes to their faces, she discovered that fruit acids, including tomato extract, gave skin an energised, healthy glow.

Enriched with Ella Baché's newest ingredient discovery – the premium, rare white tomato – the Neobright Correcting Night Cream works overnight to help deliver a brightness, illumination and a smoother, more even skin tone. The Ella Baché lab discovered and patented the naturally selected, premium rare white tomato. It is rich in colourless carotenoids (light absorbers) and helps to neutralise

hydroxylated (free) radicals which cause uneven skin tone and inhibit melanin going into overdrive. Volunteers of a study noticed an 86% increase in softened, resurfaced skin texture and a more radiant, clear complexion.

Key ingredients include:

- Patented Colourless Carotenoids from premium white tomato (non-GMO)
- Resurfacing AHA from organically-fermented citrus, apple and sugar cane combined with a soothing Green Tea Extract work to increase healthy and consistent cellular turnover and gently smooth skin for maximum glow
- Rice Bran Oil helps smooth the epidermal surface of skin and fights off irregularities
- Vitamin E provides a rich source of antioxidants, as does Vitamin C which also brightens the skin
- Shea Butter deeply nourishes and conditions
- Papaya Extract, a bio-enzymatic ingredient, helps active ingredients to absorb into the skin by gently dissolving roughness on the surface.

If you're after brighter, more illuminated skin from within, mark your calendars for the February 24th launch of this exceptional new product duo!

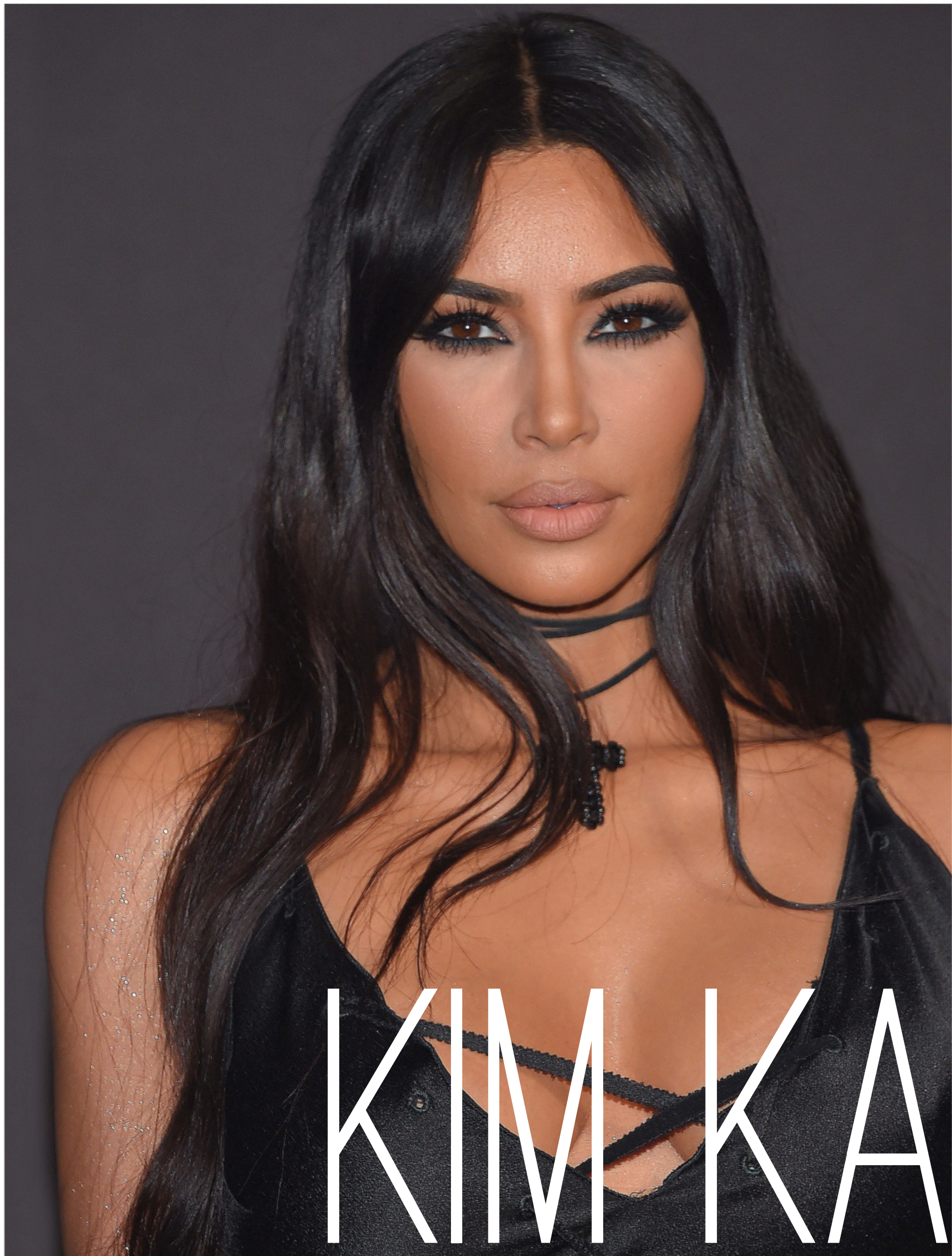
BABOR LAUNCHES REVERSIVE – THE UNIQUE PRO-YOUTH SKINCARE LINE

BABOR has upgraded its pro-youth skincare line and tailored the active ingredients even more precisely to modern requirements. The ReVersive serum, available in March 2020, boasts a powerful, innovative active – a nonapeptide that boosts the skin and reawakens its glow.

The serum is ideal for skin suffering from the effects of stress, jet lag or late nights as it stimulates and accelerates the skin's microcirculation, leaving the complexion looking fresher and more invigorated.

Like all ReVer-sive products, the serum contains the highly effective PRO YOUTH complex with two ingredient upgrades: Rosa alba (white rose) stem cells and an anti-wrinkle peptide complex. In a study by BABOR 90% of the subjects felt their skin was smoother after one application and 93% said their skin had a more radiant complexion.





I love when people
underestimate
me and then
become pleasantly
surprised.

RDASHIAN

Beautiful people
have many
advantages,
but so do friendly
people. I think
beauty is an
expression of love.

LUPITA NYONG'O





I am not a
woman whose
self-worth
comes from
her dress size.

KRISTEN
BELL

Don't waste so
much time worrying
about your skin or
your weight.
Develop what you do,
what you put hands
on in the world.

MERYL
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True beauty is
knowing who you
are and what you
want and never
apologising for it.

PINK

Being a healthy woman isn't about getting on a scale or measuring your waistline.

MICHELLE
OBAMA



'TIS THE (AWARDS) SEASON

THERE'S NOTHING QUITE LIKE CELEBRITY STYLE ON THE RED CARPET FOR A BIT OF #FASHIONINSPO, AND THIS AWARD SEASON HAS PROVIDED A BUMPER CROP OF GORGEOUS GOWNS AND EYE-CATCHING LOOKS.





Scarlett Johansson wears Armani Prive



Naomi Watts wears Armani Prive



Kerry Washington wears Altuzarral



Gwyneth Paltrow wears Fendi



Kathryn Newton wears Valentino



Zendaya wears Tom Ford



Cynthia Erivo Harriet wears custom Schiaparelli



Zoey Deutch wears Fendi



Sophie Turner wears Louis Vuitton



Olivia Wilde wears Valentino



Margot Robbie wears Chanel



Laura Dern wears Stella McCartney



Jennifer Aniston wears Christian Dior

Silvia Elizabeth Pangaro / Shutterstock.com

A WORK *of* ART

MAKEUP HAS BECOME MODERN ART AND A FORM OF SELF-EXPRESSION, EMPOWERING US TO GET CREATIVE, HAVE SOME FUN AND PRESENT THE BEST VERSIONS OF OURSELVES TO THE WORLD.

From the Ancient Egyptians (all hail Queen Cleopatra) to today's Instafamous glamazons, makeup has always been the ultimate way to channel your personality and enhance your natural beauty.

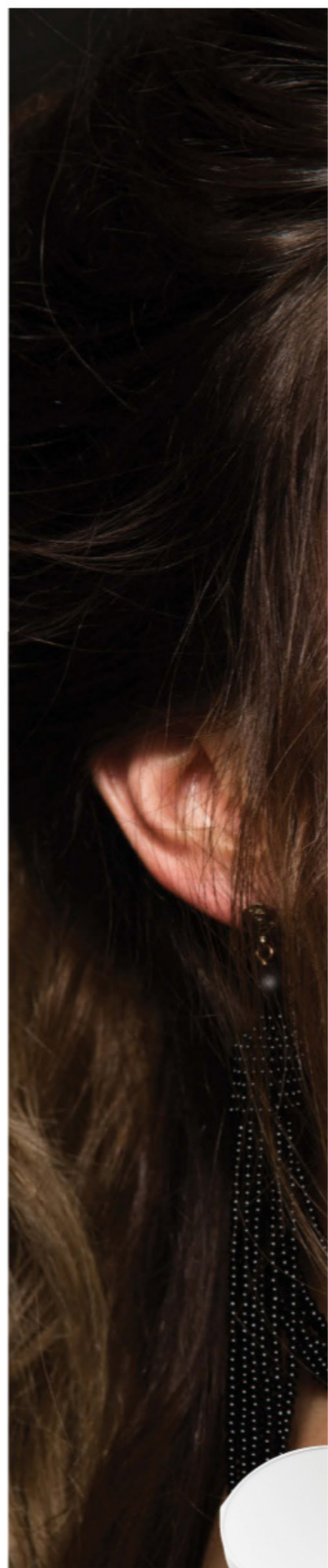
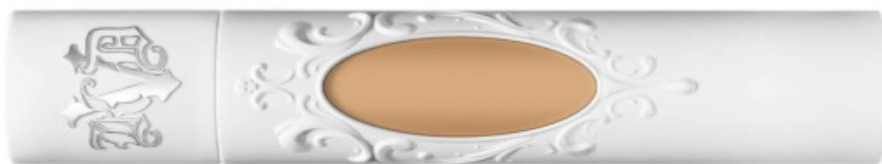
With a pop of colour we can reflect our mood, with the stroke of an eyeliner we can go from light to lavish, and with a classic red lip we can go from demure to dramatic. Makeup is a series of optical illusions, an art form in which our face is the canvas. And, with the right products and tools, we can create our very own masterpieces. We've curated some of our favourite products to help you create your own living work of art. **CBM**



Prepare your *perfect* canvas



1. **Fenty Beauty** Pro Filt'r Hydrating Longwear Foundation in Shade 220, 32ml, \$52, 2. **Charlotte Tilbury** Airbrush Flawless Foundation in #3 Warm, \$65, 3. **Napoleon Perdis** Stroke of Genius Foundation, \$69, 4. **Kat Von D Beauty** True Portrait Foundation in Silo Capon, \$52, 5. **ZOEVA** Authentik Skin Foundation in Glorious, \$50, 6. **Skinstitut** High Def Foundation, \$59, 7. **Beautyblender** Bounce liquid Whip Longwear Foundation, \$64

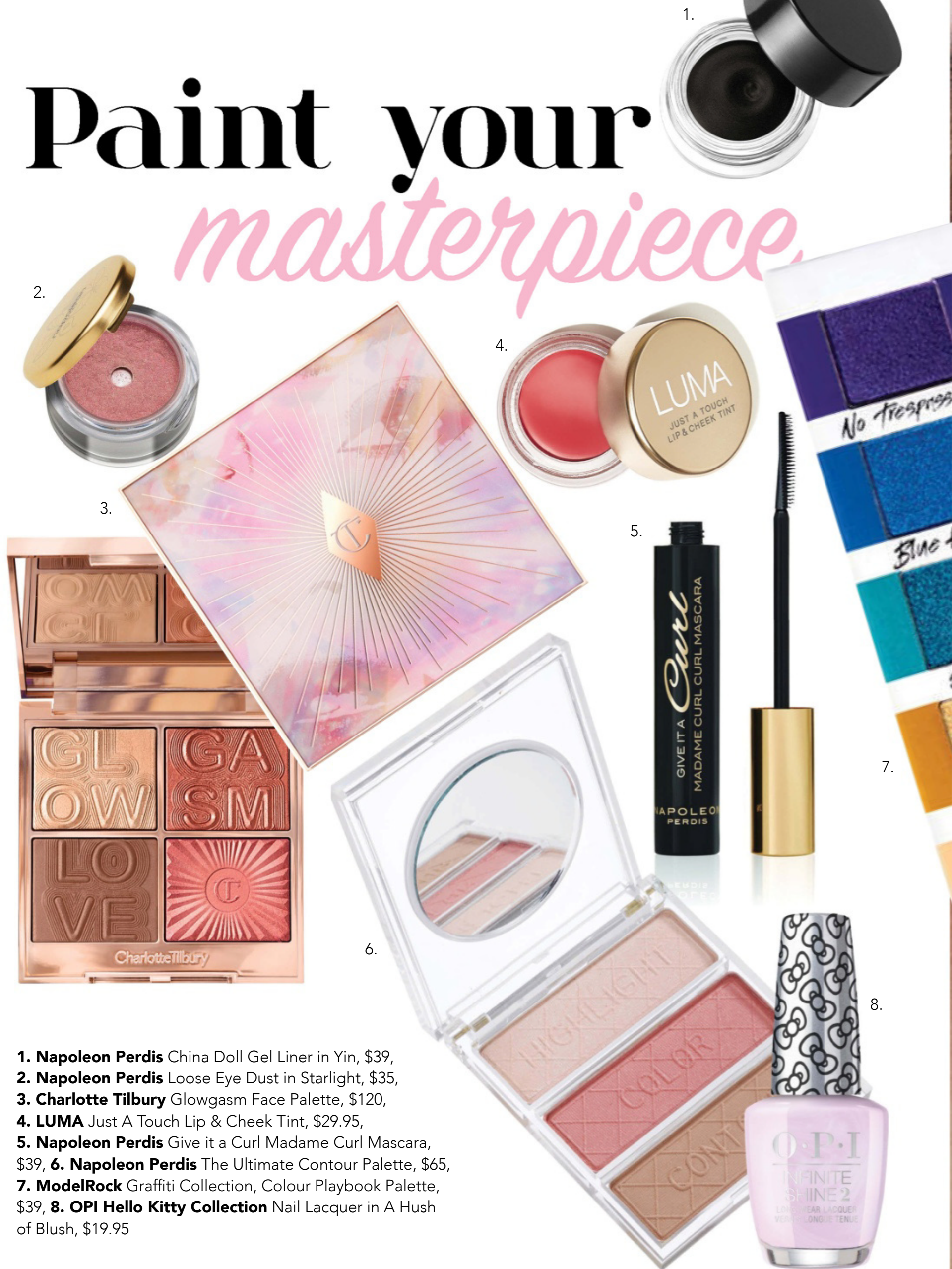




8. Ultraceuticals Ultra CC Powder Pure Mineral Foundation 12g, \$76, **9. Skinitut** Pressed Mineral Foundation, \$59, **10. Skeyndor** Age Preventing Foundation, \$83, **11. The Ordinary** Coverage Foundation 30ml, \$12.90, **12. Lycogel** Breathable Camouflage 20ml, \$108, **13. Lycogel** Breathable Tint 30ml, \$89, **14. Fenty Beauty** Match Stix Trio to Conceal, Contour and Highlight, \$79, **15. Fenty Beauty** Pro Filt'r Hydrating Primer, \$42



Paint your masterpiece



1. **Napoleon Perdis** China Doll Gel Liner in Yin, \$39,
2. **Napoleon Perdis** Loose Eye Dust in Starlight, \$35,
3. **Charlotte Tilbury** Glowgasm Face Palette, \$120,
4. **LUMA** Just A Touch Lip & Cheek Tint, \$29.95,
5. **Napoleon Perdis** Give it a Curl Madame Curl Mascara, \$39,
6. **Napoleon Perdis** The Ultimate Contour Palette, \$65,
7. **ModelRock** Graffiti Collection, Colour Playbook Palette, \$39,
8. **OPI Hello Kitty Collection** Nail Lacquer in A Hush of Blush, \$19.95



Artists' tools



BEAUTY



1. **Fenty Beauty** Kabuki Buff Foundation Brush 115, \$54, 2. **Dior** Full Coverage Fluid Foundation Brush N°12, \$79, 3. **Ardell** glamour lashes 103 black, \$10.99 4. **Real Techniques** Artist Essentials Set, \$49.99, 5. **Beautyblender** Original Sponge, \$30, 6. **QVS** Mattifying Sponges, \$7.50, 7. **Marc Jacobs** The Face III Buffing Foundation Brush, \$79, 8. **Real Techniques** Perfect Crease Duo, \$18.99, 9. **Sephora Collection** Eyelash Curler, \$28, 10. **ModelRock** Graffiti Collection, 4 Piece Eye Brush Set, \$25



1.

2.

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Makeup *myths*

Myth 1

USING HAIRSPRAY WILL SET YOUR MAKEUP

This very well may work, but would you really want to spray hairspray on your face? 'Aside from feeling sticky and tacky on your skin, lots of hairsprays are toxic and designed for hair, not skin,' says LUMA Beauty MUA, Sarah Tammer.

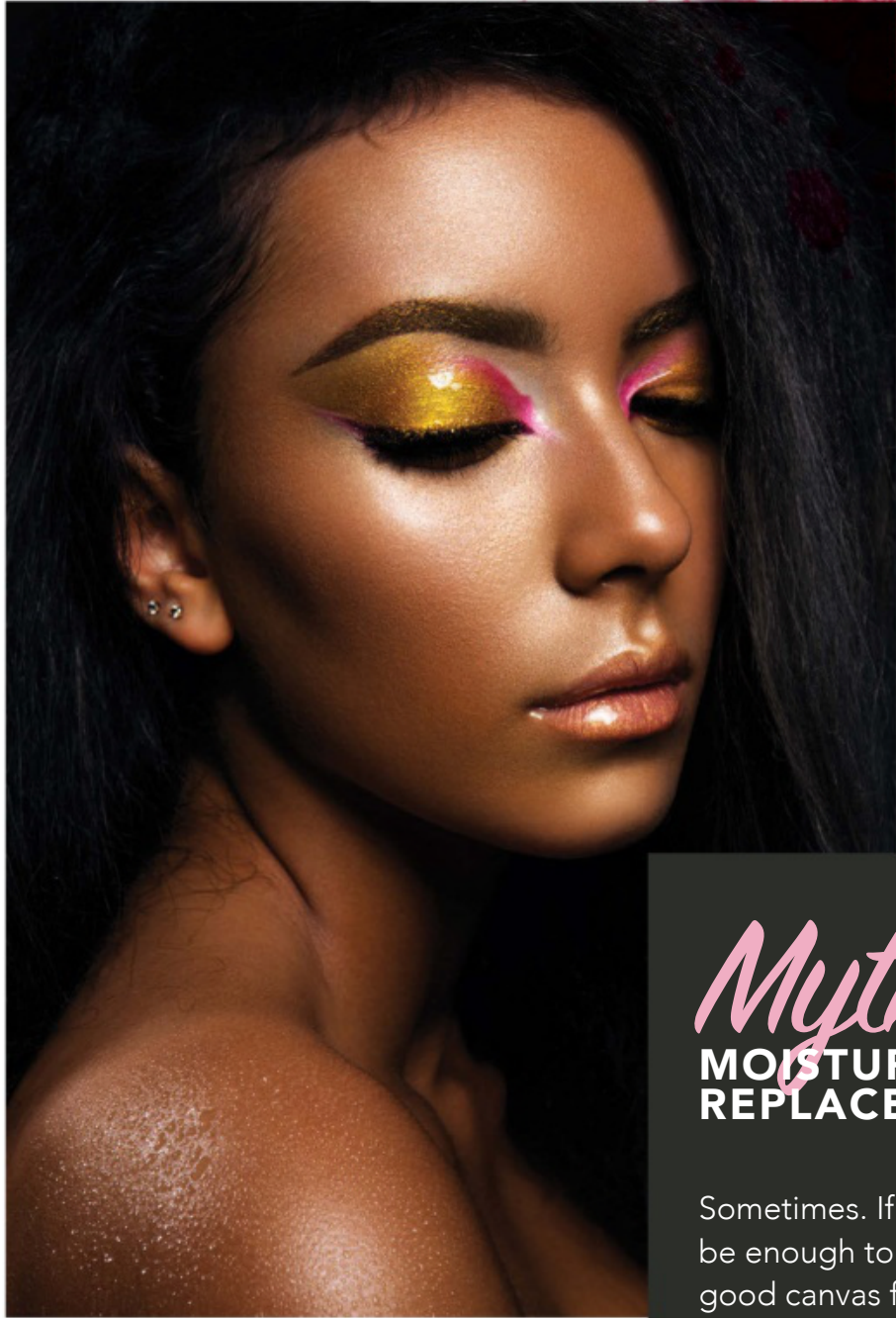
With the number of brilliant makeup-setting sprays on the market specifically designed for your precious skin in mind, there's absolutely no need to use hairspray to set your makeup!

Myth 2

YOUR UNDER-EYE CONCEALER SHOULD MATCH YOUR FOUNDATION

According to Tammer, not necessarily. Some people need a lighter concealer to counteract dark areas and some don't. Each face is unique and requires different products and techniques. As a general rule, your concealer should be pretty similar to your foundation shade, but with a slightly different undertone, depending on whether you're covering up dark circles, redness or blemishes.





Myth 4

COSMETIC PRODUCTS DON'T EXPIRE OR GO 'OFF'

'They do!' says Tammer. 'They have a little symbol on them that indicates their shelf-life.' Never use expired makeup – it can start to harbour bacteria, which can cause irritation and infection.

Myth 5

MOISTURISER CAN REPLACE PRIMER

Sometimes. If you have normal/dry skin, a moisturiser may be enough to leave your skin feeling smooth and act as a good canvas for your foundation. On the other hand, if you have oily skin, primer is essential to help mattify skin and keep oils at bay. Regardless of your skin type, a primer is a handy tool to allow makeup to go on smoother and last longer.

Myth 3

EXPENSIVE BRANDS WORK BETTER

This is not necessarily true. There are many affordable brands that have fantastic formulations. Luxe makeup brands do often have better pigmentation, which means improved colour payoff. Better colour payoff means you need to use less product overall – for example, you won't need to use as much blush if it's more highly pigmented.



SKIN

SUN PROTECTION JUST GOT SMARTER





LABELLED AS THE NEXT
GENERATION OF SUN
PROTECTION, MESOPROTECH®
USES ADVANCED SUNSCREEN
TECHNOLOGY WHILE
ADDRESSING YOUR SKIN TYPE
AND CONCERNS.

We all know the importance of wearing sun protection, especially in Australia where we have the highest rates of melanoma in the world. But until recently sun protection was a one-size-fits-all approach, regardless of our skin conditions and concerns.

Introducing mesoprotech®, an innovative range of products providing the highest level of solar protection while also offering specific products to suit the needs and characteristics of different skin types and concerns such as pigmentation and anti-ageing.

mesoprotech® is the latest in a long line of innovations from skincare powerhouse mesoestetic® Pharma Group. Labelled as the next generation of sun protection, all five products in the new range incorporate mesoprotech® complex, a wide-spectrum sun protection complex that combines physical, biological and/or chemical filters for maximum efficacy against UVB and UVA rays. These rays are all part of the sunlight spectrum which come from UV exposure. UVB rays affect the upper epidermal layers of the skin and contribute to burning. In contrast, UVA rays penetrate the dermis – the lower layer of the skin – it's the over-exposure to these rays that causes premature ageing. mesoprotech® products protect skin on all fronts from actinic damage, oxidation and ageing caused by day-to-day sun exposure.

'What makes this line of sunscreens unique is that each client can find the most suitable product from the range with a texture that suits their skin type. There is at least one product in the range suitable for every skin type,' says mesoestetic International Trainer, Sabine Wallez.

PRO-COLLAGEN SUNSCREEN

All products in the new mesoprotech® line contain collagen pro shield. The collagen pro shield helps prevent photo-ageing and improves firmness of the skin.

SUNSCREEN TECHNOLOGY FOR YOUR SKIN TYPE & CONCERNS

ANTI-AGEING SUNSCREENS

mineral matt antiaging fluid: SPF 50+ sunscreen specially formulated for sensitive and damaged skin and is suitable for combination and oily skin types. The formula includes mineral filters and mattifying particles; the innovative non-greasy fluid texture turns into a powdery emulsion on the skin. Non-comedogenic.

light water antiaging veil: high factor sunscreen (SPF 50+) for normal and combination skins, formulated with hyaluronic acid and silicon for hydration at epidermal level and to enhance tissue elasticity and tone. Its ultra-light emulsion texture is rapidly absorbed to create an invisible protective veil. An ultra-light anti-aging emulsion which contains low molecular weight hyaluronic acid to enhance and maintain skin hydration, helping enhance elasticity and firmness.

nourishing antiaging oil: very high factor sunscreen (SPF 50+) specifically for dry, mature skin. Formulated with chia seed oil, which is rich in omega 3 and 6, this innovative protective oil provides elasticity and nutrition and helps improve the skin's barrier. With a gel texture that turns into a light oil, it melts into the skin to leave a dry finish, without a greasy residue.

INNOVATION IN SUNSCREEN TECHNOLOGY

Clinically and dermatologically tested

Contains high factor sunscreen (50+)

Protects from the whole radiation spectrum (UVA, UVB)

Water-resistant

Anti-ageing – formulated with collagen pro shield

Formulated without parabens

Mattifying particles eliminate excess oil and shine and leave the skin with a velvety matt finish.

Chia seed oil, rich in omega 3 and 6, helps provide elasticity and nutrition while strengthening the skin's barrier.

Hyaluronic acid and silicon provide hydrating action at the epidermal level and enhance the elasticity and firmness.

Unique Pigment System helps to prevent the appearance of sunspots and provide a more even skin tone.

Rosa canina fruit essential oil helps boost epidermal repair mechanisms.



WHICH SUNSCREEN IS BEST FOR YOU?

Sensitive, combination and oily skins

– try mineral matt antiaging fluid

Normal and combination skins

– try light water antiaging veil

Dry and mature skins

– try nourishing antiaging oil

Pigmentation concerns

– try melan 130 pigment control

ANTI-PIGMENTATION SUNSCREENS

melan 130 pigment control: high factor sunscreen (50+) for skin with pigmentation issues, skin undergoing cosmetic treatment, skin affected by hormonal processes such as pregnancy and photo-sensitised skin. Its active ingredients help prevent the appearance of dark spots and promotes a brighter more even skin tone. Its ultra-fluid texture contains pigments to avoid leaving a white residue on the skin, minimising imperfections and providing a lightweight, natural tint. 'It's the perfect choice for someone who wants sunscreen and a little bit of makeup at the same time,' says Sabine Wallez.

SENSITIVE AREAS

sun stick 100: specifically formulated for those sensitive areas such as lips, eye contour and scars. It incorporates rosehip oil to boost skin regeneration and comes in a practical, solid stick form that enables application anytime with comfort and ease. For Sabine Wallez, the sun stick 100 is her number one pick: 'It's my absolute favourite and is great for extra protection if you're going out to lunch and could burn easily on the nose or if you have hyperpigmentation.'

mesoprotech® is fast becoming the new gold standard for sun protection through its focus on the unique requirements of different skin types and corresponding concerns.

No longer must we rely on regulation 'one-size-fits-all' sunscreen for protection against the harmful UVA and UVB rays that can leave skin damaged and feeling chemically imbalanced. With mesoprotech®, we can be assured of the highest level of solar protection while also helping improve the condition and appearance of our skin. **CBM**

WHERE TO GET IT

mesoprotech® is available at select skin clinics across Australia.

For stockists, visit

www.advancedcosmeceuticals.com.au

or call 1800 242 011

Summer SOS

THE POST-SUMMER SKIN SURVIVAL TACTICS TO TARGET DEHYDRATION, PIGMENTATION AND PREMATURE AGEING.

Too much fun in the sun may have fast tracked your path to fine lines and wrinkles, pigmentation, and dry, blotchy skin. Get your skin back on track and help reverse signs of sun damage with active skincare to replenish, rehydrate and promote healthy skin turnover.

Caring for your skin and preventing premature ageing is not a wash-and-go approach; it should be tailored to your skin type and the skin concerns you wish to address.

A serious skin routine incorporates a variety of layering strategies and techniques to diminish fine lines and wrinkles, fade pigmentation and age spots, firm skin, minimise uneven skin tone and improve breakouts.

Using skin rejuvenation products will turn a basic skincare routine into a serious skincare regime that will comprehensively address an array of skin issues – particularly needed after a long hot summer.





Cleansing



1. kotia Exfoliating Cleansing Milk 200ml, \$35, **2. The Ordinary** Squalane Cleanser 150ml, \$34.90, **3. Medik8** Brightening Powder Cleanse 75g, \$78, **4. Ultracuticals** Ultra Hydrating Milk Cleanser 200ml, \$66

Cleansing should be your first beauty ritual every morning. Choose a simple, gentle cleansing product that will effectively remove dirt and makeup. Maintaining the evening cleansing step is the most important of them all to wash away the day's wear and tear on the face.

There are cleansers for every skin type. If you're prone to blocked pores, use gel formulations. For delicate skin, use milky products and for dry skin, cream products work best. Try something with glycolic acid or AHA to complement an anti-ageing skincare regimen.

Cleansers are also instrumental and essential for optimum absorption of moisturisers and serums.



5. Skin Regimen Cleansing Cream Anti-Pollution Face Wash 150ml, \$60, **6. Clarins** Extra-Comfort Anti-Pollution Cleansing Cream 200ml \$52, **7. Skincare** Microbiome Micellar Water 200ml, \$39, **8. Napoleon Perdis** Rebirth of Venus Skin Renewal Cleansing Oil 145ml, \$39, **9. Skin Health Science** Carbo Cleanser 120ml, \$72, **10. Arbonne** Bio-Hydria Gel Cleanser 125ml, \$35, **11. TEOXANE** RHA Micellar Solution 200ml, \$60.



11.



Moisturisers & SERUMS



1. **Medik8** Crystal Retinal Night Serum 30ml in 4 strengths, from \$75.50, 2. **mesoestetic** aox ferulic advanced antioxidant 30ml, \$199, 3. **Medik8** White Balance Brightening Serum 2 x 10ml, \$124, 4. **mesoestetic** energy C complex 4 x 7ml, \$116.70, 5. **Medik8** Super C 30+ Intense Antioxidant Serum 30ml, \$140, 6. **CALECIM** Restorative Hydration Cream 50g, \$359, 7. **Skinstitut** Repair Balm 50ml, \$49, 8. **Aspect DR** Complete Pigment Plus 30ml, \$159.50, 9. **The Ordinary** Marine Hyaluronics Hydration Support 30ml, \$12.90, 10. **PETER THOMAS ROTH** Skin To Die For Darkness-Reducing Under-Eye Treatment Eye Primer 15ml, \$50, 11. **PETER THOMAS ROTH** Mega Rich Intensive Anti-aging Cellular Creme 50ml, \$132, 12. **Arbonne** RE9 Prepwork Gel Eye Masks, \$73, 13. **Cannabella** Hemp Jelly Infused Botanicals 15g, \$30, 14. **Indie Lee** Whipped Body Butter 245ml, \$97, 15. **BABOR** Pollution Protect Ampoules (7 x 2ml ampoules), \$84, 16. **Ole Henriksen** Invigorating Night Transformation Gel 29ml, \$48, 17. **Edible Beauty** Exotic Seeds of Youth Anti-Aging Oil 20ml, \$64, 18. **La Mav** Bio VA5 Wrinkle Smoothing Day Crème 50ml, \$39.95, 19. **CosMedix** Rescue Intense Hydrating Balm & Mask 50g, \$101, 20. **Skeyndor** Power Retinol Serum-in-Cream 30ml, \$115, 21. **NATURALLY SERIOUS** Natural Peptide Sleeping Cream 50ml, \$52, 22. **Retreatment** Botanicals Kakadu Brightening Serum 30ml, \$89, 23. **Retreatment Botanicals** Refining Face Polish 75ml, \$55, 24. **Burt's Bees** Sensitive Daily Moisturising Cream 50g, \$29.99, 25. **Société** Triple C Serum 30ml, \$189, 26. **Paula's Choice** C15 Super Booster 20ml, \$62, 27. **Paula's Choice** 10% Niacinamide Booster 20ml, \$62, 28. **Natralus** Ultra Skin Repair Pure Hydrating Gel Spray 125ml, \$12.95, 29. **TEOXANE** RHA Advanced Filler, \$130.

Give your skin the fuel it needs to rejuvenate and repair. Look for products containing hyaluronic acid (HA), antioxidants, vitamin complexes, alpha hydroxy acids (AHAs) and peptides to really deliver results and reduce signs of ageing.

Hyaluronic acid (also found naturally in the skin) is a standout ingredient in many anti-ageing products due to its ability to attract and bind water, locking moisture into the skin and binding collagen with elastin.

Antioxidants help protect skin by combating free radicals, which attack healthy skin cells and collagen, resulting in lines and wrinkles, uneven skin tone and sensitivity.

Topical vitamins are more key players in protecting and repairing skin. Vitamin C, for example, is an antioxidant that works to prevent free radical damage and help reinforce the skin's own defenses and prevent long-term damage.

Arguably the most potent topical is retinol, a derivative of Vitamin A (retinoic acid), which is widely touted as 'the' anti-ageing solution. Retinoids encourage better cell function and turnover, stimulating the dermis and helping to boost collagen and elastin production and improve fine lines and wrinkles, skin texture, skin tone and colour, and your skin's hydration levels.

Another anti-ageing toolkit must-have are peptides, such as copper or hexapeptides, which are known for their rejuvenation and repair properties.

Some active skincare may initially induce mild irritation, so it is best to build up gradually as your skin gets used to treatment. Find a different skin rejuvenating moisturiser for day and for night that work well in synergy. And don't forget to moisturise your neck and décolleté as well – these areas are one of the first to show signs of sun damage and age.



Exfoliants

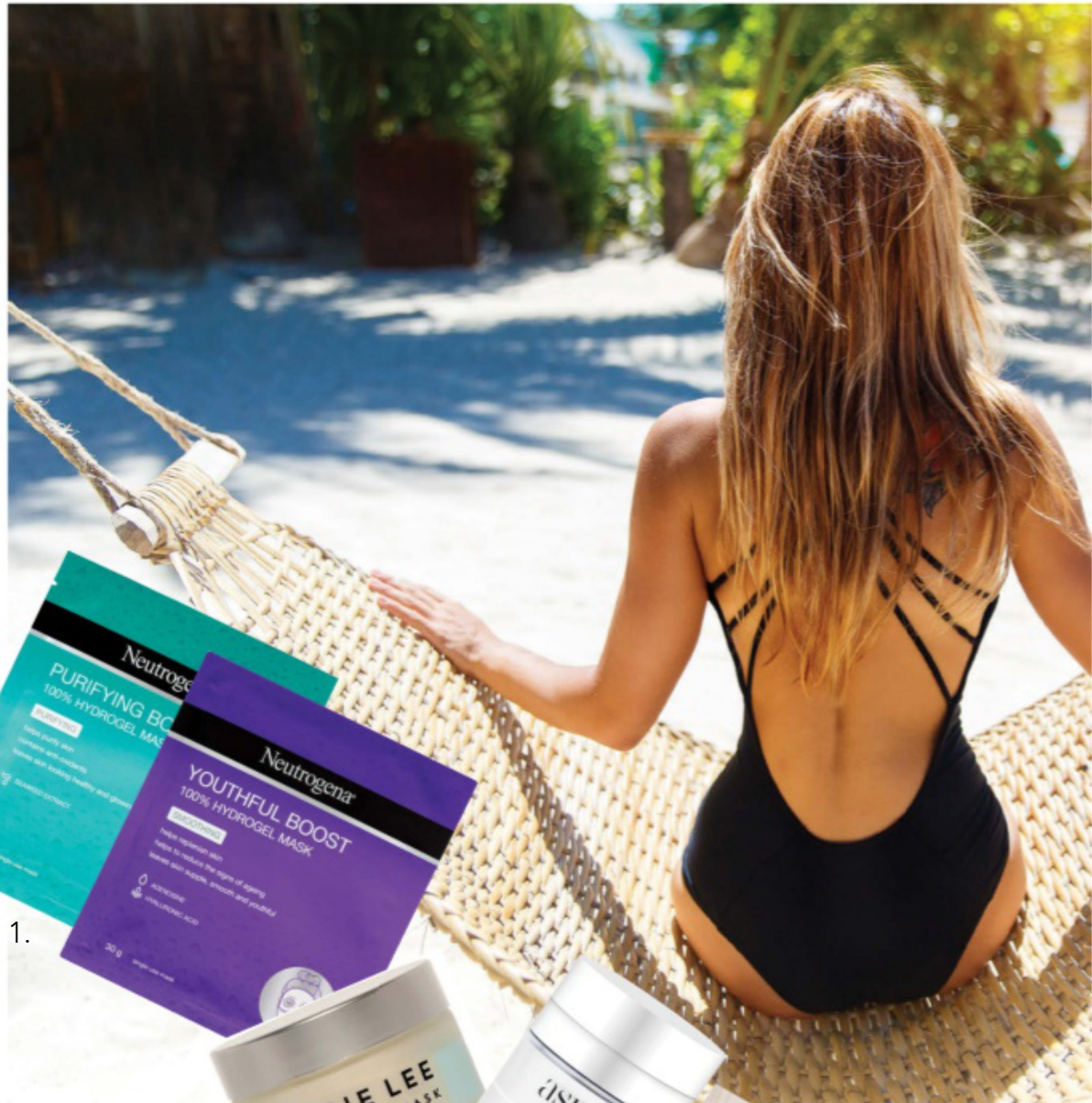
PEELS & MASKS

Removing old skin cells that collect on the surface of your skin encourages the growth of new cells. When you exfoliate, you remove dead surface cells that contribute to dryness and oil that can cause blocked pores and problems like acne.

You can choose to use a mechanical exfoliation method, which is a granular scrub style, or a chemical/enzyme exfoliant incorporating alpha hydroxy or beta hydroxy acid, or Vitamin A (retinol, tretinoin and retinyl palmitate). Scrubs treat the surface of the skin and help unclog pores, while exfoliants remove surface cell debris and leave skin fresher and looking brighter.

Skin peels are another way to more deeply achieve the removal of the outermost layer of skin, which stimulates new skin cell growth. Common types contain lactic acid and glycolic acid. Lactic acid is an alpha hydroxy acid that occurs naturally in our bodies and helps stimulate the production of collagen and elastin in the dermal layer. It is also a humectant, which attracts water molecules in the skin to the surface, giving a plumper appearance. A glycolic peel contains a higher potency of alpha hydroxy acid. Low-concentration lactic or glycolic peels are available as at-home treatments.

Using a facial mask can soothe and nourish skin, improve the circulation, help clear up blemishes and discolouration, and even reduce the appearance of fine lines and wrinkles. The benefits of masks are often underestimated, but they can give the complexion a real boost. Generally, they should be used weekly after exfoliating. **CBM**



- 1. Neutrogena** Single-Use Mask in Purifying Boost, \$4.99 and Youthful Boost, \$5.99 each, **2. Indie Lee** Clearing Mask 48g, \$85,
- 3. Aspect** Fruit Enzyme Mask 50g, \$59, **4. A'kin** Macadamia Oil & Rosehip Oil Hydrating Face Sheet Mask, \$7.95, **5. Ella Baché** Instant Glow Mask, \$29, **6. PCA** Skin Revitalizing Mask 60g, \$99, **7. Retreatment Botanics** Instant Glow Face Mask 75ml, \$65,
- 8. Paula's Choice** Super Hydrate Overnight Mask 88ml, \$42, **9. Edible Beauty** Bloom of Youth Infusion Mask (5 pack), \$59,
- 10. PETER THOMAS ROTH** Retinol Fusion PM Overnight Resurfacing Pads, \$75

MIST



1. **Ella Baché** Daily Hydration Mist 100ml, \$39, 2. **Skinstitut** Multi-Active Mist 100ml, \$49, 3. **Neutrogena** Hydro Boost City Shield Facial Gel Mist 100ml, \$26.99, 4. **A'kin** Hydrating Mist Toner 150ml, \$19.95, 5. **dermaviduals** Face Lotion M Mist 150ml, \$91

SUNSCREEN



1. **mesoprotech** melan 130 pigment control 50ml, \$79.80, 2. **Neutrogena** Ultra-Sheer Face and Body Sunscreen Stick 42g, \$16.99, 3. **Invisible Zinc** Sheer Defence Facial Moisturiser SPF50 (in Light, Medium, Untinted) 50g, \$34, 4. **Ultracuticals** Ultra UV Protective Daily Moisturiser SPF 30+ 100ml, \$84

GLOW

1. **St. Tropez** Gradual Tan Watermelon Infusion Moisture Miracle Body Lotion 200ml, \$33.99, 2. **Ole Henriksen** Glow₂OH Dark Spot Toner 190ml, \$39, 3. **Sand & Sky** Australian Emu Apple Dreamy Glow Drops 30ml, \$74.90, 4. **Le Tan** Uber Stay Self Tanning Foam 200ml, \$29.99



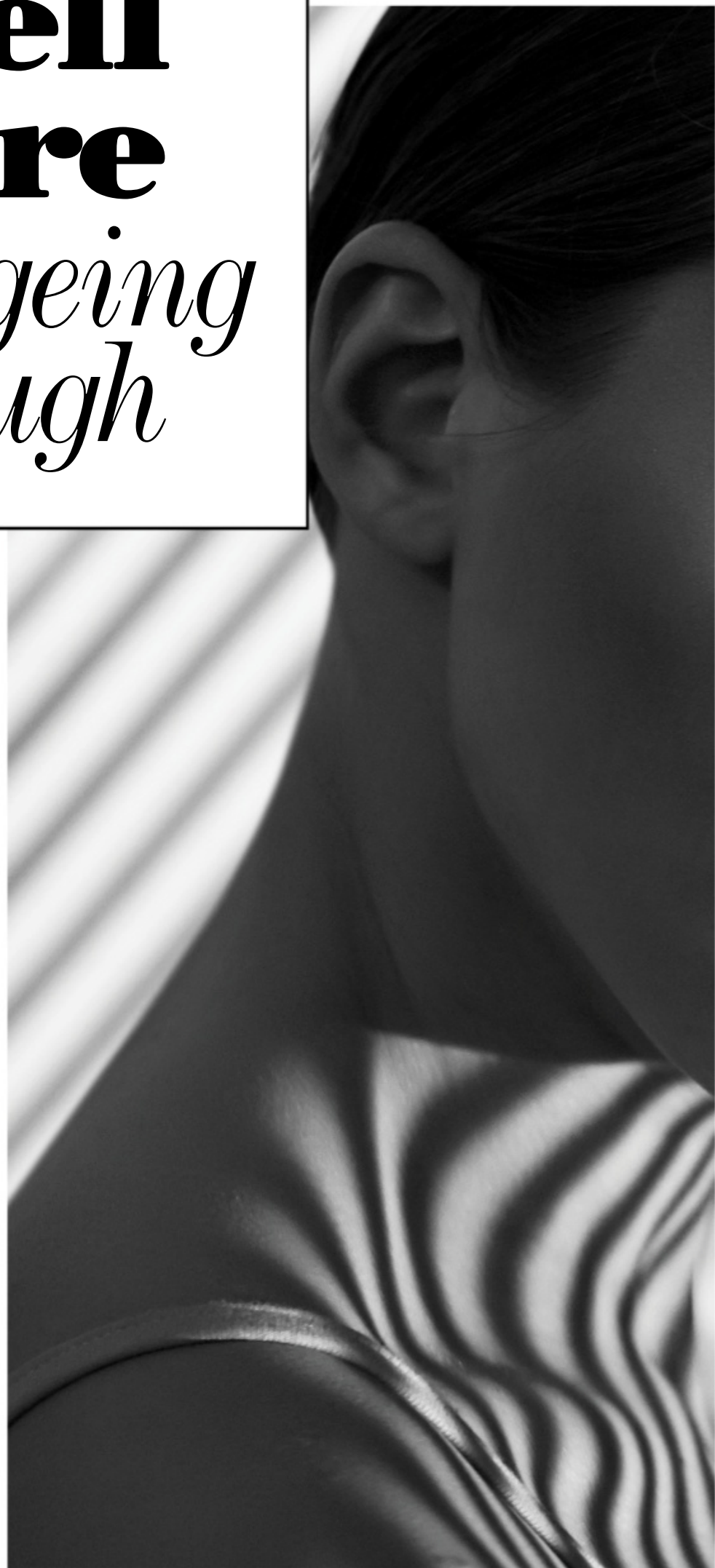
Stem cell skincare

an anti-ageing breakthrough

MEET CALECIM®
PROFESSIONAL, THE
SKINCARE RANGE THAT'S
TURNING HEADS THANKS TO
ITS REVOLUTIONARY USE OF
STEM CELL TECHNOLOGY.

Has your skin plateaued? Do you need to up the ante in the fight against wrinkles and fine lines and hydration? Do you want the latest and greatest in skincare technology to take your skin to the next level of smoothness and suppleness? If you answered yes to any of the above, let me introduce you to CALECIM® Professional.

CALECIM® Professional is a new range of professionally prescribed skincare products that will rejuvenate your skin faster than you can say "crow's feet". Developed by CellResearch Corporation, a Singaporean biotech company specialising in stem cell research, it is the only skincare range in the world that has gone beyond plant stem cells to harness cord lining stem cell technology derived from red deer umbilical cord. And it's backed by some pretty heavyweight science and doctors.





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

CALECIM® Professional's groundbreaking technology is derived from Umbilical Cord Lining, a patented source of stem cells, from which powerful rejuvenating proteins are cultured. This potent complex, produced in a certified stem cell laboratory, is what makes up the active ingredient of all CALECIM® Professional products.

'Each product in the range contains the proteins, which are ethically and harmlessly extracted from the outer lining of the umbilical cord' explains Dr Goldman. The CALECIM Professional Serum contains the highest concentration of the proteins in the range, at 50 percent. Classically, my patients use the serum after any procedure. They can use it alone as a serum and they apply the day and night cream to get additional benefits from hyaluronic acid and other ingredients in the products to get immediate hydration and the beautiful touch and feel that is so important.

THE FOUNTAIN OF YOUTH FOR SKIN?

A proprietary formulation developed from skin regeneration technology, CALECIM® Professional is a revolutionary range that encourages skin to regain its youthfulness.

Its forte is in accelerated skin recovery, which visibly rejuvenates skin, restores elasticity and resets your skin. This potency allows it to immediately calm, soothe and restore skin, especially after in-clinic procedures. It amplifies your skin's natural restoration process post-procedure, leading to improved aesthetic results, reduced redness, swelling and discomfort immediately after application and significant reduction in downtime.

'The key technology behind CALECIM®

Professional is the growth factors that come from the cells harvested from the umbilical cord lining,' explains Dr Goldman. 'When the cells are grown in a petri dish, they release packets of different growth factors which then cause other cells to become rejuvenative. They are proteins we refer to as Cytokines and Growth Factors.'

'The proteins from the umbilical stem cells don't just affect the epidermis but also the dermis. They are giving the fibroblasts nutrients for a plumping effect, as well as hyaluronic acid. This is what gives a lifting and fullness of the skin and causes a regenerative effect. While this occurs on normal skin, it is enhanced on treated skin, whether it is a laser or micro-needling, or any technology we are doing to rejuvenate the skin. It assists with wound healing and has anti-inflammatory proteins. In clinical studies, in as early as two weeks patients could see the effects. In terms of laser, we have seen immediate results.'

A LITTLE ABOUT STEM CELLS

Stem cells in our body are responsible for repair and regeneration. They do this by secreting protein cytokines in the vicinity of the injured area to create an ideal environment for our own cells to self-repair. As we age, the quantity and quality of these cytokines deteriorate, leading to a slower regenerative cycle as well as a longer recovery process.

Rest assured, you don't need to have had a cosmetic treatment to use CALECIM® Professional. 'Anyone who is concerned with ageing can use this – even people in their 20s and 30s who notice their skin is lacking in lustre, may be photodamaged or they may be seeing the start of fine lines or sallowness to the skin,' says Dr Goldman. This is a way of rejuvenating it. My patient population who use this ranges from people of 35 to 85 years of age.'

Whether you've undergone a skin treatment or want to drastically step up your anti-ageing skincare game, CALECIM® Professional is the breakthrough in anti-ageing skin-care technology, offering us a drink at the fountain of youth. **CBM**

The CALECIM® *Professional range:* **SERUM**

The hero product in the collection, it contains the highest concentration of the growth factor proteins and is designed to use alone as a serum, before and/or after clinical treatments, or as part of your regular daily skincare routine. Calming, soothing and restorative, it helps improve aesthetic results and is suitable for all skin types.

MULTI-ACTION CREAM

Revitalises ageing skin with a dramatic lifting and tightening effect. Multi-Action Cream helps improve skin fullness and skin laxity by providing hydration for firmer looking skin. It helps improve facial definition and appearance of lines and wrinkles. It also enhances and prolongs the aesthetic results of in-clinic procedures. Designed to be used after the Serum and prior to moisturiser.

RESTORATIVE HYDRATION CREAM

Naturally derived Hyaluronic Acid (HA) from cord lining extract replaces moisture within the deeper layers of the skin while growth factor proteins help boost HA production, providing hydration at every level. It helps treat dry skin, target signs of premature ageing, revive and rejuvenate tired, dry and stressed skin, improve the appearance of fine lines and shadows and increase luminosity and radiance.

RECOVERY NIGHT COMPLEX

This gel application has a 50 percent concentration of the growth factor proteins. Applied at night, it aims to calm and soothe stressed skin, extreme dryness and high sensitivity or irritation. It hydrates and soothes as it also protects the skin's moisture barrier, supporting the healing of traumatised skin in line with the skin's natural overnight repair functions and providing skin with non-stop hydration throughout the night.



‘ANYONE WHO IS CONCERNED WITH AGEING CAN USE THIS – EVEN PEOPLE IN THEIR 20S AND 30S WHO NOTICE THEIR SKIN IS LACKING IN LUSTRE, MAY BE PHOTODAMAGED OR THEY MAY BE SEEING THE START OF FINE LINES OR SALLOWNESS TO THE SKIN.’

Who is CALECIM[®] Professional for?

All skin types for daily maintenance and anti-ageing results. (Who doesn't want their skin to look brighter and smoother?)

Post-procedure recovery. CALECIM Professional is exceptionally good for post-procedure recovery after peels, laser, PRP and on other distressed skin to help heal and accelerate post procedure recovery.

WHERE TO GET IT

CALECIM Professional is distributed in Australia by Advanced Cosmeceuticals. To find a stockist call 1800 242 011 or visit www.advancedcosmeceuticals.com.au Released for Advanced Cosmeceuticals.

ALL *hot & Bothered*

FROM WEALTH TO FACIAL FEATURES, EXACTLY WHAT IS IT ABOUT THE MALE SPECIES THAT PIQUES A WOMAN'S INTEREST?

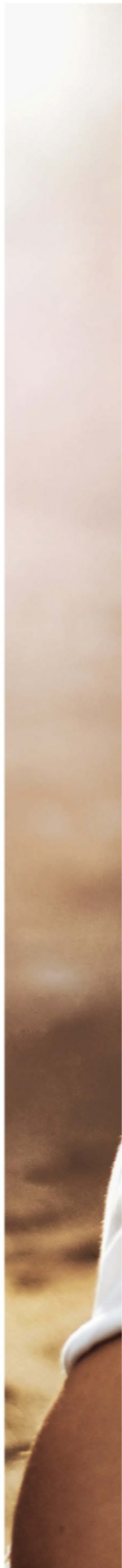
We've all been there. Someone on the other side of the bar catches your attention, rousing butterflies somewhere in the pit of your stomach. Maybe you've just met. Maybe you've known them for years. One thing's for sure – the man in front of you is ticking all the right boxes.

But what is it that ignites this coveted, sometimes elusive spark? Unfortunately, the answer isn't entirely straightforward. When it comes to choosing male partners female preferences are so diverse and idiosyncratic as to defy systemic explanation, says evolutionary psychologist Bruce J Ellis in *The Adapted Mind: Evolutionary Psychology And The Generation Of Culture*.

Ellis goes on to argue female preferences can be partially discerned

using the evolution-based concept of 'mate value', where the principles of attraction are grounded in evolution. He speculates females are most ensnared by male traits that were appealing in our natural environment – those of the Pleistocene hunter-gatherer. These encompass the willingness and ability of a man to protect, provide for and engage with a woman and her children.

Qualities such as a man's 'alpha' status and positional/economic stability are especially important because, traditionally, they would enhance a woman's own status, survival chances and reproductive prospects. Ellis explains such considerations may be hard-wired into female attraction, because 'natural selection could have favoured evaluative mechanisms in women designed to detect and prefer high-status men.'







WEALTH OR GOOD LOOKS?

Evolutionary quirks aside, subconscious gold digging and social climbing are widely held as attraction determinants. According to Laura Watson's excerpt in *Evolutionary Explanations Of Hypothetical Human Behaviour*, females are the more choosy of the two sexes, because of their high level of investment during pregnancy and child rearing. Their limited egg production – around 400 in a lifetime – has women seeking 'quality' partners and, Watson speculates, has resulted in females being disproportionately drawn to men of status and wealth.

Indeed, *The Human Face* by Brian Bates and John Cleese cited anthropologist John Marshall Townsend's study which blandly

states, 'women always preferred the best-looking man with the most money' and will 'tend to choose an average-looking, or even unattractive professional over a good looking manual worker.'

For those men with a sinking bank balance but a killer jawline, romance is not dead. Watson concedes physical attractiveness is still important and argues women prefer testosterone-enhanced features in men. Traits such as high cheekbones, muscles, strong jaws and deeper voices infer masculinity and high testosterone, aligning with women's evolutionary tendency to prefer men of social dominance. Traditionally, masculinity would benefit a man's standing among peers and competitors, while high testosterone would benefit the production of



healthy offspring.

Interestingly, however, masculinity and attractiveness are not synonymous with each other, as the throngs of Leonardo DiCaprio female fanatics can attest. A study by Sonja Windhager, Katrin Schaefer and Bernhard Fink at the Department of Anthropology, University of Vienna, Austria, found men considered 'attractive' featured long, narrow jaws with wide and full lips. The same study found masculinity was more commonly associated with rounder faces, wider eyebrows and prominent jaws, showing masculinity and attractiveness as 'separate aspects of male mate quality.'

Similarly, in a study at the University of St Andrews, Scotland, researchers used a computer program to manipulate men's faces, making them more feminine or masculine in appearance. Feminised men were consistently deemed more attractive by the female participants in the study, a trend that only varied with women in the most fertile days of their cycle – once again complying with mate-selection based on evolution's alpha-male agenda.

THE SEDUCTION OF SYMMETRY

Whether your jawline falls in the 'attractive' or 'alpha-male' category, the secret of symmetry is regarded a definite swoon factor. Several studies have associated male attractiveness with facial symmetry. Research by evolutionary psychologist Ian Pentn-Voak *et al.* used real and computer graphic male faces to discern symmetrical faces as more attractive – though not necessarily more masculine – than nonsymmetrical faces. Again, this lure has not escaped the clutches of evolution, as symmetry 'has been proposed as a marker of developmental stability that may be important in human mate choice.'

Everything else, it seems, rests on

the shoulders. An inverted triangle shape, with a low waist-to-chest ratio (WCR) is widely reported to attract the female gaze. Broad shoulders, descending to a smaller waist and even slimmer hips is considered highly evocative. Particularly in urban settings where WCR is the primary component of attractiveness ratings compared to body-mass-index and waist-hip-ratio, as revealed by Viren Swami and Martin Tovee in their study *Male Physical Attractiveness In Britain And Malaysia: A Cross Cultural Study*.

ATTRACTIVE ON THE INSIDE

Finally, for those closet male romantics, surrendering to the cliché and letting shine the qualities within is a guaranteed heart-stopper. A nomad tribe called the Wodaabe, who roam through central Niger, Africa, stop their travels each year for a celebration named the Geerewol. For seven days the men dance for a crowd of women who, in turn, single out their most desirable suitor. Lovers and husbands alike are not chosen for their beauty, as all men are dressed uniformly and use colourful makeup to enhance their features. Instead, as described in *The Human Face*, the women search for reflections of inner kindness, intelligence, warmth and charm in each mans' dance style and facial expressions.

Evolution, jawline and dance moves aside, the true crux of female attraction still has many – single males in particular – stumped. As Candace Bushnell, author of the women's bible *Sex and the City* put it, 'after all, it's women who decide if a man is desirable or undesirable.' And, as women's tastes vary so drastically as to defy systemic explanation, it seems the mysteries of female attraction will remain just that – complete mysteries. **CBM**

face to face

FEATURE

female



Women have more of a flatter, straight line or curved hairline.

Females have almost no discernable brow bossing because their foreheads are more rounded with a fairly flat front. In profile, female foreheads are usually more vertical instead of backward sloping.

Female eyebrows generally sit higher and are more arched or wing-shaped.

The eyes in a woman appear larger. This is in part because of the shape of the bony rim above and the forehead, and partly because of the cheekbones. The combination of bone shapes create relatively larger eyes which is considered both feminine and attractive. Eyes tend to be more wide-set than men's.

Female cheeks tend to be fuller and more rounded, and cheekbones are a little higher and further forward, showing more prominence.

The female nose is smaller and shorter. It has a narrower bridge and nostrils, often has a more concave profile and tends to be blunter at the tip. It also has a greater angulation between the lip and the tip of the nose.

When a female mouth is relaxed and slightly open, it tends to show a bit of top teeth, lending a youthful appearance to the face. The area between the top lip and nose often has a more backward slope in females.

Female jaw lines run in a gentle curve from the earlobe to the chin. In males it tends to drop down straight from the ear and then turn at a sharp angle towards the chin, giving a square appearance.

Female chins are rounded and typically less prominent.



A FEMALE FACE TENDS TO BE MORE ROUNDED – FROM THE HAIRLINE DOWN TO A SINGLE POINT AT THE CHIN. IN PROFILE, THE FEMALE FACE TENDS TO BE FLAT WHILE THE MALE FOREHEAD SLOPES BACKWARDS, WITH THE LOWER HALF OF THE FACE PROTRUDING FORWARD.

face

MALE FACES HAVE A MORE SQUARE APPEARANCE AND AN 'M'-SHAPED HAIRLINE COMING DOWN TO A WIDE, SQUARE CORNERED JAW AT THE BOTTOM. THE LOWER THIRD OF THE MALE FACE IS USUALLY LONGER BECAUSE OF A LONG TOP LIP AND TALL CHIN.



Men tend to have a higher, more receded hairline than women. The hairline also tends to form an 'M' shape that recedes at the temples.

Men's foreheads tend to be backwards sloping, with an overhanging horizontal brow, whereas women's tend to be more vertical. Perhaps the most noticeable male characteristic on the forehead is brow-bossing. This refers to the ridge of bone that runs across the forehead just above the eyes, and it is usually far more pronounced in males.

Male eyebrows are fairly straight and thick and sit on or just under the orbital rims with minimal eyebrow arch.

Men often have hollow cheeks, because of flatter cheekbones and their tendency to carry less fat.

Male noses are longer and wider and tend to have a more prominent, straighter bridge and greater width to the middle of the nose. An attractive male nose has less tip rotation than women's.

In males, the distance between the nose's base and the top of the lip is usually longer.

The male jawbone is usually heavier built and tends to be wider because the masseter muscles, also known as the chewing muscles, attached to the corners of the jawbone are much bigger.

The Adam's apple is usually visible and very prominent in males but rarely visible in females.

Male chins are wider, have a flat base and have two corners that form a square shape. Male chins are taller and heavier and are more likely to have a vertical cleft in the middle.





Are you losing your hair?

ALTHOUGH HAIR LOSS MAY SEEM LIKE A MORE
PROMINENT PROBLEM IN MEN, WOMEN ARE
ALMOST JUST AS LIKELY TO EITHER LOSE THEIR
HAIR OR HAVE THINNING HAIR.



Hair loss can be particularly traumatic for women. While male hair loss is seen as inevitable for a large proportion of men, female hair loss is far less common and less culturally acceptable, which only adds to the stigma.

Generally, female hair loss is quite different to male hair loss. Females experience a thinning out of mid scalp and crown hair and usually retain their frontal hairline. Due to the different hair loss pattern and reproductive concerns, treatments suitable for men are not always safe and effective for women.

Improvements in hair transplant techniques allow female patients to undergo procedures to thicken thinning areas, while avoiding damage to or removal of existing hair follicles, using a dense packing procedure that also minimises scarring in both donor and recipient sites.

If you notice hair loss or thinning that is unusual for you, it is important to seek advice from a qualified hair restoration specialist to determine the exact cause and to establish a suitable treatment regime.

A hereditary condition, female pattern hair loss affects about 30 million American women, according to the American Academy of Dermatology (AAD).

Although hair loss in women mostly occurs in the late 50s or 60s, it can happen at any time, even during teenage years. However, the incidence of hair loss in

women significantly increases during and after the menopause.

A study reported in the journal *Dermatological Surgery* in 2001 found that female pattern baldness affects three percent of women aged between 20 to 29; 16 to 17 percent of women aged between 30 and 49; and 28 percent of women aged between 70 and 79. Over the age of 80, 32 percent of women are affected by hair loss or thinning hair.

Female pattern hair loss is thought to be triggered by the same mechanisms responsible for the majority of hair loss in men. That is, the production of androgenetic hormones and their effect on the hair follicle. However, female pattern hair loss is not exactly the same as that which occurs in men, with earlier stages of hair thinning.

Female pattern hair loss is typically divided into three stages, or grades, increasing in their severity. Grade I refers to thinning hair on the top of the head; Grade II to thinning hair and patches of greater hair loss; and Grade III to male-pattern hair loss. It is rare, however, to see complete baldness akin to male pattern hair loss, in women.

Typically, each time a normal hair follicle is shed, it is replaced by hair that is equal in size. But in women with female-pattern hair loss, the new hair is finer and thinner – a more miniaturised version of itself. The hair follicles are shrinking and eventually they stop growing altogether.

Female pattern hair loss is not the only cause of hair loss in women. In women, it is more common than in men that other factors might be causing thinning of the hair, or patches of baldness. Some of the most common causes include:

TRICHOTILLOMANIA

Compulsive hair pulling. Hair loss due to trichotillomania is typically patchy, as compulsive hair pullers tend to concentrate the pulling in selected areas. Hair loss due to this cause cannot be treated effectively until the psychological or emotional reasons for trichotillomania are effectively addressed.

ALOPECIA AREATA

A possible autoimmune disorder that causes patchy hair loss that can range from diffuse thinning to extensive areas of baldness with 'islands' of retained hair. Medical examination is necessary to establish a diagnosis.

TRIANGULAR ALOPECIA

Loss of hair in the temporal areas that sometimes begins in childhood. Hair loss may be complete, or a few fine, thin-diameter hairs may remain. The cause of triangular alopecia is not known but the condition can be treated medically or surgically.

SCARRING ALOPECIA

Hair loss due to scarring of the scalp area. Scarring alopecia typically involves the top of the scalp and occurs predominantly in women. The condition frequently occurs in African-American women and is believed to be associated with persistent tight braiding or 'corn-rowing' of scalp hair. A form of scarring alopecia also may occur in post-menopausal women, associated with inflammation of hair follicles and subsequent scarring.

TELOGEN EFFLUVIUM

A common type of hair loss caused when a large percentage of scalp hairs are shifted into 'shedding' phase. The causes of telogen effluvium may be hormonal, nutritional, drug-associated, or stress-associated.

LOOSE-ANAGEN SYNDROME

A condition occurring primarily in fair-haired women in which scalp hair sits loosely in hair follicles and is easily extracted by combing or pulling. The condition may appear in childhood, and may improve as the person ages. **CBM**

female hair restoration surgery

As well as being an effective procedure for the treatment of hair loss in men, hair transplant surgery can also be a practical solution for most women. Modern techniques in hair transplantation are successful in treating typically diffuse female-pattern hair loss as well as the more familiar forms of male pattern hair loss.

Hair transplant surgery is always more effective when there is an abundance of donor hair, which can be transplanted to the balding or thinning part of the scalp. It will be less effective in women where donor hair is limited.

Modern transplantation techniques using mini-grafts, single-hair grafts and follicular unit grafts can produce natural-looking results and women should not overlook hair transplant surgery as an option just for men, or one

which produces unnatural-looking results.

Depending on the circumstances and requirements of each patient, a hair restoration specialist may recommend medical intervention prior to surgical. For example, the use of Minoxidil may be prescribed to slow the rate of hair loss and stimulate regrowth prior to surgery.

As with men, many women select the follicular unit grafting procedure, but with certain modifications. Hairline advancement is more commonly performed on women to correct an overly high hairline, whether due to genetics or aesthetic surgery.

Always consult a hair restoration specialist in order to determine the best possible treatment for you.

THE MANE ATTRACTION

WHILE THERE'S SO MUCH TO LOVE ABOUT SUMMER – LONG LAZY DAYS IN THE SUN, DIPS IN THE POOL, TIME AT THE BEACH – IT CAN ALL TAKE ITS TOLL ON OUR HAIR.

The unrelenting summer sunshine, chlorine and salt water can have us looking like Medusa before we know it, if we don't take steps to look after our locks. From frizziness to breakage, dryness to split ends, a little extra care can go a long way to keeping our crowning glory in tip top condition.

Chlorine can make blonde hair bright green, while even red heads and brunettes might notice a khaki tinge. Make sure you rinse your hair straight after pool time and, if hair already has a green tinge, use a deep cleansing shampoo to help remove mineral deposits, and follow with conditioner.

Sun exposure and swimming can cause hair to dry out and become dull, so use a deep conditioning treatment weekly to stop the problem before it starts.

Sunburn and dehydration can cause a dry, flaky scalp, so remember to wear a hat in the sun. Keep your scalp hydrated by drinking plenty of water. Treatments for dry scalp include oils and medicated shampoos if the flakiness continues.

Your hair probably seems frizzier now than it did when summer started. Frizzy hair responds well to moisturising hair products, so it's important for you to incorporate a hydrating shampoo and conditioner into your hair care routine. After you rinse your hair, how you dry it is also essential. When using a blow dryer or flatirons, make sure you use a cool setting, since heat can exacerbate frizzy hair.

These products are our go-tos when making sure our hair condition isn't a casualty of our summer fun. **CBM**



WASH



1. REF Ultimate Repair Shampoo 285ml & Conditioner 245ml, \$33.50 each, **2. Davines** LOVE Smooth Collection for frizzy hair Shampoo and Conditioner 250ml, \$37.95 each, **3. Aveda Nutriplenish** Shampoo and Conditioner, Light Moisture 250ml, \$50 each, **4. e-smooth** Bathe Smoothing Shampoo and Conditioner 250ml, \$39.95 each, **5. SheaMoisture** Coconut & Hibiscus Shampoo and Conditioner 384ml, \$19.99 each and **6. evo** Mane Tamer Shampoo and Conditioner 300ml, \$40 each.



SPRAY



7. White Sands Infinity firm hold finishing spray, \$39.95, **8. White Sands** Liquid Texture Medium Hold 255ml, \$39.95, **9. Schwarzkopf Professional** OSIS+ Texture Craft Dry Texture Spray 300ml, \$27.95 and **10. Schwarzkopf Professional** OSIS+ Soft Dust Volumising Powder 10g, \$27.95



TREAT

1. Retreatment Botanics Restore Serum 30ml, \$95, **2. Biossance** 100% Squalane Oil 100ml, \$50, **3. Sachajuan** Hair Repair for damaged and stressed hair 250ml, \$46, **4. Sachajuan** Intensive Hair Oil 50ml, \$64, **5. Sachajuan** Curl Treatment, Intensive curl care treatment 250ml, \$46, **6. Olaplex** No.3 Hair Perfector 100ml, \$49.95, **7. Olaplex** No.7 Bonding Oil 30ml, \$49.95, **8. Olaplex** No.6 Bond Smoother 100ml, \$49.95, **9. evo**, Mane Attention 150ml, \$34, **10. Aveda Nutriplenish** Leave-in Conditioner 50ml, \$50, **11. Aveda Nutriplenish** Multi-Use Hair Oil 30ml, \$41, **12. Louvelle** Brigitte Peach Blossom & Honey Body & Hair Oil, \$44.95.





22.



13. White Sands ER Fusion 90ml, \$39.95, **14. White Sands** Orchids Oil 100ml, \$44.95, **15. e-smooth** Seal Repairing Serum 100ml, \$45.95, **16. Pure Elements** Linseed Calming Potion 200ml, \$34, **17. REF** Stay Smooth 125ml, \$35.50, **18. Davines** LOVE Smooth Collection Hair Smoother 150ml, \$41.95, **19. Davines** Oi Oil 135ml, \$67.95, **21. Davines** Circle Chronicles, The Renaissance Circle 50ml (box of 6), \$18.95, **20. A'kin** Miracle Shine Conditioning Hair Mask 55g, \$5.99, **22. and Nu Skin** Nutriol Scalp & Hair System, \$182.



21.

20.

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STYLE

BEAUTY



1. **ghd** Platinum + white styler, \$345, 2. **EVY Professional** PRO-STYLER, \$189 3. **Remington** Curl & Straight Confidence Hair Straightener, \$149.95, 4. **ghd** Oracle, \$340, 5. **ghd** Glide \$210, 6. **Cloud Nine** Touch Iron, \$285.





Natalie Anne's

TOP FIVE TIPS FOR FESTIVE CURLS



International Hair Influencer of the Year and leading Australian stylist Natalie Anne shares her top tips to get the perfect curls this festive season. As the styling expert for the recently released Formawell Beauty X Kendall Jenner range of hair tools, there are a few simple tricks women can try to get salon like curls at home.

1. TEMP CONTROL

For fine and coloured hair, keep the temperature between 170-190 and for all hair types, always use a heat protectant.

2. LOOK

For a tighter curl, take a smaller section of hair. For a looser/softer curl, take a bigger section of hair.

3. SUSTAINABILITY

Always let your curls cool down to set, before brushing or shaking out.

4. VOLUME

For more volume, alternate your curl direction (into your face, then away from your face) to allow your hair to expand. To create a more textured, beachy look, again, alternate your curl direction, but leave your ends out/straight.

5. VIBE

There are no rules for your curls this season – keep it subtle or make it big – whichever way you feel sexiest and whichever is more flattering.

Natalie Anne, International Celebrity Hairstylist, Educator and Styling Expert says, 'Most importantly HAVE FUN with this fabulous tool!'



Formawell Beauty X Kendall Jenner
Ionic Gold Fusion Pro
Curling Iron, \$99.99

Natalie Anne: <https://www.instagram.com/natalieannehair/?hl=en>
Formawell Beauty X Kendall Jenner - <https://www.priceline.com.au/kendall-x-formawell>

BEAUTY

MAKES
PERFECT
SCENTS!

FROM THE CLASSICS TO THE AVANT-GARDE, THE DAINY TO THE DARING, WE SHOWCASE SOME OF THE MOST CELEBRATED PERFUMES OF ALL TIME.



1. Chloé Fleur de Parfum EDP 50ml, \$145, **2. Marc Jacobs** Daisy Dream EDT 50ml, \$90, **3. Lancôme** La Vie Est Belle EDP 100ml, \$205, **4. Dolce & Gabbana** The One EDT 50ml, \$108, **5. Narciso Rodriguez** For Her EDT 50ml, \$139, **6. Clarins** Eau Dynamisante Treatment Fragrance, Refillable Spray 100ml, \$68, **7. Chanel** No.5 100ml, \$240, **8. Kenzo Parfums** Flower by Kenzo EDP 50ml, \$138, **9. Bvlgari** Pour Femme EDP 50ml, \$230



BEAUTY



1. Paco Rabanne Lady Million Empire EDP 50ml, \$126, **2. Jean Paul Gaultier** La Belle EDP 50ml, \$138, **3. Carolina Herrera** Glorious Gold Collector EDP 80ml, \$198, **4. Versace** Eros Pour Femme EDP 100ml, \$175, **5. Miss Dior** Blooming Bouquet 100ml, \$198, **6. Paco Rabanne** Olympea Legend EDP 50ml, \$126, **7. Valentino** Valentina EDP 50ml, \$131, **8. Prada** La Femme L'Eau Body Spray 150ml, \$189, **9. BABOR** ReVersive EDP 50ml, \$158, **10. Gucci** Bloom EDT 100ml, \$185, **11. Creed** Royal Water EDP 100ml, \$389, **12. Creed** Spring Flower EDP 100ml, \$369, **13. Marc Jacobs** Decadence EDP 100ml, \$190

Medik8

12

WEEKS *to*

WOW

LIKE A PERSONAL TRAINER FOR YOUR SKIN, MEDIK8 WILL SOON LAUNCH A NEW 12-WEEK PROGRAM OF PEELS TAILORED TO YOUR SPECIFIC CONCERNS.



In the same way many of us sign up for a personal trainer at the gym, Medik8 introduces us to personalised, intensive training for our skin. The 12 Weeks To WOW program includes your own dedicated Medik8 professional who will prescribe an at-home skincare program alongside a comprehensive course of 6 in-clinic peels tailored to your specific skin concerns. The result? A remarkable skin transformation and your very own ‘WOW’ moment!

Using the best available active skincare ingredients at home coupled with a bespoke combination of regular Medik8 peel treatments, Medik8 is on a mission to deliver beautiful skin for life. Your best skin ever could be just 12 weeks away.

PERSONAL TRAINING FOR YOUR SKIN: HOW IT WORKS

The 12 Weeks to WOW program involves eight clinic appointments, six professional peels and prescribed at-home products. Your journey to beautiful skin begins with a pre-peel consultation whereby your personal Medik8 skincare therapist will devise a treatment plan just for you, based on your concerns, lifestyle and skin goals.

Your Medik8 therapist will choose a course of peels from Medik8’s Lifestyle Peels and Mono Peels, which are all formulated to target different skin concerns, as well as an at-home range of ‘CSA’ products

– Vitamin C plus Sunscreen by day and Vitamin A by night. You’ll also be given a Medik8 Skin Passport to document your skin goals and track your progress.

Your final appointment involves the ‘WOW reveal’ where you can see how much your skin has been transformed and be able to measure your results by comparing photos taken throughout your journey. Your therapist will then devise a Lifestyle Program to help maintain your results.

This is more than just a treatment program – your Medik8 professional will guide you through the treatment journey with educational tips, personalised homecare and a unique peels experience, helping you to your ultimate end-goal: beautiful skin for life.



EVEN PEEL

This brightening peel targets sun damage, hyperpigmentation and dull, uneven skin. Helping to minimise melanin production, the Even peel visibly fades pigmentation for a more even and radiant complexion.

CLARITY PEEL

This is a powerful blend of acids that sink deep into pores to clarify and decongest the complexion. Rapidly brings blemishes under control and dramatically reduces the risk of future breakouts.

UNIVERSAL AHA PEEL

Suitable for everyone and any skin concern, it visibly brightens, smooths, decongests and revitalises the skin. Ideal for a first-time peel or to maintain results from other peels.

SENSITIVE PHA

This is formulated for extremely sensitive or redness-prone skin to visibly smooth skin texture and help promote a stronger skin barrier.

EYE REVEAL

Designed to treat the delicate eye area specifically fine lines, crows feet, laughter lines and dull under eyes. It helps smooth skin texture and minimise fine lines and wrinkles.

MONO PEELS

Mono Peels contain one type of acid, either Glycolic, Lactic or Mandelic, in varying concentrations, from 30, 50 and 70%. Containing Time Release technology, each peel can be layered over any of Medik8's stronger peels to intensify results, while also being able to layer on concentrated areas of concern. This maximises the results of the peel and allows the therapist to provide a bespoke, customised treatment with faster and better results for a truly unique peeling journey.

CUSTOMISED PEELS

Chemical peels are fast-becoming the number-one clinical skin treatment worldwide. Medik8, renowned leaders in professional skincare, have launched six new combination Lifestyle Peels and three new Mono Peels. Your Medik8 therapist will select a bespoke combination of peels, which can be built up in strength and layered for maximum results, depending on your exact skin needs.

REWIND PEEL

A targeted formulation that helps plump the complexion to reduce the appearance of fine lines and wrinkles. It fades away imperfections, leaving the skin visibly smoothed and rejuvenated.

All Medik8 peels use Time Release technology, in which the acids are delivered to the skin slowly, over time, to maintain a comfortable experience without losing potency of the active ingredients.

Additionally, each peel formulation contains Arginine – a naturally occurring amino acid that slows down the penetration of exfoliating acids on the skin, causing the stinging sensation to build up gradually and easing the client into the peel experience.

ABOUT MEDIK8

The Medik8 brand, founded by cosmetic scientist Elliot Isaacs, is widely recognised within the cosmeceutical industry for its commitment to producing effective, solution-driven skincare.

Its in-house research team has successfully engineered cutting-edge professional treatments and products that target the top skincare concerns (and which they've won awards for): redness, blemishes, pore size, pigmentation, ageing and dryness. Each product is formulated using small-batch production for optimum potency and freshness, with the highest-quality actives in bioavailable strengths. This enables Medik8 to guarantee maximum results for every user, which is impressive.

Their unique approach to skin health earns Medik8 recommendations from leading aesthetic surgeons, dermatologists, nurses and skin therapists around the world. So go on, start your personal skin training and prepare to be WOWed in just 12 weeks. **CBM**

WHERE TO GET IT

Medik8 is available at select skin clinics across Australia. For stockists, visit www.medik8.com.au or call 1800 242 011

FEATURE





10 QUESTIONS TO ASK BEFORE YOU GET EYELASH EXTENSIONS

THERE'S MORE TO EYELASH EXTENSIONS THAN BOOKING AN APPOINTMENT AND WALKING OUT WITH BEYONCÉ'S SET OF MINKS. HERE'S EVERYTHING YOU NEED TO KNOW.

No makeup, no problem! Eyelash extensions are all the rage and can make you look ultra-glamorous, even on your laziest makeup days. However, like all the best things in life, quality counts. Here's what you need to ask a lash technician before putting your lashes in their hands.

1. **ARE YOU CERTIFIED, TRAINED AND LICENSED?**

One of the most important things you need to look at is finding the right person to do your lash extensions. There are a lot of eyelash extension horror stories, so don't book an appointment without doing your research! If someone is going to poke around your eyeballs, you're going to want to make sure they're legit. Take a look at reviews and visit the salon directly to get a feel for the technicians and ask questions about their experience and expertise.

2. **WHAT ADHESIVE DO YOU USE?**

The adhesive is one of the most important factors in your application. If your lash artist can't understand or doesn't know the ingredients in the adhesive, this is not a good sign. Every educated lash artist should know what ingredients are in the adhesive they are using, and what they are used for. Glue should be formaldehyde-free and medical grade.

3. **WHERE DO YOU BUY YOUR PRODUCTS?**

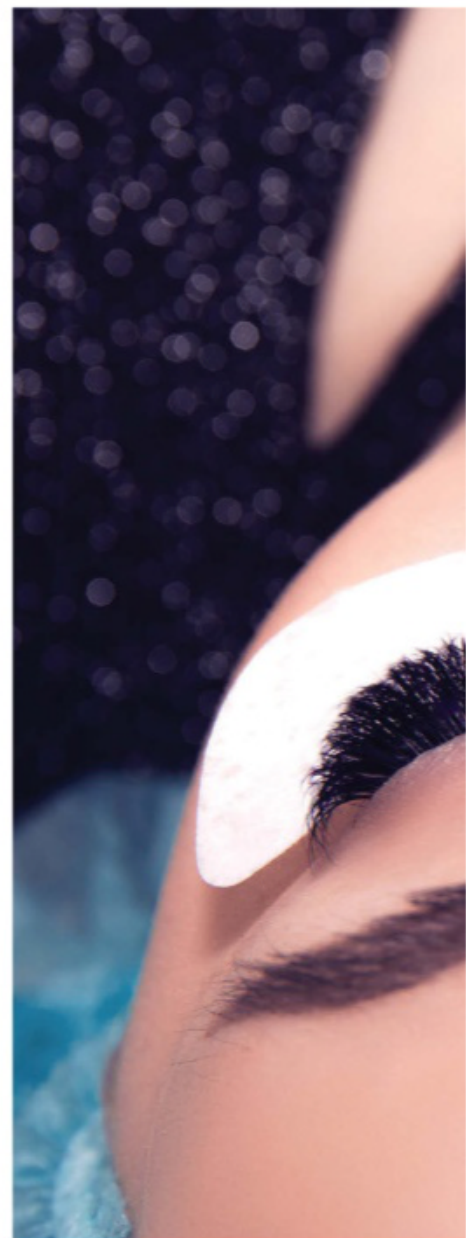
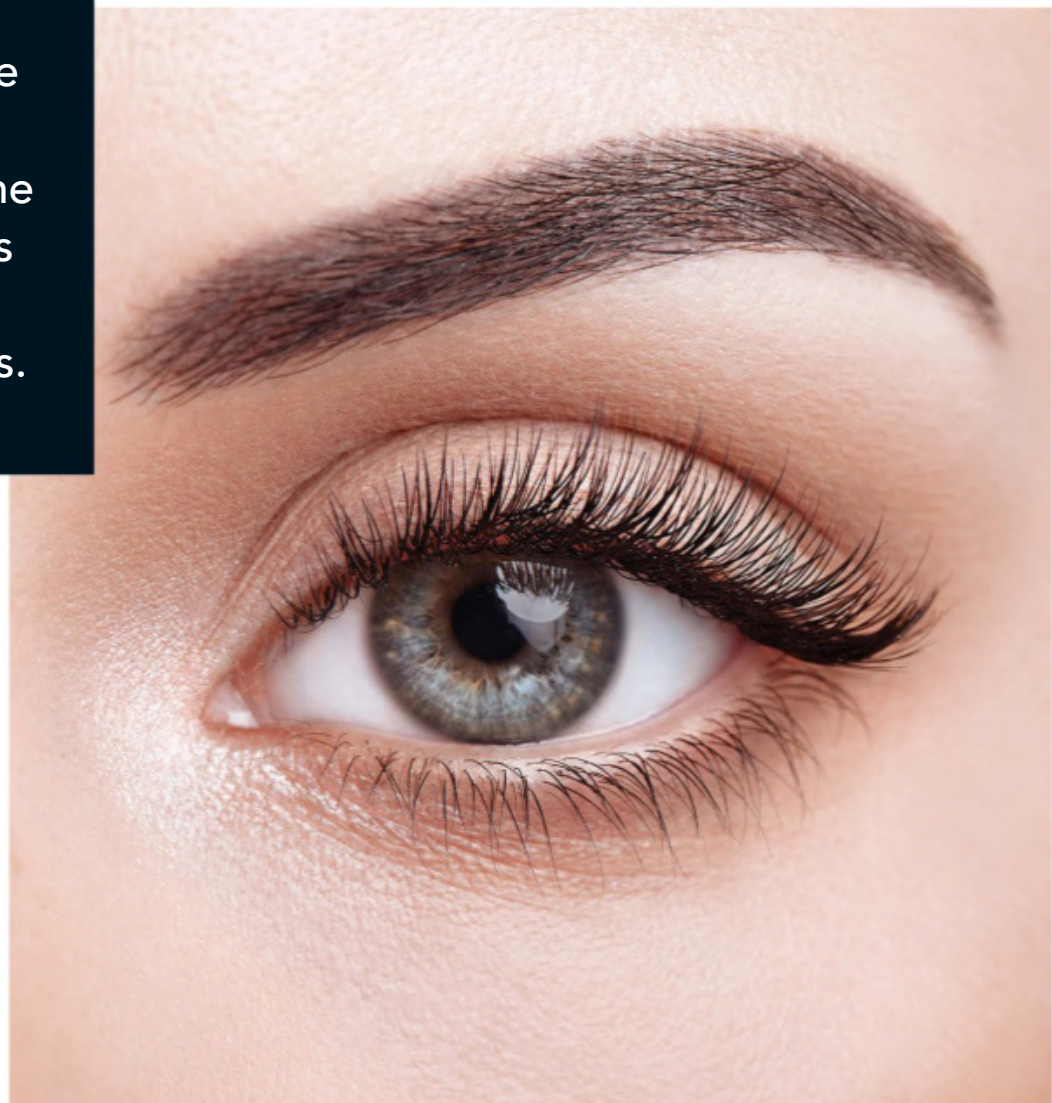
There are a lot of factors that determine if products are good quality or not. Ask to touch the lashes – they should feel soft, flexible and not stiff.

4. **WHAT LOOK WILL SUIT ME?**

Every individual is different and a good lash professional should evaluate the best look for you personally before applying the lashes. They should discuss length, thickness, number of lashes and the overall look with you.

5. **CAN I SEE PHOTOS OF YOUR WORK?**

Don't be afraid to ask to see photos of your professional's work! It'll give you an idea of what to expect with this artist. What should you look for? Well, lashes in the pictures should appear clean and neat. If you can see the glue in the pictures, this isn't a good sign. Likewise, if the lashes are twisted and going in different directions, or if they are clumpy and stuck together, they aren't placed properly.





6.

WHAT IS THE PROPER AFTERCARE?

Your lash artist should be telling you to wash and brush the lashes daily, sleep on your back and avoid oil-based products. This will ensure lashes stay clean and fresh to avoid bacteria and residues. A lot of lash artists will tell clients not to wet or cleanse their lashes and this is false!

7.

WILL MY NATURAL LASHES FALL OUT?

Not if the lash extensions are applied properly. Inexperienced technicians (beware of beauty salons who do not specialise in lashes!) are often apt to apply lashes that are too heavy/clumped together, which can result in damage to your natural lashes.



8.

CAN I WEAR MASCARA IF I HAVE LASH EXTENSIONS?

Yes, but steer clear of waterproof mascara because it's harder to remove and can easily pull the extensions off. If you do use mascara, go lightly and just focus on the tips of the lashes. Using mascara at the base of the extensions will get very clumpy.

9.

HOW OFTEN DO I NEED TO GET INFILLS?

Eyelash extensions can last as long as six weeks, as the eyelash extension generally lasts until the natural lash falls out in its natural cycle. However, all of your lashes are on a different growth cycle, and everyone sheds differently depending on their lifestyle. It's usually recommended to get your lashes filled every 2-4 weeks. How long your eyelash extensions last for depends, to some degree, on how well you take care of them!

10.

HOW DO I REMOVE MY EYELASH EXTENSIONS WITHOUT LOSING MY NATURAL LASHES?

Absolutely never attempt to remove the lashes by yourself! This can go horribly wrong and will often result in you pulling out some of your natural lashes along with the extensions. If you would like to get the extensions removed, make an appointment with a professional as they have the right tools to remove them safely. **CBM**



Lady Lash

LADY LASH DIRECTOR AND LASH EXTENSION QUEEN
CHARLOTTE CREASEY SHARES THE TOP TRENDS FOR 2020.

This year is set to be the biggest and best yet in the lash industry, with more and more beauty devotees placing lash and brow maintenance at the top of their glam regimes. Here, Charlotte Creasey, founder and leader of Lady Lash Australia, gives us the lowdown on the top lash trends for 2020.

Innovation and customisation are where it's at for lashes this year, with the Hybrid Lash, popularised by celebrities such as the Kardashians, fast becoming the go-to application. Also known as American Volume Lashes, this technique flawlessly combines a mixture of volume and classic lashes that frame the eye with a textured, staggered look for a more sultry yet natural-looking style.

Up next is the use of brown lashes for blondes and redheads, along with shorter and more natural-looking sets. This polished, neater look is designed as a discreet option for the modern busy professional and is set to revolutionise generic lash treatments.

Carrying on from the no-fuss, natural treatments dominating 2020, we're also seeing the rise of low maintenance lash lifts, an innovative treatment that lifts and curls your natural lashes while infusing them with keratin and biotin for strength.

Equally as prevalent as it is progressive, 'guy-lashes' have burst onto the scene in 2020 in a major way. This is the treatment no male knew he needed – until now. With an increasing number of men taking an interest in longer, thicker, darker lashes, these low-key lash extensions and lash tints will become a guy's best friend. Guy-lashes are a fabulous option for men wanting to subtly refresh and brighten their face without changing their individual look.

With lash extensions showing no sign of slowing down in 2020, maintaining lash health to extend the life-span of both natural and extension lashes should be a top priority for any lash lover. Ensure your lash stylist cares about your safety just as much as your beauty. Seek out professionals who are trained in safe, hygienic application techniques and only offer the best-quality lashes.

Lady Lash has been a frontrunner for over 10 years in the industry and has won a slew of awards in the Australia and New Zealand Lash Championships and Pro-Series Global Lash Competition. They offer all the above services and more across their four salons. Now's the time to up your glam factor with beautiful, full, look-at-me lashes.

LASH ALERT! LADY LASH OPENS NEW SYDNEY CBD SALON

Lady Lash Australia, known for offering some of Sydney's best eyelash extensions, is thrilled to announce its expansion into the Sydney CBD.

Directly opposite the beautiful QVB, and just a two-minute walk from Town Hall station, the city salon is Lady Lash's fourth opening and gives even more Sydney-siders the excuse to stop in for a lash-nap and a lash makeover.

'We're bringing the same, award-winning, flawless lash extensions to the heart of the city,' says Director, Charlotte Creasey. 'Several of our award-winning Newtown stylists will be creating beautiful lashes from this new location – so as usual, you can expect the highest level of care and attention to detail.'

Specialising in lash and brow treatments, Lady Lash opened its flagship salon in Newtown in 2010, followed in recent years with Parramatta and Gosford branches. Known for their leading lash artistry and pioneering techniques, Lady Lash stylists have placed first, second and third in recent years at both the Pro-Series International Lash Competition, and the Australian & New Zealand Lash Championships.

Welcome to Sydney CBD, Lady Lash! The Harbour City just got even prettier.



What's in?

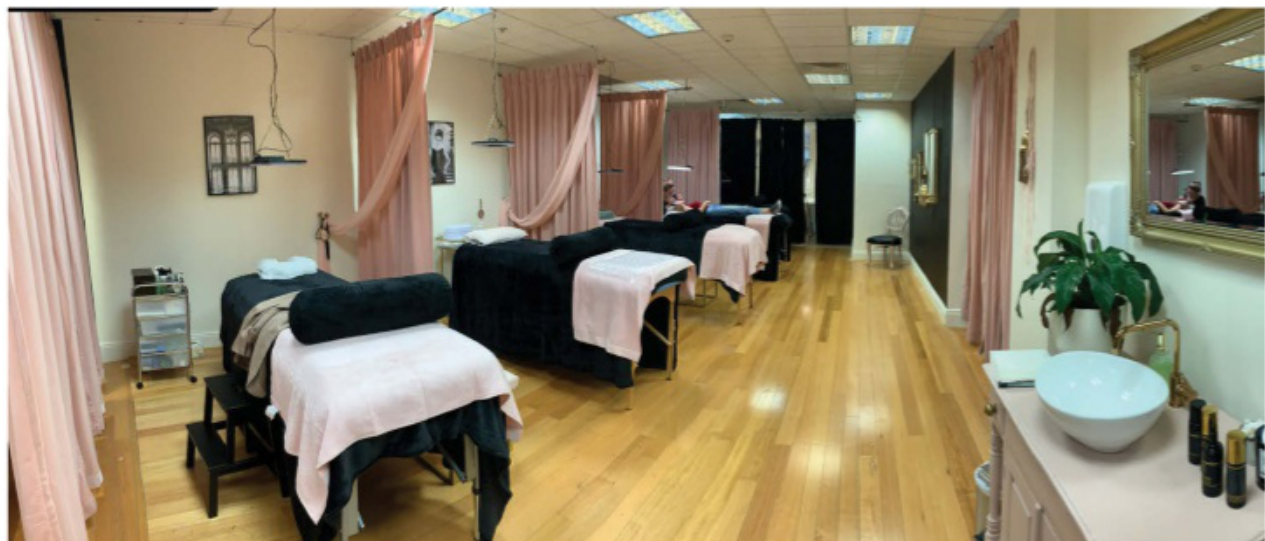
Lash health Taking care of your lashes so you can wear extensions long term is crucial. Using proper aftercare products will extend the life of your extensions.

American volume lashes (spiky textured volumes and hybrids). American Volume, or Hybrid Lashes, are perfect for the modern glamour who's after a not-so-neat, textured look – the Kardashians are big fans of these.

Low maintenance lash lifts Great for those hot steamy summers and long holidays when you just can't get back to the salon for infills.

Henna brows Flirting with the idea of cosmetic tattooing, but not sure whether you want to commit? Henna brows are a great compromise while you decide, as they give a deeper, more defined stain than tint but do eventually fade away. Lasting about 7-10 days on the skin, and 3-4 weeks on the hair, they'll give you perfectly defined brows that won't come off at the beach!

Powder fill/combo brows This technique is great for definition and a longer lasting solution. It's ideal for those with oilier skin where microblading might not work so well. Definitely a winner!



What's out?

Too-long lashes – aka 'lash awnings' and extreme Mega Volume Lashes (where it looks like solid black discs above your eyes). Too much weight and length won't do much good for your natural lashes, either.

Extreme cat eye lash looks Only a few can rock this look, as it can make your eyes look droopy and sad. There are so many other styles to choose from – let your lash stylist assess your eye shape for the perfect look for you.

Glitter lashes These are so 2010! (Plus, it looks a little like you're seeing stars for the wearer.)

Tadpole brows We're pretty confident the ol' tadpole brow is never, ever going to be in again. Thankfully there are many options to fix them: tinting, henna, microblading, powder brows, combination brows – with so many simple-fix solutions there's no reason over-pluckers can't regain their brows back.

Bleached eyebrows These were in for all of 45 seconds, and even that was too long. Hopefully we never see them again! **CBM**



GLOSS *on* GLOSS



WITH THE RELEASE OF SOME AMAZING NEW FORMULAS, THE LIP GLOSS TREND IS OFFICIALLY BACK ON.

High-shine lacquered lips are firmly back on the beauty radar, and that's great news in our books. Whether we prime them, line them or colour them, nothing says glam more than a glossy pout.

But fear not – these new lip glosses have been given an upgrade from their 90s' predecessors. Today's formulas are infused with nourishing skincare ingredients and reimagined in hybrid formulas that deliver gloss, colour and nutrients in one swift stroke – without the stickiness of yesteryear. Here are our top picks of the juiciest, shiniest lip glosses to wear right now. **CBM**



OUR
PICK



1. Fenty Beauty Gloss Bomb Universal Lip Luminizer in FU\$\$Y, \$30, **2. Napoleon Perdis** Luminous Lip Veil in the Flesh, \$32, **3. Charlotte Tilbury** Collagen Lip Bath, \$50, **4. Charlotte Tilbury** Lip Lustre, \$35, **5. Carmex** Moisture Plus Hydrating Lip Tint in Beauty Shot Pink, \$8.99, **6. Nu Skin** Powerlips Polish Duo Lip Shine, \$43, **7. Burt's Bees** Lip in Blush and Whisper, \$12.99 each, **8. MODELROCK** Cosmetics Liquid SILK Lip Gloss in Crystal, \$25, **9. Australis** GRLBOSS High Shine Lip Gloss in My Boo, \$14.95, **10. Napoleon Perdis** Double Duty Infusion Lip Oil, \$35, **11. MODELROCK** GRAFFITI Collection Lip Paint in REBEL, \$25.



5.



6.







9

Cellulite fighting foods

COMBAT THE APPEARANCE OF CELLULITE BY FUELLING YOUR DIET WITH THESE NINE SUPER FOODS.

Cellulite is one of the most frustrating aesthetic concerns. Seemingly impervious to exercise, the dimpled skin appearance can detract from even the healthiest of figures. There have been several regimes, wonder treatments and alternative therapies touted to reduce the appearance of cellulite, yet the success of these endeavours remains unclear and elusive. One way to combat the “orange peel” appearance of cellulite is to optimise the foods we fuel our body with. What goes into the body can contribute to skin integrity, fat composition and circulatory drainage, all factors that affect the appearance and pervasiveness of cellulite.



1.

OILY FISH

Fish oil benefits skin, hair and nail health. The essential fatty acids in fish help strengthen the lipid membranes in the dermis, reinforcing the skin's integrity from within.

According to some experts, cellulite stems from a weakness in the collagen fibres of the skin's deeper layers, which causes bulges of fat to appear on the surface.

Fish oil can help counter this by strengthening the skin and fuelling the body with high concentrations of proteins and minerals.



2.

CITRUS FRUITS

Citrus fruits, particularly oranges, can help ward off cellulite by delivering Vitamin C. This helps improve skin elasticity and rebuild and repair the skin from within. Oranges also contain methoxylated flavones, which are natural antioxidants effective in reducing inflammation and helping the liver process cholesterol and blood fats.

3



BROCCOLI

When the body ingests sweets, sugar molecules attach to collagen fibres to form harmful products called advanced glycation end products (AGEs). These cause the collagen fibres to become hardened and brittle, contributing to skin wrinkling by weakening the dermis. Broccoli contains lipoic acids, which help prevent the formation of AGEs and maintain the skin's integrity – effective in anti-ageing and cellulite busting regimes.

4

GREEN TEA

Those cups of herbal goodness contain rich quantities of catechins, which help inhibit the breakdown of collagen and maintain strong, firm skin. The ingredients in green tea may also help prevent the expansion of fat cells, stopping them from pushing against the underlying dermis. Also, the small amount of caffeine helps flush toxins from the body and dehydrates fat cells, helping to reduce the appearance of cellulite.



5

SUNFLOWER SEEDS

These little seeds are jam-packed with antioxidants and are said to help strengthen weakened tissue, improving the appearance of cellulite. A source of Vitamin E, potassium and zinc, as well as Vitamin B6, sunflower seeds are believed to help metabolise those proteins that strengthen and repair connective tissue. They're also considered a natural diuretic, ridding the body of excess water that can make cellulite more visible.



6

BANANAS

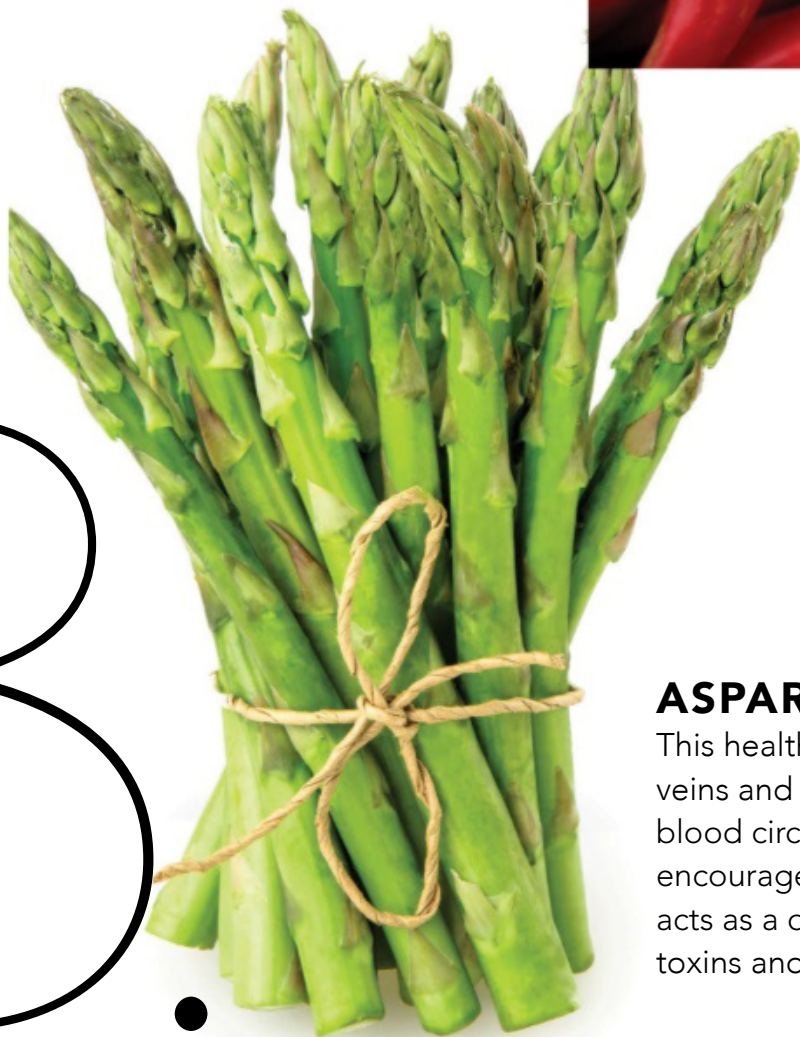
Some researchers suggest there is a link between cellulite and circulation, or the body's efficiency in flushing out toxins. A rich source of Vitamin B6, potassium and magnesium, bananas are believed to assist in healthy circulation and combat the appearance of cellulite.



7

CHILLI PEPPERS

Spicy foods boost the body's ability to produce heat internally, helping the body burn fat more efficiently. Those eye-watering hot sauces contain Vitamin B6 to fortify connective tissue and help increase the body's metabolism, fighting fat cells and improving blood flow.



8

ASPARAGUS

This healthy green helps strengthen veins and capillaries to normalise blood circulation. At the same time it encourages blood flow, asparagus also acts as a diuretic, cleansing the body of toxins and purifying the skin from within.



WATER

When it comes to cellulite, the benefits of eight glasses a day are definitely not mythical. Water helps plump the skin, making it look thicker and more supple. By camouflaging cellulite, and helping flush those stored toxins from the body, water is essential in busting cellulite and smoothing the skin. **CBM**



SYDNEY'S NEW SPACE FOR vegan beauty

A CAREER SPANNING OVER 25 YEARS AND 15 COUNTRIES HAS SEEN CHARMILLA HERATH SHAPE THE BROWS, PERFECT THE COMPLEXION AND STAIN THE CHEEKS AND LIPS OF SOME OF THE WORLD'S MOST WELL-KNOWN FACES. HERE SHE SHARES HER TOP TIPS FOR CRUELTY-FREE BEAUTY.

Charmilla Herath is sitting pretty. Quite literally. She is perched atop a stool in her perfectly pink beauty parlour in Sydney's Strand Arcade, long golden legs crossed, eyes sparkling and a wide smile on her exceptionally pretty face.

She is reminiscing on her journey from the six-year-old girl who would tame her best friends' unruly brows in the bathroom of her family home, to the global brow and make-up artist who shaped the arches of the world's biggest supermodels at London, Paris and New York Fashion Weeks.

Milla, as she is better known to her friends and clients, has an impressive resume, having worked with and launched collections for global heavyweights including Laura Mercier, Becca and pout.





Pictures by: Zakari Kha (parlour), Tim Fay (Milla and products)

But back to brows and her parents' bathroom ...

'I have always been obsessed with brows,' she laughs, when I quiz her about her salon-style set up in the suburbs, at the age of six. Why not a bake sale or lemonade stand, like most kids mess around with? (It's worth noting, the beauty entrepreneur charged her clients back then, too, and they kept coming back. She was that good).

'I've never been one to follow the pack, or pursue trends,' she reveals. 'Plus, I had very thick brows as a child and hated them. I was always looking for ways to make them thinner, lighter and tamer. So, I helped all my friends, too!'

She adds with a dry laugh, 'that all fell to dust when Brooke Shields came along proudly owning hers! Seriously though, I was thankful, as it allowed me, and thousands of other women, to feel less conscious. This experience, as frivolous as it may seem to some, made me realise at a very young age, exactly how important brows can be to a woman's self-confidence and esteem! I then went from there, to helping women grow back overplucked brows!'

BEST IN BEAUTY SCHOOL

It was inevitable that Milla's career would be in beauty, specifically as a make-up artist and of course, specialising in brows and brow shaping.

She completed a diploma in Make-up and Special Effects, with the aim of becoming the best make-up and brow artist she could be. She's succeeded, and then some.

At the time, the young graduate was seeing women who were plucking their brows within an inch of their existence. It horrified her, and she was quick to take action.

She laughs: 'I hated that thin, over plucked, fake looking brow look as much as I loathed the thick, unruly brows I was forever trying to tame on my own face!

'If I was doing a client's makeup and they asked me not to fill in their thin brows, I felt it detracted from the entire look and ruined the overall result. So, I would start by doing the brows first. This gave the client time to see their face come alive from the brows as a framing point.

'As the rest of the make-up was applied, and indeed by the time I had finished, they could see that a fuller, well defined brow that suited their face shape was the way to go. I have always applied this theory to my work and 99.9 percent of the time, it's worked!'

You could say back then, in the late 1990s, Milla championed the return of the fuller brow, a trend that has never since waned.

FROM SYDNEY TO GLOBAL SHORES

A stint with Laura Mercier when the make-up brand first launched in Sydney at David Jones, saw Milla become a prized team member. It wasn't long before Laura herself was luring Milla overseas.

'I feel very lucky to have had my start with Laura Mercier in Sydney.

'I ended up working for the brand in London and many other international cities, which opened so many doors for me. I worked with Laura Mercier herself on week-long events, as well as with top brands and celebrities. I was so chuffed to discover that Laura was just as obsessed with eyebrows as I was, and I was even paired to work with the brand's brow expert Maribeth Madron, from whom I learned so much!'

'Spending time in big cities that are fashion capitals of the world taught me so much. I was at the forefront of emerging trends working with the best artistic talent in the world. I built lifelong relationships with amazing artists and other leaders in the industry working on incredible projects.

'All of this has helped shape who I am as a person and importantly, it has made me a much better make-



up artist and brow stylist. Working with such big names and incredible talent drove me to be the best version of myself. I am always humbled that whenever I travel, these incredibly successful people always make time to catch up with me. And of course, if I am ever working on a new project, they are always happy to lend an ear and offer invaluable advice!'

A GREENER FUTURE

As inherent as beauty was in Milla's DNA, so too was the environment and animal welfare. As a 16-year-old, Milla participated in a school walk-out against the French nuclear testing in the Pacific Ocean in 1995. While



Pictures by: Zakari Kha (parlour), Tim Fay (Milla and products)

Q&A

WITH MILLA

Q: What do you think is the biggest mistake women make with their brows?

A: Treating it like a hair removal exercise. You are not removing unwanted hair – you are shaping your brows. It is as important as having your hair cut or coloured!

You also shouldn't have your brows done on a whim, or just anywhere. You should have the same relationship with your brow stylist that you have with your hairdresser.

Q: What is one thing you wish every woman did for their brows on a daily basis?

A: Eat well! Food is medicine and is the best skin care out there. Applying oils to nourish and strengthen the hair and also gentle scrubbing every few days to remove dry skin and help new hair come through.

I have created a three-step program for brows.

1. A cleanser;
2. A scrub/mask; and
3. An oil that can be applied daily to heal, cleanse, strengthen and grow back healthy brows and maintain them.

Q: Which celebrities do you think have the best eyebrows and why?

Jennifer Connelly

Her full, effortless shape suits her. She has kept her natural brow shape instead of trying to put in artificial arches.

Lilly Collins

Her gorgeous brows sit exactly where they should, right along the natural brow bone. The shape suits her and creates a youthful appearance.

Keira Knightly

Her beautiful brows appear untouched, but at the same time are polished and well groomed, although not overly tamed.

protesting, she encountered an animal liberation group and took home some of their reading material.

‘I had always been passionate about animal welfare, but after reading this, I was 100 percent committed.’ Joining the cause was a natural step for Milla. ‘I didn’t want to subsist at the expense of our animal friends, so I became a vegetarian and soon after, a vegan.’

In 2006, Milla launched her own luxury vegan, carbon neutral and cruelty free skincare brand in London, Nicky & Milly.

‘It was crazy. Helena Christensen somehow got her hands on it and raved about it in the Sunday Times Style. I sold out of my first batch before it even hit the stores and had to go straight back into production!’

‘Sadly, the good times didn’t last, as none of us saw the GFC coming! My brand had received a lot of press and was picked up by all of the department stores prior to the GFC. I poured my heart and soul into that business. However, in the midst of the GFC, I found myself bootstrapping a premium price point product business. It was not easy, or sustainable. With nothing lined up and having been away for nine years I decided to close up shop and head home to Australian shores.’

HOMeward BOUND

Coming back to Sydney in 2008 was a difficult time for Milla, but she was quick to recognise and seize opportunities.

‘My mind never stops, and it did not take me long to identify opportunities to bring international trends to Australia. I quickly realised there was a gap in the market for an express beauty bar reminiscent of the ones in London and New York – a high-end, luxury experience but express. One where busy corporate women could walk in and walk out in their lunch break.

‘I had never run or worked in a beauty salon, I was always in cosmetics, fashion and freelanced as a makeup artist. So, I had no idea how to do it.

‘However, I believe that was why it was unique. I ran it a little like a backstage hair and makeup area at a major fashion show. I had three people working on clients at once, to get them pampered and polished, but also in and out without wasting time. It was always elegant stools, open-plan, no private beauty rooms, lots of noise and a walk-in-walk-out concept.

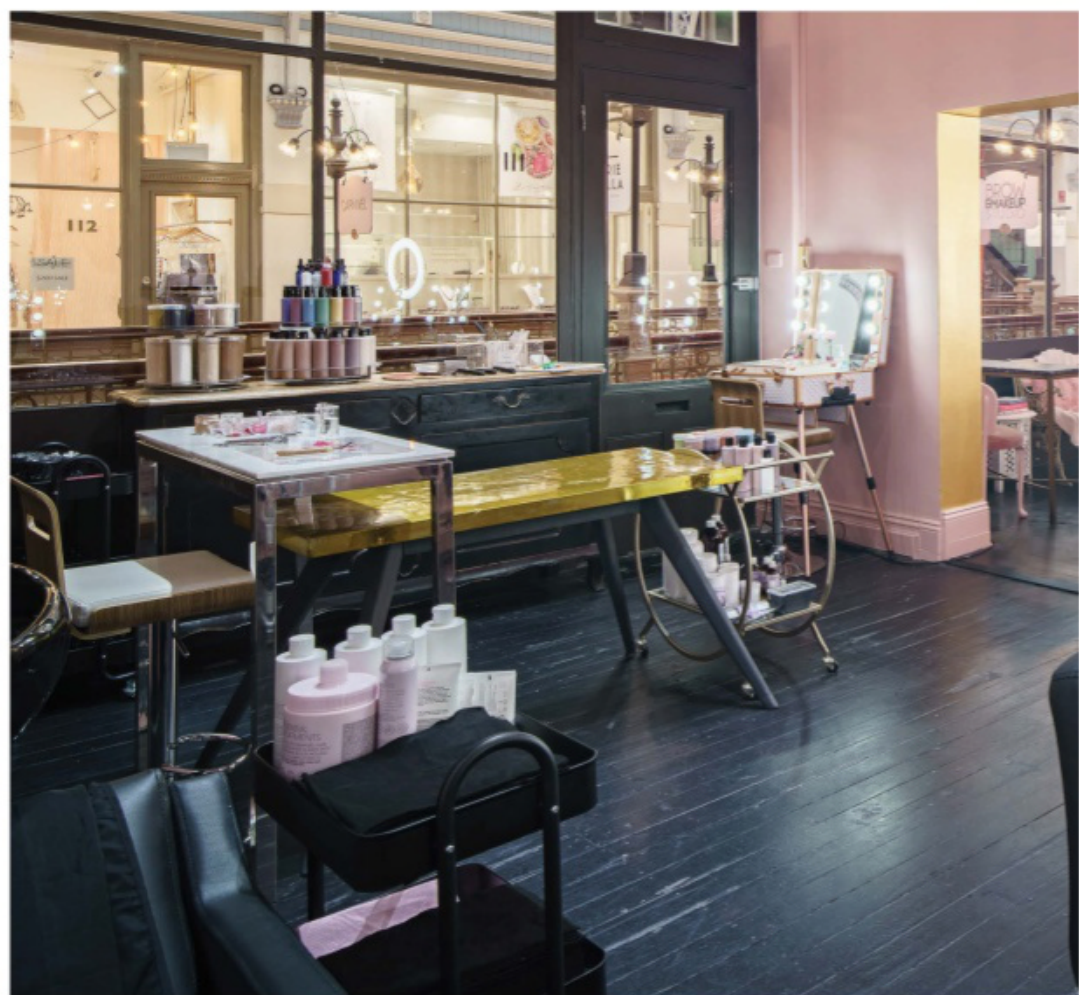
‘I was one of the first in Australia to introduce threading and brow shaping, which quickly became my most sought after service, located in the Dymocks Arcade.’

ONE STOP GLAMOUR SHOP IN THE STRAND ARCADE

After a debilitating illness, which Milla helped to heal herself through her vegan diet, Milla scaled business back to have her first child Arya Rose. As her health improved and little Arya became old enough to attend day care, Milla decided it was time to get active again. And so, Coterie by Milla, a glamorous parlour in Sydney’s Strand Arcade was born.

‘I don’t see it as a salon,’ she reveals. ‘Rather it is a studio with like-minded creatives working together and collaborating. I hope to have some of Australia’s leading hair stylists and beauty professionals working alongside me in the space, as I focus on my brow and makeup clients, as well as teach and make custom blended vegan make-up and skincare products in my open lab. I intend to relaunch my old brand Nicky & Milly, but this time it will be even more modern vegan formulas, and I will name after my greatest love, my daughter – Arya Rose Apothecary.

‘Clients can enjoy the convenience of an online booking and paying system, as well as a fully licensed bar, late-night trading and sustainable environmental practices using vegan, cruelty-free products that are natural, organic and without harsh chemicals. **CBM**





Pictures by: Zakari Kha (parlour), Tim Fay (Milla and products)

Milla's Tips **FOR THE PERFECT BROW**

A perfect brow is the perfect brow for your face, not someone else's. It is natural, not overly shaped, or too dark and defined. It should not pull focus but frame the eyes and face. It should not be the main feature, but rather create balance and symmetry to the face and be the supporting act.

The perfect brow should work with the client's bone structure to create beautiful, custom brows. There is no 'one brow suits all'. With a tailored, bespoke approach, you can't go wrong.

Achieving the perfect brow can take time if you have over tweezed or waxed or threaded or had chemo. Be patient. It is not to be rushed in one visit. I shape the brows over a three to nine-month period and for some it is even longer. It is a commitment.

Never follow fashion trends. Your brows should be customised for your facial features. Colour can be adjusted through my signature service with a bespoke tint. I lighten and apply various shades to create depth, volume and even lighter shades to balance the brows out and make them look more natural and more manageable.

I have a special technique for trimming, and reducing the thickness based on skills I picked up when I worked as a teenager at the iconic Synergy hair salon as a salon assistant. I learned so many things about how to work with hair.

Remember, brow hair has a cycle of growth in four stages (Anagen stage One) and then goes back to resting phase (Anagen stage Four again). Hair can take three to five years to grow from resting phase, so patience is imperative.

I also use topical products that I custom blend based on analysing someone's skin and hair condition. I am almost a qualified nutritionist, so I also recommend dietary shakes and supplements that you can take orally to boost hair growth.

Small gaps can be filled in with a henna tint, brow lamination and brow extensions. These can last four to six weeks. Microblading is of course an option, but for me; it is always a last resort, and only after growing back as much hair as you can and being happy with a shape. Then, I would only get small areas done, not the entire brow.

BLEND

FEATURE



IT or not?

WITH THE RISE OF THE GREEN SMOOTHIE AND JUICES CLAIMING TO REDUCE INFLAMMATION OR SHED KILOS, WE DELVE INTO THE HEALTH AND HYPE OF THESE LIQUID DELICACIES.



Aclaimed to assist in weight loss, optimise digestion and fuel your body with high concentrations of nutrients, juices and smoothies seem like the ideal solution to a quick and healthy breakfast. They are used as detox, as meal replacements and as snacks between mealtimes. But are they as healthy as they're touted to be, or are they merely another hype in the world of wellness, diets and weight loss?

Like almost any food at the centre of public attention, there are several opposing views surrounding the health benefits of juices and smoothies.

NUTRITION – HEALTH OR HYPE?

Health coaches and lifestyle bloggers in particular present smoothies and juices as a sure-fire way to jam vitamins, minerals, enzymes, phytonutrients and fibre into your diet.

Citrus fruits, such as grapefruit,

oranges, tangerines and lemons, often used in ice-based summer frappes, are rich sources of Vitamin C, potassium and folate. Vitamin C boosts your immune system, potassium regulates heart function and folate boosts cell health.

Berries, another smoothie favourite, are rich in anti-inflammatory antioxidants, and help reduce biological ageing and ward off disease. Other fruits, such as melons, apricots, peaches, apples and bananas provide potassium, carotene and manganese, which help keep bones, blood sugar, thyroid function and eye-sight in a healthy state.

For those vege-juice lovers, it's true that a plant-based diet is linked to lower risk of heart disease or cancer, however there is limited research into the benefits – or lack thereof – of juiced or blended greens.

Obviously, the nutritional benefits of fruits and vegetables are inarguable – however does juicing or blending retain these benefits, or are the liquid modes of consumption merely used in health hype?

While fruit juices might deliver the same concentrations of vitamins and nutrients, this is not accompanied by any fibre – as the whole fruit is not consumed, just its juice. This absence of fibre results in a rapid and significant sugar hit, causing stress in the body. When opting for a juice, it's best to select one packed with vegetables, and fewer fruits, to reduce this sugar hit.

Following this, too much sugar – no matter what the source – can lead to weight gain, high blood pressure, diabetes and premature skin ageing. A juice-based diet typically means an increase in fruit intake and, because of this, a heightened sugar intake. When eating whole fruits, fewer fruits are consumed and the sugar is accompanied by fibre. An excess of sugar, even from a “healthy” source such as fruit juice, can wreak havoc on the body and detract from any other nutritional benefits.

If juices signify a major component of your diet's nutrition, it is important to consider the type of juicer used to understand the full health benefits. There is some discussion surrounding the heat and oxidation caused by centrifugal juicing, which could potentially denature some of the essential vitamins and enzymes in the ingredients being juiced. While there is no clear evidence one way or the other, health gurus tend to use hydraulic press juicers to avoid any nutritional depletion.

Seemingly, smoothies are king when it comes to vitamins and nutrients. Indeed, because many smoothies blend the entire fruit – flesh and skins as an entity – the fruit's natural fibre is retained and digestion is slowed. This means that, although smoothies still carry high amounts of sugar and calories, these enter the blood stream at a slower pace, while keeping you fuller for longer.

TIPS FOR TOP SMOOTHIES

To keep your smoothies healthy and nutritious, while still staving off the calories, it is best to use a light base – for example, water, almond milk or skim milk.

This should be accompanied with a selection of seasonal fruits – using the whole fruit to boost nourishment – and a natural yoghurt for digestive benefits. When using smoothies as a meal supplement, health gurus often suggest loading the blender with coconut oil, chia seeds or raw egg to add a touch of fat and protein to the drink.

WEIGHT LOSS – HEALTH OR HYPE?

Replacing meals with juices or smoothies is a well-rehearsed method of losing weight. While it can keep the kilograms off in the short term, and maintain a certain level of healthy nutrition, a juice or smoothie diet is not sustainable for long-term benefit. A juice-only diet does not necessarily deliver enough fibre or protein to keep you full. This means the attraction of rebelling becomes a common diet-buster, and can even lead to long-term muscle depletion. While smoothies can be packed with greater amounts of fibre and protein, they can easily become heavily calorie-laden, meaning fewer serves must be maintained to achieve weight loss results.

Quite simply, medical experts label juice and smoothie diets as too extreme. Though they can lead to significant weight loss, they give rise to results that are not sustainable. Too much juicing can lead to muscle mass depletion, and while the body may feel ‘cleansed and detoxified’, drastically changing your diet regime is not necessary for this – your liver and kidneys will always be working to detoxify, whether you're juicing or not. **CBM**





ADDING ANY CITRUS FRUIT TO A SMOOTHIE CONTAINING RAW SPINACH INCREASES YOUR BODY'S ABILITY TO ABSORB MANY OF THE BENEFICIAL NUTRIENTS IN SPINACH, INCLUDING IRON. RAW SPINACH CONTAINS HIGHER PROPORTIONS OF VITAMIN C AND THE ANTIOXIDANT GLUATHIONE THAN COOKED SPINACH





**OPI Hello Kitty
Collection** Nail
Lacquer in A Hush
of Blush, \$19.95

Fenty Beauty
Kabuki Buff
Foundation Brush
115, \$54

GlowDry™
Starter Kit, \$58

Ella Baché
Great Mousse
Tan 150ml, \$29

**Jean Paul
Gaultier**
La Belle EDP
50ml, \$138

Charlotte Tilbury
Glowgasm Face
Palette, \$120

Fenty Beauty Gloss
Bomb Universal Lip
Luminizer in FU\$\$Y, \$30

Versace
Eros Pour
Femme EDP
100ml, \$175