

Skin inc

It's one of the fastest moving areas in beauty. Here's the lowdown on what the skin industry is high on right now.
By Remy Rippon

SPEED OF LIGHT

Do you religiously slather on a broad-spectrum sunscreen? The latest research shows the full light spectrum, comprised of UV-A, UV-B, visible light and infrared, is more harmful than we first thought, and your current sunscreen may not be shielding your skin from the breadth of the problem. In fact, infrared and visible light (which your current sunscreen likely doesn't protect against) are also key causes of photo-ageing in the skin. Expect to see a slew of souped-up sunscreens this summer as well as antioxidant-rich creams to combat free radicals, a natural by-product of exposure to infrared and visible light.



2 INGREDIENT TO KNOW: COPPER

IT'S NOT UNUSUAL TO SEE GOLD, SILVER AND EVEN CAVIAR IN YOUR FACE CREAM, BUT THE NEW BUZZ INGREDIENT IS DECIDEDLY LESS FLASHY WHILE BEING JUST AS EFFICACIOUS. OMOROVICZA COPPER PEEL CONTAINS BLUE COPPER PASTE TO DETOXYIFY THE SKIN AND REGULATE OIL PRODUCTION.

OMOROVICZA COPPER PEEL PASTE AND ACTIVATOR KIT, \$118 FOR FOUR PAIRS.

3 INJECTIONS WITH BENEFITS

Research by two Canadian plastic surgeons appears to show muscle-relaxing injections may improve skin structure and quality. A study of 43 women treated for mild wrinkles showed the injections increased the skin's pliability and elastic recoil, mimicking more youthful skin. Sydney-based cosmetic and laser dermatologist Michelle Hunt notes the study also stated the reason behind the change is still unclear.

4 Spin class can help your face, too

Think the effects of ageing are irreversible? A US study found exercising later in life may stave off or even reverse skin ageing. Time to renew that gym membership.

5 SWIPE AND GLOW

Face wipes now go beyond mere make-up removal, delivering such ingredients as aloe, cucumber, chamomile and marshmallow root extract to the skin in one simple sweep.

CLEANSER BY LAUREN NAPIER THE HIGHTAIL CLEANSING WIPES, \$29 FOR A PACK OF 15.

6 SUNNY SIDE UP

Australians face some of the harshest climate conditions in the world, so it's only natural we lead the charge in sunscreen. Case in point: Rationale's Beautiful Skin Luminizing Superfluid SPF50, which contains skin-identical properties for undetectable coverage while protecting against the full light spectrum.

RATIONALE BEAUTIFUL SKIN LUMINIZING SUPERFLUID SPF50 IN C3, \$85.

Soko Glam's Charlotte Cho.

7 Seoul searching

Charlotte Cho, co-founder of South Korean beauty retailer Soko Glam, reveals the latest from the epicentre of skincare innovation.

NEXT-LEVEL SHEET MASKS

"I think we're going to find more serious innovations in the sheet mask category. They will come with more skin benefits than your standard hydrogel or microfibre sheet masks. There are some that lift the skin around your jaw. I've already seen some sheet masks that are infused with real whole lavender petals, so that you're getting amazing skin-benefitting ingredients straight from the source."

MORE "REAL" INGREDIENTS IN PRODUCTS

"I'm seeing a lot of fermented extracts used across various skincare product categories, which are popular because those are extracts that are not cultivated in a lab. I predict the use of more 'real' ingredients in all products."

CLEANSING WATERS

"Cleansing waters are starting to make a big splash in Korea. Although cleansing waters are not a Korean innovation, I'd say their philosophy to keep the skin dewy will mean their cleansing waters will be particularly hydrating."

MULTI-FUNCTIONAL PRODUCTS

"While Koreans are known for their multi-step skincare routines, I know that multi-functional products have the potential to be huge in Korea. For example, a toner, essence, moisturiser in one, and cleansing waters that remove make-up, tone and exfoliate. Everyone is busy and it's hard to fit a multi-step skincare routine into an already hectic schedule. People will be looking to make their routine more efficient while maintaining the same benefits as a full 10-step routine."



Melanie Grant
Skin Health clinic
in Melbourne's
Armadale.

8 FACE UP

These facials are united by a singular objective: results.

1. Hydrating Glow facial, Melanie Grant Skin Health **What is it?** Three things we love – enzymes, ultrasound and light therapy – get rolled into one power facial that works best as part of a series of treatments. Your skin will appear as though it's lit from underneath the surface.

2. Herbal AktiV Peel, Face Plus Medispa **What is it?** Although this facial uses only natural plant ingredients, it wields serious results by sloughing away dead skin cells. Perfect for anyone with congestion, scarring or dry skin.

3. Prescription Facial, Jocelyn Petroni **What is it?** Petroni diagnoses your individual skin needs and addresses the problem head-on with AHA peels or vitamin infusions.



10 Soap box

Sometimes simple is best. The humble soap bar is back and Erno Laszlo has packed it full of fruit acids and brightening properties to ward off dark spots.

ERNO LASZLO WHITE MARBLE TREATMENT BAR, \$80.

13 BIG CITY LIFE CITY-DWELLERS BE WARNED: POLLUTION LEVELS ARE HAVING AN IMPACT ON YOUR SKIN. INVEST IN DAY CREAMS LADEN WITH ANTIOXIDANTS AND ADOPT A FOOLPROOF CLEANSING ROUTINE TO SLOUGH AWAY CITY GRIME.



PREVAGE
CITY SMART
BROAD
SPECTRUM
SPF 50
HYDRATING
SHIELD, \$89.

9 Add to your beauty routine: ampoules

Look for ampoules containing powerful, concentrated formulas designed to be added to your regimen as and when your skin needs a double dosage of TLC.

ESTÉE LAUDER ADVANCED NIGHT REPAIR INTENSIVE RECOVERY AMPOULES, \$168.

11 SHAPE-SHIFTERS COOLSCULPTING, A PROCEDURE DESIGNED TO ELIMINATE FAT FROM STUBBORN AREAS OF THE BODY VIA FREEZING, IS NOW DESIGNED TO TREAT SMALLER ZONES SUCH AS THE CHIN. RESULTS CAN TAKE UP TO THREE MONTHS (BE AWARE THERE ARE A SLEW OF IMITATORS CROPPING UP).

12 ACID TRIP

While hyaluronic acid isn't exactly new, its effects can't be overlooked. Early formulations had too high a molecular weight, meaning they couldn't permeate the lower layers of the skin, but the new ones can reach these layers and still hold the same amount of water, meaning your skin is moisturised effectively.

FOR BELOVED ONE HYALURONIC ACID MOISTURIZING SURGE CREAM, \$110.

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SKIN 2.0

Second Skin is an experimental malleable film painted directly onto the skin and "worn" to cover up anything from fine lines to dark circles. The film may also be used to deliver medical treatments to the skin, or even target specific areas of the face with moisturiser or sunscreen. Trials are still in their infancy, so it may be some time before we can literally say we're "putting our face on".



15 Go go gadget

There's a reason why LightStim looks space-age: the technology was used by NASA scientists to grow plants in space. The non-invasive handheld device emits UV-free light rays that deep-dive into the epidermis to promote collagen and elastin production.

LIGHTSTIM FOR WRINKLES, \$289.

18 WELL APP-LIED

There's an app for every aspect of our lives, skin included.

SUNSMART

Weather updates, sun intensity indicators and even a reminder to put on sunscreen: SunSmart is your best friend come summer.

MYSKINOGRAPHY

Like a pocket dermatologist, MySkinography, created by French pharmacy brand La Roche-Posay, pinpoints your skin concerns and prescribes a skincare regimen.

MYSKIN

Build a profile, share experiences and product reviews with other users, and be informed about efficacy, ingredients and results to make an informed choice about your beauty routine.

16 SKIN ON SHOW

With the rise and rise of no-make-up make-up backstage, it seems only fitting that skincare brands would start sponsoring fashion week shows.



17 CRYO NO-GO

The LA wellness trend of whole-body cryotherapy has got the cold shoulder from the FDA, which refuses to approve it.

19 Skin myths debunked

Drinking two litres of water a day is good for you, but that doesn't mean it helps your complexion. Here, we separate fact from fallacy.

Chocolate causes acne: In short, no. There's little evidence to support the notion that sugary foods fast-track breakouts. However, that's not to say good gut health isn't a factor for a clear complexion.

Effective products will stop working once your skin adapts: If your new beauty routine is working, you'll likely see visible changes within months and then less drastic changes. It just means your skin has become accustomed to an improved level of efficacy.

20 SKIN FOODS

AVOCADO Fatty acids in avocado have long been known to help protect the skin from environmental aggressors.

KALE While it may be trending, it's also packed with skin-loving nutrients.

BLUEBERRIES Antioxidants in blueberries help combat harmful free radicals.

