

AUSTRALIA

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**YOU'RE
HOW OLD?**
20 WAYS
TO KEEP
YOUR AGE
A GUESSING
GAME

August 2014

**UPGRADE
YOUR LIFE**
THE **SELF-HELP GURUS**
WHO CAN MAKE IT HAPPEN

STYLE, SAM, INSTAGRAM...

**THE BUSINESS
OF BEING
LARA BINGLE**
HOW SHE BECAME EVERYONE'S
ULTIMATE GUILTY PLEASURE

RUNWAY SPECIAL

the new season, decoded

FASHION NOW!

**AMP UP YOUR
WORK LOOK**
8 NEW MID-WEEK
MUST-HAVES

+ SECRETS OF THE SUPER-DRESSED
WHAT THE PROS WILL KEEP
CULL AND COVET THIS SPRING

press clip



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CUT STRAIGHT TO YOUR NEWS

Youth movement

Words by Janna Johnson O'Toole

ELLE presents 20 novel ways to *keep your age a guessing game*

She may have made her runway debut a decade ago, but supermodel Daria Werbowy, 30, has never looked more stunning. The secret to the Ukrainian-Canadian's ageless beauty may lie in tried and true skincare rules ("I never go to sleep with even the slightest sign of makeup," says the Lancôme ambassador), but for us mere mortals, a little extra help never hurt. We've put together the best anti-ageing tips, straight from the industry experts. ⇨





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BEAUTY



BEAUTY NOTE

For a foundation-free complexion as flawless as Werbowy's, reach for an instant skin perfecter with anti-ageing ingredients. Try Visionnaire 1 Minute Blur, \$62, Lancôme, lancome.com.au



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1 MANE DEFENCE

We have about 100,000 hairs on our heads, but for many reasons – stress, diet, hormones and age – they can thin. While minoxidil (the active ingredient in Regaine) has long been the top over-the-counter treatment to sprout new strands, there's now a new offering: Kérastase Densifique Density Activator (\$150 for 30 x 6ml, 1300 365 552). Formulated with stemoxydine and vitamins B3, B5 and B6, it acts at the root, targeting the stem cells to **awaken hair follicles and support hair growth**. The result is thicker, healthier hair – up to 1,700 new strands in three months. The serum also contains texturising polymers for instant lift.



2 WHITE OUT

In a rush? A swipe of **blue liner or shadow** is an instant eye brightener (seriously). “A cool sapphire shade will reflect light off the eyes and help them sparkle,” explains Lara Srokowski, national makeup artist for Lancôme. The bold hue will also counteract any redness and bring out the blue tones in the whites of the eyes, making them look clearer. Try Lancôme's Ombre Absolue Mono eye shadow in Bleu de France (\$45, lancome.com.au).



3 CRAFTY COLOUR

A trip to the salon can do more than just disguise pesky greys. Andrew Bradbury, head colourist at Sydney's Barney Martin (barneymartin.com.au), recommends “**under lighting**” – artfully placed highlights on the bottom layers of your hair. “They create multi-tonal colour with subtle dimension that gives the illusion of fullness and texture, making hair appear more voluminous,” he says. The dye job also expands the strands' outer layers, which has a plumping effect.

4 ON THE UP

Looking for an antidote to gravity's cruel pull? The answer is a **radiofrequency (RF) treatment**, says Holly Limet of Sydney's The Clinic (theclinic.net.au). The rays penetrate the deeper dermal layers to stimulate collagen fibres, resulting in smoother, tauter skin. A few options are available, depending on your tolerance to pain:

→**MILD** For a less intense treatment, Melanie Grant, clinic director at Sydney's Double Bay Clinic (doublebayclinic.com), recommends Sublime/ReFirme, which requires three to five sessions spaced three to four weeks apart. “It's a nice alternative for those who want something a little gentler – the pain is very tolerable,” she says.

→**MEDIUM** Thermage CPT is The Clinic's big gun. “It's a proven RF treatment that improves the appearance of sagging skin in just one session,” Limet says. A topical anaesthetic can lessen the pain (which has decreased due to tech upgrades, including a cooling sensation). The treatment can also go below the neck to tone the tummy, thighs, buttocks and saggy skin above the knee.

→**INTENSE** The most recent player to hit the firming field is Ultherapy, which employs ultrasound technology to target the dermis and stimulate collagen production. “It's the only treatment with this technology, and patients are impressed with the results,” says associate professor Greg Goodman of the Dermatology Institute of Victoria (div.net.au). Be warned, the pain is full-on (sedatives can be administered) and Goodman stresses the results are subtle and can take months to come to fruition. “You need the patience of a saint and memory of an elephant,” he quips. ⇨

5 SUPER RICH

Glossy hair is quintessentially youthful, so keep coloured strands in top form with a **multi-tasking styling and treatment product** to smooth the cuticle and condition for light-reflecting shine. Try Schwarzkopf's Essence Ultime Omega Repair BB Beauty Balm (\$14.99, 1800 022 219).



6 TO THE POINT

For stretch marks, Grant recommends trying the **eDermastamp**, an advanced, machine-operated take on skin needling. A stamp-like motion inserts micro-needles into the top layers of skin, encouraging new collagen production and surface smoothing. The procedure also infuses actives, such as hyaluronic acid, into the dermis for hydration and further plumping.

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BEAUTY NOTE

Complement a bold indigo eye with soft, understated lips. Try Rouge in Love lipstick in Rose Thé, \$45, **Lancôme**, lancome.com.au



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B SMART

Antioxidants are a skincare ingredient Goodman believes "should be found in everyone's daily routine". His favourite? **Vitamin B3** (niacinamide and niacin), which has been shown to stimulate new collagen and lighten sun spots while increasing skin's natural hydration levels. Try Olay's Regenerist Micro-Sculpting Cream (\$49.99, 1800 028 280).

"A RELAXING BATH LOWERS STRESS LEVELS, WHICH ARE DIRECTLY CORRELATED TO AGEING"



TUB TIME 11

Treat your body to the youthful effects of niacinamide by drawing a bath and pouring in Appelles Apothecary & Lab's Vitamin B3 Bath Caviar (\$24.95, apples.com.au). Not only will the capsules soften the skin and guard it against visible signs of ageing, but a **relaxing bath** can also lower levels of cortisol (the stress hormone), which is directly correlated to ageing.

GET YOUR FILL

After a TGA trial period, **Emervel** is set to join Dr Park's current line-up of hyaluronic-acid fillers (Juvéderm and Restylane), making it an option for treating superficial lines without the telltale puffiness. "The molecules are cross-linked differently, making the formula finer, so I can inject it closer to the surface with long-lasting, natural-looking results," she says.

7 BLURRED LINES

With the recent Therapeutic Goods Administration (TGA) approval of **Xeomin** (botulinum toxin type A), dermatologists now have a new line eraser in their arsenals. "Xeomin is a pure form of the toxin, formulated without protein additives. There's less risk of adverse reactions or building up a tolerance over time," says Sydney-based cosmetic physician Dr Van Park (drvanpark.com.au). She uses the new offering, plus Botox and Dysport, to soften fine lines in the forehead (especially those pesky "elevens", which are only more pronounced by squinting at your smart phone) and to lift sagging jowls for a defined jawline.

9 OIL UP

To treat uneven skin tone, swap body lotion for a **vitamin-rich body oil**, such as Bio-Oil (\$14.95, (02) 8436 8300). Look for hero ingredients like vitamins A and E, and natural plant extracts such as calendula, lavender, rosemary or chamomile, which will reduce inflammation, promote wound healing, increase hydration and protect the skin from ageing.



10 BODY OF WORK

Want a body like Werbowy's? (As if we needed to ask!) The model's trainer Key Son, author of *The New York Model Workout*, says **low-impact cardio and toning exercises** are the best way to build muscle (without bulk). So go back to basics: power walking for heart-healthy cardio, and yoga (Werbowy swears by ashtanga) or Pilates to improve flexibility and core strength. Now that's a plan fit for *every* body.

12 LASH OUT

Wide, bright eyes are a marker of youth – but lids sag with time and can make eyes seem smaller. For a quick fix, makeup artists curl lashes before applying mascara, but for a longer-lasting effect (sans scalpel), skip the lash extensions – which can weaken lashes over time – in favour of a gentle **Lash Lift** (\$115, amyjean.com.au). "During the treatment the lashes are lifted and curled with a natural silicone mould, then permed at the roots to maintain the volume. Then I tint them for definition," says brow artist Amy Jean Linnehan. The treatment lasts up to eight weeks. ➔

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BEAUTY

BEAUTY NOTE

The sexiest beach accessory?
Lashings of black mascara.
Try Hypnôse Waterproof mascara,
\$54, Lancôme, lancome.com.au



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HOPE CHEST

Pro-grade **chemical peels** can gently lift pigmentation and smooth fine lines on the chest, says Grant. For at-home maintenance, don't limit skincare creams to the face – take them below the neck, too. Or try a product specifically formulated for the area's fine skin, such as Obagi's Elastiderm Décolletage Wrinkle Reducing Lotion (\$89.95, obagi.net.au), which uses a bi-mineral complex to tighten and firm. And always slather on sunscreen – rain or shine.

"YOU CAN LITERALLY FREEZE FAT TO DEATH... ALTHOUGH IT'S NOT THE ANSWER TO YOUR MINT SLICE ADDICTION"



DRAW THE LINE

Lashes or brows looking sparse? Limet recommends **LashesMD** (\$99, 1800 648 851). "It contains effective ingredients and botanicals that won't cause irritation," she says. After three weeks of use, expect your lashes and brows to look "thicker and longer".

DROP THE C-BOMB

Another topical anti-ageing hero is **vitamin C**, which increases collagen production, reduces pigmentation and helps skin better withstand exposure to sunlight – even when not protected by sunscreen. Try Philosophy's Miracle Worker Overnight (\$80, 1800 812 663), which blends vitamin C with marine algae extract and powerful peptides.



14 LIGHT THE WAY

If you're looking to regain your youthful glow, consider trying a series of **Omnilux treatments** (omnilux.com.au). Using gentle LED light, Omnilux boosts natural collagen production for smooth, plump skin, making it a painless option for the décolletage and hands (two of the first places to show signs of ageing).

16 SMOOTH OPERATOR

If a rough complexion and uneven skin tone have you reaching for extra foundation, consider a professional treatment instead. Grant employs the **Fraxel Dual**, a gentle, fractionated laser with 1,927nm and 1,550nm wavelengths, to stimulate collagen, smooth rough texture and exfoliate the superficial layers of the skin, sloughing off pigment. The treatment comes with three to five days of mild peeling and redness.

17 CELL THEORY

Next-gen anti-ageing potions "focus on **DNA repair and regeneration**," says Goodman. Active enzymes treat the damage caused by ageing free radicals, a by-product of sun exposure and pollution. Goodman suggests layering them with an SPF in the morning to provide a double barrier against harmful elements. Try Estée Lauder's Advanced Night Repair Synchronized Recovery Complex II (\$95, esteelauder.com.au) – despite the name, it's perfect for prepping skin every morning.



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20 THE BIG CHILL

Target stubborn pudge with a **deep-freeze session**, courtesy of dermatologist-administered Zeltiq CoolSculpting. A suction cup is placed over the problem area before the fat is chilled to 0°C between two cooling panels, literally freezing it to death. "The fat cells die and don't get replaced," says Goodman. "It's considered long-term fat reduction, but is only a solution for small areas that don't respond to diet and exercise." (Read: it's not the answer to your Mint Slice addiction.) The results take up to six months to have full effect. □

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