

CLEO AUSTRALIA

the real

Ruby Rose

& the tweet that scored her this cover

30 PAGE SPECIAL

HOT BODY SECRETS

for a *sexier, stronger* you!

the #1 feel-good trick that doesn't cost a cent

SEX SO GOOD

your neighbours will complain (but he sure won't!)

"i made \$200,000 sleeping with women"

inside the world of a prosti-dude

man candy
topless mechanics
(need we say more?!)

DIY hollywood hair (it'll make blake lively jealous!)

F for fillers

Aussies are right up there among the nations who love volume enhancing injectables, aka fillers, but gone are the days of fish lips and a look that screams you've had work done.

"The days of a frozen face, massive lips and giant boobs are over," says surgeon Dr William Mooney. "Women want a natural look, which means maintaining some normal facial function."

According to Dr Mooney, filling in 'tear troughs' (the dark circles under eyes) with Juvéderm (hyaluronic acid) is very popular for a fresh, awake look. So too are 'laser cheeks', where cheekbones are gently augmented over the existing bone to give an angular look that will make your contouring brush cry.

If you're afraid of buyer's remorse, Dr Mooney says you can now try before you buy: "I like to use normal saline, which

lasts for 20 minutes, then take photos so the client can see if they like it before they go ahead. It's such a great tool."

G for growth factors

Growth factors may sound like something out of a sci-fi movie, but they're not. They are chemical messengers, naturally secreted by cells, to help skin repair damage.

When topically applied in skincare, growth factors have been clinically proven to play a crucial role in reversing obvious signs of ageing by stimulating the skin's natural healing powers. And the result? Improvement of skin texture, tone and elasticity.

TRY: SkinMedica TNS Ceramide Treatment Cream, \$88, 1800 648 851

I for ice

It's free and it works, so make ice your go-to remedy to soothe inflamed skin. To treat sunburn, fill a small bowl with water and ice, then dip a face cloth into the bowl and apply the cloth (as a cold compress) to the area. Repeat as needed.

To reduce redness of an inflamed pimple or prevent a new cold sore from getting bigger, wrap an ice cube in a tissue and hold it over the troublesome spot.

J for jojoba

Before I found myself in Beauty Land, I had a healthy obsession with aromatherapy and making my own potions. My number one base oil was jojoba, because it could be used on any skin type and penetrated quickly.

According to Vicki Engvall, product director of The Jojoba Company, "Jojoba is actually not an oil but a wax ester, which is naturally present in young skin sebum. As we age it diminishes, so jojoba puts back what age takes away."

TRY: The Jojoba Company Pure Golden Jojoba 30ml, \$19.95



H for hairspray

Hairspray has been around forever and there's a reason for that. It works! "Hairspray is one of my most favourite products. It's weightless and invisible - almost like a frozen moment for hair," says Kevin Murphy, founder of the product range of the same name. "I enjoy using it on shoots, because you can spray all day and hair gets better the more you use."

TRY: Kevin.Murphy Session.Spray, \$24.95

K for keratin

Keratin has found its way into hair appliances with functional keratin (the same molecular structure as keratin in human hair) being infused into the plates of tongs and straighteners. This rises to the surface with heat and is transferred into the hair shaft as you style, making hair super glossy. We likey.

TRY: Remington Keratin Therapy Tong, \$53.95. Available March 1.

L for light therapy (aka omnilux)

For those who are looking for something that works better than a cream, but aren't ready for injectables, light therapy could be the happy medium. Light therapy uses cutting-edge technology to reduce the visible signs of ageing.

Beauty therapist Jane Wales says, "My clients are addicted to Omnilux. Once they see the results they keep coming back for more. I call it the 'Hawaii light' because it feels like a glow of warm light but doesn't do any damage to the skin. My clients look more youthful with plumped up skin - who doesn't want that?"