

Bazaar

Harper's

AUSTRALIA May 2013

THE
NEW
WAY
TO
DRESS

CARINE
ROITFELD
shoots
THE COLLECTIONS
(with cute animals)

SUPER
POWERED
SKINCARE

Inside ELLE
MACPHERSON'S
holiday home

C A T E

BLANCHETT

"Chaos is my friend"

AU \$8.50 NZ \$9.20 (inc GST)

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7 DON'T think of winter as the off-season

Sydney-based cosmetic surgeon Dr William Mooney believes you should approach winter as the time to schedule all your rejuvenating treatments, when the sun's intensity is at its lowest. "Summer is when we experience damaged skin cells: it's also when skin pigment becomes more prominent. If you want to minimise this, the best time to do so is in the cooler months using laser. Laser can't be implemented a week prior to, or after, any sun exposure, so it's usually too hard to schedule in summer," he says.

Although downtime related to laser treatments is now minimal, maybe something a little less invasive is more your speed. Often a professional-strength exfoliation treatment is enough to polish up dull skin cells, or if it's something more calming you're after, a great remedy is colloidal oatmeal. You can buy DIY masks for at-home use.

THREE OF THE BEST PIGMENTATION-

BLASTING DIY-ERS: YSL Forever Light Creator Serum, \$120; Dermalogica Extreme C (8), \$115; Dr Dennis Gross Ferulic Acid + Retinol Brightening Solution (13), \$140.

8 Lock & LOAD

As your lips don't contain any lipid (oil) glands, they're prone to dryness and cracking during winter. "In Chinese face reading it's believed that the lip becomes dry due to gastric stress, which makes sense as in winter we change our diet to richer foods that put stress on our digestive systems," says Hobson. To get rid of flaky skin, try gently exfoliating once a week. Follow with a protective shea-butter-based lip balm full of essential fatty acids. Avoiding lipstick will also help.

BAZAAR LOVES: Dior Crème de Rose (6), \$48; By Terry Or de Rose Baume Précieux (9), \$64; Absolution Le Baume (17), \$19.50; Clinique Repairwear Intensive Lip Treatment, \$48.



Estée Lauder Re-Nutriv Replenishing Comfort Creme, \$205, hydrates skin and helps create a healthier barrier.

9 Supple UP

Although emollients will do little more than make your skin soft and fill in the gaps between dead skin cells, the new-generation of nourishing oil-based serums have a knack for plumping up the complexion to give it a gorgeously nourished look. And because many of them mimic the lipids in our skin, they penetrate easily, so you don't get the "shine". Add to that the fact you're massaging them in to your skin, stimulating your circulation at the same time, and the knock-on effect is a gorgeous glow.

Oils, unlike serums, don't contain active ingredients, but you'll often find they're full of antioxidants such as vitamin E, which is something that helps reduce redness, Dann says.

SOME OF THE BEST-QUALITY OILS WE'VE

TRIALLED: Darphin Jasmine Aromatic Care (7), \$160; Sanctuary Spa Therapist's Secret Facial Oil (10), \$30; Clarins Lotus Face Treatment Oil (12), \$49. A clever trick-of-the-trade to try if you need to fix chapped skin is pop open an evening-primrose capsule (the stuff you ingest) and rub it over your face before you go to bed. Be warned, though, it can get pretty greasy.

10 Fat is your FRIEND

Your skin barrier can be compromised for various reasons, one being a lack of fatty acids. These are the building blocks of your skin: without these lipids your skin can't hold on to moisture, however many one-litre bottles of water you're chugging a day. Either try eating a lot of salmon or opt for a daily fish oil supplement that's rich in omega-3s. Salmon is also an amazing source of vitamin D, so if you're staying out of the sun for anti-ageing reasons, it serves up a double whammy of goodness. ■