

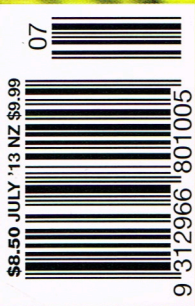
VOGUE

AUSTRALIA

COLLECTOR'S EDITION

KATE MOSS
THE
MODEL
SERIES

Forever
Young



disguise this, it can be a scramble to get to the salon in time. Hair mascaras have been hit and miss over the years, but two new formulations impressed us. *Colour Wow Root Cover Up*, \$50, is a clever compact and brush that uses camouflaging pigments to cover dark regrowth in lightened hair. *Signature Glamour Hair & Brow Tint*, \$35, is a non-greasy, non-sticky brush-on gel that disguises greys. Hair also thins and appears dull with age, so use specialised haircare. *Shu Uemura Art of Hair Prime Plenish Vitalizing Shampoo for Time-Weakened Hair*, \$46, and conditioner, \$56, give body and shine.

— INSTANT FIXES

Some of the most satisfying anti-agers use optical illusions and “scaffolding” to make you look younger. *Eye Define*, \$30, is a pack of 64 “mini lifts” – small transparent silicone-coated stickers that you apply in the crease of your eyelid to hold up drooping eyelids. *Eyesential*, \$99, is an “invisible concealer” that creates a microscopic spider’s web structure on the skin, which tightens, lifts and smooths under the eyes, while *Nanoblur*, \$30, is a water-based formula with optical-diffusers to “blur” fine lines. All can be worn under or over make-up.

— JUICE

A good way to absorb lots of the nutrients your skin needs is through drinking juice. Carla Oates, the “Beauty Chef”, recommends seasonal winter produce that is alkalising and rich in vitamins A, C, K and E, minerals, phytonutrients and good oils, such as kale, parsley, kiwifruit, banana, avocado, spinach, lemon, carrots. “These help keep skin hydrated, rejuvenated and protected and will retexturise your skin,” she says.

— KERATIN

Keratin, which makes up the outer layers of our skin, depletes with age. The best way to boost our keratin production is through diet, says cosmetic surgeon Dr William Mooney, of Face Plus Medispa in Sydney (www.faceplus.com.au). “Vitamin C helps absorb vegetable-based proteins in the body, which are building blocks for keratin – so vitamin C-rich citrus fruits, capsicum and brussels sprout are good. Water-soluble vitamin B7, or biotin, also plays a role in metabolising proteins, the foundation of keratin, so eat more cauliflower, broccoli and onions. Wholegrains also promote the generation of keratin in the body.”

— LASERS

Used correctly, lasers can address almost every aspect of skin ageing. Top Melbourne dermatologist Dr Michael Rich, of the Melbourne’s enRich dermatology and cosmetic surgery clinic (www.mrich.com.au), describes which laser is required by using a wall analogy. “If the wall is dirty – the skin is pigmented and blotchy – we can use lasers such as the *Fraxel 1927*, *Ruby* or *Yag*. If the wall is starting to look dull – and the complexion of the skin is fading – then lasers such as the *RevLite* or *Genesis* can improve the quality of the skin. If the wall and the paint is beginning to crumble – or the skin is loose and has fine lines – then lasers such as the *Affirm* and *Fraxel 1550* can reduce fine lines, tighten the skin and improve the overall complexion.”

— MINI PEELS

While chemical peels can be effective, they can also be harsh. The latest take on peeling is the soft approach. Herbal Aktiv Peels have long been the choice for the acid-shy, as they are gentler and more gradual in their effects. The gentlest of all is the new *Phyto Treatment Mini Peel*, from \$185, which requires minimal down time and is perfect for sensitive skin or use during pregnancy. Visit www.herbalpeel.com.au.

— NIACINAMIDE

Also known as vitamin B3, this ingredient helps cells communicate, boosts elasticity and helps prevent pigmentation. Dermatologist Dr Nina Wines is a huge fan and takes oral supplements like Nature’s Own Vitamin B3. “There is evidence emerging that this reduces skin cancer formation, but those who take it swear it gives a glow to their skin,” she says. She likes *Rationale Immunologist Niacinamide Serum*, \$158. *Olay Regenerist Micro-Sculpting Serum*, \$50, also features niacinamide along with a super-strength amino-peptide complex.

— OMEGA-3

Top Sydney facialist Jocelyn Petroni (www.jocelynpetroni.com) says her biggest skin secret is in the pantry. She takes *Udo’s 3.6.9 Oil Blend* with her muesli and yoghurt in the morning because it’s rich in omega-3. “Oil is the best anti-ageing food for your skin, and more you can guzzle the better. You need about two dessertspoons per day and after about ▶

Colour Wow
Root Cover
Up, \$50.

Signature
Glamour Hair
& Brow Tint,
\$35.

Shu Uemura Art of
Hair Prime Plenish
Vitalizing Shampoo
for Time-Weakened
Hair, \$46.

Eyesential
under-eye
enhancer,
\$99.

Nature’s
Own
Vitamin B3
tablets,
\$10 for 60.

Nanoblur
skin
corrector,
\$30.

A bowl and brush used
to perform mini peels.

Udo’s Choice
Udo’s 3.6.9
Oil Blend, \$27.

“OIL IS
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ANTI-AGEING
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Olay Regenerist
Micro-Sculpting
Serum, \$50.

Rationale
Immunologist
Niacinamide
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Certified Organic
Udo’s 3.6.9
Oil Blend
A balanced blend of
quality unrefined oils
500 ml