

Vogue

AUSTRALIA

Abbey Lee
From modelling
to *Mad Max*

EXCLUSIVE
Catherine Martin &
Baz Luhrmann
join the
Vogue team

Lingerie
masterclass
Shape-shifters
& game
changers

The
new
tribal
Fearless fashion

Meet your
future face:
Super new skin
technology



Immaculate complexion

NOTE TO SELF: clear, make-up-free skin is in. Turn the wattage up with HIGH-TECH treatments that promise to *shrink pores*, BLITZ blemishes and reduce redness.

WORDS: SIGOURNEY CANELO



Step away from the foundation; put away the powder. Flawless skin *sans* make-up suddenly seems very fresh indeed. The look, or should we say, non-look, has been gaining momentum over the past few months, and while it's not exactly new (stylists and French fashion editors have been doing minimal make-up for a while), it's certainly gaining traction on the streets. Last year there was a slew of fundraising initiatives that asked women to go without make-up to pledge their support (and snap a barefaced selfie to share with their entire social network while they were at it). Even beauty companies seem to be pushing the objective, launching a steady stream of BB and CC creams that promote tinted moisturisers and sunscreens over full-coverage foundations.

It started, as many beauty trends do, at the shows. At the spring/summer collections, designers sent models down the runway with scrubbed-clean faces, and sometimes just a little smudge of something on the eyes. From Burberry Prorsum and Roberto Cavalli to the king of clean, Calvin Klein, the make-up directive was to go easy. Over at Balmain, make-up artist Tom Pecheux spent more time applying Estée Lauder skincare to the girls, skipping the make-up "look" altogether. Even the big names were up for it: Rosie Huntington-Whiteley and Georgia May Jagger walked the runway with just a whisper of concealer.

It's an acceptable trend off the runway, too. The ever-glowing Gwyneth Paltrow turned up to a book signing in the Hamptons make-up-free; Rihanna and Jennifer Lopez both routinely post nude-skinned selfies; and even the perma-painted Kim Kardashian has been spotted lunching in Beverly Hills barefaced.

Maybe it has something to do with social media and all the health "inspo" (inspiration) and "fitspo" (yep, fit inspiration) clogging up our feeds. Models, celebrities and bloggers posting images of themselves post-cleanse or workout, skin glowing and eyes twinkling, proves that the truly health-conscious are eschewing make-up in favour of a green-smoothie-induced glow. Not only does fresh, natural skin scream "I look after myself" louder than any juice fast, from a lifestyle point of

view it also shows a scale back in “stuff”, an eco-awareness, or at the very least, a commitment to a toxin-free lifestyle. The bottom line? Complexion perfection is the holy grail of gorgeousness. And let’s face it, we all want to look like we’ve just come back from a week at Chiva-Som. Here, we put three skin treatments through their paces, so you can erase damage rather than cover it up and create real radiance instead of reaching for the luminiser.

1. THE MINI FRAXEL CLEAR + BRILLIANT

THE LOWDOWN: A non-invasive laser treatment, Clear + Brilliant is a baby-steps skin rejuvenator in that it’s more effective than microdermabrasion and peels, but not as intense as injectables or deep peels. Developed by the company that makes Fraxel, Clear + Brilliant promises brighter, more even-toned skin, and pore shrinkage, all with minimal downtime. “Clear + Brilliant is a fractionated laser that puts pinpricks of laser energy into the skin, creating a heat injury below the surface while keeping the surface intact,” says Suzie Hoytink, a registered nurse and founder of Clear Complexions Clinics in Canberra and Sydney. “The body responds to the injury by stimulating collagen and hyaluronic acid as well as by ‘purging’ the dead skin cells, resurfacing the skin.” Hoytink is the perfect poster girl for the treatment – she looks about 25 but has two teenage daughters. And yes, she gets a C+B every six weeks. “This process takes between three and five days and is not visible to the eye, so there is no need to take time off. It is designed for all skin types, colour and age, even clients in their 20s.”

NEED TO KNOW: Hoytink recommends between three and four treatments (at \$395 per session), depending on your skin type and needs. You need to wait at least three weeks between sessions.

HOW IT FEELS: This one is a little more intense – the therapist will apply a numbing cream, which takes 20 minutes to work. Your eyes are covered with a tissue and goggles to protect them. As the therapist moves the handpiece over each area it feels like a hot, prickly roller is being run over the skin. The aftermath looks like you have bad sunburn (complete with sunglasses marks where the therapist avoids your

eyes), which subsides over the next few hours. The next day your skin looks fine. **THE RESULTS:** A clear, luminous, lit-from-within radiance. We felt ready to go without foundation for the first time in years. It’s a great pre-party or wedding treatment for when you need your skin to look its “gleamiest”.

2. THE BLEMISH BUSTER SEBACEOUS GLAND ABLATION

THE LOWDOWN: Heralded as a miracle pimple cure, sebaceous gland ablation (SGA) involves a current of electrical energy zapping the overactive sebaceous glands that cause acne and shrinking them into submission. The founder of Clearskincare Clinics, cosmetic physician Dr Philippa McCaffery, discovered the treatment at a conference in Hong Kong and promptly brought it back to Australia. Thousands of treatments later she has a lot of happy customers, many who suffered from serious acne. “We have

COMPLEXION PERFECTION IS BEAUTY’S HOLY GRAIL

achieved a 95 per cent success rate after six to 10 treatments. I predict that this treatment will prove to be as big a breakthrough in the treatment of acne as Retin A was 30 years ago,” she says.

NEED TO KNOW: You need between six to 10 treatments to target all the sebaceous glands. Clearskincare Clinics offers SGA as part of its Skin Gym, a six-month skin membership that costs \$169 per month and includes SGA treatments alternating with a fortnightly peel and a crystallite LED light treatment to repair and rejuvenate the skin and help it heal faster.

HOW IT FEELS: After cleansing your skin, the therapist will insert a hair-fine needle into the affected pore to deliver a shock of energy. It feels a bit like a hot sharp zap, but it’s over really fast. It’s much less painful than an injection, as the needle is so fine.

THE RESULTS: Our monthly breakout has left the building and our T-zone seems

much less oily. The results are even better for serious acne sufferers.

3. THE LASER FACIAL LASER GENESIS

THE LOWDOWN: Perfect for the ruddy-faced or pink-of-cheeks, this non-invasive treatment uses laser technology to heat the dermis below the surface to stimulate collagen, diminish redness, fade scars (especially from acne) and help shrink capillaries. “It generates heat in the skin to give the illusion that we have created a thermal wound, while leaving the surface of the skin intact. When this happens there’s a lot of healing that happens underneath the skin,” says Yvonne Culhane from Sydney’s Face Plus Medispa. Culhane had severe acne scarring and redness and is now a picture of Irish creamy-skinned perfection after six treatments. “It made a huge difference to my scars. It diffuses redness and ‘detoxifies’ the skin as well, because it works with the circulation. The laser refines the pores and causes the fibroblast cells to recoil and produce new fibroblasts, which also boosts your collagen, making your skin look more plump and youthful.”

NEED TO KNOW: You need six treatments about four weeks apart. Face Plus Medispa offers a package of six treatments for \$1,500. There’s no downtime (just a bit of a pink tinge to your skin) so you can return to work that day. Culhane also prescribes luxurious Dr Spiller creams to cosset the skin after the treatments and repair any residual dryness.

HOW IT FEELS: Since you have a tissue taped over your eyes to protect them, it’s all about the sensation, which feels like a couple of square centimetres of intense concentrated sun. It’s a continuous sort of heat (not a zap like an IPL treatment), which builds with an occasional needle-like prickle. It’s uncomfortable but bearable. Then there’s the smell: the laser also zaps off any fine downy hair on your upper lip, which creates a slightly disconcerting odour. It also gives off various blips and pings, like a video game, which is entertaining.

THE RESULTS: Pores were minimised (and no more blackheads!), tiny veins disappeared and an old blemish scar is no longer visible. Subtle but impressive. ■