



health
handbook

beautyq&a
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Q After summer, I've noticed that my skin is still freckly and uneven in tone. How can I fix this?

The harsh sun can cause pigmentation or freckling which leads to skin that's uneven in tone and texture. Exfoliation with a glycolic-based product helps. It may also pay to use a vitamin C formula, which has photo-protective and anti-inflammatory qualities and works to fade freckles. Try Dr. Spiller Biocosmetic De Pigmentor Cream, \$87.



Q I am worried about using harsh, detergent-based soaps. Any suggestions?

Swap to a detergent-free bar, such as Dove Cream Oil Beauty Cream Bar, \$4.19, which has moisturisers and natural oils to ensure skin remains hydrated as you cleanse. Or try a soothing body wash, such as Dove Firming Body Wash, \$7.49, or Pevonia Botanica Anti-Stress Bath and Shower Gel, \$75.50.

beauty watch

PRIORI COFFEEBERRY NATURECEUTICALS YOGA TREATMENT

What is it? A results-plus-relaxation treatment for harmonising and anti-ageing skincare benefits.
How does it work? The 75-minute treatment starts with breathing techniques to encourage relaxation. Yoga massage therapy then infuses powerful anti-ageing and ingredients.
What are the results? Skin is detoxified, rejuvenated and refreshed. Fine lines are softened.
How much is it? Around \$160 per treatment.
For more information, call 1800 808 993.



WHAT'S NEW WHAT WORKS

Elizabeth Arden Intervene Timelighting Radiance Serum, \$108, and Elizabeth Arden Intervene Stress Recovery Night Cream, \$98. Biodomin technology combines with peptides and clover extracts to nurture and repair skin while you sleep.



4 OF THE BEST soothing lip balms

Julique Lip Care Balm, \$30.
 A blend of essential oils, chamomile, vitamin E and hydrating waxes leave lips supple and smooth.



Blistex Intensive Repair Relief, \$5.95.
 Infused with menthol to soothe stressed lips as it hydrates and repairs.



Lanolips Lip Ointment with Colour SPF15, \$13.95.
 This medical grade and natural lip soother provides a subtle tint to your pout.



[Akin] Sweet Blossom & Jojoba Pure Essential Lip Balm, \$11.95.
 Jojoba oil, rose hip, shea butter and vitamin E soothe and hydrate.



» TIP "APPLY FOUNDATION AS YOU WOULD YOUR MOISTURISER," SAYS MAYBELLINE NEW YORK GLOBAL MAKE-UP ARTIST CHARLOTTE WILLER. "RUB IN YOUR HANDS AND PAT OVER FACE AND NECK BEFORE BLENDING WELL, TO PREVENT OBVIOUS LINES."