

# ELLE AUSTRALIA

MASTER YOUR EYE MAKEUP  
*who needs YouTube?*

October 2014

CAN A \$100 GADGET MAKE YOU **FITTER, LEANER, STRONGER?**

THE NEW **SEX & DATING RULE**  
YOU NEED TO KNOW NOW

## FASHION!

**HIGH-STREET HEROES**  
BEST BUYS OF THE SEASON

**PRETTY SHINY THINGS**  
NEW JEWELLERY TRENDS & HOW TO PUT IT ALL TOGETHER

**SPRING RACING STYLE**  
THE COOL GIRL'S GUIDE

**DECISION FATIGUE?**  
(IT'S NOT JUST YOU. HERE'S HOW TO FIX IT)

AU \$8.95 NZ \$9.20  
(Inc GST)



The one and only **Olivia Palermo** *we'll have what she's having...*



## the genius

*Ultimune Power Infusing Concentrate, \$125, Shiseido, 1800 225 032*

Besides genetics, the biggest contributor to how we age is our environment. Sun, pollution and free-radical damage take an ugly toll on the skin, while stress and anxiety only speed up the ageing process. The good news is that we can control our environment – and there's a serum to help.

Japanese skincare brand Shiseido partnered with researchers at Harvard University to develop its latest elixir, Ultimune Power Infusing Concentrate, which contains proven natural actives. Ginkgo biloba leaf extract (an anti-inflammatory antioxidant), thyme (a powerful antibiotic) and perilla (a mint-like leaf high in omega-3 fatty acids) come together to create a potent botanic blend that boosts the skin's natural defences, helping it become stronger and better equipped to fight off environmental aggressors. "Clinical testing proved skin was more radiant after one week, and stronger, firmer and more resilient, with fine lines softened, after four," says Dr Junichi Hosoi of Shiseido Research Center.

The serum also has immediate moisturising benefits and a soft floral scent (thanks to collagen-enhancing Bulgarian rose water), which tempers stress levels upon inhalation. Now it's just showing off.

## the hydrator

*Hydro Boost Water Gel, \$24.99, Neutrogena, 1800 678 380*  
Sometimes skin's biggest woe is simply dehydration (parched skin magnifies the signs of ageing) but a thick moisturising cream isn't ideal for warmer temperatures and those with oily or combination skin. Enter Neutrogena's new Hydro Boost Water Gel with SPF 15. The lightweight, serum-like consistency quickly melts into the skin, delivering sun protection and instant (and consistent, thanks to a progressive release of hyaluronic acid and olive extract) hydration. The formula is perfect for layering over a treatment serum.

## the gold-standard (reinvented)

*Super Facial Serum, \$159, Verso, mecca.com.au*

**If there were a skincare hall of fame, vitamin A would be the top contender for a lifetime achievement award. Popular for more than four decades, the ingredients, retinol (found in over-the-counter products) and retinoid (prescription strength), are the ultimate multi-taskers; they slough off pigmentation, clear up spots and speed up cell turnover, which softens fine lines. "Vitamin A is still the most important repair mechanism to use at night," says Dr Greg Goodman, associate professor at the Dermatology Institute of Victoria.**

**But the ingredient didn't always play nice, and as a result developed a bad rap for causing redness, peeling and sensitivity. Luckily, the latest generation of retinols are much kinder – and even more effective. Swedish brand Verso has developed Super Facial Serum, which uses a vitamin-A complex called Retinol 8 to deliver a powerful anti-ageing punch (eight times more powerful than most over-the-counter retinol, they say) by revving up collagen production. Most importantly, it's gentle enough for daily use, even on sensitive skin types.**

**VERSO**  
SUPER FACIAL SERUM  
WITH RETINOL 8



**VERSO**  
SKINCARE  
STOCKHOLM

**LAYER UP** Follow these simple rules to get the most mileage out of your products. Start with a thorough cleanse, then reach for...



# double the love

The five new buys *ELLE's* beauty team could agree upon this month

**JANNA JOHNSON O'TOOLE**

BEAUTY & FITNESS DIRECTOR

*Presenting a time-travelling serum (buckle up!).*

Woody vetiver and amber mix with subtle gardenia and Bulgarian rose to make this soft, spicy scent as essential to my Saturday night as a glass of Moët.



**AMY STARR**

BEAUTY & LIFESTYLE ASSOCIATE

*Draw-on coffee? Yes, it's a thing...*



Narciso EDP, \$118 for 50ml, **Narciso Rodriguez**, (02) 9695 5678

Thanks to musk, amber and cedar, this fragrance is sexier than a Beyoncé tour costume. Expect both men and women to ask what you're wearing.



This instant bronzing cream will be available for the month of October *only*. Stock up and keep the natural-looking glow going all summer long.



Glam Bronze Eau de Soleil, \$19.95, **L'Oréal Paris**, 1300 659 359; available October

This clever little lightweight fluid lets you turn your winter foundation into one fit for summer – just blend in a splash as the weather gets warmer.

*Fact:* an uneven complexion makes you look older than a face of fine lines. So slather on this botanic and peptide blend and watch the clock roll back.



C-12 Pure Bright Serum, \$133, **Dermalogica**, [dermalogica.com.au](http://dermalogica.com.au)

It's a peptide-packed power serum that fades already-visible pigmentation *and* helps keep new spots at bay. Double win.

I visited the Jurlique Farm in South Australia last year and met their genius horticulturists who, along with some genius scientists, developed this super-hydrating anti-ageing cream. Make like a genius and try it.



ALBERT EINSTEIN >

Nutri-Define Rejuvenating Overnight Cream, \$130, **Jurlique**, [jurlique.com.au](http://jurlique.com.au)



Uber-smoothing and mega-glow-making – it's like a sleep-in in a jar.

Rough night? Don't fret – this clever liner instantly brightens/widens/beautifies eyes.



Making Eyes Automatic Gel Eyeliner in Powder Pink, \$27.95, **Eyeke**, [mecca.com.au](http://mecca.com.au)

This perfectly peachy pink is so much better than plain old white for scrawling across your inner rims if you want to look more awake (hot tip: you do). I call it my "caffeine" pencil.

## PLUS...

**JANNA** Wash the day away with this no-fuss, gentle exfoliating scrub. Bonus: it boosts microcirculation for an instant glow.

Fresh Foaming Scrub, \$11.99, **Neutrogena**, 1800 678 380



**AMY** Rich and creamy, it leaves skin smelling like a good dose of crisp ocean spray.

Wood Sage & Sea Salt Body Crème, \$120, **Jo Malone**, [jomalone.com.au](http://jomalone.com.au)

**184 THE BEAUTY** ! Take multi-tasking to a new level: Sydney's Murphy Gozzard Hair Community now offers a dog-walking service while you get your hair done. [murphygozzard.com.au](http://murphygozzard.com.au)