



**beauty**  
advisor



# magic minerals

**POWDERS SO PURE YOU CAN SLEEP IN THEM? WE UNCOVER ONE OF THE DECADE'S BIGGEST COSMETIC INNOVATIONS**

**WHAT IS IT?**

"Mineral make-up is based on technology that uses high quantities of natural mineral ingredients," explains Rae Morris, make-up director for L'Oréal Paris. "It's fantastic because it's easy to apply and looks natural." It is more than just your average foundation, as it nurtures and protects your skin while offering superior coverage. The super-refined minerals, such as mica, titanium dioxide, zinc oxide and iron oxide, sit on the skin's surface so they don't clog your pores. An absence of skin irritants, like chemical preservatives, dyes, perfume and alcohol, also reduces the risk of allergies.

**WHO'S IT FOR?**

Everyone. "The gentle ingredient base makes it especially suitable for sensitive skin," says Morris. It's also ideal for skin conditions like rosacea and acne; for people with a weakened immune system or sun-damaged skin; and skin that has had chemical peels or laser resurfacing.

**WHAT ARE THE BENEFITS?**

The powerful mix of titanium dioxide and zinc oxide offers broad-spectrum sun protection, and its anti-inflammatory properties help calm and soothe irritated skin. Mineral make-up's star product is the powder foundation, known by devotees as a four-in-one product – sunscreen, concealer, foundation and powder. The powder foundation provides amazing versatility in coverage and rarely needs retouching. Even the redness associated with skin conditions like acne and rosacea only requires a small amount of product for complete coverage.

**FOUNDATION HOW-TOS**

The loose powder foundation requires a special application technique to avoid creating a cakey finish. For a flawless, natural look, Morris says, "Using a brush, apply the foundation to your face starting in the centre and working outwards. Use small circular movements to really buff and polish the skin to achieve a luminous glow.

It's a bit like polishing a car! If you have dry skin, be sure to moisturise first and wait for the moisturiser to absorb into the skin before applying the foundation."

**mineral must-haves**

- 1 CoverGirl TruBlend Naturally Luminous Blush in Shimmering Sands, \$14.25.
- 2 Philosophy The Supernatural Airbrushed Canvas SPF 15 in Beige, \$70.
- 3 Living Nature Sheer Glimmers Lip Gloss in Softest Blush, \$23.
- 4 UltraCeuticals Ultra Active Mineral Colour Even Skintone Compact in Honey, \$55.
- 5 Jane Iredale Moonglow Bronzer, \$90.
- 6 Jane Iredale Active Light Under-eye Concealer, \$58.
- 7 Minerelle Mascara in Deep Black, \$25.99
- 8 Avon Personal Match Smooth Mineral Makeup Powder in Warmest Beige SPF 10, \$14.99.
- 9 i.d. bare Escentuals Flawless Face Short-Handle Brush, \$39.
- 10 i.d. bareMinerals (from top) Glimmer in Bare Skin, \$40, and Eyeshadows in Soul and Blush, \$40 each.
- 11 L'Oréal Paris Bare Naturele Powdered Mineral Foundation in Creamy Natural SPF 19, \$33.95.

SEE DIRECTORY FOR STOCKIST DETAILS. STILL-LIVES



**VOGUE BEAUTY**



Backstage at Karl Lagerfeld.

**MEAN GIRLS**

*For those not bowled over by this season's ladylike look, the bad girls were out in force at Karl Lagerfeld, Chloé, Emanuel Ungaro and Balenciaga.*



At Balenciaga.



At Chloé.



At Emanuel Ungaro.



**THE ESSENTIAL: KOHL EYELINER**  
Benefit BAD gal eye pencil, \$34.



**PATCH IT UP**

*Mother always said there's nothing a good night's sleep can't cure, but she probably wasn't thinking of cellulite. Applied overnight, Biotherm's Celluli Night Patches infuse troubled areas with caffeine while the body rests and rejuvenates, giving us hope for a smoother, firmer morning after.*



Biotherm Celluli Night Patches, six patches for \$85.



**IN THE BAG**

*Creating this season's essential look has never been easier*

- Create va-va-voom lashes that go on and on with Revlon 3D Extreme mascara, \$20.
- Get the ultimate red lip, thanks to the moisturising, colour-drenched Estée Lauder Signature lipstick, \$40.
- Sultry, grown-up fragrance doesn't get any better than Yves Saint Laurent's Opium, 15ml for \$335, which is celebrating its 30th birthday in October.
- Carry an ultra-feminine evening bag like the limited-edition Fleur Wood for Shiseido beauty bag, available as a promotional gift at David Jones beauty counters this month.

**HAVE YOU TAKEN YOUR VITAMINS?**

In school it was easy. Vitamin C came from oranges, vitamin A from milk, eggs and cheese, and vitamin D from the sun. Navigating the labels of the latest anti-ageing moisturisers jam-packed with supplements is not as simple, at least not without medical intervention.

According to plastic surgeon Dr Warwick Nettle of Sydney's Silkwood Medical clinic, vitamins are vital in skincare and "the two biggies are vitamins A and C".

Vitamin A helps delay the ageing process by thickening the skin, increasing collagen and blood supply, and normalising sebum production, he explains. For him vitamin C is king of the antioxidants, as it stimulates the production of collagen and elastin, regulates melanin and helps to neutralise free radicals.

The important thing is concentration, Nettle says: "The minimum concentration of vitamin C you need in a product is about 10 per cent, while [levels of] vitamin A are person-dependent."

His prescription is simple. While he says many of the mass-market brands are getting close, "there are three which, from the medical point of view, are really good: UltraCeuticals, Environ and CosMedix".



CosMedix Define Vitamin A Resurfacing Treatment, 15ml for \$165.

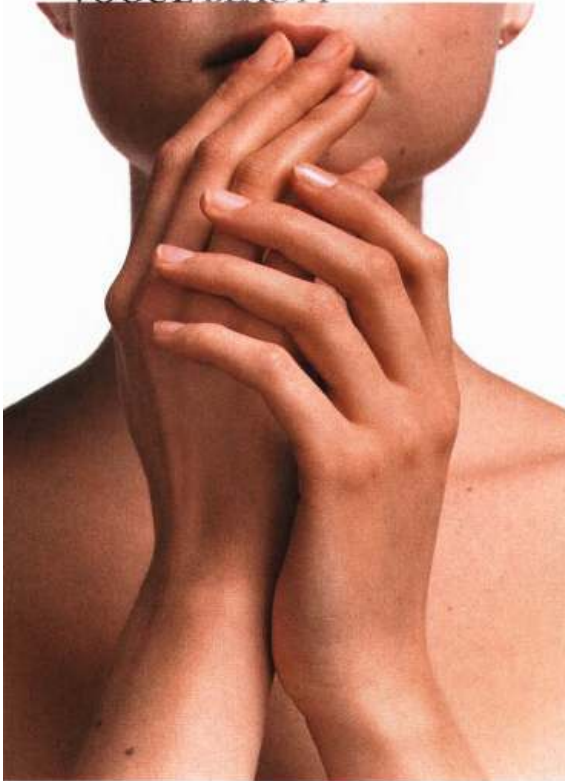
UltraCeuticals Ultra C Treatment Cream, 50g for \$120.

Jo Malone Vitamin E Gel, 30ml for \$125.

PHOTOGRAPHS: JAMES COCHRAN/ANIM WISTON; JANEY D. ANDREW COOPER



**VOGUE BEAUTY**



**HANDS UP**

The gloves are off and it's time to fight spots, lines and sullen skin on an often overlooked area, your hands.

"The appearance of the hands is often a telltale sign of a person's true age," says Dr Mark Edinburg, a specialist hand surgeon and medical director of the Eden Institute of Plastic and Cosmetic Surgery in Sydney.

Most hard-working hands tend to suffer from three main problems: thin and transparent skin; wrinkles; and brown pigmented spots, also known as age spots.

Dr Edinburg treats age spots with medical-grade hand creams containing ingredients such as hydroquinone to block the formation of melanin, and laser treatments to effectively lighten pigment. His preference is the Sciton broadband light laser (BBL), "as pigmentation can be selectively heated and destroyed".

Hands can also look less than lustrous as the skin naturally thins.



**From top:**  
L'Occitane Shea Hand Cream, 30ml for \$15;  
Estée Lauder Re-Nutriv Intensive Lifting Hand Crème, 100ml for \$95;  
MD Formulations Vita-A-Plus Hand and Body Crème, 180ml for \$110.



**From top:**  
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Christine Snow, national training manager for True Solutions International, which distributes MD Formulations and Priori, says we lose around six per cent of skin thickness every 10 years. This can lead to a loss of firmness and a translucent look for the delicate skin on the back of hands.

She suggests treatments such as Priori Infusion Peel, which is boosted with lactic acid, an alpha hydroxy acid (AHA). "AHAs help remove the pigmentation marks and help with improving skin density. As the tissue becomes stronger and thicker, veins are less apparent," says Snow.

Daily maintenance is important to keep fingers in fine form. Handy at-home treatments include MD Formulations Hand and Body Crème with glycolic acid, a skin exfoliant, or the best-selling L'Occitane Shea Hand Cream. For daytime use, choose hand creams with a sunscreen, such as Estée Lauder Re-Nutriv Intensive Lifting Hand Crème. **Juliette Richardson**



Cargo Liquid Powder, \$39.

**POWER POWDER**

Now this is what we call a multi-tasker. Cargo Liquid Powder sets foundation to a powdery finish, and the oil-free formula can also be mixed with bronzer or blusher to make a cream colour, and acts as an eraser to clear up eyeshadow mistakes.

**TIME BOMBS**

They revolutionised the beauty market when they first appeared in 1991, targeting lines and wrinkles in a single dose. Now Elizabeth Arden Ceramide capsules are back, better than before. Here, Elizabeth Arden's Tony Vargas explains the improvements.

**How are the new capsules better?**

"New research shows that in addition to ceramides, we need essential fatty acids for a complete barrier repair. The new capsules provide this, with the addition of linolenic and linoleic acids."

**The formula includes retinyl linoleate. What is it?**

"Retinyl linoleate is a derivative of vitamin A but without the drawbacks such as irritation."

**Why a capsule?**

"The capsule delivery allows us to formulate a product free of preservatives and emulsifiers, making it ideal for people with sensitive skin."



Backstage at Ralph Lauren.

Elizabeth Arden Ceramide Gold Ultra Restorative Capsules, 60 capsules for \$150.

**SPOTLIGHT ON ... EYE CREAMS**

Our picks of the top new eye products to revitalise that delicate area



1 Packed with horse chestnut extract, Lancôme's Secret de Vie Eye, \$210, acts on all signs of ageing around the eye.



2 The patented planifolia extract in Chanel Précision Sublimage Eye, \$210, targets puffiness.



3 Elizabeth Arden Intervene Eye Moisture Cream, \$70, uses narcissus extract to work on those first fine lines.



4 The caviar extract in La Prairie Skin Caviar Luxe Eye Lift Cream, \$460, firms and hydrates the eye area.



5 The mineral hematite gives La Mer The Eye Concentrate, \$350, its dark-circle-erasing power.



**Northern Services Courier**  
**September, 2007**  
**Page: 49**  
**Section: General News**  
**Region: Queensland**  
**Type: Regional**  
**Size: 80.27 sq.cms.**  
**Published: Monthly**

**Brief: BRAND NEW**

## **Get started now on Beauty Diploma**

**P**EOPLE wanting a career in the beauty industry could have a Diploma of Beauty Therapy by August next year if they start this month.

Flexible commencement arrangements and rolling starts are available at the Beauty Therapy Centre.

Applications for The Beauty Therapy Centre Defence Scholarship are offered to partners of ADF personnel for the Diploma of Beauty Therapy.

This established boutique beauty training academy commenced operation in 1989 and has been operating in Townsville since 2002. Specialising in small groups with quality outcomes, graduates are assured of success in the ever expanding beauty therapy and spa industries.

It's locally popular student clinic facility ensures competence achieved in training is

reflected in workplace employability.

Employment in Townsville, regional areas, capital city, interstate and overseas salons and spas attest to the reputation of a Beauty Therapy Centre qualification.

Trainer and assessor Sally-Jane Fenech and principal Janelle Falconer oversee the progress of all students on a one-to-one basis. Included in training fees at The Beauty Therapy Centre along with qualifications is membership of the Advanced Association of Beauty Therapists, numerous product knowledge training sessions and workshops, senior first aid training, text books, manuals, implement kits, uniforms, and graduation ceremony.

Contact The Beauty Therapy Centre on 47756444 (situated in the Amcal Chemist Complex, Hermit Park) or visit [beautytherapycentre.com.au](http://beautytherapycentre.com.au).