



▶▶ Our Beauty Editor Mary Zavaglia solves your beauty dilemmas

LUSH LASHES

Q I have always had thick eyelashes, but over the last few years they have thinned and now break away easily. Any suggestions?

A I recently tried **Age Intervention Eyelash Conditioner** from Jan Marini Skin Research. While I was very sceptical of the claims of thicker, longer lashes in 12 weeks, after a few weeks my lashes *did* appear thicker and healthier.

It's not mascara, but rather a treatment you apply along the lashes, like eyeliner, each night. You may feel a little tingling at first, but by the fourth application you shouldn't feel anything. If you do, you may be overloading the lashes.

The conditioner increases eyelash flexibility, prevents breakage and lets eyelashes reach their full growth potential.

▶▶ **Age Intervention Eyelash Conditioner**, \$275 (5.68ml). Call (03) 9509 9526 for stockists. For product details visit www.janmarini.com

Send questions to...

Ask Mary, Woman's Day, GPO Box 5245, Sydney, NSW 2001, or email womansday@cpmagazines.com.au
No personal replies. See contents page for location of our privacy notice.



LIVEN UP YOUR SENSES AND CREATE A NATURAL MAKE-UP LOOK WITH THIS WEEK'S MUST-HAVE BEAUTY FINDS



1 Stila Fall Eye and Cheek Palette from Mecca Cosmetics, \$65. The perfect all-in-one make-up palette.

2 Mecca Nail Colour in Hermia from Mecca Cosmetics, 15ml, \$22. The best beauty accessory to update your look.

3 Nars Lipstick in Porte Vecchio from Mecca Cosmetics, \$49. For a luscious and sexy pout.

4 Kit Body Oil in Green Fig, Asian Pear & Coconut, 125ml, \$35. For a smooth, silky sheen.

5 L'Eau d'Issey Summer eau de toilette, 100ml, \$97. A totally refreshing summer scent.

6 In Essence Aromatherapy Refining Lavender Hand Scrub, 120g, \$19.95. Relaxes your senses while it cleans.

7 Kiehl's Calendula Herbal Extract Toner, 250ml, \$68. For a quick pick-me-up.



NATURAL WONDERS

1 your last questions

Light and laser therapies can treat conditions such as sun spots, rosacea, acne and unwanted hair. Kathleen Hoskins RN, from the Eden Institute of Plastic & Cosmetic Surgery, gives more information.

Q How does IPL differ from laser?

A In laser treatment, wavelengths use laser energy at a single wavelength of light. Intense Pulsed Light (IPL) uses light technology, and a flash lamp emits energy passed through a filter to deliver light at a specific wavelength, very short in duration, and delivered through a cooled handpiece tip so discomfort to non-target tissue is minimal. Both treat skin problems such as pigmentation, unwanted hair, broken capillaries, enlarged pores, sun spots and more. Patients will feel a short, sharp, light "flick". We use a laser or light, depending on the target structure and skin colour.

Q Why use a laser?

A While some medical-grade skincare ranges, such as "Results Rx", can deliver similar results, they need to be

BOLD, BEAUTIFUL BAGS

▶▶ These vibrant make-up bags hail from iconic Finnish textile designers **Marimekko**. Choose from a range of bags including totes, mobile phone cases, purses and backpacks. Marimekko cosmetic bags, \$52 each. Order them at www.rushfaster.com.au



er answered

used for about two years before the results are seen. But with a laser treatment, substantial changes can be seen one day after treatment – and dramatic changes after two weeks. At the Eden Institute we regularly use medical-grade skincare to enhance the effects of the laser.

Q Is it risky?

A The Eden Institute team, headed by Dr Mark Edinburg, uses the Sciton BBL (broadband light) and the Nd:YAG 1064nm Laser for virtually painless treatments. We believe only a skilled practitioner working under medical supervision can achieve a safe, successful laser treatment. We assess the suitability of each client for treatment at the initial consultation. Pregnant women should not be treated.

Q Does laser work on all skin types?

A The Nd:YAG Laser we use works on all skin types, from light to dark, because it focuses on the vascular structures, with less energy delivered to the surface of the skin. This makes it a safer option for darker skin as it is less likely to burn the skin. On lighter skin types, our preference is to use the BBL.

▶▶ Call (02) 8814 5800 or go to www.edeninstitute.com.au

uty news

DEEP CLEAN

▶▶ Get visibly clearer skin with new **Clearasil Blackhead Cleansing Wipes**. Micro-crystals on one side of the wipe exfoliate your skin, and the other side cleans your face and tightens pores. Used daily, they help clear blackheads and prevent new ones from forming; \$11.49 for 60 wipes.



5 of the best fake tanners

- ▶▶ **Neutrogena**
Neutrogena Sheer Body Tint in Light/Medium, 113g, \$12.99. A temporary tanner that's quick and easy to use and delivers a beautiful, sheer colour.
- ▶▶ **Biotherm**
Biotherm Sun Tan Tinted Self-Tanning Gel – Beautiful Legs, 150ml, \$49. Hydrates your skin while giving an even, natural-looking tan.
- ▶▶ **Ella Baché**
Ella Baché Great Moussetan, 150ml, \$42. A creamy moisturising mousse that gives an instant tint which develops into a golden tan.
- ▶▶ **Le Tan**
Le Tan Fast Tan Hands-Free in Deep Bronze, 150ml, \$11.99. Applied with the sponge-tip applicator, it gives a perfect bronze glow without the mess.
- ▶▶ **St. Tropez**
St. Tropez Whipped Bronze Mousse, 120ml, \$39.95. Used by celebrities worldwide, it gives a perfect, long-lasting bronze glow.