

LÜK BEAUTIFOOD

EST. 2012



**Press**  
AND  
**Awards**

DELICIOUS... INSIDE + OUT



# In the press

From Australia to America with Asia in between we have received so much love and support. Thank you.

VOGUE

marie claire

InStyle

allure

mbg  
mindbodygreen

POPSUGAR

REFINERY29

WellBeing

Peppermint

Daily Mail  
AUSTRALIA



CONSCIOUSLY MADE, AWARD WINNING, AUSTRALIAN CLEAN BEAUTY

Lük Beautifood has won numerous international awards voted on by consumers, beauty experts and industry leaders in the fast growing 'indie' (founder owned beauty businesses) and clean beauty sectors.





## Beauty



1. Giorgio Armani Lip Power in Romanza, \$63.
2. Luk Beautifood Lipstick Crayon in Lychee Sorbet, \$24.95.
3. Hourglass Lipstick in Mist, \$36.
4. Clarins Lip Comfort Oil in Apricot, \$39.
5. Too Faced Pigment Lipstick in Hype Woman, \$36.
6. By Terry Hyaluronic Acid Hydra-Balm in Tea Time, \$56.
7. Revlon ColorStay Matte Lite Crayon in Clear The Air, \$24.95.
8. Yves Saint Laurent Vernis A Levres Water Stain in 612, \$62.
9. Payot Enhancing Nourishing Lip Care in Rouge Cherry, \$40.

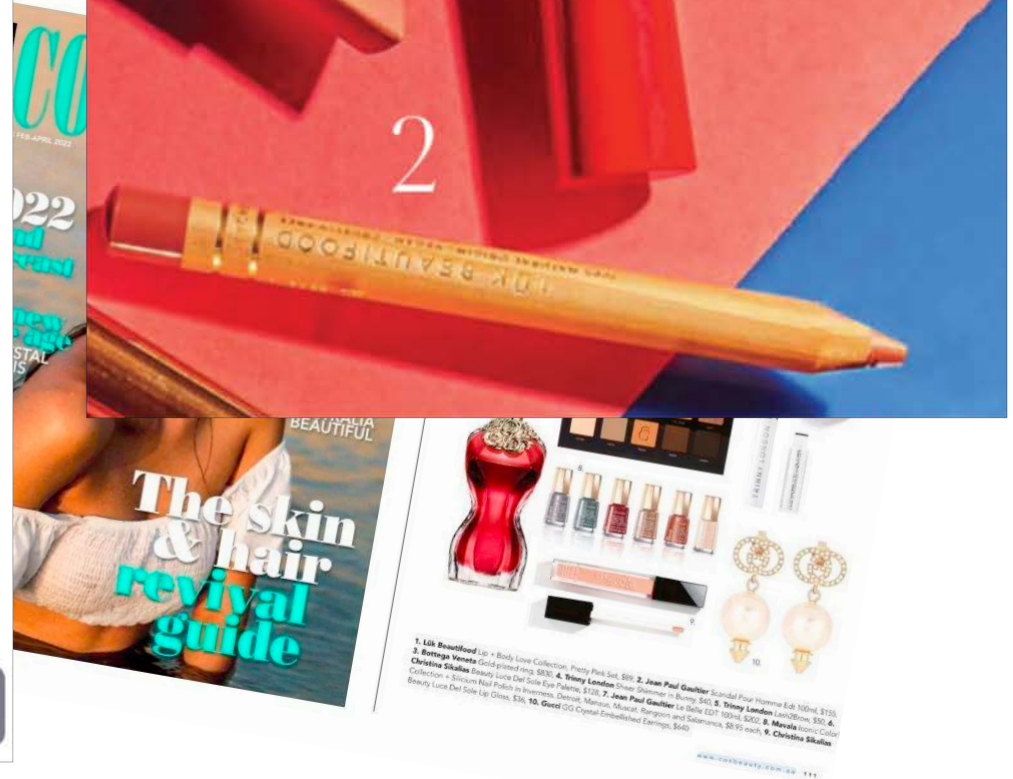
WORDS BY BROOKE LE POER TRENCH

# Mouth piece

The prettiest autumnal shades run the gamut, from flattering nudes to blushing red, in nourishing formulas that keep lips feeling smooth and soft.

PHOTOGRAPHY BY ALANA LANDSBERY. ALL PRICES ARE APPROXIMATE.

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1. Luk Beautifood Lip - Body Love Collection, Pretty Pink Set, \$19.
2. Jean Paul Gaultier Scandal Four Home Ed. 100ml, \$135.
3. Bottega Veneta Cloud glitter cream, \$220.
4. Tricky London Over Summer in Bury, \$45.
5. Tricky London Love Me, \$35.
6. Christina Skates Beauty Love Dar Sole Eye Palette, \$120.
7. Jean Paul Gaultier Le Suite EDT, 100ml, \$200.
8. Aléale Iconic Color Beauty Love Dar Sole Lip Gloss, \$36.
9. Qeelin GG Crystal Embedded Earrings, \$640.





beauty

## Beauty spot

Meet the skincare game changers

### Balance, self-care rituals and ... baby number four?

She's a multitasking master when it comes to her sons and skincare empire, but Miranda Kerr is ready for more mayhem

STORY ALISON ZIZO

It's not news that Miranda Kerr is gorgeous, but her luminosity in person is so breathtaking it's disconcerting. The Australian supermodel and founder of Kora Organics was back home recently to introduce her brand's latest release, the Kora Organics Active Algae Lightweight Moisturiser – which she likens to a “green juice superfood for your face”. Given her unholy glow, I'd happily drink, or apply, whatever she's ingesting each morning.

Asked about what prompted this new addition, Kerr cited consumer research that suggested her customers needed something quite different to her own preferences, “because not everyone is like me and wants a thick, rich cream; many people prefer a lightweight moisturiser. So I worked with a chemist to achieve that long-lasting hydration, but also... for me, it needs to be clinically active.”

Clearly passionate about the science behind her new product – which includes green algae, green tea, alpine rose and Swiss glacier water – Kerr notes the trials and research it underwent prior to launch.

While it wasn't initially something she yearned for, the new moisturiser is now a firm part of her daily routine which, with three children to herd in the mornings, isn't as luxurious as it once was. A master of multitasking (when we spoke she was having her nails, make-up and hair done simultaneously), Kerr has managed to integrate her long-held love of crystals, aromatherapy and words of affirmation into her non-negotiable skincare line-up.

Compared to her life pre-kids, Kerr says of her morning beauty regimen, “It's something that I really look forward to more now, and I really appreciate that moment of self-care. And that's why with Kora from day one, I diffused the products through rose quartz crystals, and the [crystal] filtration process is throughout the whole range... And also the positive affirmation on the back [of the moisturiser] is “peace”, because it's a very peaceful moment that you have when you're using this product... It's not just about having clinically active skin care, but it's having that moment of self-care.”

Kerr is refreshingly pragmatic about carving out time to fill her own cup before the days start with her three sons, Flynn Bloom, 11, with her ex Orlando Bloom, and almost-four-year-old Hart and two-and-a-half-year-old Myles, with her husband, Snapchat creator Evan Spiegel. “I wake up an hour before the kids to make sure I can do a little 20-minute meditation. I get to do my skin care, and get ready for the day and make my celery juice,” she says. “So those are my things that help support me.”

She also tries to exercise. “If I get time to do a 30- to 40-minute workout before they wake up, it's a good day – that is, if I do everything else fast,” she adds, laughing. And her movement of choice? “I'm doing a Tracy Anderson workout that she personally sent me. So I just put it on my computer – it's easier [on there] because then I have flexibility with time, as opposed to having to set a time or get to a class... Yeah, that isn't happening in my world at this current moment!”

So is there room in the 39-year-old's already packed schedule for baby number four? Potentially. When asked, Kerr says “I'm definitely happy with the three boys, but it's something that I know my husband really wants, and now that I've said, ‘OK, well, let's see,’ I'm definitely open to it.”

### IM A KEEPER Sulphate-free Purple Shampoo



Morecanol Blonde Perfecting Purple Shampoo & Conditioner, \$51.50 each, adorebeauty.com.au

It's quite the challenge to find sulphate-free purple shampoos and conditioners that actually tone the hair, so this one is for keeps.

Also formulated without phosphates or parabens, these products use violet pigments to banish unwanted yellow and orange hues in blonde, lightened brunette and grey hair. In fact, an independent study found that 92 per cent of people reported their brassiness was toned down after just one use on their blonde or grey hair. Start using it every third wash, and work up from there, leaving the product on for a minute or two. Not only is the conditioner fortified with argan oil and amino acids to improve the condition of the hair, but it's also a grade-A detangler that adds shine.

Want more insider beauty tips from celebrities? Check out our Bedtime Beauty Stories series at BOB+SOUL.COM



TRIED AND TESTED:

### Forever Flawless by BBL Hero

Ageing, pigmentation, acne, elasticity... all of these skin concerns – and more – are tackled by this new IPL treatment, discovers Alison Zizo

Intense pulsed light therapy (IPL) has come a long way, and Australians can now access a greater range of benefits with just one treatment using devices like BBL Hero. Known as “the Swiss Army knife of skin treatments”, it can tackle a wider range of concerns, including pigmentation and rosacea, decreased skin elasticity and acne.

BBL offers four treatment types, depending on your skin concerns, and with my fair complexion, the Forever Flawless is best suited to my sun spots, broken capillaries and pigmentation.

During my treatment the therapist at Laser Clinics Australia moves the BBL head deftly and purposefully over my face twice, using two different filters, and while not without discomfort, it was more than bearable and over in 10 minutes.

How does it work? High Energy Rapid Output Broadband Light zeroes in on the melanin in unwanted pigmentation and the fine vessels responsible for skin redness, while also helping to stimulate collagen production down deep. My skin initially felt warm but I had no redness, peeling or swelling – so there was no need to avoid social events. The next day, while I could see tiny, Mio-like speckles rising to the surface, my skin felt plump, healthy and hydrated. Over the next two weeks, the speckles diminished, and I was left with a more even complexion and a great glow. No pain, no down time, and now no need for foundation, either.

One session, for a full face, starts from \$399. Laser Clinics Australia recommends three to four treatments, one month apart. Visit laserclinics.com.au.

### ASK AN EXPERT: HOW TO FIND YOUR PERFECT NUDE LIPSTICK

Celebrity make-up artist Melissa Gigliotti, who also has her own line of cosmetics, shares her tips “Nudes can range from pale fleshy tones, caramel, peachy-apricot, muted pinks, pinky-browns or deeper mocha shades,” says Gigliotti. “Throughout my nearly 20 years as a make-up artist, I've made up women from all ethnicities and walks of life, and most of them have wanted a ‘good nude lip’. It's just such a wearable look.”

To find the right match, she starts by discerning the undertone of a person's skin (blue and purple veins mean cool-toned; blue and green means neutral; green veins suggest a warm undertone). She says people with cooler tones should aim for a pink or peachy shade, while people with warmer tones may prefer hues of honey, caramel, terracotta and apricot.

Next, Gigliotti chooses the depth of the lipstick. “Look for a colour that's a few shades lighter or darker than your skin – never the exact same tone,” she says. “This is when nude lipsticks can wash you out.” Finish with a liner that's three to four shades darker than the lipstick. “Don't be scared to use a darker liner – I promise you won't look like you've stepped out of the '90s,” she adds. “The trick is to blend the inner edges of the liner with a small lip brush. Then add your nude lipstick, and hello, full sumptuous lips!”

### What are the bestselling neutral lipsticks at your favourite major retailers?

#### PRICELINE



Revlon Super Lustrous Lipstick in Soft Silver Rose, \$24.95; L'Oréal Paris Color Riche Made For Me Naturals in Tender Rose, \$21.95, priceline.com.au

#### ADORE BEAUTY



M.A.C Cosmetics Matte Lipsticks in Velvet Teddy and Honeylove, \$30 each, adorebeauty.com.au

#### NOURISHED LIFE



Luk Beautifood Lip Hourish Lipsticks in Nude Pink and Tea Rose, \$20 each, nourishedlife.com.au

### THINGS YOU DIDN'T KNOW YOU NEEDED...

#### An armpit detox

Sweating can be uncomfortable (and smelly), but it's an important process that allows your body to detoxify. However, in the name of keeping underarms dry, conventional deodorants block sweat glands and trap toxins in.

Health care practitioner and fertility expert Nat Kringsuda says harmful ingredients such as aluminium and parabens have been shown to interact and

disrupt hormones, potentially causing health issues. The solution? Kringsuda suggests switching to a natural deodorant. To help with the pungent transition (which tends to last for about a month) as your body adapts to the natural product and releases bacteria, Kringsuda recommends doing “an armpit detox mask to cleanse the skin and eliminate odour”.



1 As well as being organic, vegan-friendly, and free of aluminium, this deodorant nourishes your pits with shea and aloe and offers long-lasting protection. MyAura Organics All Natural Deodorant Stick, \$9, woolworths.com.au



2 Made in Australia, this effective formula is sold in reusable tubes and biodegradable refills – a world first for deodorant. Asuvi All Natural The Refillable Deodorant, \$22, asuvi.com.au



3 This organic, probiotic deodorant has no aluminium, parabens or alcohol, smells great thanks to essential oils and, most importantly, keeps pits dry. Kind-ly Lime & Frankincense 100% Natural Deodorant, \$18.95, kind-ly.com.au





## BEAUTY BUZZ

OUR TOP PICKS FOR THE MUST HAVE BEAUTY PRODUCTS TO ADD TO YOUR DAILY ROUTINE



**MONAT BE BALANCED™  
FOAMY CLEANSER**

A luxuriously refreshing cleansing foam that draws our impurities from skin while preserving skin's moisture, revealing a brighter, healthier-looking complexion. RRP: \$70.00  
[www.monatglobal.com](http://www.monatglobal.com)



**PMD CLEAN MINI**

With the same antibacterial silicone, SonicGlow™ technology, and four customizable modes as its full-sized predecessors, it's the epitome of great things coming in small packages! The PMD Clean Mini is perfect for travel, or a first cleansing device if you're just getting started with skincare tools! RRP: \$99  
[www.pmdbeauty.com.au](http://www.pmdbeauty.com.au)



**LIPSENSE**

LipSense is still the number one lip colour for women of all ages and cultures. The LipSense Starter Kit comes with your favourite lip colour, your glossy gloss to keep your lips moist and the Coops Remover. Available in over 50 standard colours. Starter \$74.00/ LipSense colours \$34.00 Contact Merrin Robson on 0428 252 030  
[www.senegeance.com](http://www.senegeance.com)



**LUK BEAUFITFOOD, NATURAL LIP SET**

Soften, renew and prime lips with the new Natural Lip Set by sustainable cosmetics house, Lük Beaufitfood. Containing the brand's latest release, the Supergreens Scrub and Vitamin C Nectar, the nourishing cocktail of food-derived ingredients work hard to slough away dead skin cells, promote collagen production and restore the lip's natural moisture barrier. Paired with Lük Beaufitfood's award-winning Lip Nourish lipstick in the shade Tea Rose, the conditioning balmy formula provides long-lasting colour and injects lips with a host of vitamins, minerals and essential fatty acids. \$79 RRP  
[www.lukbeaufitfood.com](http://www.lukbeaufitfood.com)

**PMD SILVERSIK™  
HEADBAND**

Happy, healthy hair with the silversilk™ headband. The perfect way to start and end your day, the silversilk™ headband's reduced friction material is crafted of real silk and pure silver, meaning no snagging, tangles, or breakage. RRP: \$59.00  
[www.pmdbeauty.com.au](http://www.pmdbeauty.com.au)



**THE MONAT LASH & BROW ENHANCING SERUM**

The Monat Lash & Brow Enhancing Serum is a high-performance serum formulated with unique ingredients such as Capixyl™, which helps improve the appearance and condition of lashes and brows. RRP: \$93.00  
[www.monatglobal.com](http://www.monatglobal.com)

**MONAT SKIN REVITALIZING ESSENCE**

This ultra-gentle, beneficial lightweight liquid has just the right blend of hydrating, skin-replenishing, and anti-ageing ingredients that smooths and softens for brighter, more radiant skin. RRP: \$70.00  
[www.monatglobal.com](http://www.monatglobal.com)

**MONAT MAKEUP VANISHING BALM**

Gently melts into your skin, dissolving stubborn makeup while leaving your skin feeling soft, soothed, nourished, and non-greasy. This balm creates a perfect skin canvas for deep cleansing with your MONAT Skincare Routine. RRP: \$96.00  
[www.monatglobal.com](http://www.monatglobal.com)

**MANDARIN AND BASIL ORGANIC LIP BALM**

Soothe and moisturise your lips with this nourishing lip balm, formulated with organic butters, oils and waxes and softly scented with the fresh, herbaceous scent of mandarin and organic basil. \$19.95  
[www.vanesseorgan.com](http://www.vanesseorgan.com)



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[www.lukbeaufitfood.com](http://www.lukbeaufitfood.com)







The latest products to take your store from summer into autumn



1. Yankee Candle Outdoor collection, prices available on request. GNS Wholesale, 02 8708 3400,

NSWCustomerService@gnswholesale.com.au, www.gnswholesale.com.au 2. Eastwood silver jute and white four corners

cushion cover, wholesales for \$24.50. Mirage Haven, 0422 301 860, hello@miragehaven.com.au, www.miragehaven.com,

www.facebook.com/miragehaven, www.instagram.com/miragehaven 3. Kapok collection, wholesales from \$36.50 to \$49.

ZAKKIA Homewares, sales@zakkia.com, www.zakkia.com.au, www.facebook.com/ZakkiaShop, www.instagram.com/zakkiahomewares

4. Allen Designs designer shopper bags, wholesale for \$4.75 each. Rikaro, 03 9587 9554, wsales@rikaro.com.au, www.rikaro.com.au

1. Neoprene wine glass coasters, wholesale for \$3.25. Lisa Pollock, 07 5576 2369, online@lisapollock.com.au, www.lisapollock.com.au,

www.facebook.com/lisapollockartist, www.instagram.com/lisapollockartist 2. Homewares, home décor & planters,

wholesale from \$0.50 to \$180. Malmar, 02 5527 8899, sales@malmar.com.au, www.malmar.com.au, www.facebook.com/MalmarEnterprises,

www.instagram.com/malmarent 3. Shoofly Botanical eco food cover & coasters set, wholesale for \$15.91 each.

Glass on the Grass, 0421 068 430, info@glassonthegrass.com, www.glassonthegrass.com, www.facebook.com/glassonthegrass,

www.instagram.com/glassonthegrass 4. CUP O FLORA self-watering pots, wholesale from \$6.49 to \$24.99. Flora & Co, 0401 242 828,

info@cupofflora.com, www.cupofflora.com, www.facebook.com/cupofflora, www.instagram.com/cupofflora 5. Aromatic skin nourish,

retails for \$39. Luk Beautiful, 1300 669 442, service@lukbeautifood.com, www.lukbeautifood.com, www.facebook.com/lukbeautifood,

www.instagram.com/lukbeautifood/



01  
issue

## SPA & WELLNESS

### TRANSFORMATIVE TRAVEL

The new era of travel post the pandemic

### GETTING OFF THE GRID

Not a lifestyle, but a new travel trend

### WELLNESS TRENDS 2022

Looking into the future of wellness



## BEAUTY NEWS



### LUK LIPS

When it comes to lips, green is the new red! Lipsticks are known to cause allergies and irritation on the lips including blocking pores, drying and chapping the lips. They also contain certain harmful ingredients, all are known to cause cancer! If you wonder where your lipstick goes when it fades, if you're not sharing kisses, chances are you've eaten it! If you want to keep your lips healthy and chemical free, LUK Beautyfoods has you covered. Creating kissable lip products that are nutritious and safe as the foods we eat. The harmful ingredients are replaced with edible ingredients full of vitamins, minerals, antioxidants and good fats. Colour me happy!



### SLEEP RIGHT

A good night's sleep is the answer to radiant skin and renewed energy. It's called beauty sleep for a reason! Deep sleep truly helps us look and feel our best. This night cap created by Rochway Health contains natural ingredients that promote glowing skin as well as a restful sleep. The hero ingredient, Marine Collagen, regenerates and rehydrates the skin keeping it firm, plump and glowing. Sour Cherry gives a delicious taste while being rich in the vital sleep hormone melatonin. A sprinkling of star calming herbs, Valerian and Hops, plus some powerful probiotics, make it a wonderful fairy tale. If you use the code KRIS at checkout, the first 30 purchases will receive a free gift and samples. Cheers to a beautiful night's sleep!

## ESCAPE

Editor's Picks



01 by Victoria & Maude  
Traveller' Ostrich leather travel bag \$4,980

02 by Mimi Luzon  
Cyber C Vitamin C Serum \$208

03 by LUK Beautyfood  
Eco Luxe Pouch \$3.00

04 by Silk Eye  
Lavender Silk Eye Mask \$69

05 by Giorgio Armani  
Si Firoi EDP 100ml \$230

## ESSENTIALS





BEAUTY

## LOW-TOX LUXE

A round of applause for these pretty babies – clean beauty at its best



**BIOLOGI**  
Bk Eye Rejuvenation  
Serum (15ml), \$88

If you haven't heard of clean beauty bigshots Biologi, it's time you got well acquainted with the name, because these guys have been fast taking the skincare world by storm. Biologi's whole ethos is around using single-plant ingredients sourced directly from nature (aka zero nasties, fillers and junk for the win) and we're bloody loving their offering for your peepers. The hero ingredient – 100% active Kakadu plum sourced from the NT – is packed with vitamin C to reduce the appearance of fine lines, and hydrate and firm the sensitive under-eye area. [biologi.com.au](http://biologi.com.au)



**DISCIPLE**  
Intervention Deep Exfoliating  
Mask (50ml), \$33

Breakout-prone folks, here's one for you. Well, okay, it's for everyone, but oil doesn't stand a chance in the face of the exfoliating fruit acids housed in this pretty green pot, making it great for unclogging pores and banishing blemishes. AHAs slough away dead skin cells, while antioxidant-rich apple and blueberry deeply nourish for a super-radiant afterglow. Keeping in mind that up to 70% of skincare is absorbed into the body, the 'psychotherapeutic' Disciple prods use therapeutic-grade, stress-busting plant extracts to mix skin issues and calm your mind and bod, too. [adorebeauty.com.au](http://adorebeauty.com.au)



**DR. HAUSCHKA**  
Augen Make-Up Entferner  
(75ml), \$35

When the party's all over, looking after your skin is still uber important, friends, and investing in a great eye makeup remover is a must. What we love about this one (aside from the fact it whips off even waterproof makeup like a dream) is that it leaves the super-delicate skin around your eyes feeling silky soft and nourished – no itchy drying effects here. Dr. Hauschka's been in the clean beauty game for more than 50 years and the plants they use are certified organic, plus free from synthetic chemical fragrances, colours and preservatives – a huge win for sensitive skin. [drhauschka.com.au](http://drhauschka.com.au)



**ERE PEREZ**  
Quandong Green Booster  
Serum (30ml), \$30

Ere Perez calls this the "ultimate green smoothie for your face", and they ain't kidding. The fresh serum feels like a literal shot of juicy, nourishing, nutrient-dense superfoods for thirsty skin. Desert fruit quandong has double the vitamin C of oranges, which helps brighten up dull, sad-looking skin, while chlorophyll, spinach leaf, vitamin E, alfalfa and raspberry seed deliver essential enzymes and vitamin A right where it's needed, calming inflammation and boosting skin's softness. All this deliciousness adheres to Ere Perez's clean, 'less-is-more' beauty philosophy, of course. [ereperez.com](http://ereperez.com)



**LÜK BEAUTFOOD**  
Lip Love Sweet Dreams  
Lip Mask (20g), \$29

That first kiss as a married couple is an important part of your big day (not to mention photo op), so you're going to want to get your lips in prime smooching condition come the words, "You may now kiss the...". Enter a lip mask so good you could eat it (but please don't, it's best put to work perfecting your pout). Considering Lük believes what we put on our skin should be as nutritious as the food we eat, you can feel pretty safe about slathering this lusciously thick, creamy, certified toxin-free balm over your kisser before bed to wake up with super-supple lips. [lukbeautifood.com](http://lukbeautifood.com)



**HERMETICA**  
Feenypop Eau De Parfum  
(100ml), \$299

Love peonies? Us, too – and it's just one of many reasons we're a wee bit (read: wildly) obsessed with this divine fragrance from Parisian perfumier Hermetica. A spritz of this sweet floral juice is like a big bunch of the fresh pink blooms, with notes of osmanthus, raspberry, bergamot and jasmine, too. Hermetica's delish 'molecular' fragrances work via the connection between the molecules in the scent and in your skin, adapting to your own unique chemistry. Plus, they're clean (win) and alcohol-free (aka super gentle), long-lasting, vegan, cruelty-free... Need we say more! [libertineparfumerie.com.au](http://libertineparfumerie.com.au)



**KORÁ ORGANICS**  
Turmeric Glow  
Moisturizer (50ml), \$78

If your skin is suffering through a serious drought, this thick balm-like cream is the ultimate thirst quencher – with turmeric and lipaico extracts, plus marine micro-algae, its magical brightening powers can help bump up the moisture and plump your complexion. It's no bloody wonder this pretty pot is an award-winner and bestseller from Aussie model Miranda Kerr's own beauty line. Since day dot, Miranda (who, btw, has some of the glowiest skin we ever did see) has been committed to using only certified organic and natural ingredients in her range. [gorg.sephora.com.au](http://gorg.sephora.com.au)



**RAWKANNAS**  
Purified Purifying  
Cleanser (100ml), \$40

Forget all you know about cleansers for city skin because the beauty world has moved on from options that dry out your face. This low-foam gel formula will purify pores and mix excess oil without leaving your face drier than the Sahara. Everything about this cleanser (and, in fact, all RAWKANNAS prods) is natural, friends, from the active ingredients to that vibrant colour (thanks, alfalfa!) and fragrance (essential oils for the win). The lactic acid in this glorious green gel exfoliates and promotes cell turnover, while marshmallow root keeps your face soft, smooth and totally carefree-worthy. [rawkannas.com](http://rawkannas.com)



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Lip Mask (20g), \$29

That first kiss as a married couple is an important part of your big day (not to mention photo op), so you're going to want to get your lips in prime smooching condition come the words, "You may now kiss the...". Enter a lip mask so good you could eat it (but please don't, it's best put to work perfecting your pout). Considering Lük believes what we put on our skin should be as nutritious as the food we eat, you can feel pretty safe about slathering this lusciously thick, creamy, certified toxin-free balm over your kisser before bed to wake up with super-supple lips. [lukbeautifood.com](http://lukbeautifood.com)





BEAUTY



1. Lük Beautifood Lip + Body Love Collection, Pretty Pink Set, \$89, 2. Jean Paul Gaultier Scandal Pour Homme Edt 100ml, \$155, 3. Bottega Veneta Gold-plated ring, \$830, 4. Tranny London Sheer Shimmer in Bunny, \$40, 5. Tranny London Lash2Brow, \$50, 6. Christina Sikalias Beauty Luce Del Sole Eye Palette, \$128, 7. Jean Paul Gaultier Le Belle EDT 100ml, \$202, 8. Mavala Iconic Color's Collection + Silicium Nail Polish in Inverness, Detroit, Manaus, Muscat, Rangoon and Salamanca, \$8.95 each, 9. Christina Sikalias Beauty Luce Del Sole Lip Gloss, \$36, 10. Gucci GG Crystal-Embellished Earrings, \$640





## Editor's GET it list

Love is in the air. So, whether it's your lover, your parents, your daughter, or your friend, *Get it* Editor, Nicole Madigan, has rounded up some amazing gift ideas.



**TIA MARIA AT MOONLIGHT CINEMA** Talk about romantic! Indulge in iconic Tia Maria Espresso martinis and Matcha-sinis, featuring the newly launched Tia Maria Matcha cream liqueur, served straight from the Tia Maria bar at Moonlight Cinema. Catch your favourite flicks whilst sipping cocktails at Roma St Parklands. [moonlight.com.au](http://moonlight.com.au)



**CONFIDENT KIT** Give the gift of healthy skin to the 'teenager' in your life with this \$100 Confident Kit. It includes products for face and body including a mask brush to make mask application a breeze. Valued at \$100. Suitable for children aged 8 and over. RRP: \$80 [lbtweenskincare.com.au](http://lbtweenskincare.com.au)



**SOW 'N SOW GIANT FLOWER PRESS** Impress the nature lover in your life, while preserving your floral memories. Each press is hand-crafted in Australia out of hard-wearing materials to ensure stable pressure and long-lasting use, and features engraved artwork by Melbourne artist Daniella Gernsheim. RRP: \$89.00 [sownow.com](http://sownow.com)

**EAT FOR LIFE** Know someone who loves to cook, but also loves the clean living lifestyle? Filled with more than 80 never-before-seen recipes and easy-to-follow meal plans, *Eat for Life* by Kelly Healey is the perfect gift for those looking to kick start their journey to better health. The irresistible collection of healthy meals includes more than 60 vegan, vegetarian and gluten-free options. RRP: \$50  
Stocklist: [kelly-healey-naturopath.myshopify.com](http://kelly-healey-naturopath.myshopify.com)



**LUMINIZER DROPS** Formulated with nourishing plant oils, including cocoa butter, sweet almond oil, calendula and rose centifolia, this buildable and natural looking liquid highlighter illuminates skin with iridescent mineral pigments for an ethereal, radiant and dewy glow. Available in Bronzer, Rose Gold and White Gold. Housed in environmentally friendly recyclable glass with a bio-based lid. RRP \$45  
[lukbeautifood.com.au](http://lukbeautifood.com.au)



**FRANK GREEN** Help your special someone live, work and travel more sustainably with Frank Green this Valentine's Day. Mix and match colours or monogram their initials with a stylish range of reusable coffee cups, water bottles, french presses, tea infusers, stainless steel straws and more. Gift cards and gift sets are also available. RRP, starting from \$7.95  
[frankgreen.com.au](http://frankgreen.com.au)



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# AUSTRALIAN COUNTRY

Real stories from the heartland

A field fundraiser for  
breast cancer care

Wild wonders  
in Tasmania's  
Tarkine

Joining the  
beekeeping boom

Entertaining at home with  
Jimmy & Jane Barnes

At home with heritage

Garowie in Ipswich  
The Cedars in the Adelaide Hills  
Tyreel Stud in the Hawkesbury

UNIVERSAL  
MEDIA  
FEB / MAR 2022  
ISSN 1320-2708  
ISSN 1320-2708  
3 771363 970004

**Damage control**  
The long summer days can take their toll, so now's the time give your skin a bit of extra attention.  
COMPILED BY KIRSTY MCKENZIE

**Clean by Endota Wild Orange & Geranium Hand and Body Lotion**, \$40, [endotspa.com.au](http://endotspa.com.au)

**Lük Beautiful Lip Nourish in Tea Rose and Tangerine Pomegranate**, \$30 each, [lukbeautifood.com](http://lukbeautifood.com)

**Lük Beautiful Lipstick Crayon in Caramel Kiss**, \$24.95, [lukbeautifood.com](http://lukbeautifood.com)

**Enbacci Age Revitalising Face Defence Mask**, \$85 for a pack of five, [enbacci.com](http://enbacci.com)

**Lük Beautiful Luminizer Drops in Bronzer, White Gold and Rose Gold**, \$45 each, [lukbeautifood.com](http://lukbeautifood.com)

**We Are Feel Good Inc Kakadu Plum Sunscreen Lotion SPF 50+**, \$29.95, [wearefeelgoodinc.com.au](http://wearefeelgoodinc.com.au)

**Enbacci Vitis Vinifera Rejuvenating Mask**, \$73 for a pack of five, [enbacci.com](http://enbacci.com)

**Clean by Endota Wild Orange & Geranium Hand and Body Wash**, \$35, [endotspa.com.au](http://endotspa.com.au)



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JAN • FEB 2022 THE BIBLE OF THE BEAUTY INDUSTRY

## BEAUTY EDUCATORS

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THE AUSTRALIAN BEAUTY EDGE  
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SYNERGIE SKIN  
CLEAN SCIENCE

MAKE UP

# AUSSIE MADE MAKEUP

Very few cosmetics brands are both Australian owned and made. Here's our shortlist of those with bragging rights.

Photography: Devden Mann  
Catering and product styling: Hannah Gay

Aspect Kabuki Brush - Advanced Skin Technology 1800 648 851  
Aspect Primer - Advanced Skin Technology 1800 648 851  
Luk Beautifood Lip Nourish in Peach Melon and Pink Jumper - Luk Beautifood 1300 669 442  
Luk Beautifood Luminiizer Drops in Rose Gold - Luk Beautifood 1300 669 442  
Lust Minerals Mineral Primer - Lust Minerals lustminerals.com.au  
Miss Frankie Nail Polishes in Just Peachy and Summer Fun - Miss Frankie hello@missfrankie.com.au  
Synergie Minerals MinerWhip Foundation - Synergie Skin 1300 689 619  
Ultra Violetta Dream Screen Tinted Veil SPF 50 - Ultra Violetta violetta@ultravioletta.com.au

Elleebana Elleevate Lash Lift Mascara in Black - Ex-Import 07 5576 6388  
LaGlam Colossal Eye Pencil in Sultry Nighter - LaGlam 1800 924 526  
Nude By Nature Perfecting Primer - Nude By Nature customcare@nudebynature.com.au  
RAWW Nail Lacquer in Avo Good Day! - Total Beauty Network 08 854 4 8000  
Sabbia Co Mineral BB Cream - Sabbia Co 0489 725 142  
The Lip Lab Custom Lipstick Shades - The Lip Lab 02 9066 9588  
Zuii Organic Certified Organic Flora Loose Powder - Zuii Organic 0455 962 319



THE inspiration ISSUE



V&T HEALTH & WELLBEING  
**Wellness**  
Compiled by Joanna Tovia



**Sneaky soaks**

While spending all day at a bathhouse sounds heavenly, settling for a two-hour soak is sometimes easier to sneak in to your day. The Bathhouse at Douglas Park in Sydney's south offers two-hour soak sessions with just this in mind. Choose between the saunas, steam room, hydrotherapy spa, plunge pool or rooftop garden, or move from one to the other at your leisure. A range of treatment options are available, from a soak in the float room (a sensory deprivation experience in an open tank filled with 400kg of Epsom Salt), to facials, massages, body wraps and exfoliations. [thebathhouse.com.au](http://thebathhouse.com.au)

**High-fashion workout**

Exercise equipment may be functional, but there's no reason it can't also be fabulous. Technogym has teamed up with Dior to produce a range of stylish white workout pieces for high-end homes, spas and hotels. The collab includes a chic, quiet treadmill that connects to your tablet for on-demand running and walking workouts, a compact multifunctional workout bench, and an exercise ball – all sporting the Christian Dior name. Aman and Six Senses in NYC are introducing the sleek fitness equipment in 2022.



**Wellness theme park**

What do you get if you cross a Roman thermae with a Japanese onsen, Turkish hammam bath and Finnish sauna? An inner-city wellness resort, of course! Therme Group's wellbeing resorts offer city dwellers an oasis for mind, body and spirit with multi-sensory saunas, therapeutic mineral pools, wave pools, waterslides, wellness therapies and fitness activities – along with lush greenery and a peaceful vibe. The concept is already thriving in Europe, but Toronto and New York City are next. The North American versions are likely to occupy more vertical spaces, given their urban settings. [thermegroup.com](http://thermegroup.com)



**Sleek and serene**

Victoria's glorious Mornington Peninsula is already worth visiting, but the addition of a 1000sqm Aurora Spa & Bathhouse is set to make the seaside destination extra enticing. The Aurora Spa has been designed by esteemed global architecture studio Woods Bagot, with a colour palette referencing Victoria's coastline. Part of the \$120 million historic Continental

Sorrento redevelopment, the serene space will have eight treatment rooms, a float room, four hydro-therapy pools and several contrasting thermal experiences, from traditional saunas to a salt therapy room, and even an ice-filled 'igloo' room. It's destined to be one of Australia's most unique wellness experiences when it opens this year. [auroraspa.com.au](http://auroraspa.com.au)



**Canberra escape**

Ovolo Nishi designer boutique hotel has partnered with Adytum to give guests exclusive access to a holistic health and wellness retreat in Canberra. The 200sqm retreat has a day spa and mindfulness lounge, plus a bathhouse with hot rock sauna, Japanese Oak mineral bath and cold pail shower. Adytum's Elux Bar has an organic vegan menu, in line with Ovolo's hotel-wide commitment to plant-based cuisine. [ovohotels.com](http://ovohotels.com)

**Sleepy retreat**

With more than half of us having trouble sleeping on a regular basis, the lure of a deep retreat is hard to resist. In Canada's remote Newfoundland, Foggo Island Inn makes it easy for guests to drift off – a day reconnecting with nature, relaxing with wellness offerings, and tapping into their artistic side will do that. But guests staying 2-6 March 2022 are likely to snooze even better. At a four-day restorative learning retreat, insomnia expert Dr Colleen Carney will help guests improve their relationship with sleep. Add in some yoga and meditation classes, and good shuteye is sure to follow. [foggolandinn.ca](http://foggolandinn.ca)



**Top tips for frequent flyers**

Cindy Luken, founder of consciously made Australian beauty brand Luk Beautifood, gives her five top tips for looking and feeling great at the other end of a flight.

1. Stay hydrated. Drink plenty of water, minimise your alcohol consumption and spritz your face with a hydrating toner or mist.
2. Eat well. Take fresh fruit, chopped vegetables and nut-and-seed snack packs to nibble on in small portions.
3. Look after your face. A calming, multipurpose balm with a soothing aroma will keep your face feeling clean and moisturised.
4. Foster a state of Zen. To minimise stress, use noise-cancelling headphones and listen to serene music to relax the mind and body.
5. Treat your lips. A good lip balm will give your face a lift after a long flight and keep your lips looking moist, soft and healthy.

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# Wentworth Courier

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**Inside**

- Conservative heritage, progressive vision
- What mum Carla Zampatti taught her about values

## Alive and kicking

Allegra Spender reveals why she went from doorknocking for the Liberals

## Bless these cure-alls

### Patrick Tadros lists the top stress-busting products to ward off anxiety

Anxiety can lead to skin aggravation, wrinkles and premature ageing. So it's important to keep up your self-care routine.

Experts have linked dozens of stress-relieving beauty products to the curbing of stress that can tame your tension and ease anxieties.

Here, wellness expert Stephanie Malouf and naturopath Michaela Sparrow reveal their picks of the best stress-relieving products to keep pandemic fatigue at bay.

### NUTRA ORGANICS COLLAGEN BEAUTY UNFLAVOURED 225G, \$31.95

**Malouf says:** Consuming collagen can help provide the body with the building blocks to boost collagen production.

**Sparrow says:** This nourishing powder turns into a deliciously refreshing beverage and has nutrients needed for healthy adrenal function to help protect the body against stress.

### ANDALOU NATURALS BIOACTIVE BERRY ENZYME MASK, \$14.99

**Malouf:** When our bodies are stressed, the formation of free radicals increases, which in turn causes cell damage. Antioxidants found in the mask work to protect the skin by fighting off these free radicals which at the same time have a number of anti-inflammatory effects.

### AUSTRALIAN JOJOBA OIL, \$19.95

**Sparrow:** Enriched with moringa, camomile, camellia and lavender oils to nourish the skin while relaxing the mind.

### GUA SHA TOOL, \$24.99

**Malouf:** Gua sha is great for lymphatic drainage, depuffing the face and releasing tension in your facial muscles thanks to its ability to improve blood circulation. Try combining with Sukin facial oils for a stress-busting morning or night routine.

**Sparrow:** Great for turning back the clock on your face - because who doesn't want to look younger?

### KORA ORGANICS NONI GLOW SUPERFOOD WITH PREBIOTICS SACHET PACK, \$25

**Sparrow:** Contains matcha green tea, which has five times the amount of L-theanine (a neurotransmitter with calming superpowers) than regular green tea. It's also rich in antioxidants needed for healthy adrenal glands, hormones and skin.



**LUK BEAUTIFOOD LIP NOURISH LIPSTICKS, \$30**

**Sparrow:** This sheer lipstick by Luk tints the lips with a subtle hint of colour while hydrating and nourishing with antioxidants, anti-inflammatories and essential fatty acids.

### AMAZONIA RAW PROTEIN COLLAGEN PLUS VANILLA MAPLE, \$49.95

**Malouf:** Combines the goodness of pea protein with skin-loving collagen. Protein helps stabilise blood-sugar levels and reduce stress on the body.

**Sparrow:** Having this as a mid-morning snack helps prevent those afternoon energy crashes or feeling overwhelmed on a busy day. The added bonus is the marine collagen, which helps fight wrinkles.

Most of these products can be found at [goodnessme.com.au](http://goodnessme.com.au)

## Treat skin well

**Water**  
Flushes internal organs and encourages them to eliminate waste.

**Fresh air**  
Eases tension and tiredness. A lack of oxygen makes it harder for blood vessels to carry essential nutrients around the body.



**Beauty sleep**  
It is during an eight-hour sleep that our cells are replenished and the body looks rejuvenated after a chance to relax.

**Healthy diet**  
Fill your body with toxins and you'll never have a healthy glow. Cut out smoking, which deprives the blood of oxygen, and eat plenty of fresh fruit and vegetables, which are high in antioxidants, particularly oranges, apples and carrots. Vitamins C and B are soluble in water and need to be replenished daily.

**All in the wash**  
Look for soaps with natural oils, vegetable-based or glycerine washing bars or soap-free shower gels. These will attack body odour but are less harsh on the skin. For a gentler exfoliation routine, try an exfoliating gel or cream body wash containing granules to remove dirt and skin.

**Nutritionist Stephanie Malouf picks the top products to de-stress and combat anxiety.**

**Picture: Toby Zema**



Marlena Dall, Tyra from Bankstown, Twiggy Styx and Vic. Picture: Rhianonn Hopley

## LUK BEAUTIFOOD LIP NOURISH LIPSTICKS, \$30

**Sparrow:** This sheer lipstick by Luk tints the lips with a subtle hint of colour while hydrating and nourishing with antioxidants, anti-inflammatories and essential fatty acids.

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A DAILY DOSE OF GREEN

STYLE

## beauty essentials



Compiled by  
Melissa Usher,  
Fashion &  
Beauty Editor  
Hair Image  
Depositionists

MUST-HAVE BEAUTY  
PRODUCTS FOR SUMMER

**LONGER, STRONGER HAIR**  
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just 10 minutes, help prevent damage and  
breakage from environmental stress with  
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Mask it!

### ADVANCED MINERAL MAKE-UP

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Glow Body Oil from new Gold Coast skin care  
Conscious. Skin is in a range of three nourishing  
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summer days, silky skin and those balmy nights  
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will give you that gentle, sun kissed glow as well as  
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and Expert Revitalize Hyaluronic Jelly Mask works fast to  
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DIY facial treatment, skin appears refreshed and rejuvenated,  
like it's had a little power nap, with natural radiance restored.  
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[www.skinstitut.com](http://www.skinstitut.com)

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environmental stresses. It's a game-changer for  
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This nourishing body serum leaves the skin  
hydrated, fresh and soft. Perfect for post-sun  
exposure. MUST TRY: Skinstitut Youth Body  
Serum RRP \$165  
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[www.gohealthy.com.au](http://www.gohealthy.com.au)

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\$75, and Ready Set Glow Supergreens Scrub  
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Gold Luminizer Drops, RRP \$120.  
[www.lukbeautifood.com](http://www.lukbeautifood.com)



### STAY CONNECTED with TON&GUY

Compiled by Bernadette CLM,  
owner TON&GUY Broadbeach

The global family and friends of TON&GUY came together  
last year for its second global digital event – a spectacular  
and beautiful showcase of original inspiration watched live by  
more than 5000 viewers. Showcasing the best in class education  
and celebrating artistry and skill, the event featured the most  
breakthrough hair from the TON&GUY International Artistic Team  
and partners from around the world. The hour-long marvel brought  
viewers into a world of high fashion and creativity. Teams presented  
the newest brand campaigns, along with British Hairdressing Award  
inspirations and collections, alongside a highly anticipated preview  
of the label's relaunch complete with brand new product lines and  
overall brand aesthetic.  
The brand's connection to fashion around the world saw fashion  
Week presentations from major global cities and of course, no  
TON&GUY show would be complete without a spectacular avant-  
garde finale. The spectacle took audiences on a journey around the  
world as teams from Australia, China, Spain, Italy and Japan presented  
the very best of their creative talents. Each member led the audience  
through the intricacy and inspirations behind their look, proving  
TON&GUY is forever at the helm of setting trends and creating  
beautiful hair globally. Here is a sneak peek of some of these looks.  
Call 07 5539 9444 to book your complimentary consultation.



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# AUSTRALIAN COUNTRY

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Book club lunch with Tori Haschka

## summer sensations

WITH THE WARMER WEATHER AND INCREASED SUN EXPOSURE, IT'S TIME TO TAKE EXTRA CARE OF YOUR SKIN AND FACE.

COMPILED BY JESSIE MCENZIE  
PHOTOGRAPHY KEN BRASS

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**Luk Beautifood Sweet Dream Lip Mask, \$28,** [lukbeautifood.com](http://lukbeautifood.com)

**Enbacci Nourish Hand Wash, \$28,** [enbacci.com](http://enbacci.com)

**Enbacci Moisturising Hand & Nail Cream, \$23,** [enbacci.com](http://enbacci.com)

**YOU BEAUTY**





**Festive  
&  
FUN**

'Tis the season to be merry and bright, so why not extend the sentiment to your makeup?

Perfectly chiselled features, flawless skin and beyond-bold eyes are the name of this game. From intense and experimental makeup colours and textures, to dramatically long lashes and bright lips, a little drama never hurt anyone!

Make your eyes pop with matte or shimmer shadows, depending on your mood and the occasion, adding a bold flick of eyeliner along the upper lash and a pair of false lashes. Ardell has relaunched the Magnetic Megahold false lash range – with an undetectable magnetic lash band that can be used with the brand's magnetic eyeliner. Genius!

Another way to rock the party look is to add a punch of colour. Instead of heavy eyeshadows, try adding a vibrant lip shade – gloss or matte – for an injection of pop. Pump your cheek colour up using a brighter shade and you're good to go!

Complete your party-ready look with a slick of colour on your nails. From classic red to festive glittery glosses, it's an easy way to jazz up any outfit or look.



1. **Rare Beauty** Discovery Eyeshadow Palette, \$49, 2. **Lük Beautifood** Limited Edition Lipstick Crayon in 'Berry Bite', \$24.95, 3. **Fenty Beauty** Poutsicle Hydrating Lip Stain, \$37, 4. **Ardell** Magnetic Megahold Liner & Lash Duo, \$29.99, 5. **Rare Beauty** Perfect Strokes Universal Volumizing Mascara, \$34, 6. **KVD** Everlasting Lipstick, \$29, 7. **Advanced Mineral** Make Up So Beautiful Pink Cream Luminizer 4.5g, \$54, 8. **La Perla** Matte Silk Lipstick In Poppyred, \$79, 9. **Charlotte Tilbury** Hollywood Flawless Eye Filter in Diva Lights, \$80, 10. **Fedua** Gel Effect Polish in Body and Red Passion, \$43, 11. **La Perla** Volumizing Mascara in Black, \$71





### LÜK BEAUIFOOD THE LUMINOUS AND LOVELY EDIT (ROSE GOLD)

Glow for the gods with this lovingly curated selection of radiance-boosting [skin and lip essentials](#) by Lük Beautifood. Gift-ready in a luxe, click-closure presentation box, the perfectly matched shade range includes the multipurpose Rose Gold Luminizer Drops for an ethereal all-over face and body glow, the shimmering Nude Sugar Lip Nourish, and the high-pigment, demi-matte Lychee Sorbet Lipstick Crayon. Housed in limited edition festive packaging, the premium presentation box can be re-used to store treasured keepsakes.

## THE BEST 9 SKINCARE FACE MASKS FOR TRAVEL

Luk Beautifood Sweet Dreams Lip Mask™ RRP \$29



Made from ingredients good enough to eat, this nourishing lip mask is designed to melt away distressed skin cells and flakes revealing, to reveal supple lips by morning.

It uses volcanic ash to soften lips, apricot oil to rejuvenate, hyaluronic acid to hydrate the lips, and Kaolin clay and Kakadu plum to clarify and provide a healthy dose of antioxidant.



HOME

BETTER LIFE

## 14 products to treat yourself to after making it through winter

Treat yourself! - by Livia Gamble

f t in p 31 OCT 2022

Now that your [garden is spring ready](#) and you've finished [spring cleaning](#), it's time to give yourself a little treat.

### 13. Lük Beautifood's 100% natural Lip Nourish, \$30



Lük Beautifood's 100% natural Lip Nourish gives your lips an effortless healthy glow while conditioning and hydrating. With over 500 5-star reviews, it's safe to say others are loving this product for spring too!

[BUY NOW](#)



# Cove

CELEBRATING LUXURY & SUCCESS

Win

A PAIR OF  
DIAMOND  
EARRINGS

JAMIE LEE  
CURTIS

INTERVIEW

FASHION FIRST

DESSERTS WORTH  
CELEBRATING

CUISINE SCENE

Party  
Season



## LOOKING GOOD



Available in eight gorgeous shades that can be worn alone, with lined lips, or over lipstick, get the perfect pout with Kylie's Professional Mineral Goddess Creamy Lips. [kylies.com.au](http://kylies.com.au)



Containing a powerful serum and a duo of redensifying and smoothing day and night creams, Clarin's Super Restorative Collection set lifts, replenishes and illuminates. [clarins.com.au](http://clarins.com.au)

## BEAUTY SPOT



A hydrating, long lasting satin lip colour, Burberry Kisses Satin Limited Edition Lipstick is perfect for holiday gift giving. Available instore and online. [davidjones.com](http://davidjones.com) | [sephora.com.au](http://sephora.com.au)

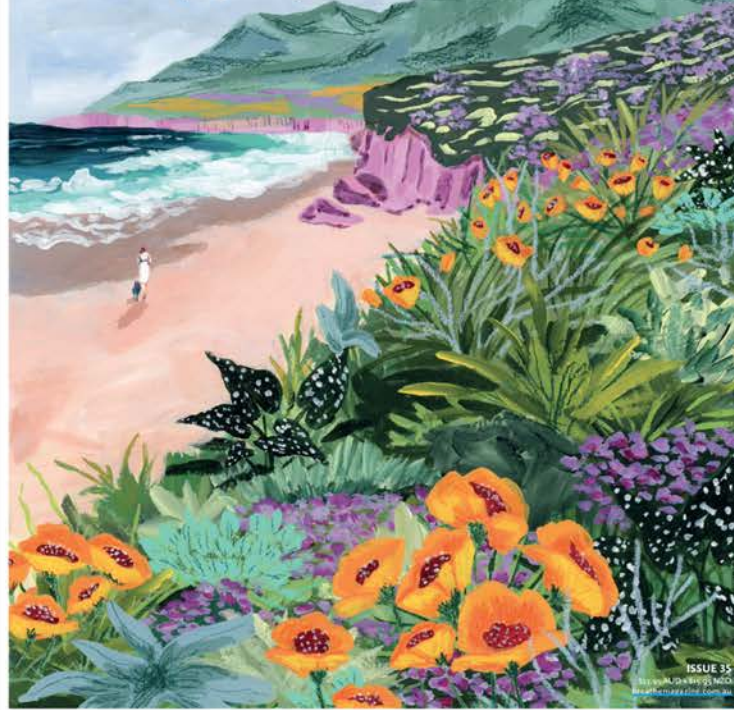


Roccoco Professional Ruby Crystal Cleanser is a luxurious massage balm rich in antioxidants, anti-inflammatory oils and essential fatty acids to calm, nourish and restore the skin's barrier and leave it feeling refreshed. [roccoco.com](http://roccoco.com)



# Breathe

and make time for yourself



RELAX Open-minded magic · Somewhere betwixt · Goals on hold · Enough is enough PLUS self-love cards  
 EXPLORE Flavour to savour · The perfect present · Screen bonds & beyond · Travelling tomes · Go with the g  
 REVIVE Spoonfuls of self-love · Taste of Tuscany · Unburdening the empath · Heart & soul · Inspired soirees

## GOODIES



**LUCY POTS BY SLUGG**  
 Pop your favourite plants in this trio of pots to add some extra style to your space. Perfect for both indoor and outdoor use, they're handmade from an exclusive poly-resin material that makes them durable, waterproof, and lightweight. Slugg has taken the guesswork out of buying a pot cluster, as the set of three features a combination of sizes and will fit in with any home or garden. No matter which plants you want to feature, these classy, carbon-neutral pots have got you sorted from Aloe to ZZ. \$499.00, available at [www.slugg.com.au](http://www.slugg.com.au)

### KNOW KNOTT CONDITIONING DETANGLER BY O&M

Keep your locks knot-free with this nourishing and detangling leave-in treatment. The ultra-hydrating styling spray is made with O&M's signature blend of organic coconut and macadamia oil to condition and protect your hair without leaving it feeling heavy or greasy. Simply spritz through mid-lengths and ends, and comb through for a weightless, glossy, and soft finish. Not only deeply nourishing, O&M's Know Knott Conditioning Detangler is 100 percent organic with no hidden nasties. \$33.95, available at [www.veganbeauty.com.au](http://www.veganbeauty.com.au)



### WANDERPODS BY WANDER

Embrace a moment of quietude in some of Australia's most picturesque locations. As the first and only Australian travel brand focused on transformational travel, Wander invites guests to reconnect with nature, hear stories of the local community, and unwind in eco-pod accommodation amid beautiful natural settings.

Committed to making a positive impact on the landscape we love, each WanderPod is off-grid and features a high standard of energy efficiency, aiming for a zero-waste system. Their eco-aware accommodation ensures the land and environment is treated with the utmost care, without sacrificing all the comforts of a trip away. Escape the everyday and immerse yourself in luxury amongst some of the most breathtaking backdrops Australia has to offer. [www.wander.com.au](http://www.wander.com.au)



### MINERAL SUNSCREEN BY SUNSLAYER

Summer's just around the corner, and for many of us that means spending a lot more time outdoors. The importance of sunscreen shouldn't be underestimated, and SUNSLAYER is a new sustainable sunscreen that's totally reef safe and plastic free. Made in Western Australia, SUNSLAYER's unique formula is SPF50+, cruelty-free, and contains no harmful chemicals – so it's gentle on your skin and the environment. The team is dedicated to saving our oceans, and has committed to donating 10 percent of profits towards charities that protect marine life. \$37.00, available at [www.sunslayer.com.au](http://www.sunslayer.com.au)



### LIPSTICK CRAYONS BY LUK BEAUTFOOD

Clean and conscious Australian cosmetic company Luk Beautifood has raised the bar with their natural, vegan-friendly lipstick crayons. Working as both a lipstick and liner in one, they are available in four flattering shades, each with nourishing ingredients that moisturise lips and filter UV rays. Formulated with organic coconut oil and vitamin E, and rich in antioxidants, the hydrating and creamy lipstick liners apply smoothly with long-lasting pigment. \$24.95, available at [www.lukbeautifood.com](http://www.lukbeautifood.com)



### BAMBINO BOHEME CRYSTAL SET BY LUX AESTIVA

Soothe your mind and body with a soak infused with these artisan bath salt blends. The pack of three vials allows you to try each of Lux Aestiva's blends – Elysian, featuring pink Himalayan salt and hibiscus flowers; Ethereal, featuring lemon myrtle and calendula; and Celestial, featuring bentonite clay and lavender. Detoxifying salts dissolve and delicate petals float to give you a truly blissful bathing experience. \$46.00, available at [www.veganbeauty.com.au](http://www.veganbeauty.com.au)





MELBOURNE **MAMAMAG** Oct/Nov 2022

**WIN**  
1 OF 4 \$250  
COTTON ON KIDS  
E-GIFT CARDS

Fashion & Beauty  
Alex Fevola  
Confidence is key  
Self care for new mums  
Slow down ageing  
Support and fun for  
the Melbourne mum

<p><b>Face the Day</b></p>	<p><b>We are Feel Good Inc. Face the Day Bundle RRP \$69.95</b></p> <p>Face the day, morning and night, with Good Morning SPF 50 and Good Night Skin Restoring Cream duo in a new luxe, neoprene travel bag.</p> <p><b>Enbacci Vitis Vinifera Rejuvenating 3-Step System Gift Pack RRP \$200</b></p> <p>Each of the products, Gel Cleanser, Essence and Essential Crème, have been formulated with the power of Vitis Vinifera (Grape) Fruit Stem Cells.</p>	<p><b>Do the 3-step</b></p>	<p><b>Kind Digital Ageing</b></p>	<p><b>Kind Collective Natural Mineral Foundation Powder RRP \$29.95</b></p> <p>While the effects of UV rays' acceleration of premature ageing and damage to the natural skin barrier are well known, often forgotten is the damage caused with increased exposure to screens, smart phones, and technology. 100% vegan, Aussie-made and affordable, this mineral powder has natural anti blue light ingredients to keep skin safe from the stresses of short-wave blue light emitted from screens.</p>	<p><b>Easy Hair Care</b></p>
<p><b>The Mineral Way</b></p>	<p><b>Beautiful mama</b></p> <p>Beautiful Aussie beauty products the MamaMag team have been lovin' lately!</p>		<p><b>Skinstitute Expert Reset Skin-firming Peptide Serum RRP \$99 and Expert Restore Niacinamide Replenishing Cream RRP \$89</b></p> <p>Aussie brand Skinstitute is taking the world by storm with their clinically proven anti-ageing range. Created in collaboration with dermatologists, these products are dedicated to future-proofing your skin and we just love the texture and smell of them.</p>	<p><b>Expert Skin</b></p>	<p><b>Evo Easy Tiger Smoothing Balm RRP \$40</b></p> <p>Easy Tiger, it's time to tame the mane! If you're like mama and your hair is getting coarser with a few greys, this light balm really adds softness and shine, reduces frizz, helps detangle and really helps your hair look its best after styling. Mama loves Evo products and this one is a stand out, especially when combined with their Icon Welder heat protectant spray before you dry.</p>
<p><b>Runway Room Mineral Sticks RRP \$59.95 each</b></p> <p>Runway Room's mineral makeup is as much skincare as it is makeup. Their cruelty-free and naturally-derived blends have been delicately formulated to give your skin that lasting smooth tone and radiating glow, without ever compromising on seamless coverage. These handy little beauty sticks include Bronze, Peach Punch Blush, Ice Cream Highlighter and Foundation.</p>	<p><b>Best Bellies</b></p>	<p><b>Mama &amp; Bird Belly Duo RRP \$67</b></p> <p>The ultimate pregnancy Belly Duo to help maintain the condition of your skin as it stretches throughout pregnancy. Belly Butter and Belly Oil. Not pregnant? No probs... It dramatically boosts skin elasticity, hydration and suppleness, promotes healthy collagen production, barrier protection and helps reduce the appearance of stretch marks. So perfect for every mama really!</p>	<p><b>Luxurious Luminizer</b></p>	<p><b>Lük Beautifoods Skin Luminizer Drops RRP \$45 each</b></p> <p>Everyone loves a little bit of shine and sparkle! These multi-use glowing highlighter serums, for face and body, are super soft, translucent, and build-able with their lovely mineral pigments. Chose from white gold, rose gold and bronzer to suit your style. You can even swap out the dropper for a pump head if you prefer for application.</p>	<p><b>Smashed Avo</b></p>
<p><b>Got Milk?</b></p>	<p><b>We are Feel Good Inc. Kakadu Plum Body Milk RRP \$29.95</b></p> <p>A luxe face and body moisturiser, made with native Australian Kakadu Plum extract &amp; Niacinamide (Vitamin B3). More lotion than milk, but it sure is luxurious just the same!</p> <p><b>Ugly Swan Scream-Free™ Maxi Detangling Hair Brush RRP \$39.95</b></p> <p>Smooth the morning routine, especially the kid's, with these awesome boar bristles that glide through your hair.</p>	<p><b>Happy Hair</b></p>	<p><b>Frank + Bare AHA Deodorant RRP \$25</b></p> <p>Most natural deodorants are designed using baking soda and/or clays to absorb odour and sweat, whereas Frank + Bare zero in on the sweat munching bacteria that causes the odour in the first place leaving your underarms chemical free and stink free! There are some great fragrances or pick no smell at all and let your perfume do the talking instead.</p>	<p><b>Let's be Frank</b></p>	<p><b>Tropicology Avocado Face Wash RRP \$39.95 and Body Oil RRP \$79.95</b></p> <p>The super food qualities of avocado make it a superior skin food which his why we love Tropicology products. Derived from the pulp of the fruit, avocado oil contains carotene, protein, lecithin and fatty acids. It's also high in vitamins A, D and E, which help to moisturise the skin and protect it from damaging UV rays. Sounds good to us!</p>





## SPRING SCENTS

Capture the season's warmer and brighter mood with floral, citrus and fresh scents.

Recommendations by Nick Smart of Libertine Perfumery

1 Aromage Opus XII Rose Intense 100ml RRP \$499 (Frankincense, Damascene Rose, Vanilla) 2 La Pella Invisible Touch 120ml RRP \$499 (Pink Pepper, Rose Petals, Ylang-Ylang) 3 Maison Tahiti Floranilla 100ml RRP \$239 (Tangerine, Iris, Vanilla, Vetiver) 4 Miller Harris L'Esprit Magnétique 100ml RRP \$259 (Blues Rose, Bergamot, Vanilla) 5 Laboratoire Olfactif Baïleux 100ml RRP \$299 (Tangerine, Peppercorn, Jasmine) 6 Santa Maria Novella Rosa Gardenia 123 Flou Cream 250ml RRP \$110 (Orange Blossom, Gardenia, Vanilla) 7 Clive Christian Bloode Amber 50ml RRP \$699 (Bitter Orange, Bloode Tobacco, Tonka Bean) 8 Trudon Vesta 270g RRP \$299 (Freesia, Jasmine, Rose, Tangerine) Available at libertineperfumery.com.au

### HIGHLIGHT & GLOW!

These multi-use, glow-giving highlighter serums for the face and body have translucent, buildable mineral pigments perfect for Spring. Three shades to choose from (White Gold, Rose Gold and Bronze) your skin will feel healthy and glow in no time. LuK Beautifood Luminizer Drops RRP \$45 each.

Visit: [www.lukbeautifood.com](http://www.lukbeautifood.com)



### FRANK+BARE

The first Australian Natural Deodorant on the market, with five awesome AHAs, which exfoliate the skin, giving you smoother, brighter and clearer skin and keeping you smelling fresh all day. 100 per cent plant-based, natural and sustainable ingredients. Frank + Bare All Natural AHA Deodorant, Ylang Ylang + Grapefruit, RRP \$25. Visit: [www.frankandbare.com.au](http://www.frankandbare.com.au)



### ANTI-WRINKLE MUST TRY!

The revolutionary CurrentBody x Dr Harris Eye Mask has been clinically proven to reduce wrinkles and promote emotional relaxation by 67 per cent. The mask targets dynamic wrinkles, formed by expressions, using carefully placed silicone dots to stimulate tiny nerve endings in your face. This involves your autonomic nervous system, which helps to relax the body. CurrentBody Anti-Wrinkle Mask by Dr Harris RRP \$165. Visit: [www.currentbody.com.au](http://www.currentbody.com.au)



### WAKE UP AND GLOW!

This twice-daily moisturiser kicks some serious skin goals. Your skin will feel immediate hydration with a softer, more supple skin tone. With three clinically proven active ingredients, this moisturiser is a MUST HAVE this Spring. Purely Byron Native Sunrise Blend Moisturiser RRP \$100. Visit: [www.purelybyron.com](http://www.purelybyron.com)



### NU SKIN EXCLUSIVE

As we head into the warmer months and enjoy all they have to offer, from vacations to staycations and time spent with family and friends, it's fitting to have glowing, supple skin that's ready for the sunny and social season. Global beauty and personal care brand Nu Skin offers the ultimate beauty travel companions and holiday gifting must-haves this season, with their exclusive Nutricentials Trial Set RRP \$61, and Celltreat Always Right Recovery Mask RRP \$53. Visit: [www.nuskin.com](http://www.nuskin.com)



### PURE AVOCADO OIL

A deep moisturising and balancing oil for all skin profiles that provides a dose of nourishment. Kick-starts your natural collagen production for an all over body glow. Tropicology Pure Avocado Body Oil RRP \$79.95. Visit: [www.tropicology.com.au](http://www.tropicology.com.au)

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LIVE YOUR BEST LIFE

# Prevention

AUSTRALIA

Presenting  
The best of  
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2022

**7 DAY PLAN  
KICK-START  
HEALTHY  
EATING**

Bye-bye BMI  
Better ways  
to judge  
your health

**Poh**  
FINDING  
THE SILVER  
LININGS  
IN LIFE

Easy!  
**10-MINUTE  
RESISTANCE BAND  
WORKOUT**  
YOUR 4-WEEK  
GUIDE

How to give  
your brain  
a break

Unlock your  
potential

- Try these wellness breaks
- Ways to flex your mind
- Meet women who've dreamed big

**why  
kindness  
is so powerful**

plus HOW IT HELPS YOU LIVE LONGER

ISSUE 084 | 2022  
AUS\$9.95  
ISSN 1445-3250

LIFESTYLE

Not sponsored, just good: Beauty products we tried and loved in August

Cassandra Green | [bodyandsoul.com.au](http://bodyandsoul.com.au)

Psst... we have a few beauty secrets to share. You might want to clear some space on your shelf for these not sponsored, just good products.

[Lük Beautifood Lipstick Crayon in Caramel Kiss, \\$24.95, at nourishedlife.com.au](http://Lük Beautifood Lipstick Crayon in Caramel Kiss, $24.95, at nourishedlife.com.au)

Jaymie Hooper, senior features writer



Image: Jaymie Hooper Source: BodyAndSoul

This lip crayon from Lük Beautifood has been a welcome addition to my handbag this month. I love that it's made of compostable materials and from sustainably grown wood. It's highly pigmented, goes on smooth and gives me a subtle touch of colour. Enriched with coconut oil and plant waxes, it keeps my lips hydrated and smooth. I often finish with a clear lip balm for added shine, and I love that it can double as an eyeshadow or blush in a pinch.

Beauty

**BENEFIT MOISTURIZING LIP BALM** Moisturising mango butter and hyaluronic acid keep lips soft and hydrated. \$37, [adorebeauty.com.au](http://adorebeauty.com.au)

**SHEA MOISTURE MORINGA & AVOCADO POWER GREENS HAIR TEA RINSE** This superfood shampoo nourishes your hair, while also strengthening and adding shine. \$27.99, [sheamoisture.com.au](http://sheamoisture.com.au)

**ENBACCI AGE REVITALISING EYE DEFENCE** Contains apple stem cells and moisturisers to hydrate the delicate under-eye area. \$88, [enbacci.com](http://enbacci.com)

**RAWW POMEGRANATE COMPLEXION POWDER** Blur imperfections with this mineral make-up infused with anti-inflammatory pomegranate seed oil. \$36.99, [rawwcosmetics.com](http://rawwcosmetics.com)

**LIP LOVE** 20g 71ml

**LÜK BEAUTFOOD PEPPERBERRY LIP JAM** The all-natural beetroot tint gives lips a juicy brightness. \$29, [lukbeautifood.com](http://lukbeautifood.com)

**DREAM CLEAN** keeko.

**KEEKO DREAM CLEAN ANTIOXIDANT TOOTHPASTE** Polish your teeth with this antioxidant toothpaste containing native Kakadu plum extract. \$19.95, [keekooralcare.com](http://keekooralcare.com)

**NATURALLY SERIOUS LEMON-AID MAKEUP-REMOVING CLEANSING GEL** A zesty clarifying cleanser packed with vitamin C. \$28, [sephora.com.au](http://sephora.com.au)

**OLE HENRIKSEN BANANA BRIGHT + EYE CRÈME** Banana powder pigments, vitamin C and citrus brighten, lighten and protect your eyes. \$60, [sephora.com.au](http://sephora.com.au)

**NATURALLY SERIOUS LEMON-AID MAKEUP-REMOVING CLEANSING GEL** NETTOYANT DÉMAQUILLANT

**CAUDALIE VINO THERAPIST VEGAN BODY BUTTER** This rich cream, containing grape seed oil, leaves skin feeling luxuriously soft and smooth. \$51, [sephora.com.au](http://sephora.com.au)

**CLÉMENCE ORGANICS BRIGHTENING EYE + SKIN SERUM** Brighten your skin naturally with the power of bilberry and fruit alpha hydroxy acids. \$149.98, [clemenceorganics.com](http://clemenceorganics.com)

**OLEHENRIKSEN** BANA Banana Bright™ Eye Crème

**CAUDALIE** Multivitamin Power Complex

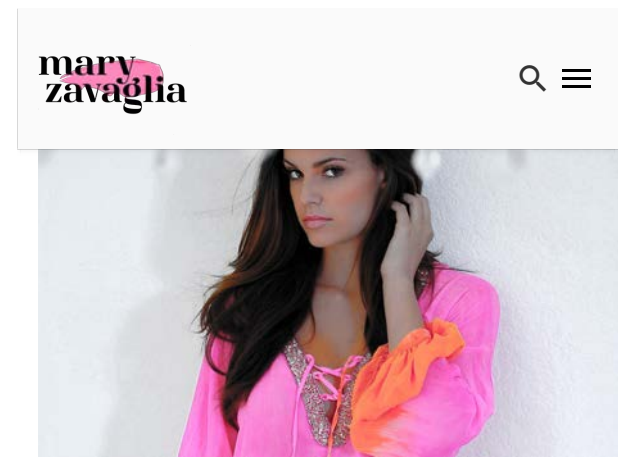
**Juiced up and ready to roll**

Soak in the nourishing power of bright fruit and veg extracts with these picks.

BY CECILY-ANNA BENNETT

44 PREVENTIONAUS.COM.AU





MAKEUP SKIN

## Everything Pink!

Dave Maunder 3 days ago

The latest 2022 trend that has caught my eye is the resurgence of the color pink.

Since its release on the Spring/Summer catwalks, pink has since been spotted on a list of celebrities on and off the Red Carpet.



**Giorgio Armani**  
**Beauty**  
 Blend and Layer Fluid –  
 Pink  
[BUY](#)



**Lük Beautifood**  
 Lipstick Crayon –  
 Lychee Sorbet  
[BUY](#)

By Genevieve Reynolds







SHORTCUTS | *Style seeker*

Blondi Beach 'She  
 Sells Sea Shells' **SALT  
 SPRAY**, \$28;  
[blondibeachhair.com](http://blondibeachhair.com)



Rocc Naturals  
**TOOTHPASTE** 'Mint  
 + Coconut Oil',  
 \$10; 'River Mint  
 + Green Tea', \$10;  
 'Whitening Minerals  
 with Fluoride', \$11;  
[roccnaturals.com.au](http://roccnaturals.com.au)



LÜK Beautifood 'Vitamin  
 C' **LIP NECTAR**, \$35;  
[lukbeautifood.com](http://lukbeautifood.com)

## LOOK GOOD, DO GOOD

On your **NEXT TRIP** away, curate an  
**ECO-FRIENDLY** amenity bag full of **PRODUCTS**  
 that are **BETTER** for both you and the **PLANET**.



Aesop Herbal  
**DEODORANT**  
 Roll-On, \$35;  
[aesop.com/au](http://aesop.com/au)



Ewe Care **NIGHT CREAM**  
 & Raku Ceramic Vessel, \$165;  
[ewecare.com.au](http://ewecare.com.au)



Black Chicken 'Slumber'  
 Bamboo Sleep **EYE MASK**,  
 \$33.95; [blackchicken.com.au](http://blackchicken.com.au)



alive 'Sea Cotton  
 & Coconut'  
**HAND & BODY  
 LOTION**, \$42;  
[alivebody.com.au](http://alivebody.com.au)

Zero Co Reusable  
**SHAMPOO &  
 CONDITIONER**  
 'Forever Bottles',  
 \$49.99; [zeroco.com.au](http://zeroco.com.au)



PHOTOGRAPHY: LEMON LIME (SASSIE); BLONDI BEACH: SALT SPRAY; DATE OF BIRTH (ROCC NATURALS); ZERO CO (FOREVER)  
 SHAMPOO AND CONDITIONER BOTTLES AND RECYCLABLE POUCHES); COURTESY OF AESOP (ROLL-ON HERBAL DEODORANT)