



Harper`s Bazaar
April, 2019

Page: 136
Section: General News
Region: National, AU
Circulation: 52661
Type: Magazines Lifestyle
Size: 2,478.00 sq.cms.



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BEAUTY

*The long, hot days of summer are over and winter's
chill is yet to come. Consider autumn the season
for a skin reset. By STEPHANIE DARLING*



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GLOW

Australia may come alive during summer, but the cooler months have their merits, too — you could do worse than sipping pinot noir while rugged up in cashmere. It's also the ideal time to redress your beauty balance after those hot beach days that may have left your complexion a little worse for wear. These products and treatments will restore summer-struck skin to its best.



BILLIE SCHEEPERS

Start fresh

“Women and men come to see me after summer as their skin is congested from all the sunblock and they have new sun damage, which means more pigmentation and some scarring,” says Kaye Scott, co-founder of Sydney’s The Clinic. Her first order of business is a pro-grade exfoliation using a mild alpha hydroxy acid peel to boost clarity. She then follows up with old-fashioned extractions to purge pores and clear the complexion. To cleanse, exfoliate and refine in one sitting, try a professional Hydrafacial, which employs a multi-use handpiece to push actives into skin while pulling debris out. The four-step process leaves skin refreshed and revived in less than an hour.

Skin still sun-stressed? Avoid potentially irritating actives with dermablading. It’s a popular treatment, known as Epidermal Levelling, at Melbourne’s Liberty Belle Skin Centre. An angled blade sloughs away dead skin cells and fine facial fluff, leaving skin with a luminous glow. The absence of peach fuzz also allows products to absorb better, boosting their efficacy. ▶

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Go pro

"The cooler months are optimal for treating pigmentation, as people are much less tempted to spend damaging time in the sun," says Dr Joseph Hkeik of All Saints Skin Clinic in Sydney. He has a range of different lasers he powers up to address redness and UV-induced pigmentation.

Those with mild complexion concerns book in for the Clear + Brilliant laser treatment. Paired with a topical antioxidant, this can "create a more even skin tone", he says. The fractional laser uses a controlled injury method: the heat creates tiny columns in the skin, which, as they heal, flood the dermis with fresh collagen and elastin. The Permea handpiece (added in Hkeik's second laser treatment, Clear + Brilliant Permea) specifically tackles the over-production of melanin at a superficial level, and is safe for all skin types.

Finally, the Fraxel Dual laser: Dr Hkeik's "big gun". But as the saying goes: no pain, no gain. You can expect a couple of days' downtime before a red, swollen complexion gives way to a glowing, unified tone. And to quickly tidy up broken capillaries, Dr Hkeik opts for a non-ablative laser. "The Laser Genesis is great for bulk-heating the skin and addressing general redness," he says.

For targeting rogue brown spots, Dr Hkeik also recommends phototherapy. Limelight IPL employs quick, powerful flashes of light to break pigment into tiny particles that either flake off or are eliminated through the body's lymphatic system. A course of three or four sessions spaced about a month apart can render sunspots null and void.

If a lack of luminosity is a concern, the new-generation dermal filler could be the answer. Dr Jonathan Hopkirk, medical director at Laser Clinics Australia, recommends Micro Filler. "With age, our skin loses elasticity, volume and hydration," he says. "The beauty of this treatment is it aids in all three of these and also adds protection to the skin with the addition of antioxidants." A multi-needled handpiece administers a cocktail of hyaluronic acid, amino acids, antioxidants and vitamin B6. And it's not limited to the face: Micro Filler is also an option for other areas, such as the neck, chest and hands.

Juvéderm has launched Volite, a crosslinked hyaluronic acid treatment that delivers moisture directly into the skin via a series of shallow injections. It's designed to improve skin quality for up to nine months — about a third longer than other boosters on the market.

Now is also the perfect time to tackle a pigmented décolletage. Cosmedix Deep Sea Peel uses a combination of sea sponge and coral powder to exfoliate the skin, triggering an inflammatory response and stimulating cell turnover. Be prepared for a week's recovery; skin can feel as if it's been sunburnt (the irony!), then becomes very tight before shedding like a snake. Pamper the area with a dedicated mask: the latest from Wrinkles Schminkles, the *InfuseFast Décolletage Sheet Mask* (\$25) [10], bathes the oft-neglected area in 22 actives, including hyaluronic acid, to plump fine lines, and vitamin C to fade sun spots. Radiance awaits.

BEAUTY



MADE TO ORDER

Bespoke dermal skincare and compounding is the latest in personalisation.

UNIVERSKIN:

A medical practitioner compounds this premium skincare line at the time of purchase for ultra-potency. With the possibility of more than 1159 formulations in 57 possible concentrations, there is sure to be a regimen for every skin concern.

PREVAGE:

Elizabeth Arden Prevage Progressive Renewal Treatment, \$205. Four fresh (and progressively more active) weekly formulations — think of this as a month-long complexion boot camp.



Settle into the new routine

"To back up clinic treatments, an at-home routine needs to be simple so you commit," Dr Hkeik says. He suggests starting each morning with a cleanse, followed by a "hydrating and antioxidant-rich serum including vitamin B3 [niacinamide] to help scavenge free radicals", and recommends *Rationale Immunologist Serum* (\$170) [2]. Layering with an antioxidant-rich vitamin C serum, such as *Tatcha Violet C Brightening Serum* (\$88) [5] or *Retreatment Botanics Kakadu Brightening Serum* (\$89) [3] will reduce the appearance of dark spots and scarring.

A lightweight moisturiser is also ideal. Try *Olay Regenerist Whip* (\$49) [7], or *Enbacci Vitis Vinifera Rejuvenating Essential Crème* (\$103) [4]. Despite cooler climes, now is not the time to ease up on prevention; UV and blue light do not change with the seasons, so an SPF50+ application is still de rigueur — especially if skin is post-treatment.

A thorough cleanse is essential each evening, too. Try *Liberty Belle Rx Braveheart Deep Clean Botanical Foaming Gel Cleanser* (\$60) [9], followed by an anti-ageing retinol, which will promote healthy cell renewal. "If you are a [retinol] novice, start once or twice a week and build up slowly to nightly," Dr Hkeik says. *Clinique's Fresh Pressed Overnight Booster* (\$60) [8] allows for custom dosage and can be mixed with moisturiser to minimise any irritation. For pigmentation concerns, get your hands on a product with melanin inhibitors, such as *Dr Barbara Sturm Brightening Face Lotion* (\$270) [6], which contains the phytonutrient-rich cress sprout extract. Another dose of niacinamide can also inhibit pigmentation from the source. Try *Payot Uni Skin Perles Des Reves* (\$140) [1]. ■



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