

sundaylife

beautybeat

Stephanie Darling has a pummelling facial and finds some skin-clearing charcoal masks.



ROAD TEST

This week I try...
a sculpting facial

The lowdownI'm at Venustus with miracle worker Haruko to get some tone back in my face. She starts by using exfoliants and a series of peels, including a pineapple enzyme peel. Once she's warmed up my skin and facial muscles, she gets to work contouring, which is centred around stimulating the lymphatic system. Her fingers work expertly and quickly, pulsing, kneading and pinching my facial muscles. Haruko also works on lifting my facial muscles using very firm hand and finger movements. Along with this she combines shiatsu and reiki, customising the facial to my needs.

DowntimeNinety minutes.

Pain factorMy pummelled face is quite tender for 24 hours. I hold a lot of tension in my jaw, so Haruko goes carefully in that region but still creates some release.

ResultsMy face has lost puffiness, thanks to the intensive lymphatic drainage techniques, and my jaw and cheekbones are more defined.

Where to get itSydney: Venustus, venustus.com.au. Cost: \$365.

Melbourne: Herbario, herbario.com.au. Cost: \$320.

At home Try Venustus Eternal Facial Serum, \$69, venustus.com.au.

Follow Stephanie Darling on Instagram @mrssdarling. Send questions to stephanie@darlingbeauty.com.au.



Trend: Charcoal MasksCharcoal is a miracle ingredient because it adheres to dirt and oil in the skin's pores and draws them out like a magnet – gold for acne-prone skin. Use these masks once a week for 15 minutes, as overuse can dry out skin.



\$18



\$17



\$5

Luxe to less

Spascriptions Charcoal Gel Face Mask, \$18.
OMG! 4 in 1 Kit Zone System Mask, \$17.
Simple Charcoal Purifying Sheet Mask, \$5.

ASK STEPHANIE

How can I wear lip liner without lipstick?

If you want an intense lip colour with just a lip liner, make sure that your lips are well hydrated first. I love a chubby stick for this effect – try Clinique Chubby Stick (mecca.com.au, \$37). If you want to use a finer lip liner, try Charlotte Tilbury Lip Cheat (charlottetilbury.com, \$35).



ADD TO CART

I love a hard-working night-time lip product, and Aceology Overnight Lip Mask (aceology.co, \$29) fits the bill. This two-in-one – it's a mixture of coconut oil, macadamia oil, olive oil and squalene – hydrates and smooths while helping to treat flaky lips. Use once a week and be sure to pack it for long-haul flights to combat dehydration.