

# The **25** Best Beauty Buys for busy mums

Here's our pick of the wow-factor products and time-saving treatments that are worthy of the devotion they inspire in beauty mavens – and wise mums – around the world.

By Eva-Maria Bobbert



PHOTOGRAPHY: LAWRENCE FURZEY

## Hair & body

COMPLETE YOUR HEAD-TO-TOE GROOMING WITH THESE WONDER PRODUCTS.

### La Biothetique Paris Tricoproprotein Masque

If 60 seconds is all you can spare in the shower, use it wisely and lavish some TLC on tired tresses. This luscious treatment will make unruly, brittle hair soft, shiny and manageable. It's best on thick, thirsty locks so use it sparingly if your hair is thin or lacks volume. *La Biothetique Paris Tricoproprotein Masque*, \$37.50 (1300 554 069).

### Trilogy Everything Balm

The ultimate multi-purpose cream made from certified ingredients, there's nothing little this beauty balm cannot fix: a glossy treatment for chapped lips, a soothing solution for dry hands and rough cuticles, a fabulous anti-static hair smoother (just rub a teeny bit between palms and smooth your hands over your hair for instant fuzz-free shine)... don't go anywhere without it. *Trilogy Everything Balm*, \$18 (02 9533 1336).

### Natural Alternative Certified Organic Paw Paw Ointment

The skin-healing wonders of vitamin C make paw paw ointments a must for yummy mummies. *Natural Alternative Certified Organic Paw Paw Ointment*, \$13.95 (02 9772 7100) stands out from the paw paw crowd thanks to its pure ingredients (no parabens, mineral oils or artificial fragrances in this fruity balm). Great for hands, lips and baby bottoms.

### Divina Australia Whipped Liquid Gold

Need a body moisturiser that absorbs in seconds? This fluffy mousse sinks in fast and, unlike the one you use in your hair, leaves no sticky residue. Rosehip oil, shea butter and argan oil are the key ingredients in the lightweight formulation, which has an uplifting summery scent. *Divina Australia Whipped Liquid Gold*, \$34.95 (03 9352 5999).

### St Tropez Self Tan Bronzing Mousse

A sunkissed glow in 60 seconds? That's all it takes to go from winter white to glowing bronze in your own bathroom. This much-loved mousse sinks in so fast you can dress straight away and know that when you strip off in the morning you'll be sporting a golden streak-free tan. *St Tropez Self Tan Bronzing Mousse*, \$43.95 (1800 358 999).

### Keratin Complex

Once bub has arrived many mums watch their formerly lustrous locks become limp and lacklustre. If your tresses need serious attention, try the holy grail of hair

treatments: *Keratin Complex* (from \$300). You'll walk out with the shiniest, smoothest hair you've ever had. Keep the shine alive for months with the mini at-home treatment, *Keratin Complex Infusion Keratin Replenisher*, \$39.95 (1800 251 215).

## Make-up

THESE FEEL-GOOD COSMETICS GET YOU READY TO FACE THE WORLD.

### Benefit Moon Beam

Ever noticed how celebrities' eyes look so fresh and bright? How their cheekbones appear impossibly sculpted? A dab of *Benefit Moon Beam*, \$42 (02 8353 5000), with its subtle honey light and golden pink shimmer, creates that elusive glow in seconds. Dab high on the cheekbone and under the brow bone and you'll look catalogue fresh in a flash.

### Bobbi Brown 3 Pan Custom Palette

Lift the lid on this *Bobbi Brown 3 Pan Custom Palette*, \$157 (1800 061 326), and it instantly clicks: beige is not synonymous with boring. From pale champagne to copper and rich chocolate, you can opt for a simple wash of light colour if you're

strapped for time or, for special occasions, contour to your heart's content.

### Giorgio Armani Luminous Silk Foundation

A foundation that's sheer yet hides imperfections and that stays put yet doesn't leave complexions matte and lifeless? It does exist! Women who want natural-looking radiance with one simple product, look no further than *Giorgio Armani Luminous Silk Foundation*, \$90 (02 9931 8888).

### Kit Cosmetics Makeup Kit

*Kit Cosmetics Makeup Kit Duo Lip & Cheek Cream in Turn It On*, \$34.95 (1800 705 800) leaves lips and cheeks with the kind of colour you wish you were born with. →

OPPOSITE PAGE  
(CLOCKWISE FROM LEFT):  
St Tropez Self Tan Bronzing Mousse, Divina Australia Whipped Liquid Gold, La Biothetique Paris Tricoproprotein Masque, Natural Alternative Paw Paw Ointment, Trilogy Everything Balm, Keratin Complex.

BOBBI BROWN

Slip this foolproof duo in your purse and you'll be prepared for a make-up emergency – a light dab instantly lifts and refreshes the complexion.

**Lancôme Ombre Absolue in Moonlight**

It's the single most celebrated make-up trick on the red carpet: a hint of golden eyeshadow in the inner corner of the eye (where it meets the nose). Why so fabulous? It's the two-second lift that brings eyes forward and makes them 'pop'. *Lancôme Ombre Absolue in Moonlight*, \$45 (02 9931 8888), brings this magic trick to life.

**Yves Saint Laurent Touche Éclat**

A true cult beauty buy, there's no concealer that hides dark circles and adds instant luminosity quite like *Yves Saint Laurent Touche Éclat*, \$78 (02 9931 8888).

A regular on must-have beauty lists,

**The single most celebrated make-up trick: a hint of golden eyeshadow in the inner corner of the eye.**

this stylish pen-like device rewrites tired realities to create the peaches 'n' cream illusion of a just-risen sleeping beauty.

**IZ Invisible Staying Powder**

Happy snaps are part and parcel of becoming a proud mum, so when the cameras come out, keep *IZ Invisible Staying Powder*, \$38 (1300 738 850) close at hand to even out skin tone, reduce shine and refine visible pores. It's translucent, which makes it failsafe – unlike regular face powder it won't turn skin a ghostly white when the camera flash goes off.



**Skincare**

**HEALTHY AND HYDRATED SKIN IS WITHIN YOUR REACH.**

**Clarins Beauty Flash Balm**

Famed for banishing fatigue and leaving skin with a soft radiant glow, *Clarins Beauty Flash Balm*, \$60 (02 9663 4277), is a moisturiser, primer and mini treatment in one (use it like a mask to refresh a thirsty complexion).

**ModelCo Erase Those Fine Lines**

This quick-fix wrinkle filler is more than a quirky gimmick. Each of the 14 precision tubes is designed to instantly reduce pesky brow furrows, forehead creases and lip lines (until you wash it off!). *ModelCo Erase Those Fine Lines*, \$65 (02 8354 6700).

**Sisley Paris Radiant Glow Express Mask Intensive Formula**

Your skin is a mirror to what's going on inside your system so if your complexion isn't reflecting perfection, opt for a pick-me-up detox. Five minutes is all you need to purify pores, tighten skin and give you some (facial) clarity. *Sisley Paris Radiant Glow Express Mask Intensive Formula*, \$125 (1300 780 800).

**Pevonia Marine Collagen Cream**

Busy mums deserve a touch of luxury and *Pevonia Marine Collagen Cream*, \$117.95 (1800 069 116) is the Rolls-Royce of skincare. It's lush, creamy and packed with age-defying ingredients, such as hyaluronic acid, which rehydrates tired, lacklustre skin.

**Estée Lauder Advanced Night Repair**

First launched in 1982, *Estée Lauder Advanced Night Repair*, \$105 (1800 061 326) was well ahead of its time. Formulated to work with the skin's own repair mechanism while you sleep, a few drops of this serum neutralises free radicals, which cause fine lines and wrinkles. Decades later, it's still a best seller.

**Olay Definity Eye Illuminating Treatment**

Don't be fooled by the low price tag – this efficient double-duty beauty treatment not →



CLOCKWISE FROM LEFT: Benefit Moon Beam, Yves Saint Laurent Touche Éclat, Bobbi Brown 3 Pan Custom Palette, Giorgio Armani Luminous Silk Foundation, Kit Cosmetics Makeup Kit, Lancôme Ombre Absolue in Moonlight.

PHOTOGRAPHY: LAWRENCE FURZEY

only helps smooth lines around the delicate eye area, it's also tinted and acts as an illuminating concealer to make eyes look and feel smoother and brighter. *Olay Definity Eye Illuminating Treatment*, \$39.95 (1 800 028 280).

**SK-II Whitening Source Derm-Brightener**

Pigmentation is an unfortunate side effect of pregnancy for many women. If you're sporting the telltale brown spots you'll need a skincare cream that speeds up the skin's natural cell renewal process to even out skin tone. Try *SK-II Whitening Source Derm-Brightener*, \$195 (1 800 012 169).

**MV Organic Skincare Rose Soothing & Protective Moisturiser**

There's a good reason why celeb mums like Maggie Gyllenhaal can't get enough of this Aussie brand. Their signature *Rose Soothing & Protecting Moisturiser*, \$99.50 (02 9909 8315), calms even the most sensitive skin with its soothing blend of organic oils. ❧

## Treatments

FOR WHEN YOU NEED A LITTLE EXTRA PICK-ME-UP...

**Laser hair removal...** The team at *Nads Laser Hair Removal Clinics* (1300 850 106) use medical grade lasers (not IPL, which is actually designed to treat skin discolouration) that specifically target and destroy hair follicles. From \$70 (depending on the area) you'll typically need 6-8 treatments before you're completely fuzz-free.

**Botox...** Pregnancy is like natural Botox – most women experience fluid retention, which causes the skin to puff slightly and make lines less visible. But once you've had bub, that glow tends to disappear. A shot of Botox will set you back from \$660. (Professionals recommend you wait until you're no longer breastfeeding.)

**Teeth whitening...** Although not recommended during pregnancy or breastfeeding, teeth whitening is worth the post-baby wait. Having it done professionally is expensive (from \$1,500) but will save you oodles of precious time (it takes just over an hour instead of twice-daily applications for weeks). The results are dazzling – teeth can be whitened up to 10 shades for an instant Hollywood-esque megawatt smile. For more information, visit [ada.org.au](http://ada.org.au).

**Pigmentation treatment...** Around half of mums experience the 'mask of pregnancy', a brown discolouration that appears on the nose, cheeks and forehead. Many women find that it fades after the birth but for those of us not so lucky, laser technology is the next best option if you've got \$400-\$500 to spare.



CLOCKWISE FROM LEFT: Clarins Beauty Flash Balm, ModelCo Erase Those Fine Lines, Sisley Radiant Glow Express Mask, Olay Definity Eye Illuminating Treatment, SK-II Whitening Source Derm-Brightener, Pevonia Botanica Ligne Power Repair, Estée Lauder Advanced Night Repair, MV Rose Soothing & Protective Moisturiser.