



Body workshop

Whether you've only got five minutes for a few minor repairs or time for a complete overhaul, we show you how to rev up your beauty routine.

Like any vehicle that gets you from A to B, your body can't run on good intentions alone: beautiful skin and hair requires regular maintenance work. So, whether you've only got five minutes to refuel tired skin and hair, or up to 20 minutes for a full service, our top-to-toe guide will help you avoid a beauty breakdown.

You've slept in and there's nothing you can do except beg the beauty gods for a miracle, right? Wrong. It only takes a few minutes to pep up tired skin and hair.

Body

"Dry body brushing not only removes dead skin, it also stimulates sluggish circulation and helps with lymphatic drainage,"

says Danielle Edwards, training manager at the Leonard Drake Skin Care Centre in Sydney. Before you shower, use a hard bristle brush with natural fibres, such as the **Manicare Wooden Bath Brush**, \$11.85, to brush in circular motions from your feet to your heart to stimulate blood flow. Avoid brushes with artificial fibres as they can harbour bacteria.



JUMP-
START **5**
mins

Face

Exfoliating for a couple of minutes every week works to boost circulation and smooth away bumps. "Leaving dead cells on the skin is like covering your mouth with cling wrap," says Daniel Dickson, managing director of international skin-care company Danné Montague-King. "The pores become blocked, which can lead to acne or skin blemishes."

Apply a little exfoliant, such as **L'Oréal Paris ReFinish Gentle Micro-Dermabrasion Exfoliator 59ml** from the L'Oréal Paris ReFinish Micro-Dermabrasion Kit, \$39.95, to damp skin and massage lightly over

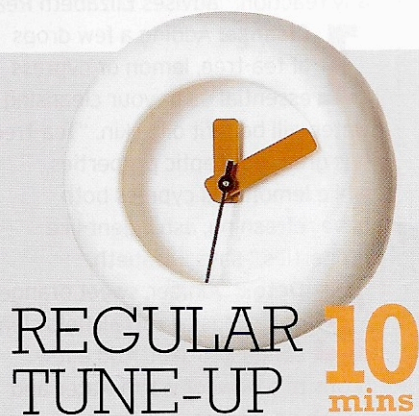
the cheeks, chin and forehead for one to two minutes. Rinse with cool water, then apply the moisturiser.

Hair

If your locks are limp and lacking shine, it could be due to the build up of conditioning and styling products on your hair. "Use a clarifying shampoo every second wash to help remove the build up of chemicals and styling product," says Oscar Cullinan, managing director of Oscar Oscar Salons in Queensland and Synergy Hair in Sydney. Your hair will look healthy after a wash with **Pantene Clarifying Shampoo: Purity 400ml**, \$8.95.



1. L'Oréal Paris ReFinish Gentle Micro-Dermabrasion Exfoliator 59ml from the L'Oréal Paris ReFinish Micro-Dermabrasion Kit, \$39.95. 2. Pantene Clarifying Shampoo: Purity 400ml, \$8.95. 3. Manicare Wooden Bath Brush, \$11.85.



A fast fix will work at a pinch, but you need regular maintenance to keep things running smoothly. Adopt these simple strategies to avoid a beauty blow-out.

Body

For a more intense exfoliation, use a salt or sugar scrub in the shower. If you get bumps on the backs of your arms or inside the thighs, try an enzyme-rich exfoliant, such as **Dermalogica Exfoliating Body Scrub 170g**, \$47. "Keratosis pilaris is a condition where the skin's keratin plugs up the hair follicle and an enzyme-based exfoliant will help 'unplug' the follicle by gobbling up the dead skin cells," explains Danielle Edwards.

Face

If you want clear, healthy skin, a daily cleansing routine is essential – but how do you know if your cleanser is doing its job? If your skin feels tight or dry after

cleansing, the product may be stripping your skin of its natural oils, which can lead to irritation. "Choose a cleanser that doesn't contain mineral oil, lanolin or artificial colours and fragrances as these ingredients can also sensitise the skin," advises Danielle.

To effectively remove daily grease and grime, massage a cleanser, such as **Danné Milk Cleanser 60ml**, \$25, in light circular movements over your face for two minutes. To remove, add a few drops of essential oil to a bowl of warm water (lemon is great for oily skins, while rose will suit sensitive or dry skin types) and dip a face towel or muslin cloth into the water. Use the cloth to cover your face for a minute or two before wiping off any remaining cleanser – this helps to relax facial muscles and your pores will more readily absorb moisturiser.

Hair

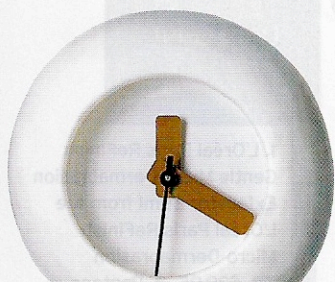
Working a deep treatment through your locks once a week can do as much for your general wellbeing as it can for your hair. "Most people hold lots of tension in their scalp so a head massage can really help people who suffer from headaches," says Danielle. Rub the treatment from the mid-length to the ends of the hair, then massage the scalp in slow circular movements for a few minutes.

If you wake up feeling foggy, add a few drops of peppermint essential oil to your conditioning treatment to instantly clear the head. "Peppermint has antibacterial and analgesic properties, so you'll especially feel its benefits if you have a cold or tense muscles," explains Elizabeth Rea, aromatherapist at The Australasian College of Natural Therapies in Sydney.

Make your own hair treatment by combining jojoba oil with three drops of peppermint essential oil (any more and the oil's cooling effect on the scalp can become overpowering).

1. Danné Milk Cleanser 60ml, \$25. 2. Dermalogica Exfoliating Body Scrub 170g, \$47.





MAJOR BODYWORK

20 mins

Every now and then there's nothing for it but to undertake repairs. So take the phone off the hook and treat yourself to a pampering session that will make the world of difference to the way you look and feel.

Body

The average person walks eight kilometres a day, and hiding the signs of wear and tear isn't easy. Start by mixing a generous amount of **Venustus Aromatic Foot & Leg Salts 500g**, \$36.30, with **Venustus Aromatic Foot Serum 50ml**, \$25.30, and use it to scrub your feet in the shower. Dry off and follow with a generous application of nourishing foot cream.

If you're in the mood for a splash of colour, wipe toenails clean with nail-polish remover (your polish won't last if there's any oily residue on the nail) and separate your toes by wrapping tissues around them. Apply a base coat, followed by two coats of colour. Finally, slick on a clear top coat for added shine and protection.

Hands will also benefit from a thorough detailing. Massage a cuticle cream, such as **Sally Hansen Diamond Cuticle + Nail Creme 9.9g**, \$16.95, into the cuticles before pushing them back with a cuticle stick. File nails into a short, square shape (they won't break as easily), then use a pretty polish to hide any discolouration. "Be sure to protect your hands from the sun by always applying a good hand cream containing SPF," says Danielle Edwards.

1. **Venustus Aromatic Foot & Leg Salts 500g**, \$36.30. 2. **Venustus Aromatic Foot Serum 50ml**, \$25.30.

Face

Short of never smiling or frowning again, a regular mini facial is the most effective way of smoothing out wrinkles.

Cleanse and exfoliate, then apply a face mask suited to your skin type. Oily skin will benefit from a refining clay mask, such as **Thalgo Deep-Cleansing Absorbent Mask 50ml**, \$50, while a moisture-rich mask is best for dehydrated skin (if your skin is very dry, choose an oil-based mask, such as **Decl  r Nutri-D  lice Nourishing Cereal Mask 50ml**, \$79). Apply a moisturiser, such as **Guerlain Issima Substantific Eye & Lip Contour Treatment 15ml**, \$50, around the eyes and to the lips, then relax for a few minutes.

Remove the mask before it dries (or it can cause dehydration), then spend five minutes gently massaging moisturiser onto your face in circular motions to relax the facial muscles and boost circulation.

Hair

According to Franco Musumeci, president of **Terax America**, exfoliating the scalp once a week adds shine and volume to hair. "It helps remove flaky skin, excess oil and a build up of styling product, which can leave hair flat and lifeless," he explains. Apply **Terax Original Shamp Exfoliate 150ml**, \$24.95, to damp hair, then gently massage the scalp in circular movements. Rinse and follow with a hair mask.

If you have coloured hair, try using a colour-saving mask, such as **Wella Color Saver Mask 200ml**, \$23.05. "These products are essential if you want to stop premature fading," says Sheree Taylor, head colour technician at **Ardino Hair Face Body** in Sydney. To intensify the mask's hydrating effect, wrap your hair in a hot towel or plastic wrap and heat with a blow-dryer for a few minutes.

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Oil change

Using essential oils can enhance the effect of many beauty treatments.

"Before applying an essential oil to the skin, do a patch test to check for any reaction," advises Elizabeth Rea.

1 Cleanse: Adding a few drops of tea-tree, lemon or cypress essential oil to your cleansing water will benefit oily skin. "Tea-tree has great antiseptic properties, while lemon and cypress both have refreshing, astringent-like properties," says Elizabeth.

2 Detox: Juniper, sweet orange and citrus oil can all help clear congested skin. Add a few drops to a bowl of warm water and splash on your face. "Geranium is also a great balancing oil for both oily and dry skin," says Elizabeth.

3 De-stress: Lavender and rose are widely used for relaxation, but frankincense, sandalwood, neroli or a blend of sweet marjoram and sweet orange can have a similar effect. "Clary sage is an excellent oil for stress, particularly when massaged into the skin, but some people don't like its strong 'green' odour," says Elizabeth. Add a few drops to your cleansing water or dilute with jojoba oil to make your own massage oil.

4 Revive: Tired? Finding it hard to concentrate? Add a drop of rosemary essential oil to an oil burner. "It has great uplifting qualities and is good for memory," says Elizabeth. She also recommends basil to help you focus and citrus to lift your spirits. "I've yet to meet someone who doesn't like the refreshing odour of lime essential oil," she says.