

The Sunday Telegraph

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Picture: Sam Rutty

GET YOUR BONUS AUSSIE NATIVE PLANT

GRAB A BUNNINGS TOKEN INSIDE **P11**

PLUS THE FLOOD KIDS WHOSE SCHOOLS ARE CONDEMNED



**WHAT DO I
SAY THAT'S SO
OUTRAGEOUS?**

Piers Morgan
doubles down in
stellar

ELECTION CALLED TODAY

IT'S ON FOR BIG & BOLD

**Two leaders, one choice and Australians still
crying out for a grand vision for the future**

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**FIGHTING FOR
LIFE AFTER
CITY BRAWL**

Frightening pics of
late night violence



SCOTT Morrison will head to Canberra today to ask Governor-General David Hurley to fire the starting gun for an election to be held no later than May 21. The Prime Minister and Labor leader Anthony Albanese both released online messages yesterday spruiking their credentials and setting the scene for a battle of character rather than policies. **FOUR-PAGE SPECIAL STARTS P6**

**LEADERS'
COLUMNS**

**RED FLAG FOR
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Living with the impact of footy head knocks

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Anne's basic Sydney digs **P3**



**NEW CHAPTER
IN ASH'S LIFE**

Barty's next move revealed **P11**



The Sunday Telegraph

BOODY + soul



SECRETS TO A **LONGER LIFE**

MasterChef's Sarah Todd on the simple trick that cured her migraines



Thank you, **Ash Barty**

How women are saying goodbye to "hustle culture"

Five alternatives to **LASERS & LIPO** MINUS THE PAIN

WHEN **LESS** really is **MORE**

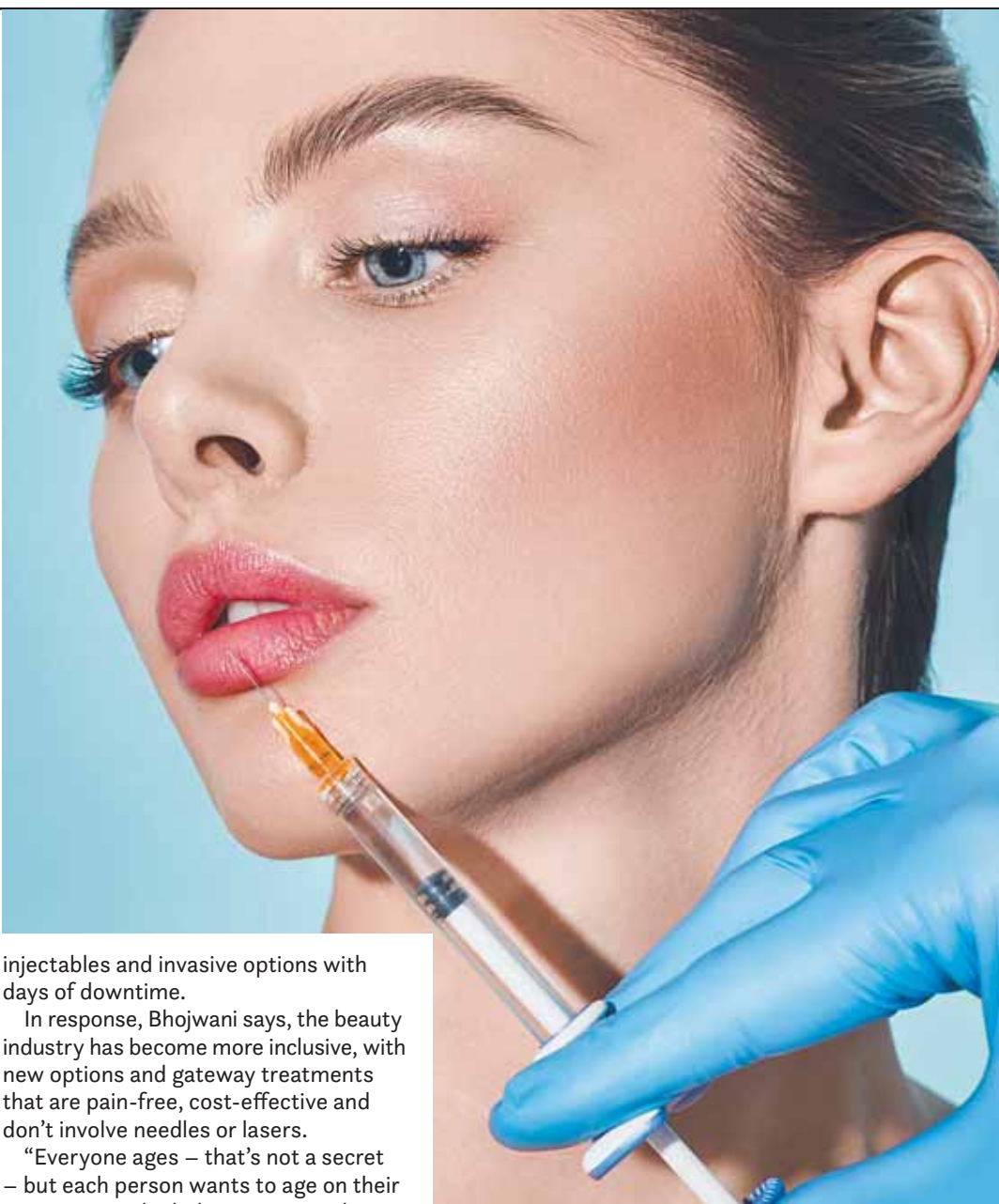
← "I have very small boobies now. My body is what it's meant to be"
Rachael Finch
on removing her implants

11 **YOGA MATS THAT** DON'T COST THE EARTH

LOW PAIN, HIGH REWARD BEAUTY TREATMENTS

Considering a skin and body “glow-up” but intimidated by the downtime and inconvenience involved in invasive, hardcore treatments? You’re not alone. Here are five cheaper, more approachable alternatives that really work, without a needle or anaesthetic in sight

STORY ALISON STEPHENSON, ALISON IZZO & CASSANDRA GREEN



With lockdowns a thing of the past and freedom back on the agenda, some of us have turned our attention to travel, others to new jobs, but almost all of us have turned our thoughts to beauty.

The desire for a post-Covid “glow-up” has fuelled a boom in interest in skin and body treatments, not just from salon and clinic regulars, but from swathes of men and women considering lasers, injectables and peels for the first time.

Skinfluence podcast host and beauty expert Michael Brown has noticed a huge increase in demand from people wanting a fresher, newer look in the months following lockdown.

“Skin clinics were inundated with bookings due to a big thought process of ‘you only live once,’” he tells *Body+Soul*. “The pandemic showed that anything can happen, so why not look after yourself and your look, but more importantly, feel your best.”

Brown’s co-host, and skincare guru, Alisha Bhojwani agrees. “I think there’s been a shift in our mindset,” she says. “Between working from home and constant Zoom meetings, I saw a big shift in people taking a bigger interest in beauty and skin care.”

But while our desire for a refreshed look is almost universal, not all of us are wanting to dive headfirst into

injectables and invasive options with days of downtime.

In response, Bhojwani says, the beauty industry has become more inclusive, with new options and gateway treatments that are pain-free, cost-effective and don’t involve needles or lasers.

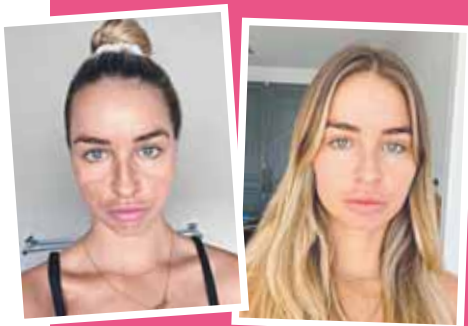
“Everyone ages – that’s not a secret – but each person wants to age on their own terms. I think that more people are wrapping their heads around that concept, because taking care of yourself is nothing to be ashamed of or considered ‘taboo.’”

The *Body+Soul* team tried and tested five less invasive and minimal-downtime alternatives to popular treatments. Read on to discover the results.

 To learn the truth behind the beauty trends, as debunked by a dermatologist, visit **BODY**⁺*soul.com.au*

COSMELAN PEEL & CREAM

**INSTEAD OF:
IPL PIGMENTATION
TREATMENTS**



I didn’t realise how many sunspots I had until I had them removed. Intimidated by the thought of a painful, multiple-treatment approach that often comes with lasers, Samantha Appel – esthetician and founder of Sydney’s The Skin Bar – suggested I try Cosmelan, a revolutionary new peel they offer that has changed the game on pigmentation and melasma removal with no lasers, heat or pain involved.

The peel itself is like a thick, brown, mud mask that you need to keep on for eight to 12 hours at home. While it didn’t hurt, sting or cause any pain at all, my skin was red and slightly swollen upon removal, and remained this way for three to four days. It got noticeably better every day. I then followed with the aftercare program – which mainly involved replacing my usual skincare products with the provided Cosmelan home

kit – and I couldn’t believe the difference in my skin. It was brighter, clearer and noticeably more evenly toned. I loved that I didn’t need to step foot inside a clinic and the treatment was applied at home. This was a single treatment, rather than four to six heat-based IPL laser treatments I’d need every four weeks to achieve a similar result. Appel also warned that heat-based laser treatments could do

my skin more harm than good. Melasma is triggered by heat and, with laser being a heat treatment, Appel says that while it may temporarily remove superficial pigment spots, underlying melasma could return and may be more prominent than before.

The Cosmelan treatment and homecare pack will set you back \$1250, but it may be more cost effective than multiple laser treatments (which range in price).



TRUSCULPT FLEX+

INSTEAD OF: LIPOSUCTION

Liposuction always seemed barbaric to me, so the option of toning and tightening specific areas of my body without the pain and health risks associated with major surgery instantly appealed.

TruSculpt Flex+ by Cutera uses something they call multi-directional stimulation (MDS) technology to give your muscles a supercharged workout – and can provide the equivalent of 54,000 ab crunches in 15 minutes. Basically, you strap electrode-type pads to the areas you're looking to tone, and for 15 minutes your muscles are stimulated in a way that feels like you're being tickled by a robot.

It's not painful, and on some settings the pin-prickling sensations are quite relaxing. Other settings? Less relaxing, but more odd than ouchy.

Cutera suggests a series of four sessions, one week apart, with results peaking six to eight weeks afterwards – which conveniently coincided with a beach holiday I'd booked. By the time I was packing my suitcase, I'd noticed a longer and leaner shape to my thighs that no amount of running had ever gifted me. In the right light I had side-ab definition, and my pants definitely felt looser.

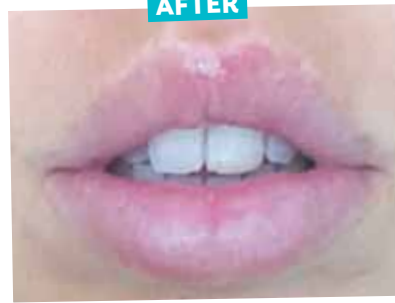
Compared to lipo, TruSculpt Flex+ involves zero pain and no recovery time, and is markedly cheaper, too. It costs from \$750 per session, as opposed to liposuction surgery which can cost anywhere between \$3500 and \$8000 per treatment area.



BEFORE



AFTER



LIP PLUMPING GLOSS

INSTEAD OF: LIP FILLER

For those unwilling to go under the syringe, lip plumping glosses can help to “fill” the gap. The new Dr Naomi ApocaLips lip-plumping treatment helps to achieve a fuller look with no invasive surgery.

Warning you now, it does sting. A lot. However, the stinging is just those plumping peptides taking action and, to be honest, I kind of liked it. The sting dies down within 20 minutes, but the results last a few hours.

The gloss made my lips look fuller and poutier and increased the definition around my Cupid's bow. It also made my usually blue-toned pink

lips a lot rosier in colour, which added to the pouty effect. While it's a lot stronger than other lip plumpers I've tried, this treatment isn't going to give you the same dramatically different results that a filler will, but it is going to give you a taste of that fuller smile you're after without needing to visit a salon.

It also made the condition of my lips feel great with its smoothing beta glucan complex and anti-ageing peptides. Plus, at just \$89 for a full tube, it's a lot cheaper than lip filler, which can start at around \$350 and go up to nearly \$1000.

CLEAR + BRILLIANT

INSTEAD OF: FRAXEL

There's a reason they call Clear + Brilliant the “lunchtime laser” – you can skip out to a session and be back at your desk in an hour, and no-one will be the wiser.

This gentle laser option is a non-invasive procedure that's said to improve your skin's tone and texture, minimise the look of pores and give your complexion an all-over glow – all in just 20 minutes.

A few treatments are recommended, however results can be seen after just one session.

While Fraxel takes up to five days of downtime, Clear + Brilliant only produces a mild same-day redness. So, I tried it. After an optional numbing cream is applied at Sydney's All Saint Clinic, where I'm having the treatment, a Clear + Brilliant “handpiece” is guided across my face, which feels like a light elastic band flicking my skin. Ten minutes later, I look like I fell asleep in the sun with my sunglasses on. My therapist tells me

the redness will subside by the next day and I can wear make-up from the following day.

It's comfortable, fast and effective, and great for those who want something more than a chemical peel but less intense than a Fraxel laser treatment. After one 20-minute session I legitimately got results and I can't remember the last time I was this pleased with my skin. While Fraxel costs from \$1200 to \$1600 per session, Clear + Brilliant is a quarter of that.

WRINKLE PATCHES

INSTEAD OF: BOTOX

I've had Botox before, and I'm not afraid to admit it. But sometimes you don't have the time, or money, to see your preferred injector as regularly as you'd like. Or maybe you've got a fear of needles. This is when the miracle-giving face patch called Wrinkles Schminkles can help.

My crow's feet I can (mostly) deal with, but it's the fine lines and creases on my chest and décolletage that I feel show my true age.

However, there's little, in terms of injectables, that you can do to prevent or conceal these. So I was more than keen to see if the Wrinkles Schminkles medical-grade silicone patches could smooth out those telltale signs of ageing.

Conveniently, there's little to no prep needed, I simply cleansed as normal and then skipped my usual moisturiser before applying the patch. Then I headed off to bed.

In the morning, I peeled it off and...

ta-da! Noticeably plumper-looking skin. I have to admit, the patch did slip



a little as I slept (perhaps because I sleep on my side) but I was genuinely surprised that the little vertical crevices I so despised had all but disappeared. The brand also offers patches for the forehead, eyes, mouth and hands, meaning you could easily push out your Botox appointments, or skip them if you can commit nightly to this routine.

Needle pain aside, the savings are considerable, too. Botox costs from \$300 to \$700 to treat an area such as your forehead, depending on the clinic, whereas a Wrinkles Schminkles chest patch (which is reusable up to 20 times) will set you back \$42. +