

BREAKING NEWS: BRUCE WILLIS HEALTH UPDATE

October 9, 2023

Who



KATE WINSLET

'I'M FREE TO BE ME'

How the actress has found her voice in Hollywood



MEET TAYLOR'S NEW MAN



Only in Who



PIA MIRANDA
50 AND FABULOUS!

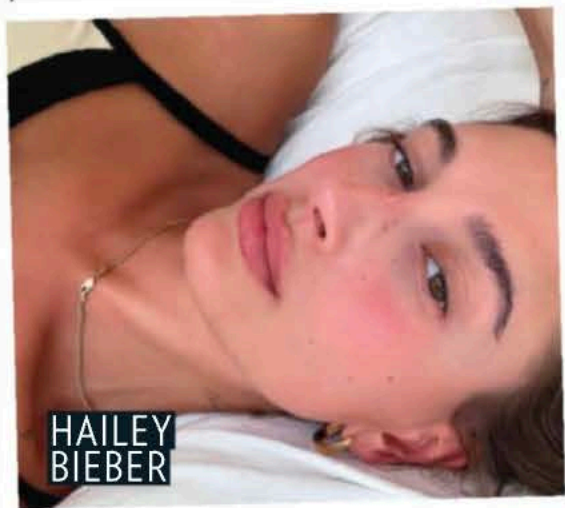


DELTA GOODREM
WEDDING JOY!

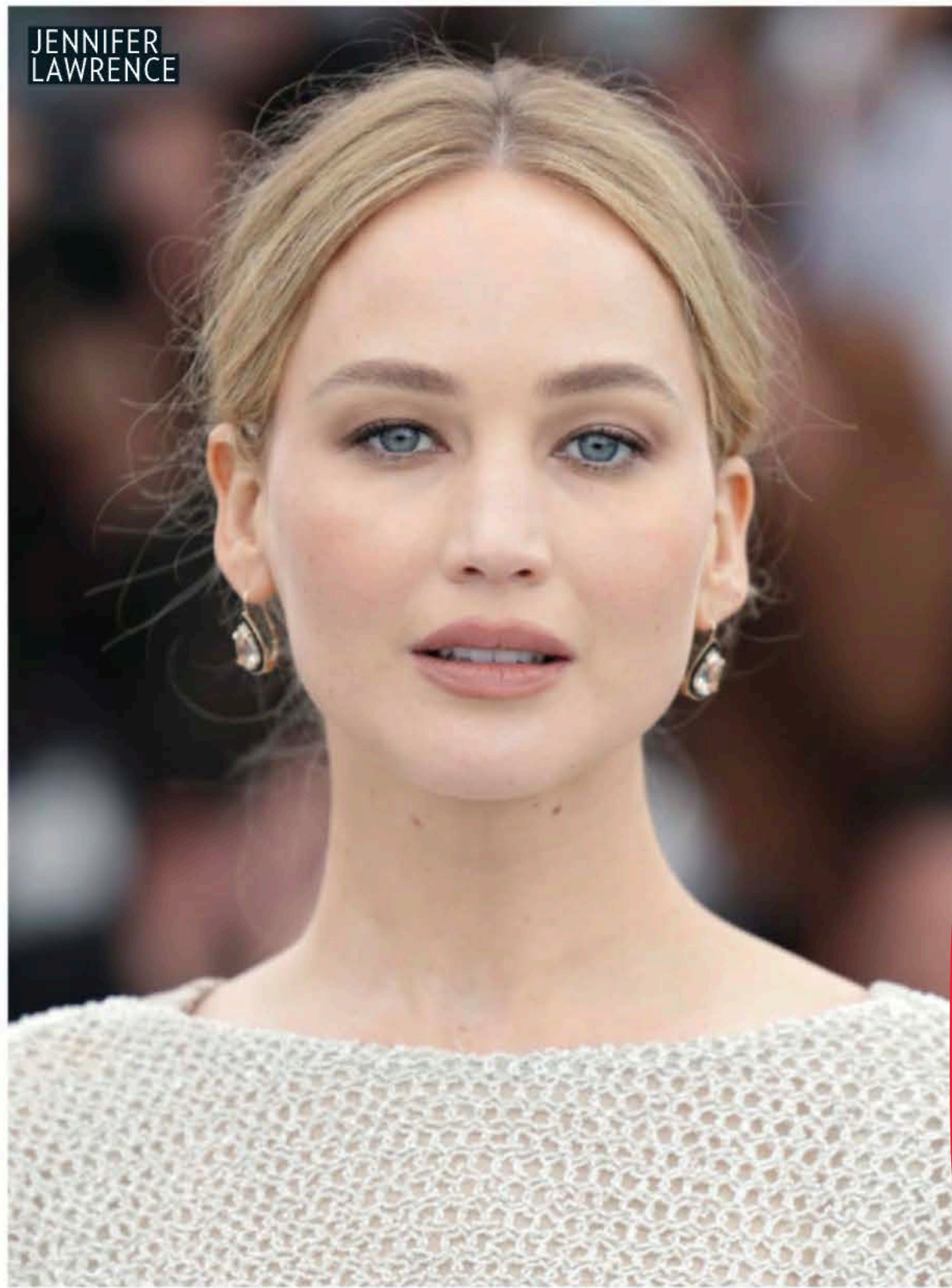
AUST \$5.99 NZ \$6.50
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media 9 313006 026211

No-downtime TREATMENTS

From lunchtime glow-boosters to pre-flight plumping sessions, squeezing in a treatment has never been easier!



HAILEY BIEBER



JENNIFER LAWRENCE

It's no longer enough for skin treatments to deliver, they also have to be done with minimal downtime – at least that's what we're asking of our professionals. And the technology is catching up, fast. Nowadays there are high-tech and traditional-with-a-twist treatments that offer a way to help counteract everything from puffiness and jowls, to pigmentation and tricky skin issues such as acne, inflammation and rosacea. If you're in need of some TLC, here are the latest face enhancers to deliver results in 48 hours or less.

BEST FOR INFLAMMATION & REDNESS

WHAT IT IS Lumixa Skin Normaliser
WHAT IT DOES From Italian scientists, Lumixa is an innovative fluorescent light therapy treatment designed to help stimulate the skin's healing process and address signs of inflammation. The patented gel (which shares a similar consistency to aloe vera) is gently applied across the face and activated by a blue LED light machine. Pain-free, the gel harnesses Fluorescent Light Energy, motioning through the entire light spectrum to help strengthen the skin barrier and rejuvenate the complexion.
NUMBER OF TREATMENTS Five
PRICE \$1045 for five treatments
GET IT HERE Clear Skincare Clinics, clearskincareclinics.com.au



THE FIRM FAVOURITES
 To give your skin a boost in between treatments try these firming products.

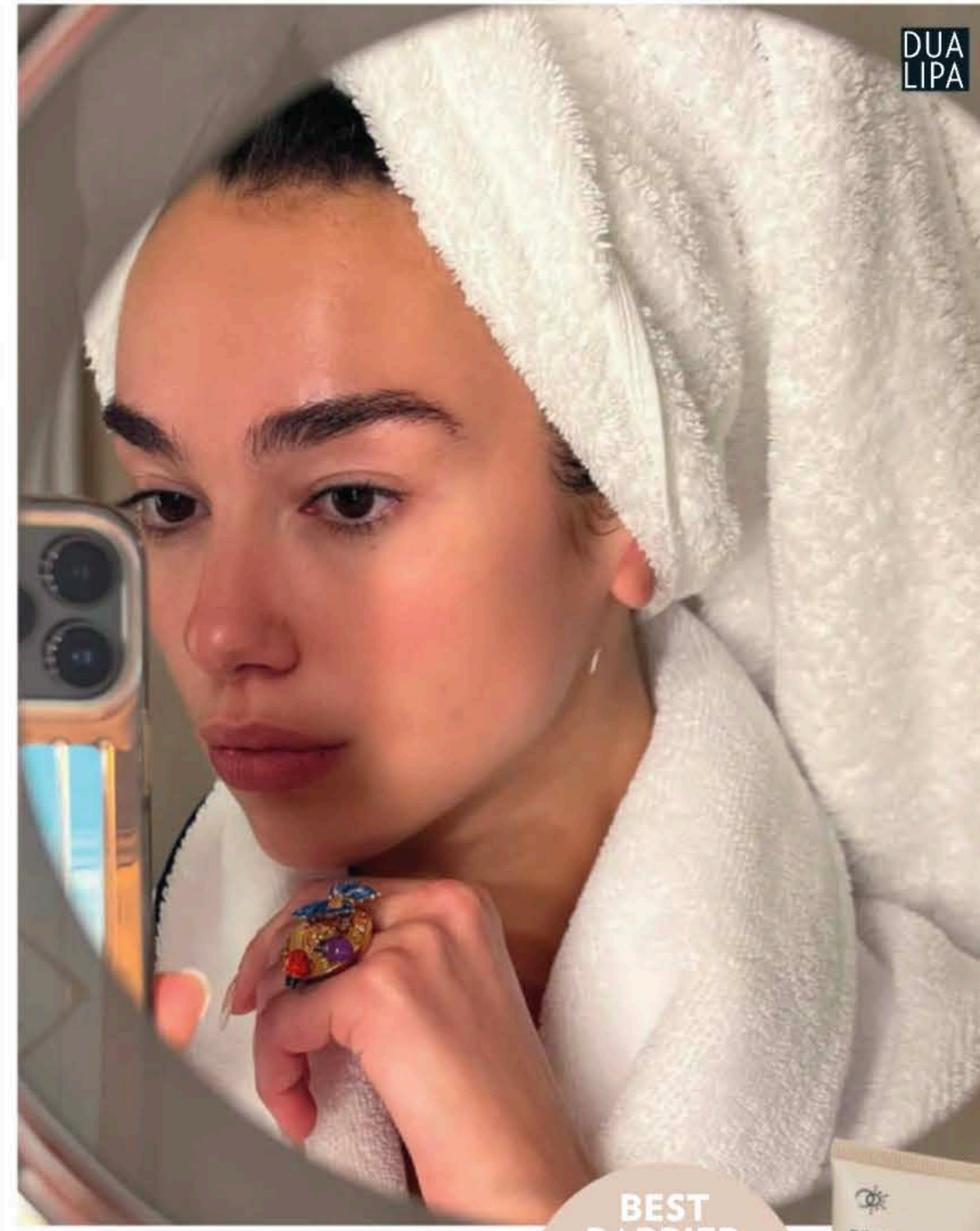
\$77 Sunday Riley Pink Drink Firming Resurfacing Essence mecca.com.au
\$39.95 Boost Lab Edelweiss Neck Firming Serum adorebeauty.com.au

BEST FOR TIGHTENING

WHAT IT IS Morpheus8 by InMode
WHAT IT DOES The buzz tightening method right now (Eva Longoria is a devotee), this tech-based treatment uses a combination of radiofrequency heat waves and tiny needles, which penetrate the skin to a depth of 0.5-7mm. It aims to improve complexion and tighten the whole face.
NUMBER OF TREATMENTS Three, with yearly maintenance
PRICE Full face costs \$780
GET IT HERE To find a clinic, visit inmode.com.au

BEST FOR CLARITY

WHAT IT IS Laser Genesis
WHAT IT DOES Popular because it's both relaxing and effective at getting skin glowing, this no-downtime laser helps address the appearance of skin texture in only 30 minutes. It's a great add-on to other in-clinic treatments, such as hand-based facials, meaning you get the best of both traditional and tech worlds.
NUMBER OF TREATMENTS Two to six, four weeks apart
PRICE \$400
GET IT HERE Dr Adam Brown Skin and Cosmetics, dradambrown.com



DUA LIPA

BEST FOR FACIAL TENSION

WHAT IT IS Buccal Fusion Facial
WHAT IT DOES Centred on a slightly unorthodox technique, this 90-minute sculpting treatment involves massaging from the inside of your mouth. Using taut rhythmic motions, your facialist targets muscles deep within the cheek to release tightness around the jaw and cheekbone, alleviating muscle tension, jaw pain and headaches. The contouring method is paired with lymphatic drainage of the face and décolletage to help depuff and boost blood circulation.
NUMBER OF TREATMENTS As many as desired
PRICE \$600+
GET IT HERE April Brodie Integrated Facialist, aprilbrodie.com



BEST BARRIER FIXES
 If you feel like your skin barrier has flared up after your treatment, keep it cool and calm with peptide-rich formulas like these.

\$80 SkinFix Barrier + Triple Lipid-Peptide Cream sephora.com.au
\$80 Allies of Skin Peptides & Antioxidants Firming Daily Treatment mecca.com.au

WORDS BY: SALLY HUNWICK, COMPILED BY: HOLLY HAMPTON-THAYERS