

**BEAUTYED'S FAVE**

My top beauty rule is to never reapply make-up on a night out. One can get a little heavy-handed after a few drinks, and constant mirror-gazing isn't a good look. But I can't help it with Elizabeth Arden's Bronzing Beauty Kit – I whip it out to create cheekbones and sparkly



eyes with the shades. Hey, rules are meant to be broken!

*Tessa X*

Bronzing Beauty Kit  
**\$58**  
ELIZABETH ARDEN

**LOVE THIS LOOK**



◀ **CHRISTY TURLINGTON**

What's the secret to Maybelline model Christy Turlington's enduring beauty? Her philosophy is simple: 'Inner health is reflected outwardly. True beauty is the result of this kind of harmony.' The balanced beauty is influenced by her studies in the Indian science of Ayurveda – 'It's holistic care,' she explains. And the 39-year-old is a master, having practised stress-relieving yoga, meditation and clean living for more than a decade. To DIY, quit relying on pricey potions. Channel Christy's spiritual, down-to-earth attitude, clean up your diet, nurture your mind and make time to chill out and you'll soon start seeing a difference on the outside.

Ayurvedic Sandalwood Protective Base is right up Christy's alley

**\$50.40**  
OMVEDA

Healthy skin starts with good nutrition. Boost your diet with BiOmega III Dietary Supplement

**\$39.90**  
USANA

Eat Pray Love by Elizabeth Gilbert is OK!'s new 'beauty bible'  
**\$24.95**  
ALLEN & UNWIN



**in the news...**

**beauty notes**

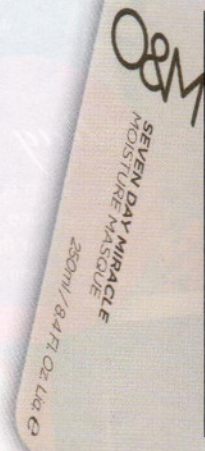
SHOW-STOPPING TRENDS, STAR BUYS AND STANDOUT LOOKS

◀ **CELEB SECRETS**

While Demi Moore, 45, has admitted to using leeches to detoxify her blood, old-school rocker Deborah Harry, 63, has revealed her anti-ageing secret is black sheep cell injections. Seriously! 'I had these cells injected into me in my early thirties. They took [cells] from the liver, glands and bone,' reveals the Blondie singer of the treatment that was a pioneering medical advance, back in the day. 'Whether that treatment lasted this long, I don't know, but I feel great!' Dr Benjamin Norris from Sydney's Silkwood Medical is sceptical. 'This is not a treatment that I have any experience with myself. I find it hard to believe that a single injection of anything would last for 30 years. I'm not sure how this would work in the first place.' In other words, don't try this at home!

Seven Day Miracle Moisture Masque

**\$29.95**  
O&M



**HOT TIP!**

Dull, lifeless hair, fading colour or an itchy scalp may be the result of chemical ingredients in your shampoo wreaking havoc on your head. Embrace the wellness trend and go pure with the O&M range. 'We eliminated chemicals that are known to be toxic, irritants or carcinogens,' says O&M director Jose Bryce Smith



**Sixty-plus and still rockin'...** Deborah Harry (right, at age 35) says sheep cell injections keep her looking young



*Psst... Make a pot of coffee, let it cool, then simply pour it on your hair.*

*The secret behind Jennifer Love Hewitt's shiny dark hair...*

WHERE TO BUY: ALLEN & UNWIN (02) 4390 1300  
ELIZABETH ARDEN (02) 9409 7700 O&M 1300 724 635  
OMVEDA 1300 662 383 USANA 1800 670 176

© ACP PHOTOGRAPHICS