

beautyq&a

BY SHONAGH WALKER



Q I've recently lost some weight, but I'm concerned I'll lose skin firmness too. What products can help?

Weight gain and loss can cause loss of elasticity in the skin. Try teaming your diet and exercise with a skin firming and contouring cream, such as Nivea My Silhouettes Body Refining Gel-Cream, \$11.90, which hydrates, firms and tones your contours and bumps. The secret is the 'bio-slim complex', which works to inhibit fat cells and firm connective tissue. Skin should be firmer within four weeks of continued use.



beauty watch

NANOMAX

What is it? A keratin-based hair repair system.

How does it work? A brush infuses a protein-rich mist into the hair to fix damaged areas. Hair is ironed with a negatively charged straightener to aid healing. A second application of mist completes the process.

What are the results? Hair becomes manageable, with more strength and volume.

How much is it? About \$100 per treatment, however three treatments are recommended and cost approximately \$325.

For more information, call 1300 760 165.



Q I'm a fan of the natural look. How can I achieve this season's nude lip without it looking too chalky?

"A true nude lip has all colour knocked out of it," says make-up artist Elsa Morgan. "First, apply a hydrating lip balm." Try Carmex Lip Balm in Original, \$5.99. "Then blend a creamy concealer over the lips to remove any natural redness and follow with a slick of clear gloss." If you prefer pink lips, colour the lip with a neutral lip liner, like MAC Lip Pencil in Spice, \$30, before applying gloss.

4 OF THE BEST new floral fragrances

U by Ungaro, \$59.99. Bergamot, freesia and pepper blossoms unite with sandalwood lotus and musk to create this alluring scent.



Kenzo Eau De Fleur de soi silk, \$79. This fragrance is the essence of Japanese silk flower blossom and is the floral element of the three-fragrance collection.



FlowerByKenzo Spring Fragrance, \$93. This scent is the limited edition version of the modern classic, which has been released to coincide with the northern hemisphere's spring season.



Ralph Lauren Romance Always Yours Elixir de Parfum, \$149. The combination of freesia, violet, musk, ginger, rose and oak moss result in a truly sensual scent.



TIP MANY CLEANSERS CONTAIN ACTIVES SUCH AS IDEBENONE, VITAMIN A, VITAMIN C OR GLYCOLIC ACIDS, WHICH CAN ALSO DOUBLE AS A MASK.