

Plus! My husband's best friend is a woman

GRAZIA

grazia.com.au



HEAD TURNERS

CLOCK THE TRENDS

62 BUZZ BUYS Accessory ALERT!



IN OUR CLUTCH

BROGUES GALLERY

POSH ON BABY HARPER

* 'She's beautiful – we're so blessed'
* Truth about that baby name



Helena's bikini body blitz

JULY 25, 2011
ISSUE 147 \$6 AUSTRALIA
\$6 US 42 INC. GST
PRINT POST APPROVED
255003 09122



9 513006 009849

EXTRA
DELTA MEETS
NICK'S MUM!



1.

YOUR M.O. YOU LEAN GREEN

YOU like it organic and clear of conscience but have recently considered switching to “serious” lab-made skincare.

TRADE UP TO Sci-naturalists, the green 2.0 products matching their eco ethos with clinical credentials.

WHY IT'S TIME You're not about maintenance anymore – you've got problem skin to fix or an age-defying ambition.

The big green beauty trend is running out of hype, observes all-natural facialist Stephanie Malcolm. “Who wants salad dressing in a serum bottle?”

Ecos have recently begun upping the ante, proving their results in clinical trials. “Botanical hero ingredients are often tested, but what really matters is scientific validation of the whole formula, the one you're going to buy and use,” Stephanie points out.

Pay-offs against pigmentation, super-sensitivity as well as lines and furrows are now converting even hardcore skin devotees to the green side.

“It's a big tick to know you can stick to your principles but not compromise on your complexion.

“It's what a lot of us have been waiting for.”

CLINICAL CRED, NATURALIST APPROVED

1. L'Occitane Immortelle Brightening Moisture Mask, \$89.95 (www.loccitane.com.au). Proven brightening and plumping pay-off.

2. Jojoba Absolute Serum, \$69.95 (02 9651 3030). Shown to up firmness by 90 per cent in a month.

3. Pure Therapy by Purist Intensive Moisture Repair Gel, from \$10.95 (1800 631 283). Sweet 24-hour repair, relief and aahh for psoriasis, eczema and dermatitis.

4. Antipodes Avocado Pear Nourishing Night Cream, \$49 (www.antipodesnature.com). Studies show it lifts collagen production by 92 per cent. Bam!

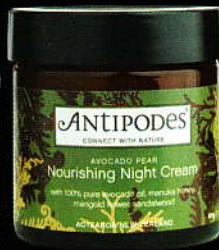
5. Jurlique Purely White Skin Brightening Day Cream, \$65 (1800 805 286). Busts out a vitabright complex to turn down melanin that causes patching.



2.



3.



4.



5.

A DRINK-CIAL? REALLY?
Newsflashing all over the beauty radar, “beautifying” sweets and drinks have hit headlines with claims they crank up collagen and general gorgeousness. The Swedes are chewing Vigo gum spiked with selenium and vitamin cocktails alleged to “plump and strengthen” their complexions. (Seriously, you're Swedish. You've got unfair natural hotness already. Don't be greedy.) Meanwhile, at home, the new Taut collagen drink (\$84.95 for 8 x 50ml shots, www.gnclivewell.com.au) reckons it will tighten and enbrighten when sipped four times a week. Dermatologists are dubious; we say it tastes OK. The Grazia jury's still out...

MASTER PLAN

1. Perricone MD Acyl-Glutathione, \$215 (www.meccacosmetica.com.au). High-end wrinkle-reducer with topically transferable master antioxidant.
2. Blackmores Radiance capsules, \$66.95 (1800 803 760). With selenium to up your natural glutathione count.



1.



2.

YOUR M.O. FREE RADICALIST

YOU'RE approaching expert on vitamins A, C and E, your moisturiser's got a built-in multi and you eat for antioxidant count.

TRADE UP TO A full-on forcefield! Meet the master-antioxidant.

WHY IT'S TIME Unless you're time-sharing at an ashram, it's pretty impossible to duck the free radicals that break down skin cells and accelerate all things ageing.

Your next move? Glutathione, the detoxifying “master antioxidant” that packs the biggest punch and also revs up the effects of other antioxidants. Apples, grapefruits, tomato, garlic and avocado all contain glutathione, but researchers have never been sure how well we can soak it up through digestion. It's all in the precursors.

Blackmores nutritional expert Julie-Anne Atkinson adds that the right supplements can help your body make more glutathione of its own.

Researchers have recently decoded how to make the master work topically too. Load us from the outside in! ■