



Winter lust-haves

A bra for your bottom, eyeliner that lengthens your lashes and pills to pep up your cleavage. Here's our A-Z guide to looking good, writes **Elizabeth Tilley**

At-home laser hair removal

Hate your bikini rash but tired of high-priced, painful waxes? A hand-held laser hair removal device is a new treatment that can be used at home. www.triabeauty.com

Bum bra

FIRST it was the push-up bra, now it's the bum bra. Dubbed the D-Cup for your derriere, shaped control panels and "cups" mould, lift and separate buttocks to produce results similar to those achieved by buttock lifts and implants, which are the new boob jobs. The High Waist Shape Enhancer by Blue Illusion, \$39.95. Stockists: 1800 208 209.

Cleanse

To detox before summer, try the Lemonade Diet. Otherwise known as the Maple Syrup Diet, this mixture of water, cayenne pepper, lemon juice

and maple syrup has been used by everyone from Beyonce Knowles to Mick Jagger. A maple syrup, designed for the cleanse, is Madal Bal Natural Tree Syrup for about \$80 a litre at www.lemondetox.com

Decolletage

Worried about filling out your bikini top this summer? Try the Perfect C: a breast enhancement supplement used by the likes of Sienna Miller. Designed to increase cells in the mammary glands, its British makers promise that, taken daily, it will increase your cleavage by up to three cup sizes. www.perfectbreastenhancer.co.uk

Electronic sit-ups

A bit wobbly? Get a Slendertone belt. It fastens around the waist and uses electromuscle stimulation technology to stimulate nerves. They say that, when used for 30 minutes, five times a week, it makes muscles firmer and

stronger. www.slendertone.com

Fringe benefits

Jessica Simpson and celebrity hair stylist Ken Paves are about to release a clip-on fringe. Get your hairdresser to cut it to suit your natural hair style. Available soon at Tsiknaris Hair or www.hairextensions.com

Go for the glow

Gradual tanning facial moisturisers are creating a buzz at beauty counters. Palmer's are about to release versions in cocoa butter and olive butter formulas, which includes a built-in SPF 15 sunscreen. Available in September for \$9.95. Stockists: 1800 640 043 or www.palmersaustralia.com.au

Hot yoga

For a warm and toasty workout with added health benefits, infrared rays



now warm the yoga studio to a comfortably warm 30C. Try Zen Hot Yoga in Sherwood.
www.zenhotyoga.com.au

I want to ride my bicycle

Cycling is the sport of the moment, with everyone from Elle Macpherson to Aussie actress Zoe Naylor adding it to their eco-friendly fitness regimes. Fashion designer Karl Lagerfeld even created a \$13,595 bicycle for Chanel's spring/summer 2008 collection show. Malvern Star has relaunched its legend series.

Jumbo sized clutches

Giant clutches are the new "it" bags. Lili has an earthy-toned one in glomesh. Stockists: (02) 9697 0577.

Kiss that bulging belly goodbye

Smart Lipo just got smarter. A laser is inserted under the skin and melts the membranes of each fat cell, causing them to break down. The fat is naturally dispersed by the body over 12 to 16 weeks. The latest technique combines Smart Lipo with aspiration, sucking the fat out, which means that some of the melted fat is removed, producing instant results.
www.millhouseclinics.co.uk

Lashes to die for

Lash extensions are all the rage. They take 45 minutes at the beauty salon to apply and last around a month. For a natural look and long-lasting results, another option is MD Lash Factor Eyelash Conditioner. It's \$220 at Cosmetic Image Clinic. 3003 4000.

Mineral make-up

Ideal for problem skin, mineral make-up is made up of vitamins, minerals and plant extracts designed to heal, moisturise and defend. They don't leave your skin looking shiny and can prevent break-outs. Minerelle is one of the best brands. Stockists: 3904 8032 or www.minerelle.com.au

Nails

The french manicure has been given a modern twist. Instead of the standard pink and white nail, you can customise colours. The base colour can be blended to match your nail plate and you can choose from a range of tips, including soft white, bright white, twinkle white or a fashion colour such as black. Call 0433 984 290.

Orange make-up

Orange is a quirky colour and its time has come. Most people have warm complexions and orange-based colours look good on these skin tones. Lancome's new eyeshadow in the orange shade of Chant D'Automne, will hit beauty counters soon.

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Power plate

Climb on to this vibrating exercise machine for three short sessions a week and its creators promise it will shake you into shape. But expect to pay well over \$2000. British gyms are installing them now, so they should be here soon. www.powerplate.com

Quick fix

Revive Pilates and Physiotherapy is launching a 12-week Lifestyle Overhaul Program from August 5. The \$1800 program includes a pilates pack, including physiotherapy, ultrasound, a walking group, weights classes, 12 one-hour massages and three Endermologie sessions, along with a seminar on diet and lifestyle choices. Call 3012 7007.

Red hot lips

There is no one perfect shade of red, so the key is to test a number of different shades to see which leaves your skin looking brighter and your eyes whiter. If red lipstick is too full-on, opt for a red gloss like one from Napoleon's Gloss Patrol range. Stockists: 1800 814 572.

Smelling good

It's all about the scent this season, including perfume for your home. Surround yourself with sensuous scents from Glasshouse Fragrance Reeds. Available in six fragrances, including jasmine wood and vanilla. Stockists: (02) 9879 0745.

Tights

Tights are here to stay and the bolder and brighter the better. Razzamatazz's Colour Shots offers opaques in three winter shades — indigo, fuschia and smoky grey. Pair with your favourite mini and ankle boots. Stockists: (02) 9222 9484

Under-eye concealer

This new Benefit's fix-it product is

making waves. Erase Paste is an ultra-thick concealer. In fact, it's so thick, it comes with its own spatula and step-by-step instructions. Check it out on www.benefitcosmetics.com

Vinegar shots

Singer Fergie admits to keeping trim with daily shots of vinegar, believed to flush out fat in the colon and help the body digest food. It also reportedly cuts cravings. "It has to be organic apple cider, unfiltered. Two tablespoons," she says.

Weight-free workouts

Put down those barbells.

Justin Gelband, who trains Victoria's Secret and *Sports Illustrated* swimsuit models, says the best workouts don't involve lifting anything other than yourself. Workouts are designed around different versions of the push-up. It's a great way to exercise if you don't want to bulk up.

X and the city – the cocktail of choice

Let's be honest, we've all stopped ordering the classic Cosmopolitan cocktail. Hot on the heels of the much anticipated return of Carrie and the girls, Manhattan bartenders have created an updated version: the White Cosmopolitan. Made with Ketel One vodka, St Germain elderflower liqueur, lychee juice, pear sorbet and

champagne, it's the must-have drink. Have a bartender whip one up.

Yellow

It's been all over the runways — and I'm not talking about the clothes. It's never been a better time to be a blonde. Go to your favourite colourist and take the plunge.

ZZZZ . . . beauty while you sleep

Want to get better-looking while you sleep? Madonna, Cher and Lenny Kravitz are fans of celebrity dermatologist Fredric Brandt's Laser Lightning Night Cream.
www.dermstore.com

Additional reporting Daily Mail.



Courier Mail
Thursday 17/7/2008
Page: 37
Section: Today
Region: Brisbane Circulation: 221,049
Type: Capital City Daily
Size: 983.86 sq.cms.
Published: MTWTFS-

Brief: MCMILLCOMM
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FERGIE shapes up with vinegar shots.



TOP tips ... new nail looks.