



GRAZIA  
 PAMPERED

# Cheatments!

SHORT ON TIME, CASH OR JUST PATIENCE? TRACEY WITHERS REVEALS SIX NEW BEAUTY FIXES TO FAST-TRACK YOUR WAY TO A TIGHTER, BRIGHTER FACE, FINER FIGURE AND HAIR TO, WELL, DYE FOR

## THE NO-SURGERY NOSE JOB

**When to have it:** Surgery could correct that bump or edit the skew of your nose, but you're freaked out by scalpels, downtime and surgeon's bills. No biggie. The newsflash if you can't commit to surgery is you might not even need it, according to Sydney plastic surgeon Dr Michael Miroshnik.

Injectables can visually straighten a wonky nose, create symmetry, build up a sunken bridge and fix irregularities after injuries. Weird but true: fillers can even make a generous nose appear smaller. "Reducing the concave at the top reduces the angle of the nose so it looks in proportion," says Miroshnik.

**Why we love it:** Treatment can take as little as 10 minutes, with instant results and no month of hibernation while you heal. Some of Miroshnik's clients sneak in at lunch, then go straight back to the office. Others have temporary swelling, and any bruising fades fast. We love the hush value. Enhancing your natural structure means you're less likely to look "done" or as if you've copy-pasted someone else's nose onto your face. Plus, at \$440-\$700 per treatment (annual upkeep necessary), you can pay for your new nose *and* your mortgage. Visit [www.revitaliseyourskin.com.au](http://www.revitaliseyourskin.com.au)

## INSTANT NECK, HAND AND CHEST TIGHTENING

**When to have it:** You've got the crow's-feet under control and even Eva Mendes would salute your pert backside (oh, the lunges!). But gravity is getting the last word on your neck – and saggy hands and décolletage are telling tales. Sure, these have always been the trickiest zones, even for professionals, to tweak – but allow us. Introducing Restylane Vital, the injectable that smooths and tightens neck crinkles, crepe-paper hands or a sun-damaged chest.

**Why we love it:** It's wham-bam, damn you look younger, ma'am! A doctor administers the shots and massages in the hyaluronic acid filler, which immediately plumps out lines, folds and hollows while boosting your skin's own moisture, collagen and elastin count. Up to three sessions might be required initially, but the effects then last for several months. "Ongoing sun damage means even Australian women in their 30s have hands and chests that look older than their years. And so many of us neglect our necks until it's too late," explains practitioner Dr Naomi McCullum. So if you're playing catch up, this is an easy solution. Shots start from \$800-\$1000 per session. Dial 1800 144 944 for practitioners.



No, driving really fast with the top down will not obliterate your wrinkles...

### THE BIG HAIR BACKFLIP

**When to have it:** Channelling the Kate Hudson/Cameron Diaz/SJP down-dye trend requires more sessions at the salon than you expected? Time to switch tactics! Rather than shelling out for a professional colourist every six weeks and doing masques at home, savvy clientele are working the DIY dye, then checking in to the salon for treatments that extend the life of their colour – and cut – as long as possible. Kristina Russell, head colourist at Sable in Sydney's Darlinghurst, says, "In-salon preservation treatments are the secret to rich, vibrant colour. My favourite is Redken's Chemistry Color Extend Shot." Why? With mineral ion blockers and UV filters, it defies fading and "helps colour age better". Book within 24 hours of colouring (before washing) to lock down pigment, then at regular intervals.

**Why we love it:** It polishes your DIY job until it looks salon-worthy. And your extra-nourished ends stay neater for longer. Enough said, but let's crunch the numbers anyway: high-tech, low-risk "box colours" such as L'Oréal Paris excell10 cost \$17.95 (1300 659 259), and Redken's service starts from \$20 (at salons nationally, 1300 650 170)...Ker-ching! ▶



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**THE ZERO-PAIN INFRARED WORKOUT**

**When to have it:** When you want to exercise, detox, or blast cellulite – without actually moving. Syncing the benefits of infrared technology with the know-how of skin guru Danné Montague-King, the DMK InfraSauna treatment deeply heats muscles, tissue and internal organs to soothe aches and post-injury pains, burn up to 4000kJ in a 30-minute session, drain toxins and shift fatty build-up. Oh, and we found it can help a hangover...

**Why we love it:** First, you are cocooned neck-down in a sauna pod (\$50 for 40 minutes). Then a therapist coats trouble spots in thermally-activated Danné Montague-King Body Sculpting Crème (which speeds circulation in the subcutaneous tissue, where cellulite lives) and wraps you in plastic and a blanket (up to \$210). Diligent types apply the \$67 take-home cream (and plastic) weekly; devotees swear results are visible after one session. Available at Danné Montague-King clinics nationally (1300 007 546).



**THE PIXEL-PERFECT PLASMA FACIAL**

**When to have it:** For that HD close-up. Platelet-rich plasma therapy is the buzz among TV types. Your own platelets are great at stimulating the growth factors that restructure and strengthen your dermis. So a practitioner taps your blood, isolates the good stuff and reinjects the "super-load of platelets" to boost collagen, tighten sags and fix furrows.

**Why we love it:** "It's a series of very superficial injections," says Dr Michael Zacharia. It's your blood, so there is no risk of contamination or allergy. Wrinkle reduction is the biggest selling point, but all skin will get a "significant glow, life and bounce". And you can have it injected pretty much wherever you like – around eyes, the jawline, thighs and even elbows. Treatments from \$600: 1800 685 438 or visit [www.drzacharia.com.au](http://www.drzacharia.com.au)

**THE BODY "CON" TAN**

**When to have it:** Now that super-bronzing has fallen from fashion, Hollywood's new tanning trend is for subtle, strategic colour that makes abs appear tighter and limbs leaner. "Tans have always been a trick to make you look slimmer, but using light self-tan to accentuate or camouflage curves is the next step," explains top St. Tropez tanner Mel Sdao. "Think of the way makeup artists carve out cheekbones – shadow to deepen definition and illuminate to create length."

**Why we love it:** It's how Heidi Klum prepares for a Victoria's Secret show. "Use a shimmering illuminiser [we like Clinique Up-lighting Liquid Illuminizer] along your shins to make legs look longer, or apply a gentle bronze underneath the inside of your bicep so it looks slimmer," says Sdao. It even makes a plunging neckline pay off. "Shadowing your V-section with tan makes cleavage look deeper; just do it with your bra on so you have definite and natural shape to work with." While honing your sculpting skills, a wash-off body bronzer such as Sally Hansen Airbrush Legs keeps it risk-free. When you graduate to fake tan, go for an easy-blend formula like St. Tropez Whipped Bronze Mousse. ■



1. Clinique Up-lighting Liquid Illuminizer in Bronze, \$48 ([www.clinique.com.au](http://www.clinique.com.au))
2. Sally Hansen Airbrush Legs, \$28.25 (1800 251 010)
3. St. Tropez Whipped Bronze Mousse, \$39.95 (1800 358 999)
4. Danné Montague-King Body Sculpting Crème, \$67 (1300 007 546)

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