

shelf**life**

NIKKI PARKINSON CHECKS OUT
WHAT'S NEW IN THE BEAUTY WORLD.



lip service

Treat your lips with this divine little pot of goodness – Bush Essentials Lip Balm (10ml \$6). The 100 percent natural ingredients (including rosehip, macadamia oil, vitamin E almond oil, patchouli, lemon myrtle, honey and natural beeswax) combat dryness and soothe, cracked and chapped lips.

p 5445 3383 www.bushessentials.com

gentle cleanse

Shizen's Lip and Eye Make-up Remover (\$24.95 for a 50ml bottle) is made from a certified organic, 100 percent plant-based, non-drying formula, which makes it gentle on the skin. Add a few drops to a wet cotton pad, press on the eye or lip area, and wipe away makeup without irritating skin.

p 1300 552 781 www.shizen.com.au

advertisement

skin saviour

ONE OF the most interesting and wallet-friendly treatments available at Coastal Plastic Surgery does not involve surgery at all and can be completed in a lunch hour.

IPL – intense pulsed light – can improve the appearance of photo-aged skin; and reduce age spots, brown pigments and redness caused by broken capillaries; and has been proven to create permanent hair reduction in most skin types.

Now is the perfect time to start IPL as the cooler months tend to keep us indoors more, and it is vital to limit sun exposure for four weeks after treatment.

The treatment begins by trimming away hair above the skin. A cold gel is sometimes spread over the treatment area before the IPL handpiece is used to emit pulses of light on to the skin. The light is absorbed by the melanin in the skin and hair, preventing the growth of the hair follicle and stimulating regeneration of the skin. Each pulse of light feels like little more than the twang of a rubber band. No local anaesthetic is required, although there might be some redness immediately afterwards which disappears within hours.

The number of treatments required to achieve results varies between patients but a series of four to six often produces significant results.



Coastal Plastic Surgery uses Quantum IPL, the gold standard IPL system, which is third generation IPL technology and up to four times the power of other IPLs.

As a special offer for readers of *Style*, Coastal Plastic Surgery have discounted prices for IPL Hair Reduction treatments: Underarms, normally \$100, are now \$39.00, and bikini line, normally \$120, are now \$49. Offer only available until June 30, 2008.

Coastal Plastic Surgery
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IT'S NOT ROCKET SCIENCE

Anne Schober and Cathy Cleary have put together a program to understand the effects of stress on the brain and the body. The workshop discusses anxiety, depression and trauma, the role of medications, complementary medicine and the traps that people fall into when they try to cope without a clear understanding of the best strategies to use.

So if you, or someone you know is stressed, has anxiety, depression, a past history of trauma, or negative early life experiences and you want to understand the foundation of these problems, how to solve them and live successfully, this one day workshop is an ideal opportunity.

To find out more or to register contact Sarah or Emily on 07 5476 9688 or view the website at www.itsnotrocketscience.com.au



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Be Hair Free
for Summer 2008

Bikini ~~\$120~~ NOW \$49

Underarm ~~\$100~~ NOW \$39

Quantum IPL*

coastal
plastic surgery



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