



Do not disturb October 12 '08

I vowed never to be a mum who was still in her bathrobe at lunchtime. Luckily my man bought me a sexy robe – as I'm still in it at 1pm. I had no idea finding the time to dress would be so hard. In those rare quiet moments, I relish rituals like washing my face. Here are some me-time must-haves.



1 Flower By Kenzo Winter Flowers eau de parfum, \$115

The perfume is called Winter Flowers, but the limited edition scent was designed to cool you down on hot days. The bottle features a reinvention of the Kenzo poppy by Valero Doval and the fragrance is the ultimate in floral cool: violet leaves, hellebore rose and a hint of mimosa. Call (02) 9695 4800 or visit www.kenzostore.com.au

2 Method hand wash in Pink Grapefruit, \$4.99

As a paranoid new mother, I wash my hands a lot. If I could get them into the bottle of steriliser I would. This hand wash won't irritate after continuous use and has natural coconut cleansers. It's also environmentally friendly, with 100 per cent recyclable packaging. Call 1800 069 192.



3 Kit Cosmetics Enchanted Dream nail polish, \$15.95

This hot watermelon lacquer in a collectable arty box hits the spot. Kit Cosmetics invited design students to create packaging for its new limited edition line, with the theme "A faraway land of colour", and the winner was this design by Erin Morris, from RMIT University. Available during October at Kit Cosmetics, call 1800 705 800 or visit www.kitcosmetics.com



4 Shiseido Shimmering lipstick in Rouge Irise, \$43

With motherhood having reduced my mouth time to brushing my teeth and licking my lips, I decided to keep this lippie in my handbag and use traffic snarls to my pout's advantage. This melting veil of lustrous pale plum is perfect for spring. Call 1800 225 032.



5 Ole Henriksen African Red Tea foaming cleanser, \$64

These days I foam up my face in the shower while playing peek-a-boo with bub, who yells and tries to eat the bathmat. To give my ablutions a grown-up edge I use this fluffy foam, with antioxidant-rich red tea and tangerine extract. Call (03) 9348 1915 or visit www.adorebeauty.com.au

6 David Jones Rosewater Hand & Nail cream, \$11.95 (225g)

Carrying a nappy bag and handbag is incidental weight training. Another thing weighing me down is all the hand cream I carry with me. This take-anywhere tube absorbs well, richly hydrates and smells delicious. Call 13 33 57.

Shaping up!

Having perfectly groomed eyebrows is easier than you think. Here are some tips from the experts.

By Nikki Yazxhi.

To find your perfect eyebrow shape, have an expert attend to them first," says Ilona Sophie from Sydney's Gallo Hair. "An eyebrow specialist will determine the shape to suit your features. Once you have them shaped professionally, it's easier to maintain them at home."

Perfect shape: "The most elegant and natural-looking eyebrow shape is elongated, clean and simple," says Sophie. "The beginning of the eyebrows should have the least amount of curve. The arch of your brows should gradually rise from the inner corners of the eyes, finding its peak outside the iris and then sloping gently towards the end of the brow to extend slightly beyond the eye. Individual features determine thickness."

Trends: "The hottest trend for brows is natural-looking," says Peta Osborne, make-up artist for Napoleon Perdis. "Think America Ferrera, Salma Hayek and Jennifer Connelly."

Maintenance

"Brow maintenance should become a weekly beauty regime," says Sophie. "If you maintain your brows regularly the regrowth is easier to spot and there's less chance of over-plucking." Your kit should include:

● **A brow brush or comb**

Shorter, thick bristles are best as they keep hairs in place.

● **Slanted tweezers**

These grip the hairs best. Afterwards, wipe tips with alcohol to remove oily build-up.

● **Magnifying mirror**

Helps isolate even the finest hairs for precision tweezing.

● **Witch hazel**

Apply on a cotton ball before and after tweezing to soothe the area.

● **Pencil**

A well-sharpened eyeliner pencil creates a defined, natural brow.

Tweezing tips

"The best way to keep eyebrows perfectly shaped is to use a combination of waxing and tweezing," says Sophie. "Waxing cleans up the stray hairs and gives the brow a cleaner line and tweezing defines the overall shape." Here are her tweezing tips.

1 Look at your bone structure and hair texture as a guideline. Softer, more delicate facial features look best with thinner eyebrows, while a stronger bone structure is perfect for thicker, stronger eyebrows.

2 Brush your brows into place so that you can see their natural shape. Hold a pencil parallel to the bridge of your nose; the inside of the brow should start here. To find the highest point of your brow, hold the pencil parallel to the outside corner of your iris and, when you've found the outside edge of your brow, angle the pencil diagonally from your nostril to the outside corner of your eye. Mark these spots with an eyebrow pencil.

3 Remove the stray hairs between your eyes, under your brow bone and near your temples. Only tweeze a few at a time. Begin with one eyebrow and then move back and forth between the two to ensure symmetry.

4 Wipe with a cotton ball soaked in witch hazel to clean and prevent ingrown hairs. To reduce redness, dab with an ice cube wrapped in a tissue and apply aloe vera gel.

Waxing tips

"Have your eyebrows professionally waxed, if only once in your life, so you can see the difference a great shape can make," says Julie



America Ferrera

Salma Hayek

Eyebrow dos and don'ts

✓ DO

- Pluck after a steamy shower or bath. When the pores are open, the hairs are easier to remove.
- Tweeze a few hairs at a time in a well-lit area to avoid over-plucking.
- Keep the beginning and end of the brow even – along the same axis.
- Hold skin taut and pull in the direction of the hair to prevent the skin from pinching and to make it less painful.

✗ DON'T

- Tweeze above the brows, unless it's to get stray hairs well above the brow line.
- Rush when tweezing your eyebrows. The hairs can take months and even up to a couple of years to grow back.
- Trim completely. Trimmed eyebrows won't look natural when growing back.
- Overdo eyebrow shaping; less is better. Thin eyebrows tend to make your face look instantly older.

“If you maintain your brows regularly the regrowth is easier to spot.”

Armstrong, a waxing and tinting expert in Port Melbourne. “A good eyebrow therapist will teach you what suits you.” Here are her tips for finding a great waxing and shaping expert.

- Always insist the therapist holds the area around the brow down firmly when they’re removing the wax. Constant pulling of the skin can cause it to become saggy and puffy.
- Never go to a therapist who reuses the waxing strips. Insist they use disposable strips and check that all instruments are sterilised between clients.

Mistake mender

“If you over-pluck, hide the tweezers for three weeks before attempting a repair,” says Sophie. “In the meantime, use an eye pencil to lightly shade in the skin where the hair should be to help them to appear fuller.”

Colour guide

Lightening: “Depending on your skin tone and the colour of your hair, eyebrows that are a shade or two lighter are often more flattering,” says Sophie. “An eyebrow expert uses professional hair tints rather than bleach to ensure brows don’t turn orange. They would also ensure that your eyelashes are darker than your brows to balance the eyes so you don’t look washed out.”

Tinting: “If you have very fair eyebrows, an expert can tint your brows using semi-permanent vegetable dye,” she says. “This adds definition and shape and looks very natural.”

Best for brows



- 1 Too Faced Brow Envy Kit, \$63, 1800 705 800 or www.kitcosmetics.com.au 2 Scott Barnes brow brush, \$34, 1800 705 800 or www.kitcosmetics.com.au 3 Napoleon Perdis eyebrow pencil, \$24, 1800 814 572 or www.napoleonperdis.com 4 Estée Lauder brow setting gel, \$40, 1800 061 326 or www.esteelauder.com.au 5 Rubis tweezers, \$56.95, 1800 251 215. 6 Benefit Speed Brow Quick-Set brow gel, \$30, (02) 8353 5000. 7 Tweezerman Tweezermate lighted mirror, \$39.95, 1800 251 215. 8 Elizabeth Arden Dual Perfection brow shaper and eyeliner, \$42, (02) 9409 7700.