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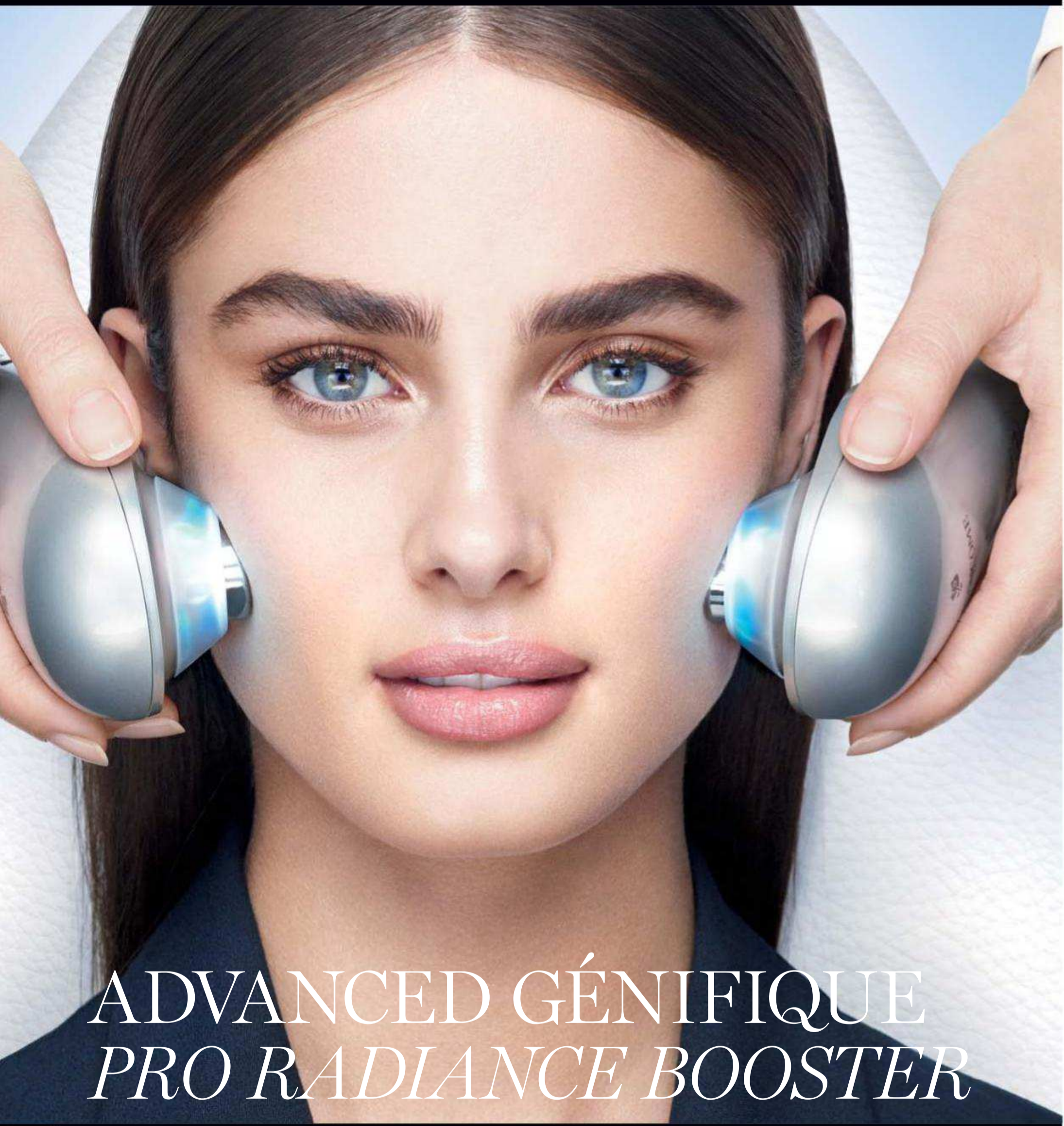


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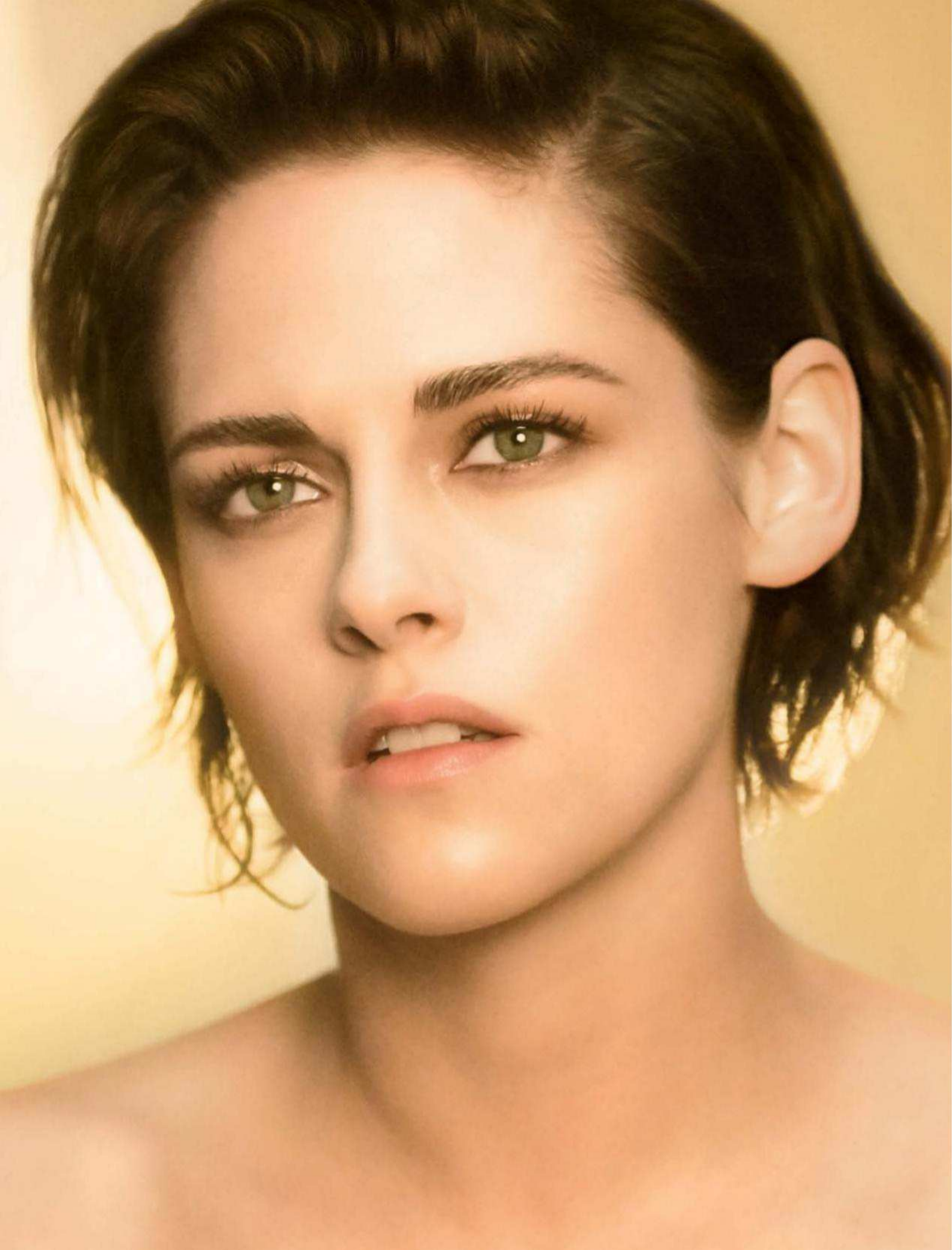
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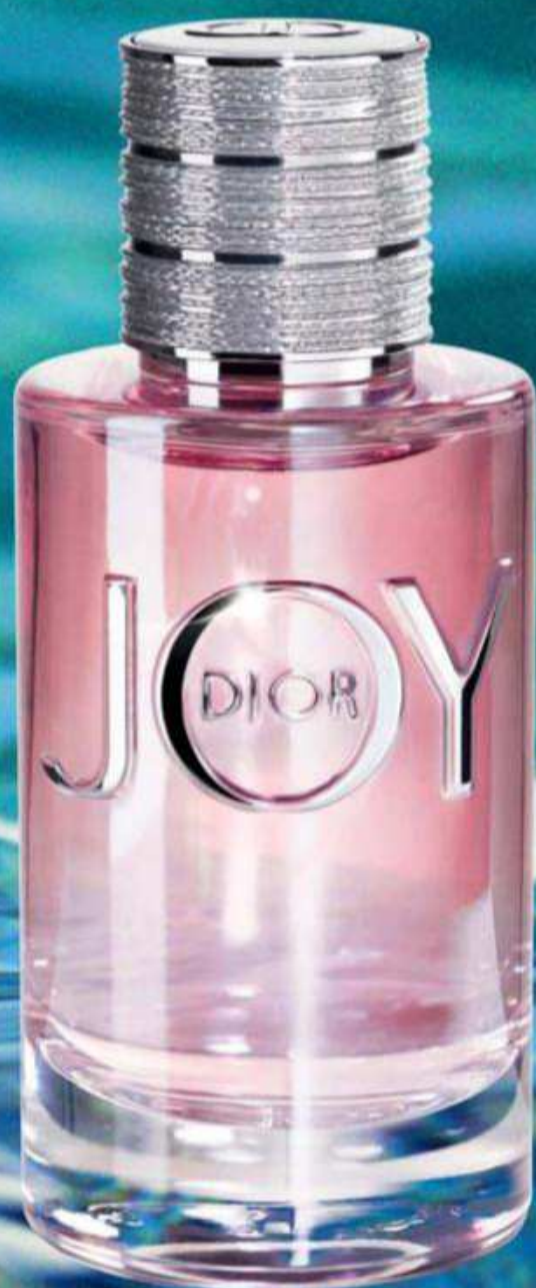
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Contents



70

COVER

Jennifer Lawrence:
the real deal



GET THE COVER LOOK

Re-create Jennifer Lawrence's look with make-up by Dior and Dior Backstage. On face: Diorskin Forever Undercover foundation in Light Beige. On cheeks: Diorblush Vibrant Colour Powder Blush in Beige Nude; Dior Backstage Contour Palette in Universal. On eyes: Dior Backstage Eye Palette in Warm Neutrals; Diorshow Iconic Overcurl mascara in Black. On lips: Rouge Dior Ultra Rouge lipstick in Ultra Lust.

FEATURES

43 **NEWSFEED** 48 **PORTFOLIO** The sparkling camera of Karl Lagerfeld
56 **SPECIAL REPORT** Has #MeToo changed us? 60 **SOCIETY** When the Amish go on holiday 64 **AUSTRALIAN REPORT** The growing pain of loneliness 70 **INTERVIEW** Jennifer Lawrence on feminism, fashion and fragrance 76 **ZEITGEIST** The island without men
82 **CHALLENGE** Going plastic-free for the planet 89 **CULTURE** Sasha Lane, Molly Ringwald, true crime and the best books 95 **CAREER** Should you go into business with your family? 215 **LIFE STORIES** Kate Spade's lasting legacy 218 **LAST WORD** Rachael Taylor on the women who inspire her

PHOTOGRAPHED BY EMMA SUMMERTON FOR PARFUMS CHRISTIAN DIOR.

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118

STEALING BEAUTY
Ethereal meets rustic

SPECIAL OFFER

Turn to page 88 to get a great subscription deal on your favourite magazine

FASHION

- 27 **THE LUST LIST** Drool-worthy accessories
- 36 **THE EDIT** Fashion news
- 38 **SPOTLIGHT ON** Coco Chanel's passion for Chinese screens is the genesis of a fine-jewellery collection
- 104 **NEW ORDER** Fresh from the international runways
- 112 **MATERIAL GIRL** Printed silk scarves know no bounds
- 118 **STEALING BEAUTY** The spirit of the season
- 126 **DESIGNER DOSSIER** Local label Cue is 50 years strong

SHOPPING

- 141 **ALL IN THE DETAIL** Accessory heaven: the best extras
- 148 **101 IDEAS** Looks that spell "cool you"

BEAUTY

- 155 **MEET YOUR MATCH** Foundation
- 156 **LOVE YOUR SKIN** Aid your shade
- 161 **GLOBAL BEAUTY** Tips, techniques and product picks from around the world
- 167 **THE EDIT** Beauty news
- 170 **HOW TO WEAR** Metallic eyes
- 172 **LIVING THE DREAM** The Louis Vuitton fragrance collection collaborates with Emma Stone
- 174 **SHINE ON** Highlight your hair
- 176 **MY BEAUTY RULES** Eiza González

WELLNESS

- 178 **NEW WAVE** What's trending
- 180 **DIAL UP YOUR SMILE**
- 182 **THE EDIT** Wellness news

LIFESTYLE

- 186 **SUPER NATURAL** The fab food of Hetty McKinnon
- 190 **LA WOMAN** Anine Bing brings home a Danish touch

ESCAPES

- 203 **HOTEL OF THE MONTH**
- 204 **WEEKENDS AWAY** Go overseas
- 208 **THE EDIT** Travel news
- 210 **SICILY'S TAORMINA** An insider's guide



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The printed silk scarf comes into its own this season, page 112.



THIS MONTH YOU'LL FIND ME...

I

won't lie: there are plenty of perks that accompany this job, but definitely the pinnacle is being able to meet some pretty incredible people. Case in point: this month's Oscar-winning cover star, Jennifer Lawrence. Two months ago I was lucky enough to sit down with the inimitable J-Law to discuss everything from feminism, friendship and film, to fashion and fragrance (most notably because she was launching her new collaboration with Parfums Christian Dior). I'm thrilled to report that she is everything you'd imagine her to be: funny, feisty, unfiltered and happy to drop a few unabashed F-bombs along the way. But most impressive of all was her passionate stance against gender pay inequality and government corruption. When I suggested she join the political arena herself, she deadpanned, "I am really, really over celebrities being presidents." Can't argue with that. Turn to page 70 for more pearls of wisdom from one of the world's most extraordinary stars.

To say I'm excited to welcome you to the October issue would be an epic understatement. This edition is always one of the magazine's most important as it heralds the start of spring, bringing with it jam-packed pages of vibrant, new-season fashion carefully curated by our experts. It's a time to review the trends, rethink your look and reinvigorate your wardrobe. But this year we've taken this universal lust for sartorial renewal a step further and shaken things up a bit in the magazine with a design refresh and added sections.

Delivering stories of style and substance has always been *marie claire's* main appeal; with that in mind, we're offering more of what you love. Every month, Newsfeed (page 43) will feature a global snapshot of the world's most inspiring women and their incredible achievements. Then turn to our new regular column "We need to talk about...", which dissects social justice issues through the words of high-profile women. This month, Senator Sarah Hanson-Young writes about her landmark decision to finally speak out and silence her tormentors after 10 years of volleying sexist comments in parliament (page 46). Then flip to our new Escapes section (page 203) for those who reject the staid and boring tourist trails in favour of adventurous paths less travelled.

On the digital front, this month we're delighted to launch our *marie claire* Fiat 500 Fashion Files video series. Each week, we'll interview the creative forces behind some of Australia's most iconic brands including Dinosaur Designs, Ginger & Smart, Rachel Gilbert and Alice McCall, to name a few. Go to marieclaire.com.au/fashionfiles to hear their design ethos and sneak a peek at their new collections.

With so many surprises in store, I'd love to hear your thoughts!



1
WEARING these bejewelled earrings from H&M (hm.com/au). At only \$14.99, everyone can look luxe; for more accessories to love, turn to page 141.

2

WATCHING *McQueen*. This doco celebrates the life of Alexander McQueen, the inspired yet tortured fashion icon. Pass the popcorn...



3
LISTENING TO *The Teacher's Pet*. Our office is obsessed with this podcast about the disappearance of Sydney mum Lyn Dawson in 1982.

Nicky

Nicky Briger
EDITOR



PHOTOGRAPHY BY SIMON UPTON.

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ALL THAT GLITTERS

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diamond rings with a
difference, like these
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Tiffany & Co. rings, all POA, tiffany.com.



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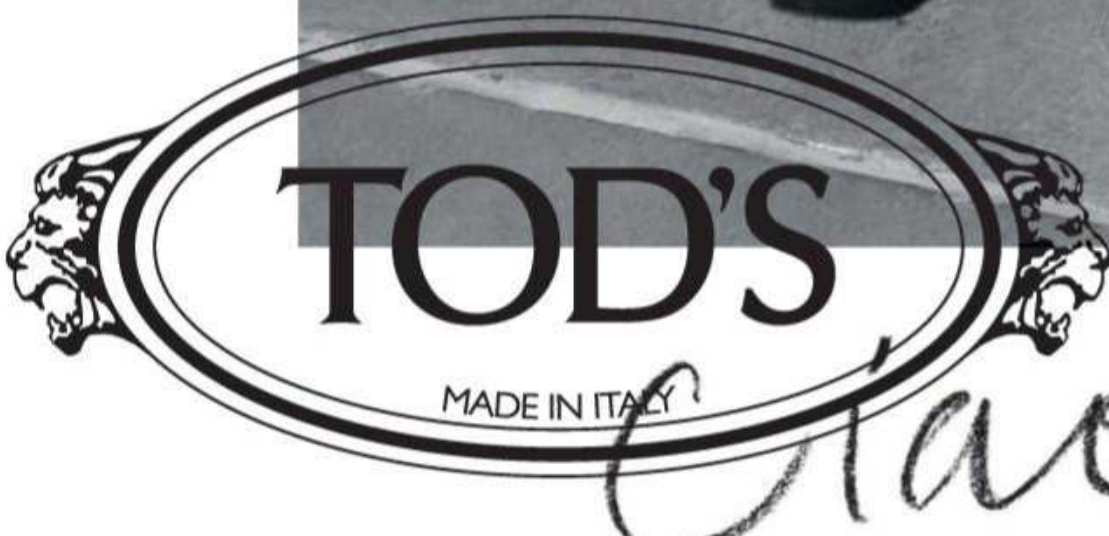
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1 Joy by Dior, \$165 for 50ml.
2 Dior Diorshow Iconic Overcurl mascara in Black, \$56.
3 Christian Dior earrings, \$690, 02-9229 4600.



4 Dior Diorskin Forever Undercover foundation in Light Beige, \$80.
5 Self-Portrait dress, \$471, at matchesfashion.com/au. 6 Dolce & Gabbana top, \$1700, at net-a-porter.com.
7 Christian Dior shoes, \$1390, 02-9229 4600.

COVER STAR STYLE

JENNIFER LAWRENCE

The actress and Christian Dior muse reveals her beauty routine, favourite fragrance and top make-up advice

Age: 28. **Home town:** Louisville, Kentucky. **Current residence:** Los Angeles. **Happy place:** In front of the TV. **Active duty:** "I run and do Pilates regularly," Lawrence admits. "[but] I do yoga only sometimes. I do try to eat healthy most of the time."

Glam squad:

Lawrence says she likes to take her time getting ready for big events. "I usually have a few friends over. We listen to music, hang out and try not to stress too much." **Heaven scent:**

Lawrence, who is the face of Joy by Dior, lists her favourite fragrance notes as "musk, floral and citrus". **Model behaviour:** On the best make-up advice she's been given, Lawrence says, "Don't wear blue eyeliner!"

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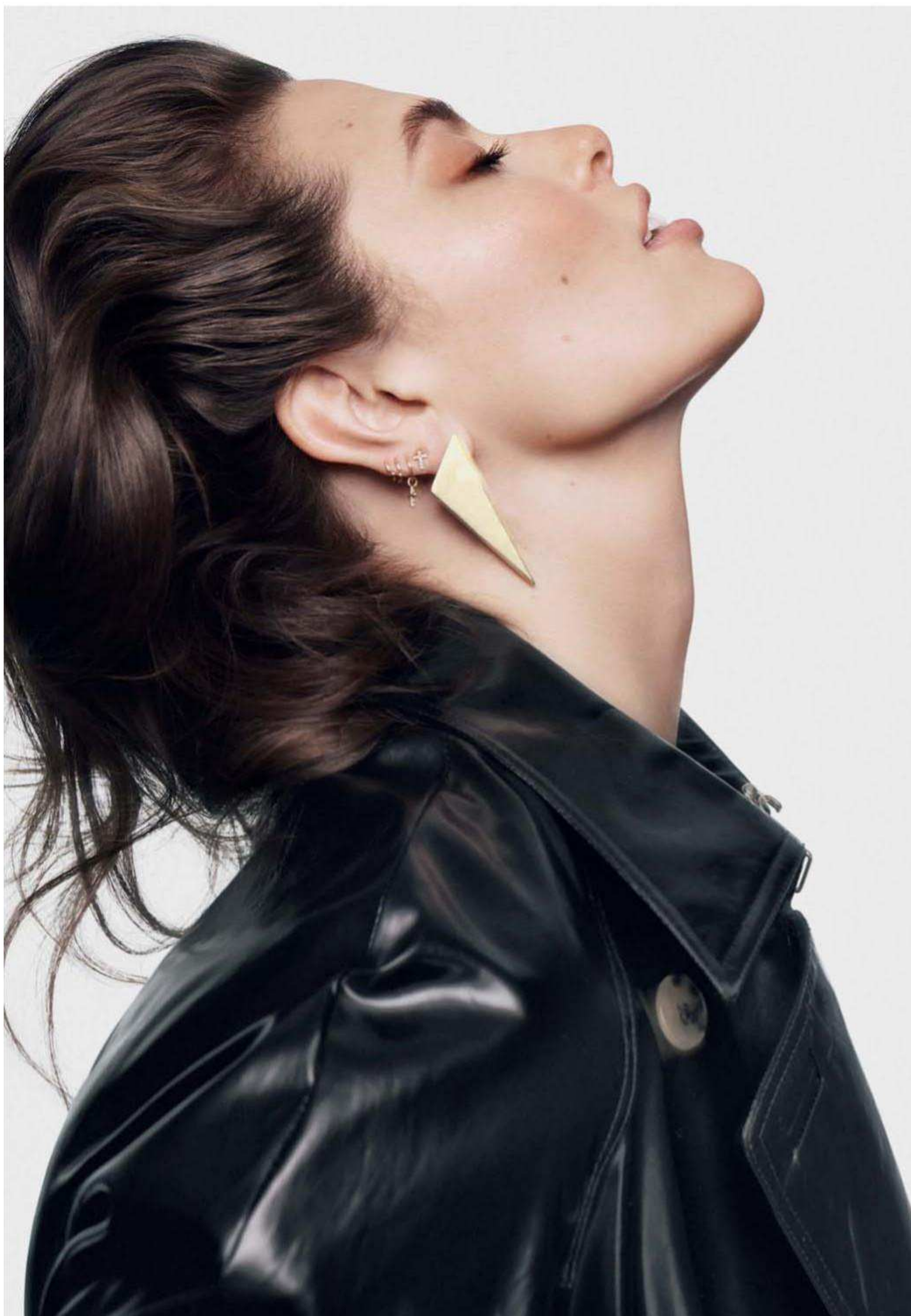
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first MOD FASHION

1

THE LUST LIST

Spotlight on the seriously sumptuous pieces we're coveting this month

SADDLE BAG
Call it full-circle fashion: once slung by Carrie Bradshaw, Christian Dior's iconic early-noughties Saddle bag has been re-released. Our pick? The pretty patchwork iteration.

Left to right: Kate Sylvester **DRESS**, \$529, katesylvester.com; Christian Dior Saddle **BAG**, \$8200, 02-9229 4600. Ellery **DRESS**, \$995, ellery.com; Christian Dior Saddle **BAG**, \$8000, 02-9229 4600.

PHOTOGRAPHY BY DANIEL NADEL

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2

WIRE SHADES

Whether rose-tinted, round or retro, this new crop of glasses share one unifying factor: super-fine frames.



Poppy Lissiman, \$125, poppylissiman.com.



Chanel, \$730, 1300 242 635.



Coach, \$245, 1300 655 612.



Louis Vuitton, \$825, au.louisvuitton.com.



Christian Dior, \$560, 02-9540 0500.



Prada Eyewear, \$550, 1300 655 612.

1

2

3

4

5

1 Vogue Eyewear, \$170, vogue-eyewear.com/au.
2 Roc Eyewear, \$50, roceyewear.com. 3 Poppy Lissiman, \$125, poppylissiman.com. 4 Le Specs, \$80, lespecs.com. 5 Poms, \$300, pomspoms.com.au.

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1



2

3

GOLD BLING

Layer up gilded medallions or pile your arms with gleaming bangles. The brief? Grecian goddess for the modern day.



4



3

1 Paris Georgia **DRESS**, \$760, parisgeorgiastore.com; Bulgari **NECKLACES**, both POA, bulgari.com. 2 Anna Quan **TOP**, \$340, annaquan.com; Alighieri **EARRINGS**, approx \$737, and **NECKLACE**, approx \$983, shop.alighieri.co.uk. 3 H&M **TOP**, \$40, hm.com/au; vintage **EARRINGS**, \$320, and vintage Chanel **NECKLACE**, \$2500, both at harlequinmarket.com. 4 Christopher Esber **SKIRT**, \$790, at davidjones.com; Sylvia Toledano **BRACELETS**, both \$220, at pierrewinterfinejewels.com; Chanel **CUFF**, \$1560, 1300 242 635.



4



1 Tiffany & Co., \$10,900, tiffany.com.au.
 2 Cartier, \$3450, au.cartier.com.
 3 Dior Timepiece, \$10,150,
 02-9229 4600. 4 Chopard,
 \$19,900, 02-8197 6007.

BABY FACE
 The time is now for small but perfectly formed watches. Swap out your oversized men's watch for something fine, feminine and fitted – without sacrificing on bold design or bling.



1 Rolex, \$17,400, at Kennedy Star, 02-9518 9499. 2 Seiko, \$550, 02-9805 4747. 3 TAG Heuer, \$3350, tagheuer.com. 4 Fendi Timepieces, \$5195, fendi.com. 5 Rado, \$3375, rado.com.

PHOTOGRAPHY BY EDWARD URRUTIA



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1



2

5

LOGO MANIA

Who knew brand monogramming would fall back into fashion favour? These loud luxury pieces bring graphic glamour in spades – and signal a return to maximalism.

PHOTOGRAPHY BY DANIEL NADEL. STYLED BY TARA MORRIS. MAKE-UP AND HAIR BY CORINNA WILMSHURST USING GIORGIO ARMANI. MODELS: GEORGIA AND CAITLIN AT CHIC. COMPILED BY JANA POKORNY; ELLA BLINCO JURY. TEXT BY KATHRYN MADDEN.



3

4

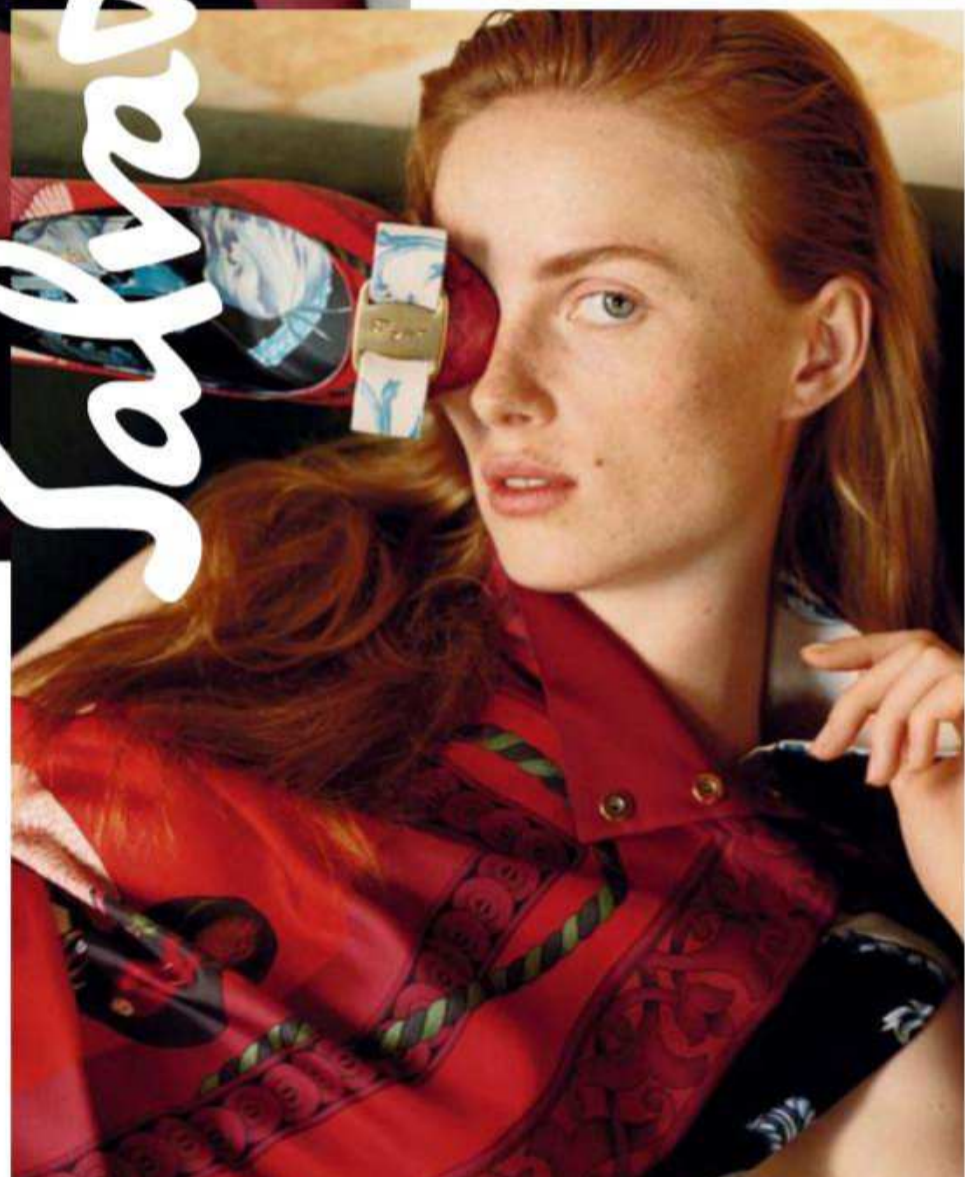


- 1 Christopher Esber **SHIRT**, \$540, at davidjones.com; Louis Vuitton **SHOES**, \$1090, au.louisvuitton.com.
 2 Manning Cartell **TOP**, \$199, manningcartell.com.au; Fendi **SKIRT**, \$990, **WATCH**, \$2292, and **WATCH STRAP**, \$630, fendi.com. 3 Chanel **BLOUSE**, POA, 1300 242 635; Gucci **BAG**, \$2715, gucci.com.
 4 Max Mara **DRESS**, \$2765, maxmara.com; Jimmy Choo **SHOES**, \$995, 03-9568 0916.





Salvatore Ferragamo



SYDNEY: WESTFIELD SYDNEY & BONDI JUNCTION, QVB, THE STAR
MELBOURNE: CROWN, CHADSTONE
BRISBANE: QUEENSPAZA
GOLD COAST: PACIFIC FAIR
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6

JEWELLED HEELS

No longer reserved for after dark: sparkle-encrusted mules and high-voltage pumps step into the light.



Gianvito Rossi, \$1365, at net-a-porter.com.



Jimmy Choo, \$1350, at modaoperandi.com.



Kate Spade New York, approx \$342, katespade.com.



Manolo Blahnik, \$2143, at farfetch.com/au.



Miu Miu, \$1150, at matchesfashion.com/au.



Prada, \$1400, at matchesfashion.com/au.



Rochas, \$841, at matchesfashion.com/au.



Tory Burch, \$970, at farfetch.com/au.



Manolo Blahnik, \$1506, at farfetch.com/au.





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CLASSIC HITS

In the '80s, "new wave" music was the currency of cool. Today, Louis Vuitton's collection of the same name is set to follow suit. Splashed with pop colour and bold badges, the classic quilted bags look bound for "It" status.



DESIGN DNA

Calvin Klein Jeans goes back to its roots: great denim, logo prints and hot hues define its latest offering.



Chanel Beach Pouch, \$1470 each, and scarf, \$330, 1300 242 635.

ON THE RIVIERA
Bring a touch of St Tropez to your next seaside jaunt with Coco Beach De Chanel, a line of sporty swimwear, clutches and espadrilles. So Frenchy, so chic.

the **It** BAG



TALK IN CIRCLES

Georg Jensen joins forces with Danish designer Sophie Bille Brahe for Halo – an exquisite spherical selection of jewels rendered in diamonds and gold.

Georg Jensen bracelet, earrings and ring, all POA, georgjensen.com.



VISUAL CUES J.W. Anderson has created a new capsule for Net-a-porter, with a focus on fluid lines and soft silhouettes. These slouchy trousers hint at the shape of things to come.

PHOTOGRAPHY BY EDWARD URRUTIA. COMPILED BY JANA POKORNY. TEXT BY KATHRYN MADDEN.





MICHAEL KORS





"I'm like a snail," said Coco Chanel (left, at home at the Ritz in Paris in 1937). "I carry my house with me... Two Chinese screens, books everywhere." Below and right: the collection's Vibration Minérale bracelet and earrings, and Vol Suspendu necklace.

JEWELLERY CRUSH
THE BIG SCREEN

Coco Chanel's love for vintage Chinese Coromandel screens inspires a fine-jewellery collection



When it came to Coco Chanel's signature streamlined approach to style there was a major exception: antique Chinese Coromandel screens. The woman who famously declared, "Before you leave the house, look in the mirror and take one thing off," acquired more than 30 ornate lacquered screens during her eventful lifetime.

"The first time I saw a Coromandel screen, I cried out, 'It's so beautiful!' I had never said that about any other object," Chanel said. Each exquisite screen told a story and, like a pre-internet Pinterest board, inspired the legendary designer's provocative work.

"When I look at this screen in the evening, for example," she continued, "I see doors opening and knights setting off on horseback."

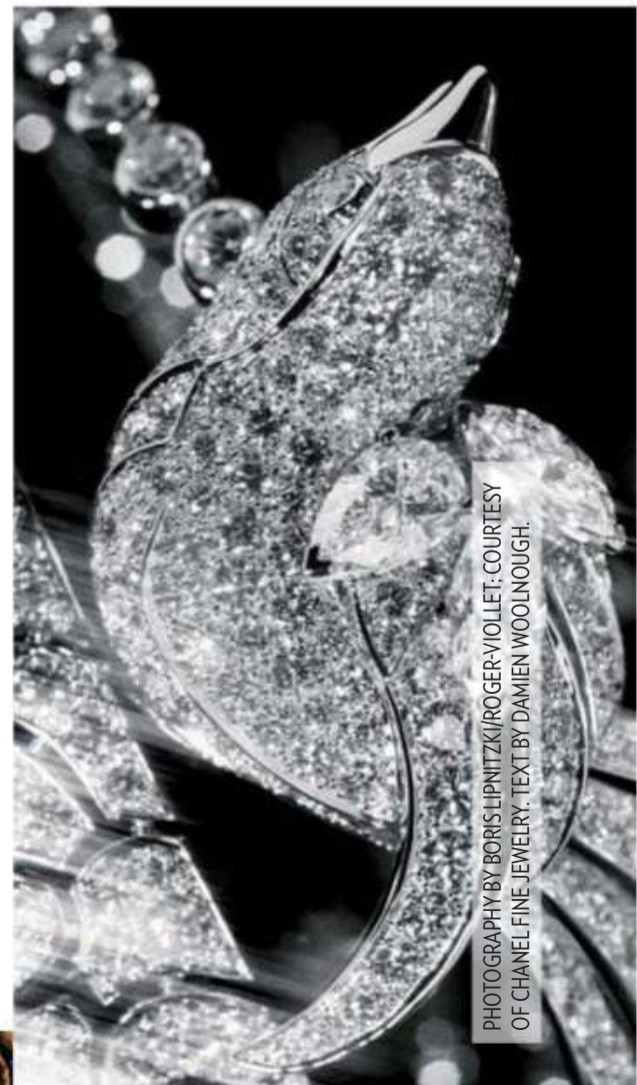
Now Coco's treasures, which travelled with her from the Ritz in Paris to her villa in Lausanne and dominated her apartment at 31 Rue Cambon, have inspired a fine jewellery collection from the enduring house. To evoke the glossy rich palette of the Coromandel screens, emeralds, tourmaline and tsavorite garnet provide the deep greens, while red rubies shimmer against lacquered onyx.

Chanel herself has become a part of the Coromandel collection with her beloved camellias blooming on earrings and a fully reversible cuff that pivots on a yellow diamond. Geometric patterns pay tribute to her love of gemstones while swooping diamond birds take flight on statement rings.

Each piece dares you to look at yourself in the mirror, ignore Coco's advice and put one on.

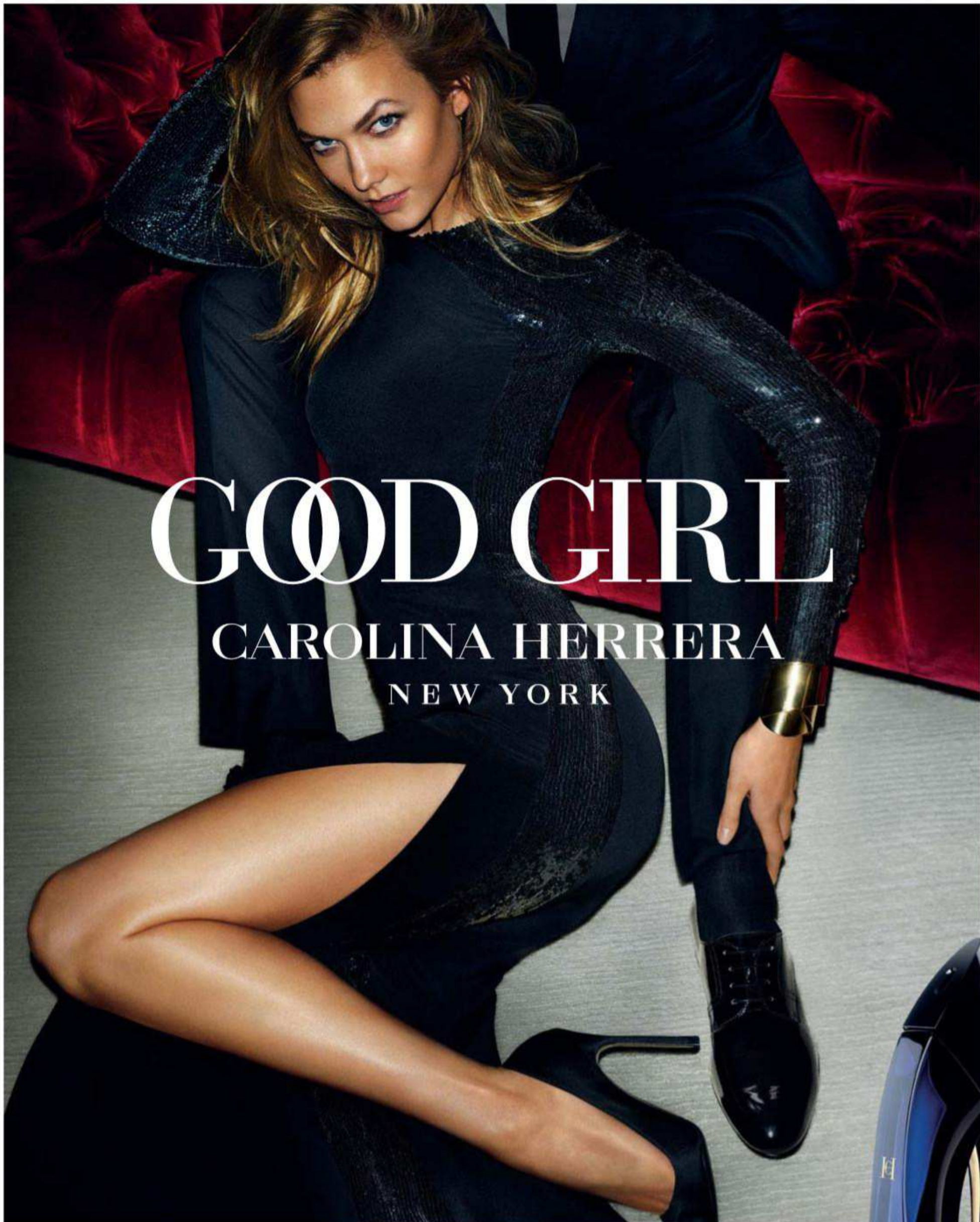


Below, from far left: the Fleur de Laque ring; a Coromandel screen in Chanel's apartment at 31 Rue Cambon, Paris; the Vol Suspendu necklace in detail.



PHOTOGRAPHY BY BORIS LIPNITZKI/ROGER-VIOLLET; COURTESY OF CHANEL FINE JEWELRY. TEXT BY DAMIEN WOOLNOUGH.





GOOD GIRL

CAROLINA HERRERA

NEW YORK

THE NEW FEMININE FRAGRANCE

#GOODTOBEBAD

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A fragrant fusion of black cherry, violets and toasty oak draw you to an unmistakably elegant wine. Medium bodied with supple tannins, this Shiraz showcases balance and poise through integration of juicy red fruits and spicy oak.

McWilliam's Wines encourages responsible drinking. Get the facts at www.drinkwise.org.au

newsfeed

WOMEN LIVING FEARLESSLY AROUND THE GLOBE



SPAIN

YES MEANS YES

A horrifying gang rape has sparked calls for new consent laws

People are storming the streets of Spain in a sea of purple. "It's not abuse, it's rape!" they chant in protest of *La Manada* (wolf pack), a group of five men who allegedly attacked (and filmed) an 18-year-old girl in Pamplona in 2016. Despite damning evidence, the court cleared the men because the teenager was "silent" and "passive" during the ordeal. Now the nation is set to introduce a new law mandating that sex without a verbal "yes" is rape. Closer to home, the NSW government has announced a million-dollar advertising campaign around consent. Said Pru Goward, minister for prevention of domestic violence and sexual assault: "You must explicitly ask for permission to have sex. If it's not an enthusiastic yes, then it's a no."

Thousands of students in Madrid demonstrated outside the Ministry of Justice earlier this year. A Spanish court triggered outrage when it granted bail to five men acquitted of gang rape but convicted on a lesser felony of sexual abuse.

PHOTOGRAPHY BY ALAMY.

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LENS OF LIFE AND DEATH

The content of French photojournalist Veronique de Viguerie's work constantly places her life at risk. She reveals how her fear has made her sharper and smarter



IRAQ 2017: De Viguerie in an army truck during the recapture of Mosul.



NIGERIA 2014: Mothers of the girls abducted by Boko Haram await news.



YEMEN 2017: Amat, 17 (centre), fights for the release of child soldiers and the end of child marriages.

Veronique de Viguerie would like to change the world, one picture at a time. Twelve years after she began taking photos, de Viguerie, 40, is an award-winning photographer, covering some of the most dangerous places and people on the planet.

What draws you to this kind of reporting? I don't like to see the world in black and white; I hate the idea of "good guys and bad guys". The first time I went to Afghanistan, I went to spend time with the Taliban and I expected to meet the devil – monsters of pure evil. But I found myself with 17-year-olds who had been brainwashed. It was such a shock to realise that they were likeable.

You have two children and you were working during both pregnancies. How did that work? In 2012 I went on an HBO assignment to South Sudan to track down the LRA (Lord's Resistance Army) whose leader, Joseph Kony, raped, pillaged and hid out in a forest. At the time, I was five months pregnant with my first child. I thought about a young girl I had met previously who had been abducted by the LRA and had managed to escape at nine months pregnant. I told myself: "If she could do that then surely I can do this."

How do you keep your fear under control? Fear generally heightens my senses; I'm much quicker, more focused. Some fears I've experienced saved my life. Fear gives me the drive I need to make it out of the situations I found myself in.

CHINA

RHYTHM OF LIFE

A room of 120 pregnant Chinese women are spiralling their hips, softly rocking their babies in the womb as they learn the ancient Middle Eastern art of belly dancing, designed to assist in childbirth. They're led by Australian international

childbirth educator Maha Al Musa, who has been empowering mums-to-be for 30 years. "My program, EmbodyBirth, is based on birth philosophy, physiology, psychology and birth practice," says Al Musa, who home-birthed her third baby

at the age of 46. The rhythmic prenatal preparation serves to mimic "the intuitive movements of birth and bring you into accessing that innate primal person within yourself", she explains. To date, Al Musa has trained 50 Chinese birth workers in her program.



The dance class teaches mothers-to-be to breathe and relax into labour.

GUTIER-CREDIT





The CaiRollers find freedom from societal restrictions on the rink.



USA

Career Barbie

When asked to draw a scientist, two-thirds of children draw a man; it's not surprising given that women make up just 16 per cent of Australia's STEM workforce.† Enter Robotics Engineer Barbie, who comes with goggles, a robot and a toy laptop ready to code. The doll, says Lisa McKnight, senior vice-president at Barbie, was designed to pique girls' interest in science and tech and inspire their limitless potential. Plus, she's available in four different ethnicities, cementing Barbie's new-found status as a progressive plaything.

MONTH BY NUMBERS

61%

of Spain's new cabinet are women, making it the most female-dominated in the world. Nearly two-thirds of its posts are held by women

8

The number of Australian women hospitalised every day as a result of family violence**

EGYPT ROLLER GIRLS

Women are getting their skates on in a celebration of the sisterhood

Bumping, tumbling, ducking and blocking. Twice a week, a group of women in Cairo don their helmets and knee pads and assemble for roller derby practice. "If you fall, you get up quickly," explains Reem El Desouky, a 29-year-old copywriter. "If you get hit, you absorb it and move it. These

are things you carry into your everyday life. It toughens you up a bit." For El Desouky, the bruising sport represents more than just a game; a recent study named Cairo the world's most dangerous megacity for women, and an estimated 99.3 per cent of Egyptian females have suffered sexual

harassment.* Out on the rink, the CaiRollers unleash their frustrations and bond with their "derby wives" – not only teammates but visiting opponents, too. In El Desouky's words: "There's a sisterhood that resonates around the world. We see each other. We stay with each other."



UK

BLUE PLANET

Every year, 31-year-old Welsh woman Emily Penn sets sail on sparkling sapphire seas. But she's not searching for paradise. Ten years ago, after stumbling upon a floating toothbrush, the sailor started planning all-female voyages to raise awareness of plastic pollution and its health implications. "There's something unique about taking a passionate group of women to sea," says Penn, whose latest expedition saw a crew of 24 travel 3000 nautical miles from Hawaii to Seattle, trawling the ocean for rubbish and analysing microplastics. "Boundaries are let down as we overcome challenges together." The mission was aptly named eXXpedition – a nod to the female chromosome.

PHOTOGRAPHY BY TOMMY TRENCHARD; VERONIQUE DE VIGUERIE; LAURA BOUSHNAK/ITHE NEW YORK TIMES/HEADPRESS; AAP; COURTESY OF JINAN AIMA MATERNITY HOSPITAL; COURTESY OF EXPEDITION. *UN WOMEN 2013; POLL2017.TRUST.ORG †CHIEFSCIENTIST.GOV.AU **IMPACTFORWOMEN.ORG.AU

by Senator Sarah Hanson-Young



WE NEED TO TALK ABOUT... SEXISM IN POLITICS

After Sarah Hanson-Young was told by a fellow senator to “stop shagging men”, she filed a defamation suit against him. Here, she talks about the importance of speaking up

When I came into parliament at the age of 25, as the youngest woman ever to be elected, I was naive about how damaging and hurtful sexist comments can be. I didn't call it out at the beginning and in the 10 years I've been in parliament, it's only gotten worse. I have seen the tone of political debate fall lower and lower.

When I'm in the chamber, I will often hear commentary about what I look like. Some members of parliament always make snarky remarks about the dresses I wear. There's one male colleague who will shout out at me when I'm debating a serious issue, saying, “Why don't you just smile at me, Sarah?” Then there's the nasty, underhanded sexual innuendo. I've had men's names yelled at me while I've been on my feet in the chamber, with the insinuation that I'm apparently sleeping with them. It's all designed to

throw me off my game, break down my confidence and shut me up. It's used as a weapon to make me think twice about getting to my feet again.

In the past, when a comment was made I tried not to react – to pretend like I didn't hear it. The downside of ignoring it is that [the behaviour] continues. When Senator [David] Leyonhjelm shouted across the chamber that I should “stop shagging men”, I felt like I had a responsibility to call him out. Subconsciously or consciously, I think I was really encouraged by the #MeToo movement to break my silence. As a leader in our community and a woman in a privileged position, I felt like I needed to set an example to other women. And, as a mother, I needed to set an example to my daughter [Kora, 11].

I'm a strong woman – I give as good as I get in the rough and tumble of political debate – but this is the hardest thing I've ever done. Calling this out as slut shaming has forced me to confront the issue and talk about it publicly. It's also opened me up to the attempted shame of the comments. Having my apparent sex life discussed in public has been a surreal experience. And Senator Leyonhjelm has continued his bullying: he has tried to shame me, silence me more and punish me for speaking out.

Despite all of that, the response has been incredibly heartening. I've been contacted by a number of other women in the parliament who have told me their stories of similar experiences. I've had encouragement from other female politicians, such as Kristina Keneally, and messages of support from male colleagues. One of the thousands of messages I've received from the public was from a woman in her 80s, who said she had waited her whole life to see this happen. She'd watched women's participation in the workforce grow but the issue of sexism not stop. I feel quite encouraged by the outpouring of support.

My daughter, Kora, has been my rock through this whole process. I've always taught her not to let the bullies win, so I wasn't going to sit back and let this reprehensible behaviour stop me from doing my job. I want her to never be afraid of standing up for

‘WOMEN DESERVE TO HAVE A VOICE AND WE'RE NOT GOING TO BE SLUT SHAMED FOR USING IT’

what she believes in. I want all women to feel empowered in their opinions and to not have to suffer in silence. If we are to have this cultural shift, we need more strong female role models in leadership and more young women in politics. Women deserve to have a voice, and we are not going to be slut shamed for daring to use it in political debate. We have every right to be there and we will say what needs to be said.

PHOTOGRAPHY BY JOSHUA MORRIS. STYLED BY MONICA RUSSELL. HAIR AND MAKE-UP BY JOEL PHILLIPS/VIVIEN'S CREATIVE. EDITED BY ALLEY PASCOE.



REESE WITHERSPOON



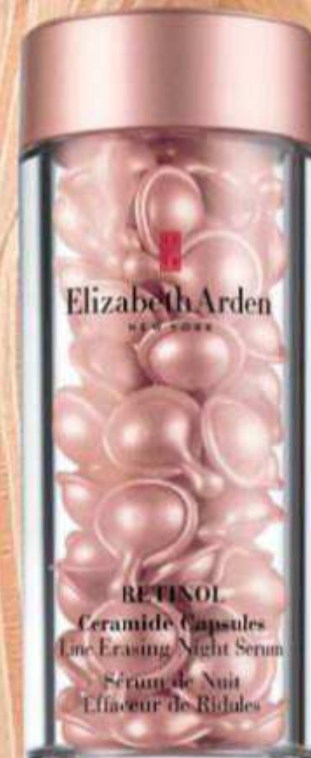
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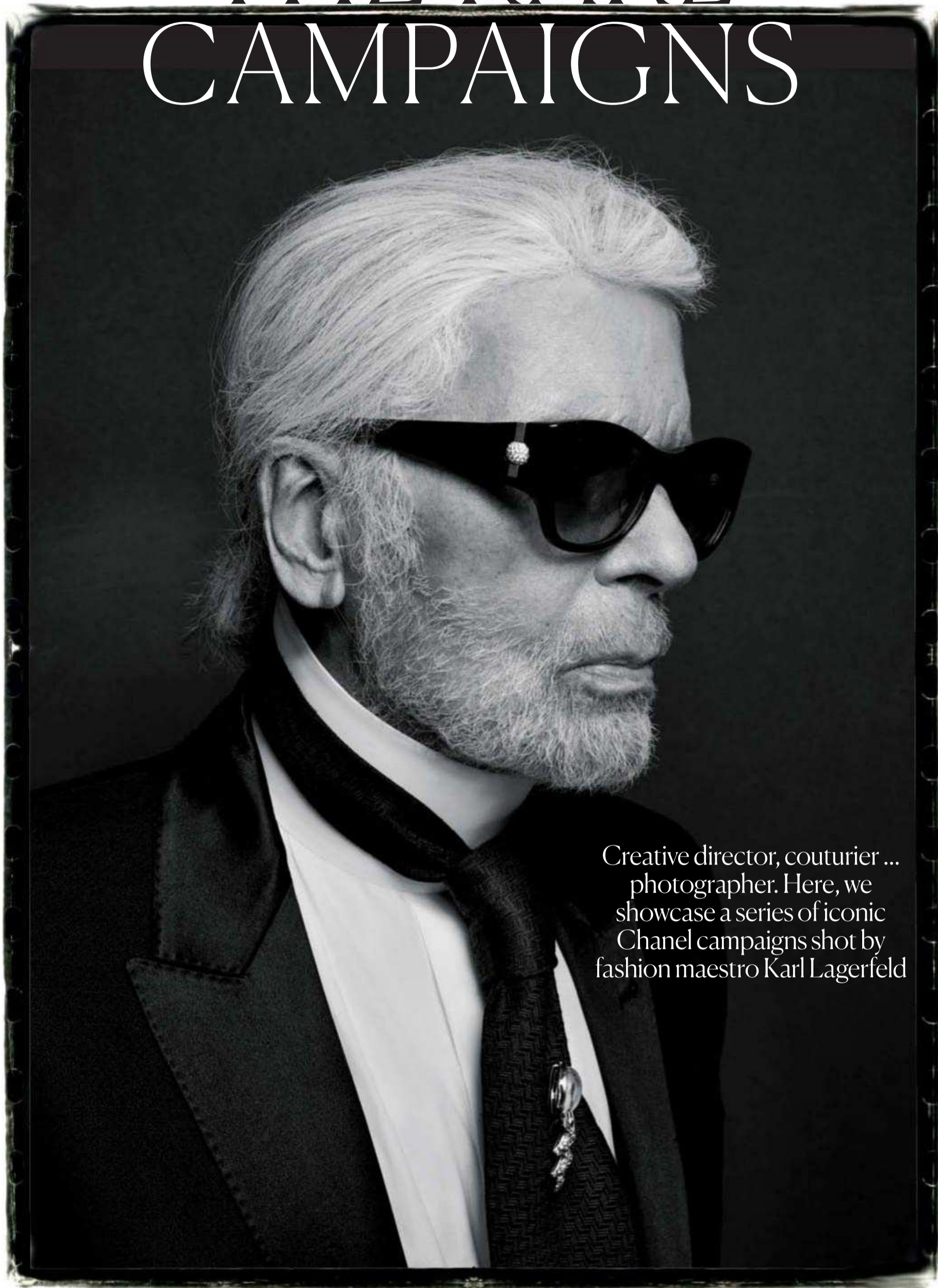
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THE KARL CAMPAIGNS



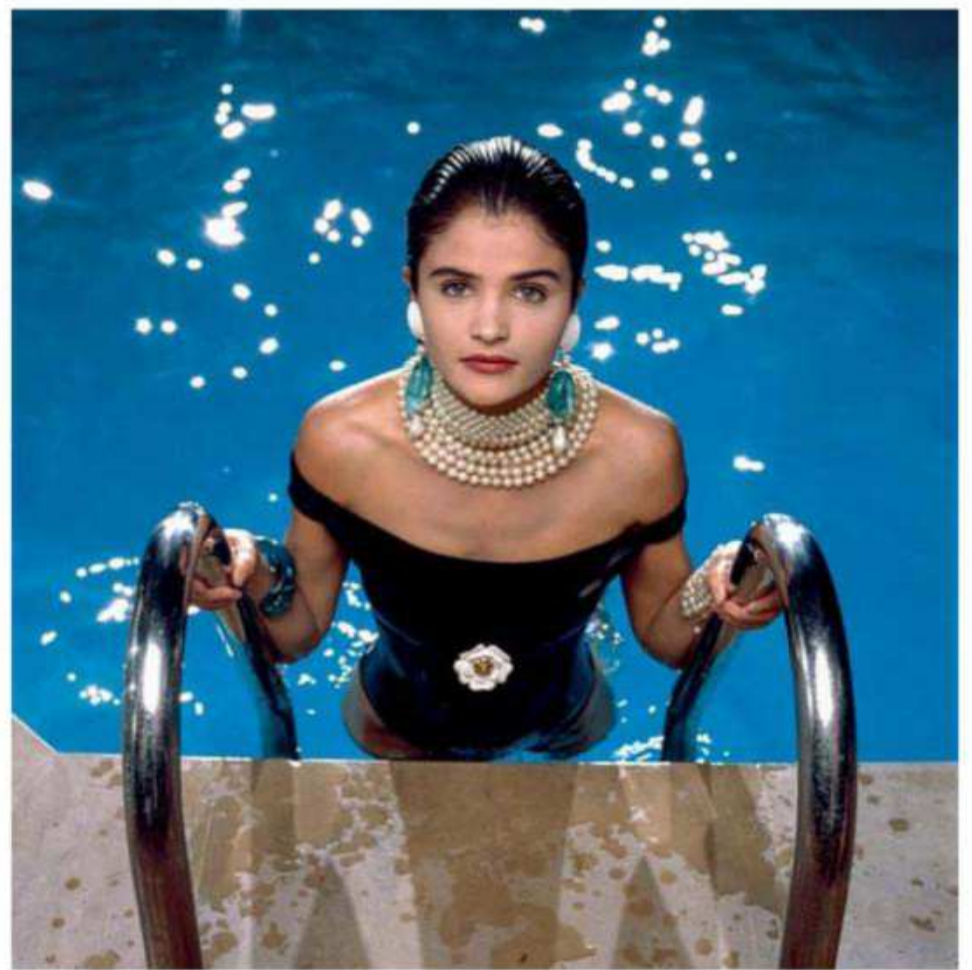
Creative director, couturier ...
photographer. Here, we
showcase a series of iconic
Chanel campaigns shot by
fashion maestro Karl Lagerfeld





OPPOSITE PAGE
Over the past three decades, the designer-cum-photographer has reshaped Chanel's image. THIS PAGE
"One of the first things Karl Lagerfeld said to me was that we never need to take ourselves too seriously," said Australian actress Margot Robbie, who fronted the Coco Neige campaign in May.





TOP Binx Walton (left) and Cara Delevingne for autumn 2014. ABOVE Helena Christensen dripping with pearls in 1990. LEFT Lagerfeld photographed muse Linda Evangelista in his Monaco villa for spring/summer 1991. OPPOSITE PAGE Ever the conceptualist, he chose the streets of New York for his 2016 Chanel Airlines campaign.



If you want something done, do it yourself. So said Karl Lagerfeld when he picked up a camera in 1987 and started snapping a doe-eyed Inès de la Fressange draped over a Louis XV chair.

The young German designer had arrived at Chanel in 1983, tasked with reviving the luxury house after the passing of its legendary founder 12 years earlier. A true creative visionary, he felt the brand's press kits lacked a certain lustre – none of the top editorial photographers wanted to shoot them – so he took matters into his own hands, literally. Soon, he was photographing major campaigns, as showcased in a new book, *Chanel: The Karl Lagerfeld Campaigns* (Thames & Hudson, out October).

Key to Lagerfeld's imagery is a roster of high-profile muses such as Kate Moss (pictured right, for Chanel spring/summer 2004) and Cara Delevingne, to name a couple. But the magic begins behind the lens. In true Lagerfeld form, he has said, "I am the photographer but also the client, and I am in the marvellous position of being at the centre of my own life."

"What I like about photographs is that they capture a moment that's gone forever, impossible to reproduce"

- Karl Lagerfeld





“I look at the world and at fashion with the eye of a camera”

- Karl Lagerfeld



ABOVE Stella Tennant for spring/summer 1997; the shot was inspired by early photos of Gabrielle Chanel. RIGHT Lagerfeld shot Claudia Schiffer on the Amalfi Coast for spring/summer 1993.



PHOTOGRAPHY (OPPOSITE BOTTOM) BY OLIVIER SAILLANT FOR CHANEL. TEXT BY KATHRYN MADDEN.





ABOVE *Chanel: The Karl Lagerfeld Campaigns* (Thames & Hudson, \$100). **LEFT** Lagerfeld is known for arriving on set with a precise concept and composition. This famous spring/summer 2003 campaign was shot in Biarritz, France. **RIGHT** “I prefer black and white,” Lagerfeld has said of his photography style. Here, Lily Rose Depp and Cara Delevingne model the 2017 Airspace collection. **BELOW** “This shoot was one of the greatest experiences of my career,” said Robbie, on set with Lagerfeld. “The energy and vibe was so wonderful and collaborative.”



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#METOO

HOW A HASHTAG
CHANGED THE WORLD



It's been a year since #MeToo exploded on Twitter – but what has changed? After 12 months of worldwide fallout we look at what's next in the fight against sexual harassment. By Alley Pascoe

It all started with two words: me too. On October 15 last year, actress Alyssa Milano shared a simple idea on Twitter in support of her friend Rose McGowan's allegations of sexual abuse against movie mogul Harvey Weinstein. "If all the women who have been sexually harassed or assaulted wrote 'Me too' as a status, we might give people a sense of the magnitude of the problem."

The response was overwhelming; the post was retweeted 24,000 times and it received 67,000 comments. Women from around the world united in solidarity and shared their personal experiences in 140 characters or less. The stories were devastating and painfully relatable: "Me too, I never told anyone because I thought it was my fault for sending the wrong signals"; "Me too, he was my stepfather"; and "Me too, you never get over it. You just learn to live with it." Celebrities including Lady Gaga, Debra Messing and Evan Rachel Wood were among the first stars to add their voices to the Me Too movement.

The outpouring flowed from social media into the real world; women swapped stories over coffee, HR departments reviewed their sexual harassment policies and inquiries were launched. Both online and off, the world is a very different place to what it was a year ago. Here's how...

WEINSTEIN'S DOWNFALL

On October 5, *The New York Times* published an article in which actress Ashley Judd recounted an incident she'd had with Harvey Weinstein. Two decades before, the film producer had invited Judd to the Peninsula Beverly Hills hotel for what she thought was a business breakfast meeting. Instead, she was ushered to Weinstein's hotel room where he appeared in a bathrobe and asked her to watch him shower.

Judd wasn't the only young actress in Hollywood who Weinstein harassed with his hotel-bathrobe routine. In the months after *The New York Times* exposé and a subsequent report in *The New Yorker*, more than 75 women have opened up about their sickening experiences with Weinstein. Rose McGowan, Salma Hayek, Gwyneth Paltrow and Angelina Jolie came forward with allegations ranging from sexual harassment to rape.

On October 8, Weinstein was fired from The Weinstein Company. Two days later, his wife Georgina Chapman left him. On May 25 this year, New York police charged him with "rape, a criminal sex act, sex abuse and sexual misconduct for incidents involving two separate women". A third criminal sex assault case has since been brought against him and further charges are expected to follow. Weinstein has pleaded not guilty to all charges and has denied any allegation of non-consensual sex.

THE CHAIN REACTION

The Weinstein revelations have had a domino effect on the entertainment industry. High-profile men in Hollywood including actors James Franco, Kevin Spacey, Jeffrey Tambor, Ed Westwick and Jeremy Piven, TV host Matt Lauer and comedian Louis C.K. have all been accused of sexual misconduct. Many of them, including Spacey, Tambor and Lauer, have been fired from hit shows as a result. It's been said that there's never been a worse time to be a white guy in Hollywood. The same goes for a select few in Australia...

In late November, TV gardener Don Burke was accused of sexually harassing a string of female colleagues throughout his career in a *Sydney Morning Herald* piece that described him as a "high-grade, twisted abuser".

In January, actor Craig McLachlan was accused of indecent ▶



WEINSTEIN HAS BEEN CHARGED WITH RAPE, A CRIMINAL SEX ACT, SEX ABUSE AND SEXUAL MISCONDUCT

assault and sexual harassment on the set of the *Rocky Horror Show* musical. Actresses Christie Whelan Browne, Angela Scundi and Erika Heynatz gave accounts of McLachlan's allegedly lewd behaviour on and off the stage, including the time he is said to have traced the outline of Whelan Browne's vagina during a performance. McLachlan has denied the claims and is suing Whelan Browne, Fairfax Media and the ABC for defamation.

More than 1600 people in the media shared their Me Too stories with journalist Tracey Spicer after she posted a callout on Twitter in October. "My Twitter inbox is burgeoning with horror: rape, digital penetration, poking, groping, grabbing," she wrote eight months later in *The Saturday Paper*. Spicer, along with 30 high-profile women including Deborah Mailman, Sarah Blasko and Danielle Cormack, launched the NOW Australia campaign and raised \$120,000 to help women who have experienced sexual harassment in the workforce.

THE FASHION FALLOUT

In the wake of Weinstein-gate, American model Cameron Russell started the Instagram hashtag #MyJobShouldNotIncludeAbuse to share horrific allegations of abuse in the fashion industry. "There are many Weinsteins in our industry, they aren't hard to spot. If you know one, act now. Don't wait for 30 years for a *New York Times* exposé," she wrote. The fashion world listened. In the past year, designers, models, stylists, photographers and publishers have all shone a light on misconduct.

One of the most vocal advocates has been the Instagram account @ShitModelMgmt, which started naming and shaming alleged abusers in February. Two of the people named in the blacklist were acclaimed photographers Mario Testino and Bruce Weber, who were later accused of sexual exploitation by nearly 30 male models and assistants in a *New York Times* report. Subsequently, publishing giant Condé Nast released

a statement saying, "We are deeply disturbed by these accusations and take this very seriously. In light of these allegations, we will not be commissioning any new work with Bruce Weber and Mario Testino for the foreseeable future." The brand also suspended its relationships with photographer Patrick Demarchelier after more than 50 men and women came forward with allegations, and Terry Richardson, who has a long history of alleged abuse.

Advocacy organisation The Model Alliance has started drafting a code of conduct and has called upon brands, agencies and media companies to sign the legally binding agreement to protect those at risk of abuse.

FACING THE MUSIC

At the Grammy Awards in January, American singer Kesha was joined onstage by women including Cyndi Lauper and Camila Cabello to perform her anthemic ballad "Praying". Wearing all white, the women belted out Kesha's song about the abuse she allegedly suffered at the hands of her former producer Dr Luke, singing, "I'm proud of who I am, no more monsters, I can breathe again." The moment of solidarity was hailed as the night's most powerful performance.

Hundreds of women in the Australian music industry have also united with the hashtag #meNOMore. In an open letter signed by high-profile singers Courtney Barnett, Tina Arena and Isabella Manfredi of The



2006

Sexual assault survivor Tarana Burke coins the phrase "Me Too" to help women of colour who have experienced sexual violence.



2017, October 5

The *New York Times* publishes an explosive article by Jodi Kantor and Megan Twohey in which multiple women, including actress Ashley Judd, accuse Harvey Weinstein of sexual harassment.



October 10

The *New Yorker* publishes an article by Ronan Farrow corroborating claims about Weinstein in which 13 women accuse the Miramax founder of sexual harassment or sexual assault.



October 15

The hashtag #MeToo goes viral after actress Alyssa Milano tweeted, "If you've been sexually harassed or assaulted write 'me too' as a reply to this tweet."



November 26

The *Sydney Morning Herald* publishes a damning article by Kate McClymont calling TV gardener Don Burke a "sexual predator" who indecently assaulted, sexually harassed and bullied female employees.



Preatures, the group shared anonymous stories of sexual harassment in the industry. One woman recalled an incident when she was working backstage for a huge international act, revealing, "Their tour manager looked me in the eyes as he told the room there were only two types of women: bitches and sluts."

Since the open letter, there have been changes in Australia; festivals have started increasing the number of women on their bills, performers such as Drake have called out audience members for groping, and venues have cancelled gigs of alleged abusers.

THE NEW RULES OF DATING

A 2016 study by Consumers' Research found that 39 per cent of American online daters had felt harassed on Tinder; unsurprisingly, women were much more likely to have experienced harassment than men. Since Me Too, the pressure is growing in the industry to shift the power from miscreant men to the women who call them out. Blocking and reporting functions are no longer enough.

In May, Bumble, the dating app where only women can make the first move, wrote an open letter to a college swimmer called Dylan after he sent a female user abusive messages. Bumble described his language as "hateful, body-shaming, misogynistic, toxic and violent". The letter went on: "You're blocked, banned, and will never be welcome on our platform again."

It's not just the apps: women themselves are feeling empowered to hit back in innovative ways. The artist Anna Gensler makes naked sketches of men who've sent her crude messages, and posts them on Instagram (@instagranniepants). Blogger Samantha Mawdsley replied to an unsolicited

LEGISLATION AND BEYOND

The flood of allegations in the wake of the Me Too movement has revealed gaping holes in our outdated sexual harassment laws, which were written 30 years ago. The current laws define sexual harassment as including leering, suggestive comments or jokes, persistent sexual insults, unwelcome requests for sex, and criminal offences such as obscene phone calls or sexual assault. Under the laws, there is a six-month time limit to make a complaint with the Australian Human Rights Commission (AHRC). Sex Discrimination Commissioner Kate Jenkins says laws need to be revisited to meet a change in expectations. "I think it's timely to review the Australian sexual harassment laws."

In addition to these proposed reforms, the Minister for the Prevention of Domestic Violence and Sexual Assault Pru Goward launched an awareness campaign on consent in NSW in July. The message is that sex cannot be consensual if a partner does not give a verbal "yes".

"The campaign will identify the continuum of sexual harassment to sexual assault, and the role the community can play in speaking out," the strategy states.

With this consent campaign and the launch of the AHRC inquiry into sexual harassment in Australian workplaces, there is hope that we'll see real cultural change. "The Me Too movement [has given] us reason to be hopeful," says Jenkins.

"ME TOO [HAS GIVEN] US REASON TO BE HOPEFUL"

– Kate Jenkins,
Sex Discrimination
Commissioner

penis pic with a catalogue of photos of male genitalia. And on the Instagram account @ByeFelipe, a woman who was asked for a nude photo claims to have sent a close-up of Gordon Ramsay's forehead wrinkles, which she was passing off as her cleavage.

AT WORK

Me Too has touched every corner of the workforce, and each industry has reacted differently. In March, a group of 180 female CEOs launched Time's Up Advertising to address the

industry's pervasive problems with gender inequality. In Silicon Valley, the tech industry started a Me Too platform on an app called Blind, where women can anonymously share stories. Also in the US, the National Science Foundation issued new guidelines stating that sexual harassment was not tolerated in the scientific community. In academia, university staff and students launched the hashtag #MeTooPhD to share their experience of sexism, unwanted sexual advances and lewd comments. In parliament, Australian politician Sarah Hanson-Young filed a defamation suit against Senator David Leyonhjelm after he told her to "stop shagging men" in a debate about women's safety (see page 46). Hanson-Young said she received a "flood of messages from women who have experienced sexual harassment in their workplaces".



2018, January 1

More than 300 women in Hollywood unite to form an anti-harassment coalition called Time's Up and plan to wear black to the Golden Globes.



January 8

Actresses Christie Whelan Browne, Angela Scundi and Erika Heynatz accuse actor Craig McLachlan of indecent assault and sexual harassment on the set of the *Rocky Horror Show* musical in 2014. He denies the allegations.



March 24

Tracey Spicer launches the NOW Australia campaign, inspired by the Time's Up movement.



May 25

Weinstein turns himself in to New York authorities after being charged with rape and criminal sexual acts against two women in 2013 and 2004.



June 20

The AHRC launches an independent national inquiry into sexual harassment in the workplace.



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AMISH AT PLAY

Once a year, America's "plain people" flock to Florida for a rare brush with modernity. Photographer Dina Litovsky spent a weekend documenting the Amish on holiday



Holiday-makers gather at the local ice-cream parlour. With about seven children per family, the crowds are large.

آموزشگاه انعکاس منبع جدیدترین اطلاعات، مقالات و دوره‌های آموزشی طراحی لباس و مدشناسی





For many families, the journey to Pinecraft takes more than 24 hours, and crowds often gather to watch them arriving and leaving (right). In Pinecraft, adults and children alike get around on tricycles (above). "A playful atmosphere emerges during the holiday," says Litovsky.



Every winter, hundreds of Amish and Mennonite community members arrive in Pinecraft, Florida, from their homes in Indiana, Pennsylvania and Ohio. For many of the families, who avoid modern life, electronic devices and technology, it's the one time of year they will mix with people outside their community.

"I'm interested in subcultures and how people spend their recreation time," says photographer Dina Litovsky, who spent a weekend capturing the holiday-makers. "The image of Amish life everyone has is of people driving buggies and men with long beards. This is an interesting departure because they were outside of that and mixing with modernity."

In Pinecraft, the stringent rules of Anabaptist life are relaxed. Women are partly free from home-making. Earrings, usually forbidden, can be seen sparkling under white bonnets, and ice-creams are a nightly ritual.

"I was prepared for a negative reaction, but there was none," adds Litovsky. "Men would ask, 'Where is your husband? Why does he let you go out alone?' I was perhaps not taken as seriously as a male journalist. By day two, people would say, 'Hello girl from New York, we've heard about you.'"

"I hardly saw any teenagers during the day; they all seemed to come out at night," recalls Litovsky. "Most families don't have TVs, so activities take place in the street. Whenever there's a volleyball game, people mill around to watch [left]. They are the highlight of the week."



"This was an interesting visual – the women are playing a modern game in their traditional Amish dresses," says Litovsky.



On holiday, Amish women take part in traditionally male-only sports



"Most Amish people speak a variation of German or Pennsylvania Dutch," says Litovsky. "I wasn't involved in their conversations, but they were friendly."



ALL THE LONELY PEOPLE

Formerly associated with symptoms of old age, loneliness has now become an epidemic – and young women are most at risk. Natalie Reilly reports



From the outside, Clare Stevens had an enviable life: a stylish apartment in a beachside suburb in Sydney, a well-paid job as a management consultant that she enjoyed, and a group of dependable and interesting friends. Yet most weekend afternoons, a knot of fear would begin to form in Stevens' stomach as she anticipated the inevitable dread she knew would begin once she walked through the door of her one-bedroom apartment.

"When I'd been out with friends and had a great day, I would then come home to a totally different reality of just me, standing in the kitchen all by myself – that's when it would really hit," she says. Stevens, 37, was a year out of a difficult marriage when she began living alone, and the feelings of loneliness and isolation consumed her. "Living alone wasn't a huge shock to me, as I was already lonely in my marriage, but it was still really hard. It was at a time when most of my friends were coupling up or having babies, so it felt like a sort of double whammy of loneliness. It was almost like I became

SHOCKINGLY, BEING LONELY CAN BE AS DETRIMENTAL TO YOUR HEALTH AS SMOKING 15 CIGARETTES A DAY

scared of going home at the end of the day, because I was afraid of all the feelings that would overwhelm me in those dark hours by myself. The loneliness started to

feel terminal, which was terrifying."

Ironically, Stevens is not alone in her loneliness. Worldwide, loneliness is reaching epidemic proportions. In the US, nearly half of Americans report they often feel lonely, while the problem has become so bad in the UK that a minister for loneliness was appointed in January. In Australia, the statistics are just as worrying.

An alarming 60 per cent of Australians say they often feel lonely and 82 per cent believe loneliness is on the rise. Those findings, from a

2016 Lifeline survey, also revealed couples were just as likely to report high rates of loneliness as the stereotypically lovelorn Bridget Jones. Statistically, loneliness cuts across all the social barriers of age, race, wealth, education and gender. Though for women, who are often expected to acquire nurturing roles in marriage and motherhood, it can be especially jarring to find that one day they wake up with neither.

"I call it a crisis in motion," says Alison Brook, national executive officer of Relationships Australia. "Loneliness has become a life-and-death situation."

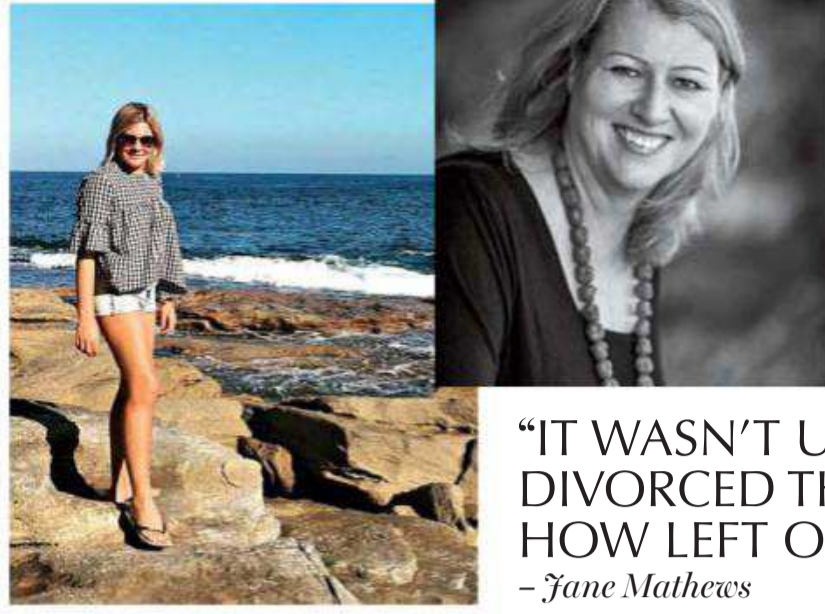
Exacerbating the issue is the number of people now choosing to live alone, a situation sociologist and author Hugh Mackay calls the "global warming" of demographics. Recent figures from the Australian Institute of Family Studies estimate that the number of people living alone will double by 2026, making solo dwellers more common than "traditional" two-person households. And the majority will be women.

Relationships Australia findings show that women who live alone typically have higher education levels, are higher income earners and are more likely to be professionals than women living with others. In other words, the higher the achiever, the more likely she is to be on her own.

This was the case for Stevens. "I had a great job and some amazing, wonderful friends, who really helped me but sometimes the loneliness felt like a physical pain," she reveals.

The feeling of pain is not an exaggeration. A brain imaging study undertaken by scientists at the University of Michigan in 2011 found that social rejection activates the same areas of the brain that register pain. The MRI scans of participants showed an 88 per cent overlap between the sensors activated by rejection, loneliness and physical harm. ▶





Digital editor Jenny Haward (left) and author Jane Mathews are typical of the surprising new face of loneliness.

“IT WASN’T UNTIL I WAS DIVORCED THAT I REALISED HOW LEFT OUT YOU FEEL”

– Jane Mathews

TIPS FOR BEATING LONELINESS

- 1 Reach out to close friends and family with the aim of developing a more active social life.
- 2 Like yourself and develop a strong sense of self worth. Be kind to yourself and be aware of having positive thoughts. Replace your “to do” list with a “done” list, learn a new skill and you’ll be on track.
- 3 Be smart about social media. Make it work to your advantage by joining groups that spark your interest; converse online and catch up for coffee when you have made a connection. Recognise when it is having a negative impact and limit or restrict your usage.
- 4 Join online communities such as Meetup, where you can connect with others through your similar interests and attend events.
- 5 Find a good psychotherapist or counsellor to help you understand and get on top of your loneliness.
- 6 Strike up conversations with people you come in contact with; it can be uplifting for both of you.
- 7 Be wary of filling the void with busyness – doing more, achieving more, exercising more – as a way to cope. Be realistic with your needs.
- 8 Remember that living alone does not equal being lonely. The fear of it has the power to upset us more than loneliness itself.

It’s the disturbing health risks attached to loneliness that have alarm bells ringing. While persistent loneliness can cause depression and has been linked to higher rates of suicide, not all the risks are confined to mental health. The findings of a 2016 UK study, which monitored more than 180,000 people over several years, revealed that lonely people have a 30 per cent increase in the risk of heart attack and stroke. Another study revealed that loneliness can increase the likelihood of death by 26 per cent. Shockingly, loneliness is as detrimental to your health as smoking 15 cigarettes a day.

Jane Mathews was 49 when she found herself divorced and living alone. With two adult children and a life that had, up until that point, revolved around her family, it was a difficult adjustment. “I remember one day calling up a friend to tell her about how lonely I was feeling. She told me, ‘I can’t talk long, I’m busy getting ready to have seven people over for dinner.’ I thought, ‘Where’s my invitation?’ I hung up the phone and burst into tears. That feeling of being nobody’s top priority – that everyone is off having a great time without you is what makes loneliness so debilitating.”

It would take a year before Mathews felt comfortable in her own skin. Eight years later, she has written a book, *The Art of Living Alone and Loving It* (Murdoch Books), because, she says, she could find no real advice on how to cultivate solitude. Mathews firmly believes that loneliness can be overcome by arming people with new skills. Her book is full of practical advice to combat it: from handy tips such as putting your lights on a timer so you return each night to a warm, welcoming home, to warding off isolation by being proactive about owning your own social life.

“I wanted to write something because times have changed and loneliness is more common than ever before,” she says. “But it wasn’t until I was divorced that I realised how left

out you feel. I had no idea there was a club until I was out of it.”

Where loneliness was previously a condition commonly associated with the aged, younger people are now more likely to feel lonelier. Research undertaken by Britain’s Office for National Statistics found that people aged 16 to 24 were three times more likely to report feeling “always or often” lonely compared with those over 65.

Social media and the digital world are thought to be large contributors – researchers have found teenagers are far more likely to feel lonely because of the social media accounts they operate. Ironically, despite connecting more people than ever before, social media can commonly fuel feelings of isolation and impact self-esteem.

Realising the negative effect it was having on her life and the inevitable “why doesn’t my life look like theirs” feeling it was creating, Stevens imposed a social media ban on herself to minimise the damage to her self-worth. “I’d log onto Facebook and see another wedding or another baby and just feel so awful,” she explains. “It was much healthier for me to stay away from it entirely.”

Melissa Ferrari, a psychotherapist and relationship specialist, agrees, and while she admits that it can be a great space to catch up with what your friends are doing, it shouldn’t replace real-life friendships. “When we look just at posts that are clinical, we lose seeing how someone’s face lights up when they are happy, or [how they appear] when feeling down,” says Ferrari. “These kinds of observations of another through the face, voice and gestures are what helps create bonding.” It’s also good to remember that social media accounts may be curated to perfection and rarely reveal all the facets of people’s lives.

Outside of FOMO, the bigger impact of technology is the huge amount of time it sucks from our

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lives – time that used to be spent cultivating relationships with friends, family and neighbours. A recent survey from R U OK found that Australians spend an average of 46 hours a week looking at various screens, from smartphones to televisions, outside of work hours.

Lifeline’s executive director of research and strategy, Alan Woodward, agrees our modern lives are filled with distractions that leave us very little time for nurturing relationships. “These distractions affect the quality of our interactions and are undermining our ability to form real-life human connections,” he says. “We now have more ways to communicate than ever before, yet technology hasn’t created a solution to the sense of isolation.”

So while it might be easier and more convenient to keep busy on your phone or watching Netflix in order to avoid the inconvenience of dealing with real-life people, Woodward says we are robbing ourselves of a core aspect of life that we all need. “We shouldn’t forget that we are social beings and that what makes us tick as people is being able to care and look out for others,” he says. “We have an intrinsic need to give – not just to take. In fact, helping others has been identified as one of the key ways to find meaning and satisfaction in our relationships.”

Alison Brook agrees that stepping away from the screen and making more effort with face-to-face connections – specifically within the

family unit – can be hugely beneficial. “We need to culturally value families,” she says. “We need to lean into them more, work at it and work at forgiveness. If it’s not possible to include the family unit because of dysfunction, then have other supports in place, like friendships where you consider that person to be like a sister.”

But it’s also smaller initiatives, such as keeping in touch with your neighbours, that can ensure you stay afloat emotionally. “They’re not your best friend but they aren’t strangers, either,” Brook says. “And if you have just one neighbour you can call on, it can make a world of difference.”

Loneliness should not be confused with the art of being alone, nor is loneliness owned solely by singletons. “Living alone does not equal being lonely – it’s also a state of mind,” Mathews says. “You can feel lonely in a crowd or in a relationship – many people are deeply lonely in their marriages.” A study in the *Journal of Relationships* revealed that up to 40 per cent of couples feel lonely in their marriage at one time or another. A more recent study puts the figure at 60 per cent. “It’s the feeling of not been understood, known or seen by your partner that can make you feel lonely,” says Mathews. “It’s better to be single than lonely in a relationship.”

That is the attitude of many women, who would prefer to battle loneliness on their own terms than suffer it as part of an unhappy couple, though isolation can be the

unintentional by-product. Isolation is seen as a huge factor in the battle against loneliness, as the effort to “get out there” is one of the greatest challenges of living alone.

“I’m hardly a moping single woman,” says Jenny Haward, 34, a digital editor. “But if you do feel lonely it can be hard to pull yourself out of that feeling of melancholy, and you can unintentionally isolate yourself.” Mathews agrees, adding that some of the advice around combating loneliness, such as “join a club!”, may feel patronising rather than helpful.

Instead, she recommends taking your social life into your own hands. “After a miserable birthday on my own, I vowed it would never happen again,” Mathews recalls. “So now I invite eight friends around for dinner every year. I also organise outings to places such as art galleries and festivals with my friends. I tell them to invite their friends, too. I make sure there’s something like this happening at least once a month.”

Friends can provide more than just company to socialise with, too. “It’s not difficult for me to call up one of my friends and tell them, ‘I’ve had a crap week, can I come and stay with you for a couple of days?’” says Haward, who will often travel interstate. “It acts as a circuit-breaker, so you can go back home and enjoy your own space again.”

For those who don’t have many close connections, there are still ways out of the fog of isolation. “It took me about a year, but I slowly made it back,” says Stevens. “Music and books became my company in those dark times ... it means I have a much more enriching life now.”

Mathews is also philosophical. “Going through that level of loneliness has made me a much more thoughtful person,” she says. “I check in with my friends more because I now know the value of those small gestures. [But] I think it helps to remember that everyone feels lonely sometimes, and that it can pass ... it’s not forever.”



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J. LAYING DOWN THE Law

Whether she's making movies, fighting for equal pay or fronting her first-ever perfume collaboration – called Joy by Dior – the uber-talented, instantly likeable Jennifer Lawrence is fearlessly forging her own path, as editor Nicky Briger discovers

Real and relatable. Grounded and genuine. Everyone's wannabe bestie. Google Jennifer Lawrence and they're the phrases constantly used to describe Hollywood's much-loved megastar. From her hilariously ribald talk-show interviews and penchant for photobombing fellow celebs on the red carpet to famously falling while collecting her Best Actress Oscar (and wisecracking straight after), Lawrence seems disarmingly down-to-earth. But how normal can one of the world's highest-paid actresses, and the youngest person to have earned four Academy Award nominations, *really* be? Pretty damn normal, it seems.

Sitting perfectly poised on a plush gold couch at the Beverly Hills Hotel, her pocket-sized pooch Pippi fussing at her feet, she suddenly springs to life. "I love Australians! Australians are wild!" Lawrence gushes, referring to her Aussie co-stars Liam Hemsworth (*The Hunger Games*) and Joel Edgerton (*Red Sparrow*). "Because I'm Southern we meet on some weird ground. When everyone else says, 'No, no, we can't do sake bombs,' me and Joel are like, 'Yes we can!'" She throws back her head and lets out a deep infectious laugh. There it is: that renowned real, relatable J-Law.

We're chatting about film, feminism, fashion and fragrance, notably because she's in LA to launch Parfums Christian Dior's first new scent in 20 years – Joy by Dior. This floral, feminine perfume joins Miss Dior and J'Adore in the French fashion house's iconic collection of fragrances, and Lawrence says being asked to collaborate on the launch was "a real honour" and "major moment".

Yet, like everything the actress attaches her name to, authenticity was key. She visited the Paris laboratory last year to sample the many different notes (there are 51 in total), and then decided with head perfumer Francois Demachy on the final juice – a sensual fusion of florals, sandalwood and musk. "It was a really cool experience to see the process [and it] feels so personal because I've been a part of it." Shooting the mostly underwater advertising ▶



campaign (a couture-clad Lawrence was fixed with floaties and Styrofoam) was also very personal, allowing her to reunite with friend and filmmaker Francis Lawrence, who directed her in *The Hunger Games* and *Red Sparrow*. “He knows me so well and was able to incorporate my personality into the film. Every smile, every laugh, everything was *real*.”

So who is the real Jennifer Lawrence? Growing up in Louisville, Kentucky, the daughter of a construction company operator and kids’ camp owner (and baby sister to two older brothers), Lawrence displayed serious drive and determination from the get-go, persuading her mum at the tender age of 14 to allow her to sign with a New York talent agency. She landed a string of TV gigs before hooking Hollywood’s attention in 2010 with her Oscar-nominated performance in *Winter’s Bone*. Soon after, she was catapulted to superstardom in multibillion-dollar franchises *The Hunger Games* and *X-Men*, followed by extraordinary performances in *Silver Linings Playbook*, *American Hustle*, *Joy*, *Passengers*, *Mother!* and this year’s spy thriller *Red Sparrow*.

Lawrence may be only 28, but she’s been part of our collective cultural psyche for nearly a decade. But now, after eight relentless years shooting a film every few months, she’s decided to opt out and take a well-earned breather. “I’m on vacation from work right now where I’m not thinking about roles. It’s been really nice; I’m relaxing and doing lots of reading.” But don’t expect to see lit-lite or romance novels on her bedside table; instead she’s devouring political tome *Republic, Lost* by Lawrence Lessig – “Oh yes, a very relaxing read,” she says sarcastically. Which brings us to her other great passion: political science. “I’d love to go to school for it – I’ve really thought about it.” Even



so, she’s aware that with her current clout, she’s in a powerful position to agitate for change. She’s working with Represent.Us, a bipartisan grassroots organisation that aims to “fix America’s corrupt political system” by engaging young people on a local level. Would she ever consider entering politics herself? “I am really, really over celebrities being presidents,” she deadpans. “Fortunately this administration is galvanising kids to get more politically active. What the [anti-gun campaigning] Parkland kids did was absolutely amazing and really inspiring. I’m so impressed with this younger generation.”

Spend time with Lawrence and it’s impossible not to be impressed by her easy ability to eloquently swing between topics from politics and activism to couture and fragrance, all served with a sassy sense of humour. She’s an appealing crop of contradictions. A self-confessed “open book” whose candid interviews have endeared her to millions, she’s also fiercely private (“I have a lot of people working 24 hours a day to keep people from knowing about me”). She’s vocal about loving reality TV – momager Kris Jenner is a friend – but keeps off social media because “it’s unhealthy to willingly put yourself out there”. Is she ever tempted to join the Twitterverse? “Oh, yeah! I write so many imaginary speeches, they get deleted, and life moves on. Write it down and burn it.”

One perfectly penned essay that thankfully didn’t reach the bin was her now-famous contribution to Lena Dunham’s feminist newsletter *Lenny Letter* about gender pay equality. When news broke in late 2014, leaked during the Sony hacking saga, that Lawrence was earning less than her male co-stars in *American Hustle*, Lawrence found her voice. “I felt that no matter how hard I worked, how many accolades I received, or how much money my movies were making, I kept hitting this brick wall because I was ▹

“I FELT THAT NO
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a woman. When you put your heart and soul into something and work so hard, it's just frustrating and heartbreaking. But this is something that affects all women in the workforce. The only thing to be done about it is change. We have to close the gap."

For her, feminism is simply about equality. "I don't think that overreacting about what someone wears or doesn't wear is important; I don't see that as feminism – it's a distraction," she says. "I want to be treated equally, I want to be paid equally, I want to have the same opportunities. It's cut and dried for me."

She's outspoken now, but before the *Lenny Letter* Lawrence admits she didn't want to rock the boat by speaking her truth. "I'd shy away from uncomfortable conversations so I'd just be agreeable. But I realised: what's the point of saying something if I don't say exactly what I mean? I made the decision to tell the truth, even when it's difficult, and it changed my life –

in work, relationships and friendships. Now, everyone knows exactly how I feel and I'm always myself."

Which is why her friends at Dior approached Lawrence to be the spokesperson for Joy. "She's spontaneous, strong, full of life, glamorous, exactly what we wanted to convey in this fragrance," said Yann Musquin, marketing manager fragrances, Parfums Christian Dior. "This scent is for any woman who wants to exude confidence, strength and femininity – it's for the modern woman, and Jennifer is a very, very modern woman." Her connection to Christian Dior goes back to 2012 when the luxury brand first asked her to join its stable of high-profile ambassadors, and now "every monumental moment in my career and life has been in a Dior dress" (including that aforementioned Oscars tumble).

In 2015, Lawrence extended her relationship with the Parisian fashion house, signing on as the face of Dior cosmetics. And now that relationship comes full circle with the launch of Joy. "I feel like we're a very close family at this point. Christian Dior created his first scent after World War II to make women feel happy and beautiful again, and we're at that time again when we need to bring something joyous and happy-making back."

A "girls' girl" at heart, Lawrence is happiest when she's hanging with her tight-knit circle of girlfriends – Emma Stone, Jodie Foster and Cameron Diaz, to list a few enviable names – who all live close by in Beverly Hills. She's currently not fussed about work: she's attached to a bunch of projects "although we haven't determined what might go next", and her last *X-Men* movie is out next February.

What gives Lawrence joy are simple pleasures: her friends, laughter, spaghetti, her dog, walks in the park, seasons, "when I wake up and I don't have bags under my eyes; I remember those days – I can count them on five fingers," she says, raising her hand and letting out that familiar cackle. Best friend material indeed.

Shooting the new Joy by Dior campaign with famed director Francis Lawrence was "really fun", says the actress. "Francis and I have worked together for years, so he knows me very well. [In the campaign] we tried to capture emotions rather than tell a straight story."



Jennifer Lawrence:

'THE WOMEN WHO'VE SHAPED ME'

JODIE FOSTER: "When I was 19, Jodie directed me in *The Beaver* and I remember realising that while she was obviously very famous, she was a completely normal human. I was thinking, 'If this [acting] works out and I become successful, I hope I can end up like that.' She's been an incredible mentor to me: I go over to her house, I ask her for advice, she'll check on me, she's always there for me. She's taught me so much."

CAMERON DIAZ: "She's been this real spiritual guide to me; she's a really brilliant woman. She also taught me how to cook!"

EMMA STONE: "She's my best friend; the love of my life. We're exact opposites so we help each other. We laugh our heads off together, but there are certain things we'd handle completely differently. If we put our heads together, we can form the perfect solution."



NO MAN'S

As feminism reaches peak popularity, there's growing interest in destinations and clubs that are female only. The latest? A secluded island offering reinvigoration and inspiration for an exclusive group of women. Hannah-Rose Yee packs her bags

Both secluded and luxe, the remote island is located in the Baltic Sea off the northern tip of Finland.



LAND

I've read enough Scandinavian noir to know that where private islands in remote, top-secret locations in rural Finland are concerned, nothing good can come of it.

Throw in a few more narrative devices, such as guests signing up for a wellness program under the watchful eye of a businesswoman whose last company was valued in excess of \$60 million USD, and you have the plot of a Jo Nesbø novel. The kind where the visiting journalist – reader, that would be me – never ends up filing her copy, if you catch my drift.

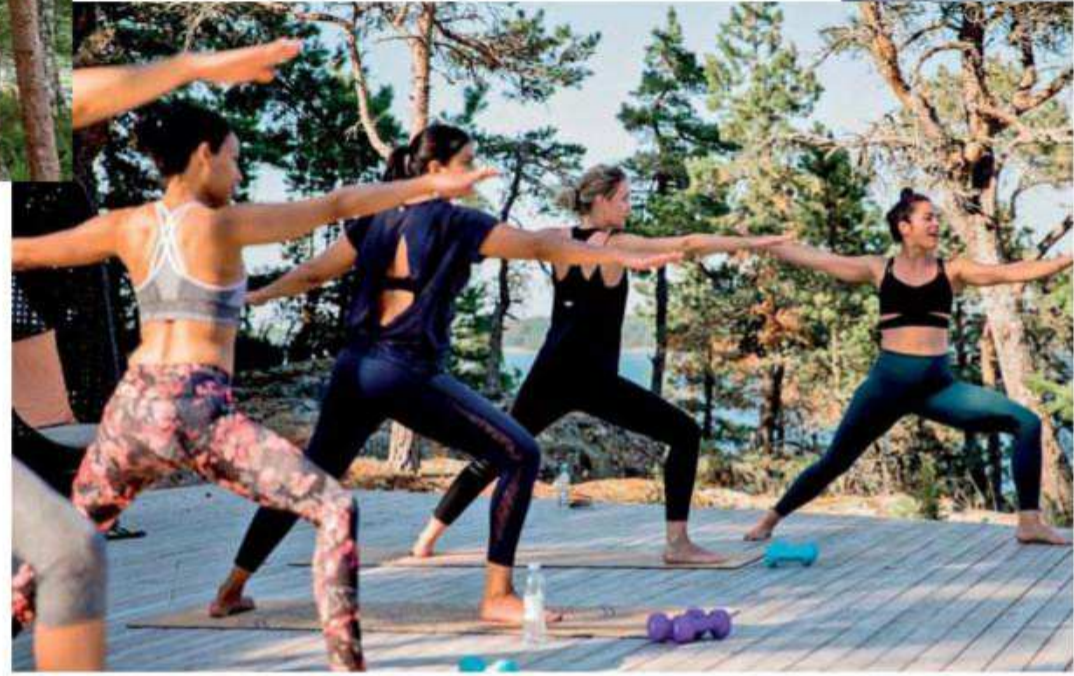
But as I skim across the Baltic Sea towards SuperShe Island in a boat piloted by Ida, a fresh-faced Finnish teenager, my concerns are allayed.

“That’s the island,” she says, smiling at a rocky expanse shrouded with pine trees jutting out from the clusters in the archipelago. As the boat docks, a family of swans swim past, five little cygnets gliding across the water with barely a ripple.

Ida marches me to Fire, my home for the duration of my stay and the smallest of the four available cabins, she says, but with “the best view”. I am here to experience firsthand the restorative powers of SuperShe Island, an exclusive all-female retreat in the Gulf of Finland launched in June by German entrepreneur Kristina Roth.

It will set you back about \$6300 for the seven-day program, which includes transfers, a night in the ▷





capital Helsinki, farm-to-table meals and a roster of fitness, meditative and contemplative activities. The island houses a traditional Finnish sauna, a private beach, a yoga yurt, a massage and facial hut, kayaks and plenty of swinging hammocks for rest and relaxation as well. The retreat can accommodate no more than eight guests at a time, alongside six staff members and Roth herself. And there is not a single man among them.

Clockwise from above left: the island features a traditional Finnish sauna; the beach is one of many spots for quiet contemplation; yoga is a daily part of the SuperShe routine.

SuperShe's founder Kristina Roth has glowing skin the exact shade of honey only a particular strata of European women can manage to achieve. She is chatty and effervescent, clad unfussily in a green dress and a pair of thongs. Minutes after we meet she launches herself into some shrubbery, returning with a fistful of tiny, delicate blueberries that she proceeds to feed me. They're delicious.

On SuperShe Island, in the company of women, Roth is relaxed. That's exactly what she felt she needed after she sold her management consultancy business, valued at \$US60 million, in 2015. That industry was high energy, high stress and highly masculine. Roth craved the support of like-minded women: successful and driven but also curious and passionate. "I like to surround myself with women where I feel inspired," she said.

Thus, the SuperShe platform began as an all-female online community, supplemented with networking events hosted by Roth. The island came later, after a chance meeting with her now-fiancé – a Finn called Benny, whose parents own an island in the archipelago and knew that one of them was for sale. "I saw it and I fell in love," Roth recalls. "I've seen a couple of private islands in my life. But this is special... Here, I feel like I am the hamster that escaped the wheel."

THE "ISLAND MAGIC" IS THAT PARTICULAR ALCHEMY OF WOMEN TOGETHER: TALKING, SHARING, DISCLOSING

All-female clubs like SuperShe have been growing in popularity since co-working space The Wing opened its glossy, millennial-pink doors in New York in 2016. Roth is a member. So is Lena Dunham and media luminary Tina Brown. The private club offers everything from talks with Hillary Clinton to free blow-dries and elegant terrazzo tables upon which to build your empire. At one point, there was a 13,000-strong waiting list to join the SoHo outpost. Following investments totalling \$57 million USD, The Wing has expanded to Washington DC and now has its sights set on Los Angeles, San Francisco and London.

The success of The Wing spawned other similar women's clubs, in the UK (The AllBright) and Australia (One Roof). This year, the summer circuit in Europe featured two female-centric festivals, one in Sweden and another in Somerset (complete with the always popular vaginal steaming) called, uninspiringly, Woman Fest.

Feminism has never been cooler or more visible in popular culture. Celebrities wear T-shirts bearing the slogan "The future is female." *Wonder*

Woman made a billion dollars. #MeToo moved the goalposts. And there's Emma Watson just being peak Emma Watson. The Wing sells key rings emblazoned with the phrase "Girls doing whatever the fuck they want in 2018."

What is it about the dynamic of women-only spaces that makes them so appealing? According to Dame Carol Black, principal of women-only Newnham College at the University of Cambridge (whose alumnae include actress Emma Thompson and writer Sylvia Plath), "Students can develop their self-confidence, resilience and ability to take risks in a space where they see women in every conceivable leadership role."

For Roth, the allure of being alone with women is in the ability to focus entirely on herself and her needs. "It's a distraction," she says of having men on the island. "It feels like you can really let your hair down [without them]." Not even Benny is allowed to visit. "The island is not a sexual place," Roth says. It's why she has turned down requests from honeymooning couples and barred an all-female bachelorette party from fouling the space with their lewd penis straws. "That's not what the island is about," she says firmly.

Specifically, the island is not about the traditionally masculine ways of the world. "Networking is very..." Roth gestures, punching a line in the air with her hand, rigid and uncompromising. "That's my problem with it."

PHOTOGRAPHY COURTESY OF SUPERSHE ISLAND; COURTESY OF THE WING/TORY WILLIAMS; INSTAGRAM/@WOMANFEST; BY EEVA SUUTARI; BY @JENNIFERYIH.





SuperShe founder Kristina Roth. "I like to surround myself with women where I feel inspired," she says of her Finnish retreat.

There's nothing hard about SuperShe Island. Everything is soft: soft power, soft speaking, soft furnishings. That was always the idea, Roth says, so as to create a space where women could feel at ease to focus on their mental health, to make friends, to dream up an idea for a new business, to have fun. To feel safe. In the #MeToo and #EverydaySexism age, where millions of women around the world unspool the details of countless micro – and horrifically macro – aggressions by men every moment of every day, it's easy to see why secluding yourself on an all-female island might be appealing.

More than 8000 women applied for 96 available slots in the inaugural 12-week program on the island, which ends in mid-September. (The island is not equipped for the winter because: Finland, but Roth hopes to open a second SuperShe retreat in Turks and Caicos Islands in 2019.) Businesswomen and entrepreneurs aplenty have come, but also psychologists, nurses, artists, dancers and lawyers.

There has been only one hiccup. Prior to opening, Finnish authorities investigated SuperShe on the grounds it might be discriminatory against men. "There were men who complained," Roth says furiously. "It's just so much bullshit... Even to have the audacity after hundreds and hundreds of years..." she trails off, shaking her head.

Roth's vision for the retreat is made manifest at dinner that evening, where we eat from plates of salmon and buckwheat on our laps. To my left is Jennifer, a health coach – and close friend of Sheryl Sandberg – from Portland. Across from me is Lucie, a fashion photographer from Prague. Next to her is Yasmin, who works in finance in Edinburgh. Miisa, a Finnish musical artist, rounds out the group. We talk about everything, from self-

care and the machinations of making it in the corporate world to the benefits of yoga when you have just started your period.

"This place is very chilled out," Yasmin says. Jennifer tells me that she has had three "amazing business ideas" since she arrived. "There's a lot of space to reflect, and in my head the wheels are spinning," she says. Roth describes the program as "dynamic", and it is: weather-dependent and group-dependent with a lot of downtime. There are ways to fill the spaces between meals, yoga and workshops, such as journalling or meditating – I read two books – but sometimes island time can lag a bit.

The "island magic", as Roth puts it, is that particular alchemy of women together – talking, sharing, disclosing. "If it would be the most unlikely women meeting and getting along, and they'd never meet anywhere else, that's the most exciting [thing] for me," she says.

But the price required to get to Finland, let alone the island, engenders a certain exclusivity. At roughly \$900 a night SuperShe Island is a significant splurge. Roth does want to give some "freebies" to women who can't afford to attend but whose values align with the organisation, and she hopes to offer a reduced stay – three days for half the price – to make it more accessible. But she adds that the price tag is part and parcel of running this kind of retreat, complete with yoga instructor and private chef. "I cannot make a cheap island," Roth says simply.

More broadly, on the subject of accessibility, Roth's feminist ideals fall short. Though it's open to anyone who identifies as female, transwomen included, there are no plans to make the island accessible to disabled guests with the addition of wheelchair ramps. "It's a wild island," Roth says. "You need to be able to walk." She hopes to change that with the Turks and Caicos venture.

I find myself drawn to Jennifer and Yasmin, two very different women whose paths would never have crossed with mine ordinarily. I've spent barely any time in the company of women my senior of whom I wasn't either, a) a relative or, b) an employee. I talk to them and share with them, but, crucially, I listen to them. They are confident, empowered and strong. I want to be like them when I grow up.

As our time on the island draws to a close we swap numbers. There's talk of taking a ferry to Estonia or a road trip through Scotland. On the drive back I mull over what Roth told me about SuperShe's philosophy. "We're about building deep connections," she said. "Imagine what beautiful things can come out of that blank canvas."

My phone pings. It's Jennifer, creating a WhatsApp group to share her booking confirmation for a flight from Helsinki to Edinburgh next week. "And Hannah?" Yasmin texts, rapid-fire, asking if I'm going to join them on this spontaneous trip. I think I will.

WORLD OF WOMEN

Female-only clubs and events such as (from top) The Wing, Woman Fest and One Roof are having a global moment.





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THE LAST STRAW

It's the word on everybody's lips: plastic. It's choking our waterways and dividing the nation. But what would life look like without it entirely? Kathryn Madden stages a plastic protest to find out



Looking back, it was the moment that broke me. A pair of knickers. Well, not really “knickers” for they were not cheeky, frilly or French. These were thick, black and buttock-covering, less stretchy than Spanx but not quite as big as a granny pant. I was like a modern-day Bridget Jones – the eco-warrior version. But maybe it’s too early to divulge on my undergarments?

Flashback to where it all began on a perfect winter’s Saturday one month earlier. The air is crisp, but the sun is bright and I’m strolling home from boot camp and brunch via my local grocery store. Suddenly I realise that the man walking towards me isn’t talking to his dog; he’s talking to me.

“Plastic kills,” he growls.

It takes me a second to process his words. Then I look down at my translucent blue shopping bag.

I’ve just been plastic-shamed.

My first reaction is anger: how dare this stranger accost me in the street! And aren’t golden retriever owners supposed to be nice?! My second is defence: I usually take my own hessian bags to the supermarket, but this was a spontaneous trip. The third is, well, shame.

I like to think I’m pretty woke on the topic of plastic pollution and its earth-shattering impact. Earlier this year a whale died after swallowing 80 plastic bags. Australians discard nearly 10 billion pieces of single-use plastic a year – the majority of which are dumped into landfill and take centuries to break down, leaching toxic chemicals along the way. If we continue at this rate, our oceans will house more plastic than fish by 2050.

But these stats and stories are set for a much-needed shake-up. In August, the term single-use plastic entered the public vernacular when supermarket giants Woolworths and Coles banned non-reusable grocery bags (well, the latter has flipped backwards and forwards on

its decision, a response to customer outcry either way). Globally, a plastic-free movement is mounting, with many pledging to curb their usage and quit the synthetic stuff for a month, like FebFast for earth-conscious boozehounds. Give me prosecco over plastic any day of the week.

And so, with the plastic-shamer’s words ringing in my ears, I sign up.

Operation Plastic Not So Fantastic begins with the research phase. I spend a few hours trawling sustainability blogs for tips and tricks, ordering some 100 per cent recycled toilet paper (it comes wrapped in paper) and a jar of tooth powder (instead of paste). I decide that the pre-existing plastics in my pantry and vanity can stay but that I’ll refrain from purchasing any new ones – especially single-use – over the course of the month.

I head to the supermarket, hessian bags in one hand, shopping list in the other. I’m already in the habit of packing my lunches for work in glass containers, so figure this will be a cinch. It’s not until I start perusing the aisles that I realise just how pervasive plastic is – and how many of my staples are off limits. Cheese, smoked salmon, rice, chicken, salty pink taramasalata dip. All the good things. This isn’t just eco activism, it’s a fad diet.

That said, I get a kick out of my naked fruit and veg – why did we ever bag them anyway? – and the fact that processed snacks are (literally) off the table forces me to take a more considered approach to food. Even when I’m exhausted after work and have convinced myself that a bowl of corn chips, tomato salsa and cheese covers off all the major food groups.

I talk to my mum, who remembers life BP (before plastic). “If we wanted meat, we went to the butcher; for bread, we went to the baker,” she recalls. “And for treats, Mum would bake jam drops and nutty chocolate slice.”

In 1955, *Life* magazine celebrated the dawn of a disposable revolution: plastic, it proclaimed, was a miracle



Plastic fantastic! In 1955, the cover of *Life* magazine featured a family gleefully tossing away disposables; the era of plastic – and a culture of convenience – was just beginning.

material, a symbol of modernity that would eradicate household drudgery. But it wasn’t until the 1980s that plastic shopping bags were introduced in Australia, marking the advent of throwaway living and today’s culture of convenience.

I make like my gran and bake some sweet potato crisps, a wholesome alternative to the packaged, preservative-laden kind. They don’t quite hit the spot, but I feel virtuous and energised, if not a little hungry.


Later, I tell my friend Anna, a beauty editor, about my new plastic-free life. She looks aghast. “But you love make-up!” she exclaims, her long lashes fluttering in disbelief. Then she pauses, noting that a few of the prestige skincare brands will introduce 100 per cent recyclable packaging by 2020. Shampoo bars (like soap for your hair) are now a thing, and many in the beauty industry are boycotting traditional glitter – even some of the bright and shiny bloggers. Apparently Coachella was awash with biodegradable sparkles this year.

Natural beauty is all well and good, but the following weekend, while primping and preening for a friend’s birthday, I hit my first roadblock. My mascara has run out. Popping into the chemist for another plastic tube isn’t ▶

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an option, and I don't have time to order one of the tin "mascara cakes" I've seen online. I make do with a vampy red lip, hoping it will draw attention away from my naked eyes.

Roadblock two comes when I arrive at the bar, a buzzy beachside joint with just the right amount of dinge. The hipster bartender kindly serves my gin and tonic with extra lime – but sans straw. This is a good thing. No, a *great* thing. We Aussies suck on about 10 million plastic straws a day, which inevitably end up in the ocean; they're too small to be

effectively recycled. Now a number of venues are phasing them out, with McDonald's and Starbucks declaring they'll ditch them within two years.

It's bad news, however, for my crimson lip.

Not necessarily, assures my friend's sister Nat, gesturing towards a stand selling stainless-steel straws for \$3.50 a pop. She hasn't used plastic ones in years – apparently they're "unnecessary and a choking hazard for turtles". Do I detect a subtle shaming?

Here's the irony: we're huddled outside under a blazing gas heater, and Nat is smoking.

According to eco experts, straws are the new cigarettes: they're bad for the environment, bad for your health (you're basically sucking on BPA), and asking for one may warrant a disapproving look. It's a positive parallel when you consider that less than 30 years ago, smoking on aeroplanes and inside restaurants was deemed socially acceptable. Perhaps in time, we'll view single-use plastics in the same laughably antiquated light.

Beeswax food wraps: \$17. Glass KeepCup: \$34. The knowledge that your dog's poo is being collected in a non-toxic, compostable BioBag: priceless. It's not lost on me that much of this plastic-free palaver costs time, effort and money – and, as a childless working woman, I'm in a position to try it for size. Then again, investing in a few reusable essentials will pay dividends over a lifetime.

I discover that the local farmers' market is surprisingly cheap, and I find my mecca at the bulk-buy wholefoods store, brimming with pasta, nuts, granola and chocolates to scoop and serve. Buoyed by my waste-warrior ways, I head to the butcher with a stack of glass containers. He raises an eyebrow, though agrees to forgo the plastic wrap as he weighs my chicken.

Moments like this make my cheeks burn. Like the time I order a beer at a gig, then sheepishly pull out my stainless-steel tumbler. I don't go as far as the impassioned plastic-protesters in the UK who are ripping all the unnecessary packaging off their groceries and leaving it at the till. But I feel that with each small encounter, I'm helping to spread awareness – and perhaps put pressure on manufacturers to come to the plastic-free party.

It all comes tumbling down later

in the month. That time of the month, to be exact. The year is 2018 and plastic-free periods, I learn, are a hot topic. They're kind of like the bum bags of 2017: polarising, old-school and all over the interweb. A quick browse reveals more and more women are snubbing tampons and pads in favour of earth-friendly alternatives.

I speak to Clara Williams Roldan, co-author of *Quitting Plastic* (Allen & Unwin, out January 2019), who sings the praises of the menstrual cup. "It's much more convenient," she says of the reusable silicone vessel, which collects rather than absorbs your monthly flow. "You don't have to have your bag stuffed with tampons. And it's cheaper – women spend about \$20 a month on their period, which adds up over time."

It's a salient point, particularly when I estimate that I'll buy – and toss – about 15,000 plastic-wrapped tampons in my life. But attempting the menstrual cup will require a period (ahem) of self-psyching, which leaves two options: the washable cotton pads I've seen at the markets, adorned with eerie florals that remind me of my great-aunt's curtains; or Period Pants.

Yep, the aforementioned hip-hugging "knickers", complete with super-absorbent lining and leakproof tech. I slip them on and wriggle around, flicking the band against my waist. They seem comfy enough ... for now. Perhaps even effective. But I'm bloated and grumpy and I want UberEats. Specifically, some piping-hot Thai delivered to my door in heinous takeaway containers.

While I grapple with my conscience, I realise it's the first time in nearly a month that I've really wanted for plastic. Periods and pad see ew aside, I've managed to counter most cravings with smart everyday swaps – some simple, others more effortful.

Of course, quitting cold turkey would be a different beast. We live in a world wrapped in plastic – credit cards, electronic devices, online shopping. But as we strive to save this beautiful blue planet, every little bit helps. And so I vow to keep practising mindful consumption, cutting out single-use plastics wherever plausible.

Early the next morning as I sit by the window with my nephews – the garbage truck visit is the highlight of their week – I have an epiphany. One I'll take with me as I continue on my quest. We never really throw anything away, do we? It's just put somewhere else for somebody else to deal with.



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GIRL OF THE MOMENT

SASHA LANE

This is the year's breakout star, writes Helen Barlow

Sasha Lane may have bowled us over with her exuberance in the 2016 Cannes prize-winning *American Honey*, yet the stunningly unique Texan is painfully shy, which explains why we have heard so little about her since then. "I'm uncomfortable with the cameras, so I wear sweaters that make me feel like I'm being hugged," says the actress, referencing her impactful style. With two big-name films out this year and a Louis Vuitton campaign under her belt, Lane – the daughter of an African-American father and a New Zealand mother – is learning how to channel her charm. "I'm starting to realise I'm down with being who I am and I'm not going to change that for anything," she says.

For her standout performance in *Hearts Beat Loud*, Lane, who has been openly bisexual since 2015, is in a lesbian love match with fellow up-and-comer Kiersey Clemons. "We need a feel-good movie like this," she says. "It has a bi-racial lesbian relationship, but it doesn't throw it in your face. It's just very much like, this is normal."

Sexuality is also at the forefront of *The Miseducation of Cameron Post*, which follows a group of teens at a gay conversion therapy centre in the early '90s. Lane plays a weed-smoking rebel in the film, which picked up the main prize at the Sundance Film Festival in January.

"Conversion therapy is insane, so I hope this film will open people's minds up," she says. "If that happens then we're doing something right."

WATCH IT
The Miseducation of Cameron Post is out now.

PHOTOGRAPHY BY ROBBY KLEIN/CONTOUR BY GETTY IMAGES.

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CRIME

AUSTRALIA

Exposed: The Case Of Keli Lane,
on ABC from September 25

When former water polo champion Keli Lane was found guilty of murdering her two-day-old baby in 2010, she maintained her innocence. Lane, who is still behind bars, says she gave the child to a man with whom she had a brief affair. The baby's body has never been found. In a desperate bid to clear her name, Lane contacted journalist Caro Meldrum-Hanna – the result is this three-part documentary.

SINCE MAKING A MURDERER HIT OUR SCREENS IN 2015, THE TRUE CRIME GENRE HAS TAKEN OVER TV. HERE'S OUR TAKE ON THE LATEST MUST-WATCH DOCUMENTARIES FROM AROUND THE WORLD

ITALY

On My Skin, on Netflix
from September 12

This documentary can be summed up in one word: gripping. The series focuses on the incredible true story behind the most contentious Italian court case in years. The lead character, Stefano Cucchi, was 31 years old when he was arrested for carrying a few grams of marijuana. A week later, he was dead. Eleven people, including three prison officers, were cleared of any involvement in the mysterious death, but not without controversy.

TIME



PODCASTS

The true crime podcasts to tune into.
By Isabelle Truman



THE TEACHER'S PET
Sydney mother-of-two Lyn Dawson disappeared without a trace in 1982, replaced by her husband's high school lover two days later. There's a reason this harrowing podcast by *The Australian* is breaking download records.



UNRAVEL
Mark Haines' body was found on train tracks in 1988. The story behind the teenager's suspicious death is explored in this new ABC series, following Australia's best journalists as they investigate unsolved crimes.



ATLANTA MONSTER
"It's 10pm. Do you know where your children are?" Between 1979 and 1981, at least 24 black kids were killed in what were dubbed the Atlanta Child Murders, investigated in this explosive 10-episode series.

PHOTOGRAPHY BY IGOR MADJINCA/STOCKSY.COM;
DAVID ROTHSCHILD/STOCKSY.COM; GETTY IMAGES.

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Five minutes with MOLLY RINGWALD

1. **If I weren't an actor/singer/author, I'd be:** an international spy.
2. **The three qualities that got me where I am today:** Curiosity. Resilience. Luck.
3. **Most agonising career decision I've ever made:** I tend not to agonise a lot in general.
4. **Kind of work I'd do for free:** panda-cub caretaker.
5. **Who do you admire and why?** US Supreme Court judge Ruth Bader Ginsburg, because she uses her intelligence and tenacity to fight for what she believes in and as a result has forever changed our world for the better.
6. **Book that left a lasting impression on me:** *Light Years*, by James Salter.
7. **Song that always makes me cry:** "I'll Be Seeing You", because I had the opportunity to record and perform it with my father.
8. **Song I'd want played at my funeral:** "Sexy M.F." by Prince.
9. **On my bucket list:** going to Japan when the cherry trees are in bloom.
10. **Food I'm not ashamed to admit I love:** Frosted Mini-Wheats.
11. **Fave cocktail:** Aperol spritz.
12. **If I could live in a foreign place, it would be:** Westeros.
13. **What every woman should try at least once:** Changing a tyre.
14. **One thing I'm exceptionally good at:** asking questions.
15. **One thing I'm exceptionally bad at:** spelling.
16. **If I could compete in an Olympic sport, I'd like it to be:** relay napping.
17. **My first kiss:** [was with] actor Sam Robards. We were acting in a film [*Tempest*] together [in 1982], and I was 13 years old. So my first kiss in real life was captured on film!
18. **Relationship advice to my younger self:** don't press "send".
19. **Moment I knew I was in love:** when my husband broke up with me after six months of dating and I thought my life was going to end.
20. **Craziest thing I did for love:** reader, I married him.



"ONE THING I'M
EXCEPTIONALLY
GOOD AT IS ASKING
QUESTIONS"

TRINIDAD

***Corruption, Cocaine and Murder in Trinidad*, on SBS On Demand now**

In 1999, there were 93 murders in Trinidad. In 2013, there were 407. Journalist Danny Gold travelled to the Caribbean island to speak with police, activists and gangsters about the shocking spike in killings. This documentary investigates the ruthless and politically connected street gangs who've put Trinidad on course for one of the highest murder rates in the world.

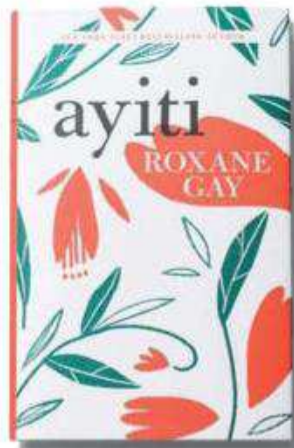
LIKE YOUR
CRIME WITH A
SIDE OF WINE?

Tune into *My Favourite Murder*

Hosted by comedians Karen Kilgariff and Georgia Hardstark, *My Favourite Murder* is easily one of the most successful crime podcasts, with merchandise and an online community of diehard fans who live by the acronym SSDGM: "Stay Sexy. Don't Get Murdered."

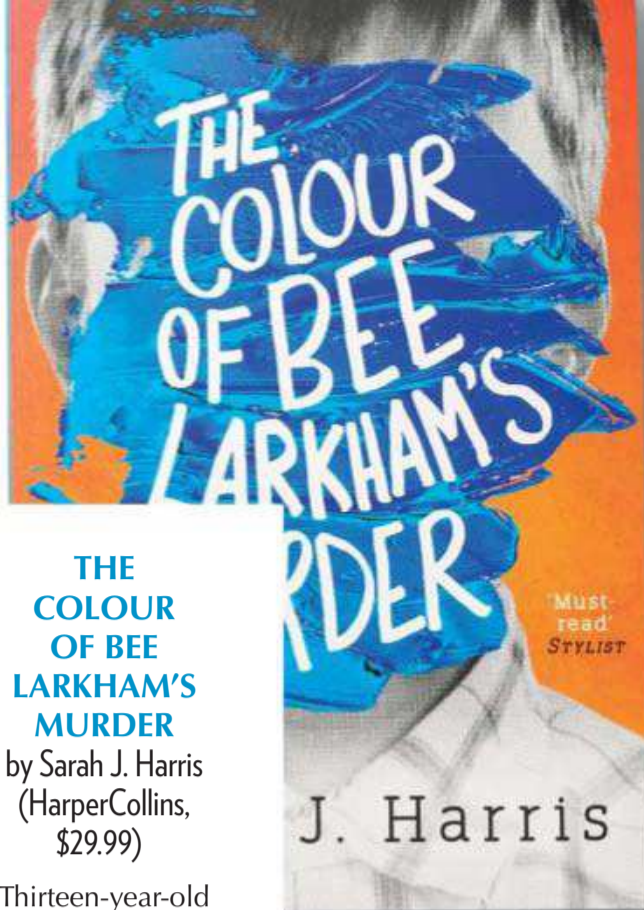


READ ALL ABOUT IT
BOOK CLUB



AYITI
by Roxane Gay
(Hachette, \$29.99)

This collection of nonfiction, fiction and poetry by the formidable *New York Times* bestseller Roxane Gay encapsulates the violation, abuse and heartbreak of Haiti and its people in 15 compelling stories.



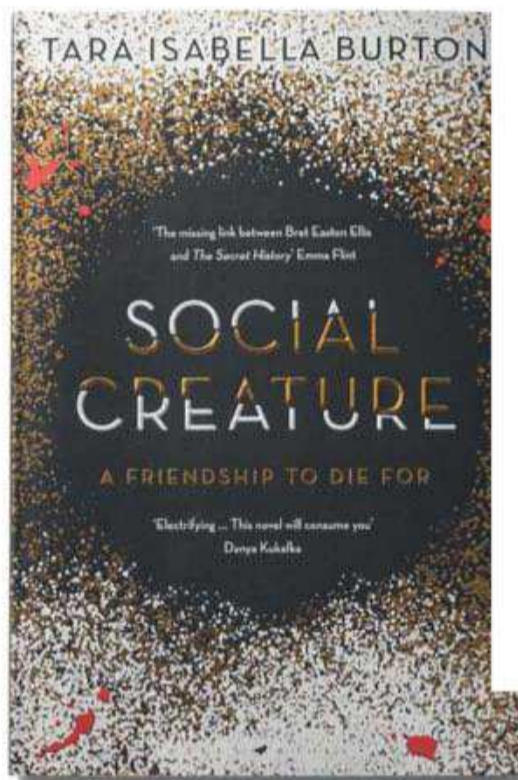
THE COLOUR OF BEE LARKHAM'S MURDER
by Sarah J. Harris
(HarperCollins, \$29.99)

Thirteen-year-old Jasper sees the world in colours and he's just discovered a new one – the colour of murder (which is ice-blue crystals, FYI). This book is a mystery wrapped in an enigma, drizzled with synaesthesia.



KUDOS
by Rachel Cusk (Allen & Unwin, \$29.99)

A woman on a flight listens to the harrowing life story of the stranger in the seat next to hers, learning about his work, his marriage and how he just buried the family dog. This is the third book in Cusk's groundbreaking trilogy.

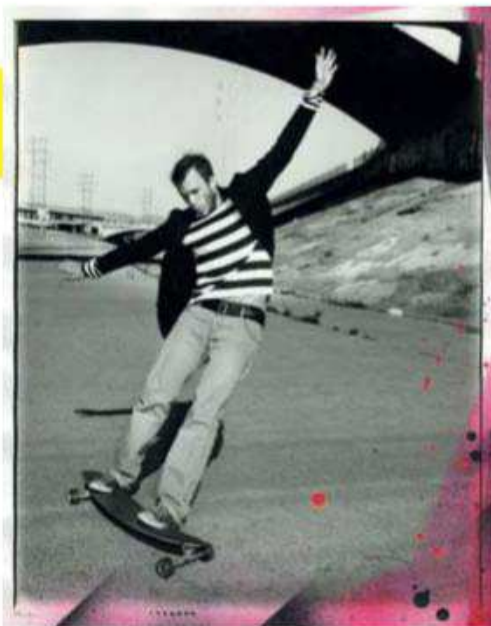


SOCIAL CREATURE
by Tara Isabella Burton (Bloomsbury, \$29.99)

When struggling writer Louise meets Lavinia, she swaps her shabby flat for a charmed life of designer clothes, opera shows and exclusive parties with flowing champagne. How long can it last?

WHEN LIFE GIVES YOUR LULULEMONS
by Lauren Weisberger (HarperCollins, \$29.99)

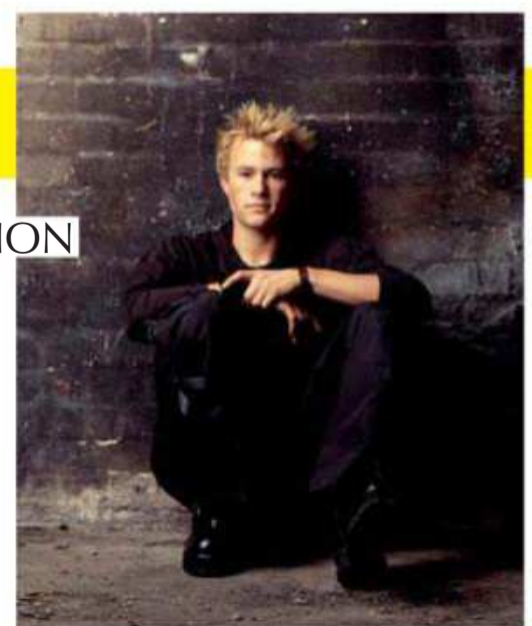
All the scandal, glamour and humour you'd expect from the bestselling author of *The Devil Wears Prada* – starring Miranda Priestly's first assistant Emily Charlton (played by Emily Blunt).



+ *don't miss*

THE MONTH'S MOST NOSTALGIC EXHIBITION

A decade after his passing, Heath Ledger is being honoured with an exhibition at the National Film and Sound Archive. *Heath Ledger: A Life in Pictures* is currently showing in Canberra, offering a rare insight into the actor's life. The exhibition, which was developed in collaboration with Ledger's family, includes research journals with handwritten notes, original costumes from his films *The Dark Knight* and *Brokeback Mountain* and exclusive portraits of Ledger.



PHOTOGRAPHY BY EDWARD URRUTIA; FRANCES ANDRIJICH; BEN WATTS. ADDITIONAL TEXT BY MADDISON URQUHART.

She's not ready to marry.

Today, up to 1 in 6 girls
are forced into marriage
while they are still children.

Help empower a girl to gain an
education and reach her dreams.
Join World Vision's movement.



SPONSOR
#1000 GIRLS
BY INTERNATIONAL DAY OF THE GIRL

World Vision

worldvision.com.au

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AGENDA

OUR PICK OF THIS MONTH'S MUST-HAVES



THE PERFECT DEFENCE

Moroccanoil Perfect Defense is a styling essential that maintains healthy hair by protecting against thermal damage from all forms of heat up to 230°C. This argan oil infused dry aerosol spray is totally weightless and can be easily incorporated into any styling regimen and layered with any styling product. Visit moroccanoil.com/au



FIND YOUR FIT

We believe fit is more of a feeling than a size. It's about your body shape, your style and what you like to do in your swimwear. Shop Seafolly's latest range at Myer.



SLEEK DESIGN

SEIKO have just released an additional model into their Coutura Collection, a black-and-gold-plated timepiece which features a cabochon crown and sapphire glass, 100-metre water resistance, is solar powered and conveniently displays the date. A timepiece suited for all occasions. RRP \$550. Visit seikowatches.com



SUPER SMART

Healthy hair is shiny hair. Luckily, the Dyson Supersonic hair dryer uses intelligent heat control to prevent extreme heat damage and protect your hair's natural shine. RRP \$499. Visit dyson.com.au/supersonic



BEST SELLER

Olay Regenerist Micro-Sculpting Cream is Olay's most advanced, award-winning and best selling Regenerist anti-ageing cream. Formulated with Carob fruit extract and Amino-peptide complex, it hydrates skin so you can look up to 10 years younger in just 28 days. One Regenerist Micro-Sculpting Moisturiser is sold every two minutes in Australia and it is available in leading supermarkets and pharmacies. Visit chemistwarehouse.com.au



EDITED BY ALLEY PASCOE

BREEZE

Your
playbook
for success

FAMILY TIES

Those dreaming of starting a family business often picture quality time together, monogrammed uniforms and team bonding sessions. The reality can also involve chaos, compromise and a fair few arguments. This month, we profile three family-run businesses, including that of sisters Emma Henderson and Victoria Beattie (pictured). Plus, Business Chicks founder and mother-of-five Emma Isaacs shares her top time-saving hacks (page 100).

PHOTOGRAPHY BY MATT JOHNSON

Sisters Victoria Beattie (left) and Emma Henderson (right) launched their lifestyle brand The Beach People in 2013 on the Northern Rivers of New South Wales.

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Through their company The Beach People, sisters Victoria Beattie (left) and Emma Henderson are turning over \$1 million a year.

FAMILY AFFAIR

Mixing business with family is a balancing act. Here, three start-ups reveal their secrets to success – and not strangling each other. By Alley Pascoe

THE BEACH PEOPLE

Emma Henderson, 34, and Victoria Beattie, 31

When sisters Emma Henderson and Victoria Beattie started their lifestyle brand The Beach People in 2013, the first thing they did was draw up a “sister contract” with their lawyer. The document outlined their responsibilities, hours and ownership details. “We’re best friends, our husbands are best friends, we live in the same street and we spend all of our time together. We didn’t want anything to get in the way of that,” explains Victoria.

“Even though we’re best friends, we wanted to make sure we were both on the same page,” adds Emma, who came up with the idea of The Beach People’s round towels while sitting on Kingscliff beach with her sister. “I think breaking down our strengths and weaknesses on paper really helped.”

So while Emma is designing the brand’s new

linen collection and working on their campaign imagery, Victoria is figuring out the logistics and doing the accounting. “Victoria doesn’t expect me to do the finances, just like I would never ask her to run our social media accounts,” says Emma.

Playing to their strengths has helped The Beach People grow from Victoria’s spare room to a warehouse with 20 staff across Australia, Miami and LA, turning over \$1 million a year. For Emma, the best part of working with Victoria has been seeing her grow. “She’s such a boss lady. I’m in awe of her and all that she does.”

The challenges? “The hardest part about working together is switching off at the end of the day and having dinner together without talking about the business,” says Victoria. “We’re so close, we even go on vacation together. This is sounding more and more like a cult! Business is a crazy ride, and I’m so grateful that we’re in it together.”





Husband and wife duo James Grant and Alex Elliott-Howery.

CORNERSMITH

James Grant, 44, and Alex Elliott-Howery, 38

“James and I fight like fiery Italians. Since we started the business, we’ve learnt how to fight well: when to argue and when to step back,” says Alex Elliott-Howery of how her marriage has changed since she and husband James Grant opened the Cornersmith cafe in Sydney in 2012.

In the early days of the business, when James was in the kitchen and Alex was working front of house, there was a power struggle. “About six months into the business, things weren’t going very well. James would tell me to clean the table and I’d be like, ‘You clean the fucking table,’” admits Alex. “Working within one space was hard on the marriage.”

The answer was to create more space. In the past six years, the couple have opened another cafe, a picklery, released two cookbooks and launched a Cornersmith school with private cooking workshops. They’ve also worked out how to give each other a break. “We’ve learnt how to compromise, both in our relationship at home and at the cafe,” says James. “Now, if one of us has a strong idea, then we let them have it. Compromise is about letting the other person express themselves fully.”

As well as compromising, Alex says their shared vision has helped them succeed (and saved their marriage). “We truly believe in what we’re doing. It’s more than just providing people with coffee and eggs; it’s an opportunity for education. Reminding each other of that vision has kept us on track.”

Juggling a cafe empire and two kids hasn’t been easy. The couple admit they couldn’t have done it without the help of both of their parents, neighbours and friends. Their advice to other family-run businesses is to have a strong support network and to avoid bringing work home. Well, at least *try* not to bring work home. “Look, we don’t actually know how to do that,” says Alex. “When we’re in bed, we talk about whether we should change the coffee cups. It’s not romantic!”

FLORENCE & MARABEL COLLECTIONS

Donna Mills, 48, and Alex Cook, 27

Growing up, Alex Cook dreamt of being a hairdresser like her mother. But instead of working together in a salon, Alex and her mum, Donna Mills, decided to open a fashion boutique in Toowoomba. “We both love fashion and I’ve always wanted to work with Mum, so we jumped at the opportunity to open a shop,” explains Alex. “We’ve always been very close. I’m an only child and Mum was a single mother; I think that’s why we work so well together.”

Florence & Marabel – named after their European jaunt – opened its doors three years ago and has quickly become the go-to fashion destination in regional Queensland, stocking premium designers including Stevie May, We Are Kindred and Shona Joy. “Getting the right labels has definitely been a challenge for us. When we first started, we really had to work out our demographic,” admits Donna, who looks after the buying and the website, while Alex manages their social media and marketing strategies. They share the in-store styling and customer service. “When a customer comes in, we can tell which one of us should help them,” says Donna. “Some want a younger perspective, so they’ll ask for Alex’s opinion.”

The duo agree that the best thing about their job is connecting with their customers and making a local impact. “We get a real kick [out of] walking down the street and seeing someone in an outfit they have bought from us,” says Donna.

This month, Florence & Marabel is relocating to Toowoomba’s Grand Central shopping centre. “When the Grand Central opportunity came up, we both just went for it. Working together has made me realise how similar we are,” admits Alex. Like mother, like daughter.



Donna Mills and daughter Alex Cook.





HOT TIP
Buy everything online.
If you want to save time,
avoid going to the
shops at all costs

How to SAVE TIME AT WORK AND HOME



As the founder and CEO of Business Chicks and a mother of five under 10 (yes, *five*), Emma Isaacs doesn't have a minute to waste. Here are her top timesaving hacks.

If there's one thing I loathe, it's wasting time. There's nothing worse to me than sitting idle or using time inefficiently. I'm constantly getting asked how I fit 30 hours into 24, so here you have it...

1. DO IT NOW

I try not to handle emails twice. When I read an email, I try to respond then and there and delete it. I don't open it, read it, close it and go back to it again another time.

2. DONE IS BETTER THAN PERFECT

I gave up perfectionism a long time ago. I'm all about doing a quality job, but there are always corners to be cut.

3. INSOURCING IS WHERE IT'S AT

I get groceries delivered. When a kid gets sick, I use a tele-medicine app where you dial a doctor for a video consult over your phone, and then they send the prescription to your closest pharmacy. No more doctors' waiting rooms for me! If you can bring the world to you, you'll save precious time.

4. DUMP THE MEETINGS

Ineffective meetings are the bane of my existence. I'll do anything to avoid them. The conversation generally expands to the time you have available and so much is wasted. Meetings should be for meaningful decision-making and moving the game forward. If I'm in a meeting with my team and we're just having a talkfest, I'll be the

one to interrupt and get us back on track. Whenever I get asked to be in a meeting, my response is, "Does this really need to be a meeting?" If it's critical, I'll do it, but I much prefer a quick conversation or, even better, a walk and talk around the block.

5. BE A MULTI-TASKING DEMON

Science tells us not to multi-task, so let's listen to that. We all get it: the tasks that require your full focus need to get your full focus. And I'm not for a second condoning that you text and drive, or anything irresponsible like that. I am saying that if you're in the hairdresser's chair for two hours, make those two hours count. My hairdresser would fall over if I arrived without my laptop. It's never happened. I make (hands-free) calls on my short commute to the office, I'll feed my baby while having a chat with another one of the kids, I read stories to them while they are in the bath, and we have a rule in my house that you're not allowed up the stairs without carrying something that needs to be put away.

6. DO THE WORST FIRST

My willpower is highest in the morning, so I tackle the hardest thing first. When it's out of the way, it makes me feel good, and feeling good propels me to want to achieve more.

Winging It by Emma Isaacs (Macmillan, \$34.99) is out now.



Most recommended by Australian GPs to help improve the appearance of scars and stretch marks.¹



“I first started using Bio-Oil when I turned 19 and was feeling self-conscious about the stretch marks I had on my hips due to growth spurts during my teen years. After some months of using Bio-Oil day and night in my skincare routine, I noticed a change in the appearance of my stretch marks – they went from being quite obvious to almost non-existent! I barely even notice them now. I know I can count on Bio-Oil to be there for weight gain, weight loss, pregnancy and other life experiences.”

Sarah Green

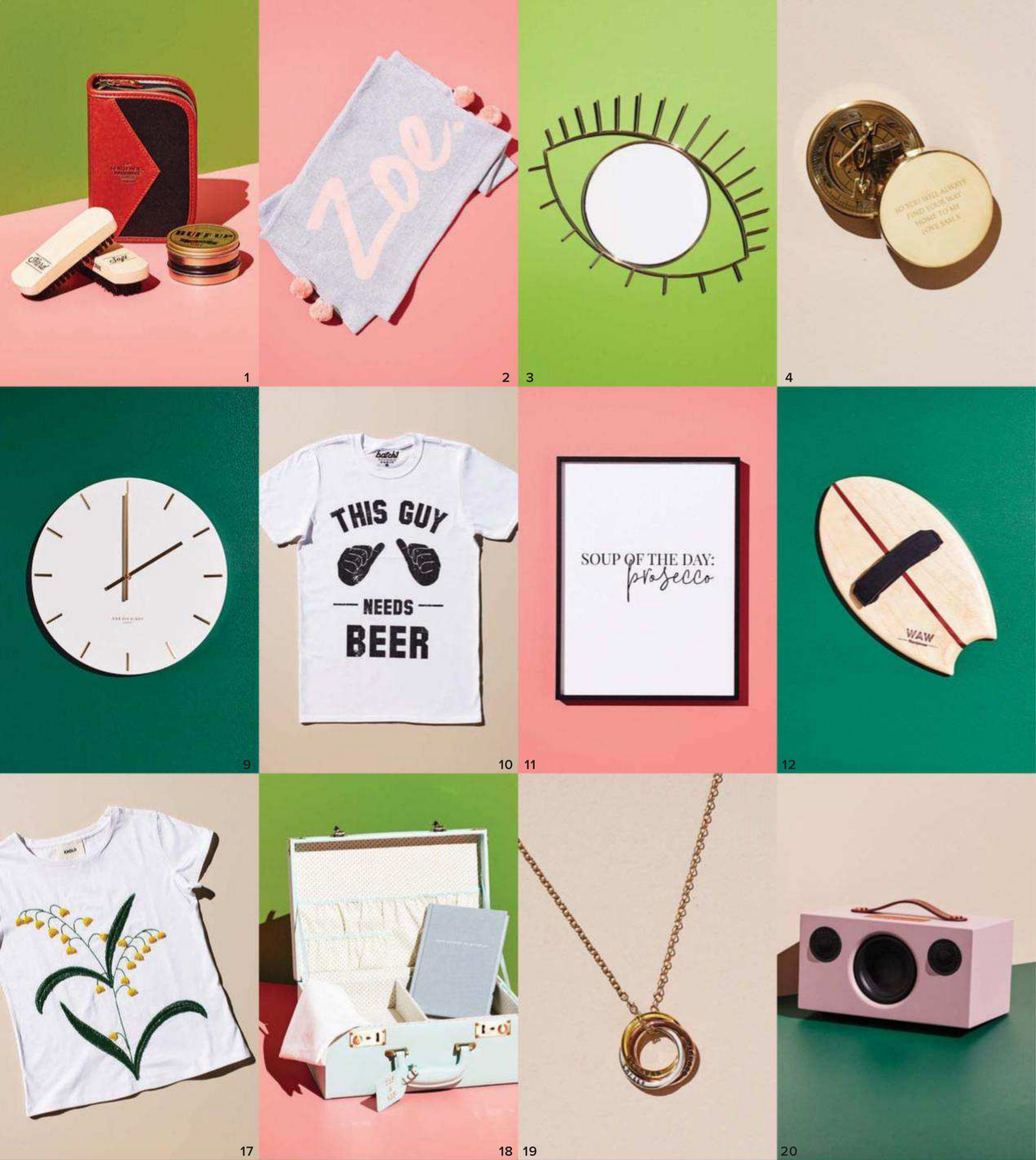
Bio-Oil® is a specialist skincare product formulated to help improve the appearance of scars, stretch marks and uneven skin tone. Its unique formulation, which contains the breakthrough ingredient PurCellin Oil™, is also highly effective for ageing and dehydrated skin. For comprehensive product information and results of clinical trials, please visit bio-oil.com. Bio-Oil is available at pharmacies and selected retailers at the recommended selling price of \$14.95 (60ml). Individual results will vary. 1. ACA Research, Jan 2017, n=257

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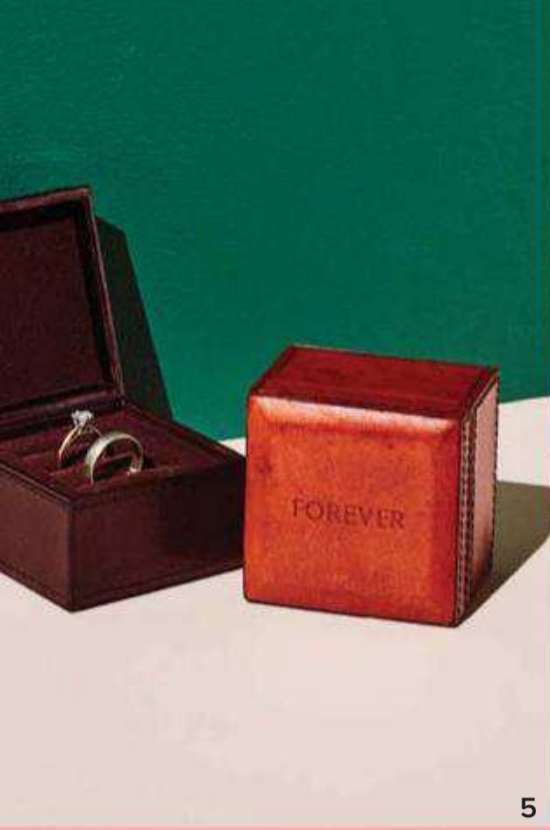
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1. Gentlemen's Hardware charcoal shoe shine kit 2. Personalised name blanket in grey and pink with pompoms 3. DIY Cyclops large wall mirror 4. Adventurer's brass sundial and compass 5. Personalised leather ring box 6. Bartender's Choice collection (set of 4 cocktails) 7. Tainted love embroidered blouse in ecru 8. Australian animals kids' personalised cushion 9. Luca metal wall clock in white 10. 'This guy needs beer' men's slogan T-shirt 11. 'Soup of the day: Prosecco' print 12. Bodysurfing handplane – stringer moontail 13. Personalised large carved heart chopping block 14. Rose gold heart initial luggage tags (set of 2) 15. Australian whisky tasting set 16. Personalised leather wash bag with strap 17. Cameron tee with yellow blooms 18. Memory suitcase keepsake box 19. Personalised mixed gold Russian ring necklace 20. Audio Pro wireless Bluetooth speaker 21. Kids' white drop-waist lace dress 22. Personalised solid oak guitar wall stand 23. Men's personalised layered leather straps bracelet 24. Carousel cup and saucers tea set with spinning stand





5



6 7



8



13



14 15



16



21



22 23



24

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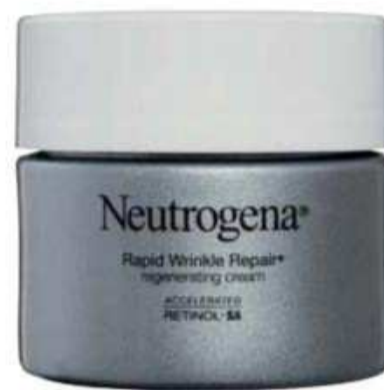
HERE & NOW

OUR PICK OF THIS MONTH'S MUST-HAVES



GENTLY SCENTED

This lightly scented lotion from skincare experts Aveeno begins to soothe itchy, dry skin from day one. It has been clinically shown to be as gentle to sensitive skin as fragrance-free products. Formulated with Active Naturals Triple Oat Complex and a Nourishing Coconut scent, it leaves skin feeling soft, smooth and moisturised for a full 24 hours. Visit aveeno.com.au @aveenau



WRINKLE REPAIR

The NEUTROGENA® Rapid Wrinkle Repair Regenerating Cream is a rich moisturising cream that delivers our highest concentration of Accelerated Retinol SA to the skin's surface quickly and effectively, for visibly smoother and younger-looking skin in just one week. Visit neutrogena.com.au



GET YOUR GREENS

Vital All-In-One is a total health supplement which helps to give you all your nutritional needs in a day! The 'one-stop-shop' formula contains vitamins, minerals, pre and probiotics, greens and more! Just two teaspoons daily and you're set. Available at Chemist Warehouse, Woolworths, Coles, selected pharmacies and health food stores. Visit vitaleveryday.com



YOUR NEW FAVOURITE

Vero Moda's SS collection channels a modern, urban woman. Born out of the Scandinavian fashion scene, the Henna dress is destined to be an Aussie summer favourite. Super easy to slip over swimwear or dress up for evening – the feminine print hits all the right trend notes. RRP \$69.95. At Myer and myer.com.au Insta @veromodausnz



PREMIUM STYLING

Schwarzkopf Professional's new BC Bonacure range provides personalised haircare solutions for every conceivable haircare need, expertly formulated using the most advanced technologies and premium skincare derived ingredients such as keratin, collagen and hyaluronic acid. RRP \$27.95. Visit schwarzkopf-professional.com.au

SPRING FEVER

In this issue: designer looks to love; fashion fit for a holiday romance; and the eternal elegance of the silk scarf

OCTOBER 2018

W O R L D F A S H

PHOTOGRAPHY BY DAVID ROEMER.
STYLED BY JAYNE PICKERING.

Alexander McQueen jacket, approx \$10,785, earrings, approx \$1533, choker, approx \$1785, necklace with pendant, approx \$1065, and ring, approx \$990, alexandermcqueen.com.

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GIORGIO
ARMANI
Shirt, \$4500, and pants,
\$3350, armani.com.

NEW ORDER

Fresh off the international
runways: feminine frills flirt
with tailoring, texture and
head-turning print

PHOTOGRAPHED BY DAVID ROEMER STYLED BY JAYNE PICKERING

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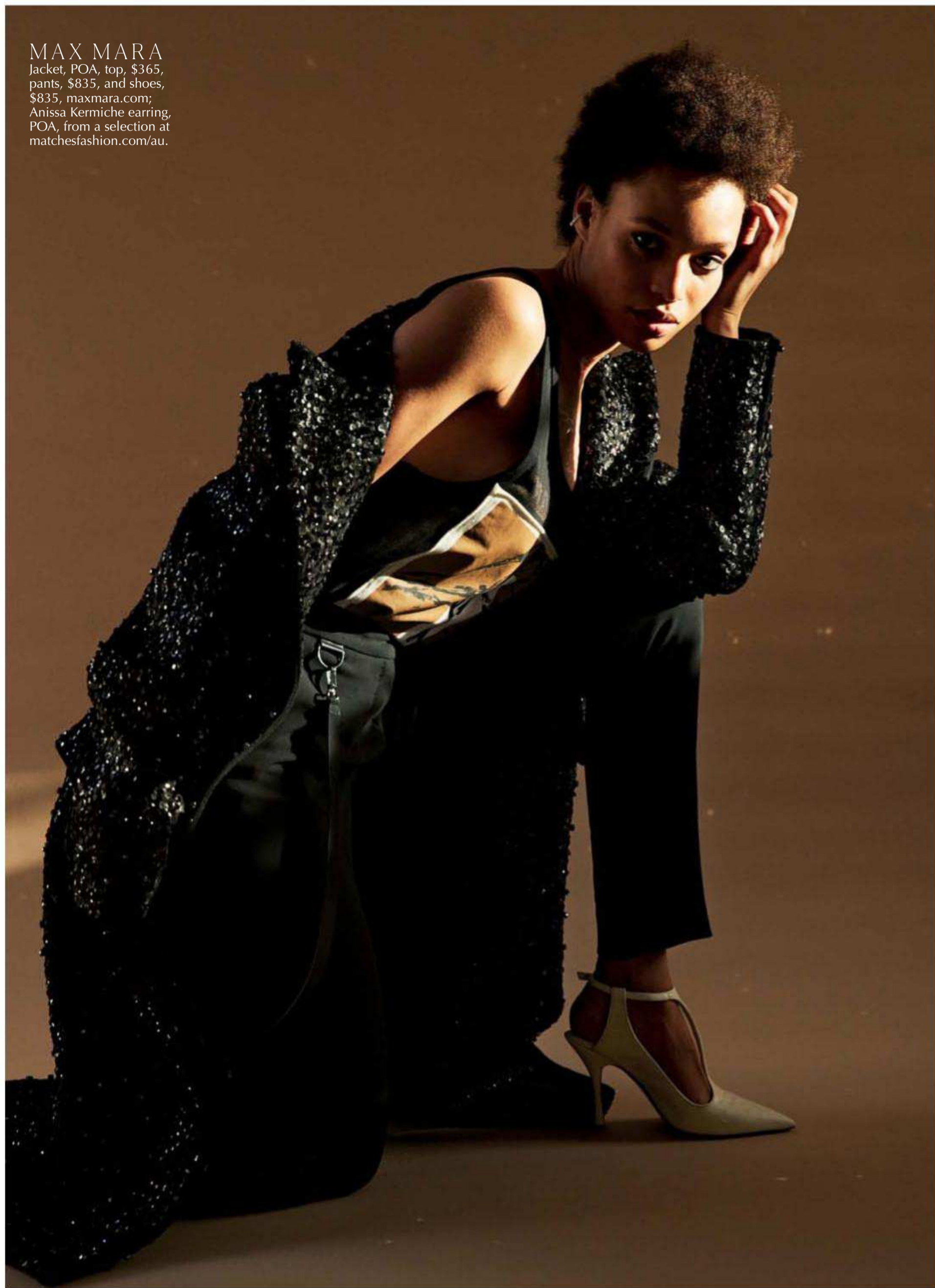


GUCCI
Dress, \$7230, shoes,
\$925, and tights,
\$565, gucci.com.



MAX MARA

Jacket, POA, top, \$365,
pants, \$835, and shoes,
\$835, maxmara.com;
Anissa Kermiche earring,
POA, from a selection at
matchesfashion.com/au.





CHANEL
Jacket (worn over
shoulder), \$7680,
sequined jacket, POA,
skirt, \$4870, earrings,
\$1070, and necklace,
\$4330, 1300 242 635.



LOUIS
VUITTON

Dress, \$7750, shoes,
\$1440, and brooch,
POA, au.louisvuitton.
com; Soko earrings,
POA, from at selection
at shopsoko.com.





CHLOÉ

Top, approx \$1812,
pants, approx \$1887,
boots, approx \$1837,
necklace, approx \$985,
and cuffs, approx \$698
each, chloe.com/au.

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CHRISTIAN
DIOR

Jacket, \$6000, top,
\$1050, skirt, POA, boots,
\$2990, earring (on right
ear, sold as a pair) \$570,
earring (on left ear, sold
as a pair) \$590, and choker,
\$800, 02-9229 4600.

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MICHAEL KORS COLLECTION

Cape, \$6439, jumper, \$1209,
pants, \$1289, shoes, \$729, and
scarf, \$479, 03-9639 0943.

Hair by Craig Taylor/One Represents. Make-up by Clare Read/Caren using Tom Ford Beauty. Manicure by Robbie Tomkins/Premier Hair and Make-up using Chanel Le Vernis in Chicness and Chanel La Crème Main. Model: Afroditia/Premier Model Management. With thanks to JJ Locations.

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MATERIAL GIRL

No one single accessory spells grace and elegance like a printed silk scarf.

Take the look from top to toe with reams of floaty fabric draped and knotted just so

PHOTOGRAPHED BY SIMON UPTON STYLED BY JANA POKORNY

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Lee Mathews coat, \$1450, leemathews.com.au; Mulberry dress, POA, mulberry.com; Bulgari scarf, \$410, bulgari.com.au; Gucci scarf (worn underneath), \$580, gucci.com; vintage earrings (worn throughout), \$45, at Zoo Emporium, 02-9380 5990. **OPPOSITE PAGE** Lee Mathews dress, \$1999; Bally shoes, \$940, bally.com.au; vintage scarf, \$50, at Zoo Emporium; Ryan Storer earrings, \$380, ryanstorer.com; Chloé bag, \$2079, at matchesfashion.com/au.







Hermès coat, POA, and dress, \$8625, 02-9287 3200; Lee Mathews dress (worn underneath), \$999, leemathews.com.au; H&M pants (worn underneath), \$40, hm.com/au; BESS scarf, \$420, bess.studio. **OPPOSITE PAGE** Gucci blouse, \$2410, gucci.com; vintage scarf, \$50, at Zoo Emporium, 02-9380 5990.

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Salvatore Ferragamo dress, \$2390, and bag, \$2490, ferragamo.com; Camilla pants, \$599, camilla.com.au; Valet earrings, \$149, valetstudio.com; Bulgari watch, \$9950, bulgari.com.au; vintage scarf, \$45, at Zoo Emporium, 02-9380 5990. **OPPOSITE PAGE** Gucci dress, \$5145, and blouse (worn underneath), \$3860, gucci.com.

Hair by Alan White/M.A.P using Davines. Make-up by Isabella Schimid using Charlotte Tilbury. Model: Bela/IMG.

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STEALING BEAUTY

Ethereal layers, crisp separates, rustic extras: youthful femininity reflects the spirit of the season

PHOTOGRAPHED BY SASKIA WILSON STYLED BY TARA MORRIS

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Aje top, \$455, a-j-e.com.au; Marysia Swim top (worn underneath), \$243, marysia.com; Raey jeans, \$190, at matchesfashion.com/au; Spell necklace (worn throughout, sold with charms), \$249, shop.spelldesigns.com.au. **OPPOSITE PAGE** Stella McCartney dress, \$3250, top, \$1535, and pants, \$1630 (both worn underneath), stellamccartney.com; Janessa Leone hat, \$193, at shopbop.com.





Marle top, \$220, marle.co.nz;
Bec & Bridge skirt, \$180,
becandbridge.com.au; Avenue
The Label headband, \$69,
avenuethelabel.com; Kirstin
Ash bracelet (worn through-
out), \$99, au.kirstinash.com.
OPPOSITE PAGE Louis Vuitton
top, \$3500, au.louisvuitton.
com; Alba basket, POA, from
a selection at etsy.com.





Johanna Ortiz shirt, approx \$743, at fwr.com; H&M shorts, \$55, hm.com/au; Macgraw shoes, \$395, macgraw.com.au; bag, stylist's own. **OPPOSITE PAGE** Cue dress, \$365, cue.cc; Macgraw shoes, \$395; Gucci coat (resting on chair), \$12,695, and bag, \$3185, gucci.com.







Christian Dior dress, POA, briefs (worn underneath), \$1400, and belt, \$1400, 02-9229 4600; Maria Farro shoes, \$165, mariafarro.com; Alba basket, \$54, from a selection at etsy.com.

OPPOSITE PAGE Marysia Swim one-piece, \$475, marysia.com; Hansen & Gretel skirt, \$499, hansenandgretel.com; Helen Kaminsky headscarf, \$280, and bag, \$300, helenkaminski.com.au.

Hair by Kyye/Work using Oribe. Make-up by Jasmin Lo using La Mer. Model: India/Chic.



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CELEBRATING
50 years of
CUE



It's the humble family business that became Australia's largest local fashion manufacturer. But half a century since its launch, Cue's motivation remains unchanged: dressing strong and stylish women. By Kathryn Madden

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The chic black pantsuit of your first job interview; that full-skirted floral number from a day at the races; the puff-sleeved purple formal dress forever etched in your heart. Every Australian woman has a Cue moment.

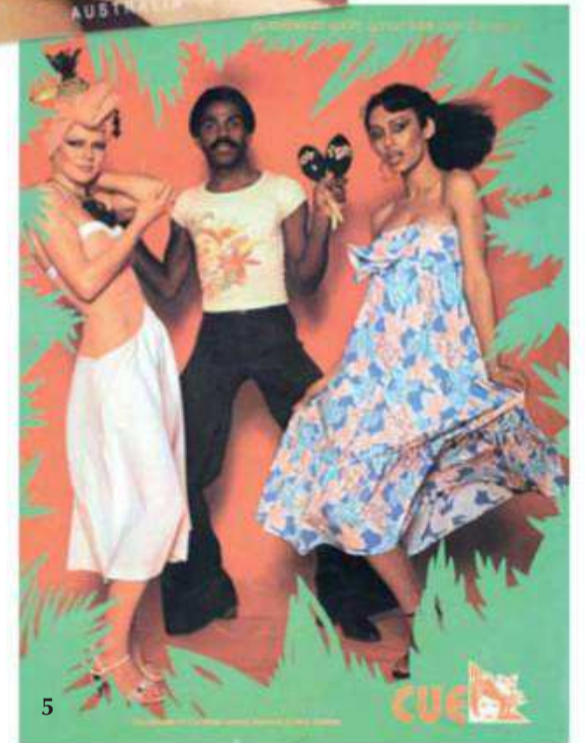
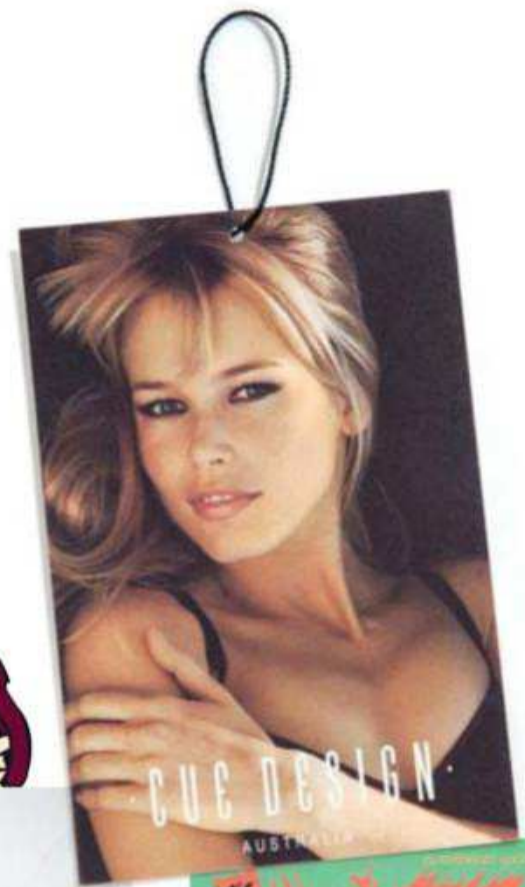
Today the label boasts 65 standalone boutiques across the country, 1100 employees, countless accolades ... But this November it will celebrate its most meaningful milestone yet: 50 years in business.

It's the pinnacle of a tale that began in swinging '60s London. Law student Rod Levis was holidaying in the British capital of cool and became caught up in its culture and verve: Carnaby Street, the mod squad, The Beatles! Sensing a gap in the market for a fresh, youth-driven fashion platform in Australia, he opened his first Cue store in Sydney's Strand Arcade in 1968, a vision of red plastic furniture, aluminium floors and fashion with a focus on fun.

"Back then the clothing choices were mumsy and dowdy or too sophisticated," says Levis. "Cue made way for a new wave of young fashion inspired by what was going on in London and Paris. The name says it all: it means to be on target, on the ball, ready for the next thing."

As the brand grew, expanding into Myer in the '70s (in turn pioneering the concession model), the Cue look evolved; mod minis made way for disco drama, then came '80s power-dressing, cool minimalism in the '90s, and high-quality tailoring through the noughties and into the now. Yet over the years something has remained consistent – a certain style signature that lives on half a century later. ▶

OPPOSITE, FROM FAR LEFT
Cue founder Rod Levis with his wife Lynette, model Marie (in one of Cue's latest designs), son Justin and daughter Melanie.



1 An original artwork created by Otto Schmidinger for Cue in 1971; to celebrate the brand's 50th birthday, the motif will adorn limited-edition woven bags. 2 Supermodel Claudia Schiffer famously starred in the summer 1997 campaign. 3 Australian model Jessica Hart fronted the label's winter 2009 collection. 4 Bold florals and fire-engine red punctuate the summer 2018 range. 5 A tropical twist in the '70s. 6 Chic slips defined the brand's late-'90s offerings.

PHOTOGRAPHY BY JOSHUA MORRIS; COURTESY OF CUE. HAIR AND MAKE-UP BY JOEL PHILLIPS AND GIORGIA SKYE @ VIVIENS CREATIVE. MODEL: MARIE @ PRISCILLAS



“CUE MEANS TO BE ON TARGET, ON THE BALL, READY FOR THE NEXT THING”
 – Rod Levis, Cue founder

“There’s an essence when you pick up a Cue garment,” says Levis, attributing this strong sartorial DNA to his team. Cue may be a family business – Levis’ wife Lynette sources fabrics for the brand, and children Melanie and Justin are both executive directors – but it’s an extended family that makes up his staff. Each of Cue’s head designers has risen through the ranks and stayed for more than a decade – “they pass the baton to one another”, explains Levis. And numerous staffers, from pattern-makers to product managers, have been at the business for 25-plus years.

The family, says Levis, extends even further to include suppliers and makers. Cue is the largest local manufacturer of fashion in the country and accredited by Ethical Clothing Australia. “By maintaining the majority of our production in Australia, we’re helping keep the factories alive,” says Levis. “We’ve worked with some of them for 40 years.” Keeping it local has the added benefit of speed – a faster turnaround from the design room to the shop floor.

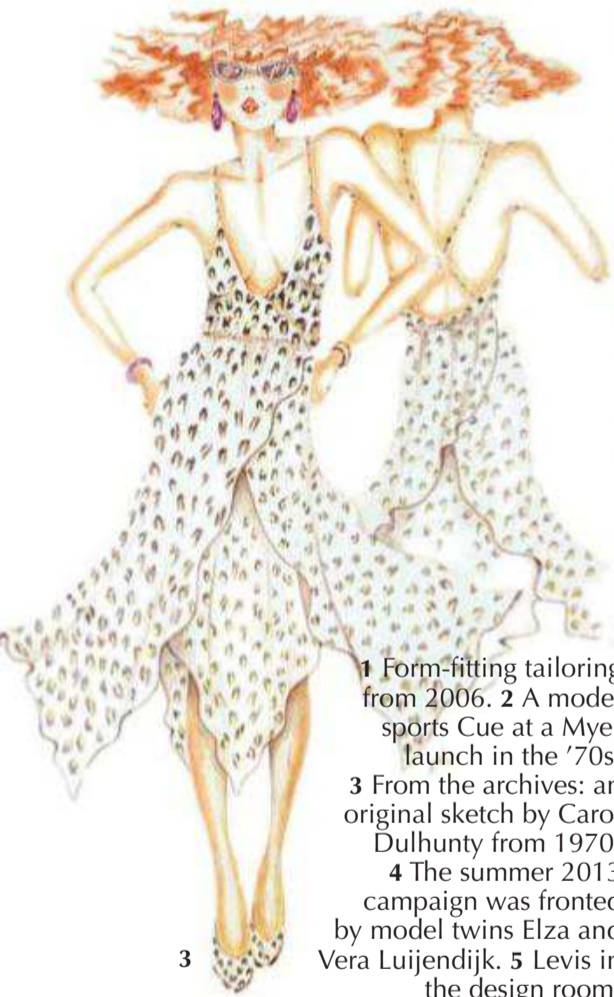
This is where the label has excelled: that sweet spot between traditional fast fashion and designer womenswear. Perhaps it’s what lured supermodel Claudia Schiffer to front a campaign in 1997. Catherine McNeil and Jessica Hart followed suit, though Levis notes the company is equally committed to nurturing rising stars. In 2013, it acquired a stake in Dion Lee – providing business support to the young, internationally lauded talent – and also founded Cue’s sister label Veronika Maine in 1998.

Next month, Cue will drop a capsule collection presenting some of its key pieces from the past five decades re-imagined and reworked for now (think a tailored white trouser from 1992, and a sleek ’70s jumpsuit). But while the range acknowledges the past, it faces the future, says Levis’ daughter Melanie. “The intention is to keep women looking good, and feeling happy and confident,” she says. “It’s always about the strength in women.”

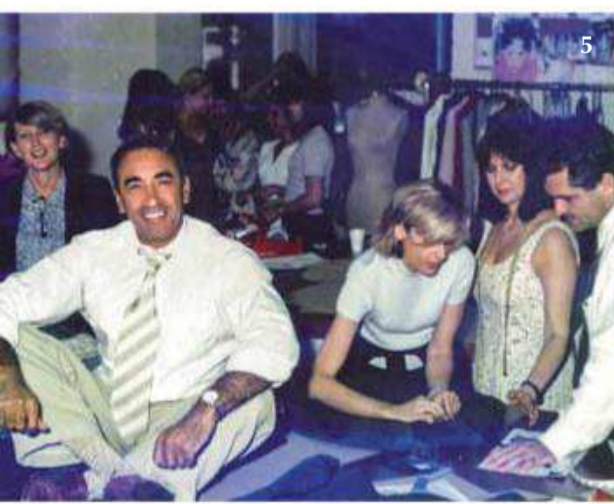
Levis adds, “Since Cue began, the role of women in society has changed. When women started entering the workforce in the late ’60s and ’70s and ’80s, we were already there for them. Women are now running companies and running countries, and our designs have reflected that.”

Fashion, quite literally, on cue.

PHOTOGRAPHY COURTESY OF CUE.



1 Form-fitting tailoring from 2006. 2 A model sports Cue at a Myer launch in the ’70s. 3 From the archives: an original sketch by Carol Dulhunty from 1970. 4 The summer 2013 campaign was fronted by model twins Elza and Vera Luijendijk. 5 Levis in the design room.



MARKSANDSPENCER.COM/AU

WHAT TO WEAR TO WORK
Sharp new looks for spring

WEEKEND EDIT
Instant wardrobe updates

DAY to NIGHT DRESSING
How to switch up your outfit in a flash

Beautifully **BRITISH**

A modern take on classic style

MARKS &
SPENCER
LONDON



welcome

to MARKS & SPENCER LONDON, the global online fashion brand with a British heart. With 32 million customers in more than 50 countries, we're the go-to destination for stylish, beautifully crafted wardrobe essentials, from mean-business workwear to go-with-anything foundation pieces, statement must-haves and wow-factor footwear. And not forgetting those unsung style heroes: gorgeous lingerie that will ensure you look and feel fabulous from AM to PM.

With hundreds of new pieces landing online every week, we have everything you need to put a spring in your (super-stylish) step.



ON THE COVER

Textured patch pocket blazer \$64 T59/0571J

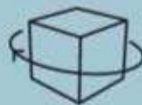
Checked jacquard popover blouse \$44 T43/0564

Checked slim-leg trousers \$56 T59/5467

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**MARKS &
SPENCER
LONDON**



Checked blazer \$111
T59/2989J
Slogan T-shirt \$24
T41/7305
Relaxed slim-fit
jeans \$40 T57/8607



**EDITOR'S
PICK**

*Nail easy weekend
chic with a
cool blazer and
dream-fit denim*





1 SAY YES TO STRIPES

Shirt dress + bold stripes = your spring style saviour. The perfect go-anywhere look.

Striped tie-front midi dress \$72
T42/9509 Faux leather cross-body bag \$48 T01/8933Z

Complete the look



M&S Collection spike earrings \$16 T06/2501L



M&S Collection leather trainers \$80 T02/4602

YOUR WARDROBE *essentials*

FOR DAY-TO-NIGHT DRESSING

2 PAIR A TRENCH & ANIMAL PRINT

For a thoroughly modern take on a classic, go for a neutral trench, add big cat power and make the footpath your catwalk. Meow.

Trench coat with Stormwear™ \$72 T49/3200
Lambswool V-neck jumper \$48 T38/8405
Authentic slim-fit jeans \$40 T57/7111G
Square-cut court shoes \$111 T02/0256B

WORK-TO-PLAY bags



M&S Collection reversible shopper \$48 T01/1823V



M&S Collection leather cross-body bag \$95 T01/6185E



M&S Collection tie detail shoulder bag \$40 T01/9788Z



Style tip: add a pair of ankle boots for laid-back luxe



MIDI SKIRT, MAX STYLE

Pair with mohair for a surprisingly modern look.

Textured V-neck jumper \$48 T38/7671 Leopard-print skirt \$56 T59/4775

FOOTWEAR to dress up and down



M&S Collection leather sandals \$72 T02/2964



M&S Collection knot mules \$56 T02/0041



Style tip: don't go matchy-matchy with accessories but do add sparkle

4

COLOUR MATCH

A colour-blocking skirt and top combo is effortlessly simple and dramatically stylish.

Satin shirt \$44 T43/0553
Satin pleated skirt \$64 T59/4771
Embellished cross-body bag \$56 T01/6297V Jewel block slingback shoes \$56 T02/2027D



WORK WORK *work*

BLACK, WHITE AND DEEP RED IS FASHION'S MOST BEAUTIFUL COMBINATION - DECEPTIVELY SIMPLE AND EFFORTLESSLY SMART. CREATE A MODERN WORK WARDROBE WITH IMPECCABLE TAILORING AND COLOURFUL ACCESSORIES WITH PLENTY OF PERSONALITY. A BOLD BAG OR SHOE IS AN INSTANT SPRING UPGRADE, SO STEP TO IT!



Above: **Gingham dress \$80** T59/2985D

Right: **Plum jacket \$104** T59/2983J **Plum trousers \$64** T59/2983T **Faux leather tote bag \$32** T01/8111Z



Checked trousers \$64
T59/5628
Studded hobo bag \$64
T01/6123V
High-cut pointed court
shoes \$80 T02/4655

*Style tip: mix
and match checks
for standout style*



Lace padded
strapless bra \$32
T33/2959 Sheen
and lace thong
\$13 T6 1/8213

LUXE

lingerie

Your underwear shouldn't be a choice between skimpy and frumpy. And it isn't, thanks to a new wave of lingerie offering an antidote to the teeny things we see on Instagram. From mix-and-match sporty styles to brilliant bras and singlets, these designs flatter all shapes. They're pieces your mother would approve of (and she can wear them too!).

Find our full range of bras, in sizes AA-J, at marksandspencer.com/au



The perfect T-shirt bra



WHAT LIES BENEATH

The lingerie you'll love

A white T-shirt requires a seamless bra, but don't stick to simply white – our pretty palette is a perfect accompaniment.

M&S Collection relaxed crew-neck T-shirt \$12 T41/1290

Padded full-cup bra pack of 2 \$29 T33/3219D



Perfect Fit padded full-cup T-shirt bra \$40 T33/3464 Perfect Fit bikini knickers \$13 T61/8190



M&S Collection padded multiway strapless bra \$40 T33/4798



M&S Collection Flora embroidered push-up bra \$40 T33/2894



M&S Collection lace non-padded bralet \$23 T81/7164B



M&S Collection Smoothlines™ minimiser full-cup bra \$36 T33/5977



FIVE OF THE *best* NIGHTWEAR

THEY'RE NOT JUST FOR BEDTIME – COME THE WEEKEND, DEDICATE YOURSELF TO A 24-HOUR CHILL-OUT WARDROBE WITH THESE OH-SO-EASY PIECES

①

PURE & SIMPLE

Style doesn't stop when you close the front door. Choose stripes and prints that are as on point as they are cosy.

Stripe lounge top \$29 T37/3176T



BUILDING BLOCKS

We're going back to basics with true lingerie heroes that you'll wear day in, day out. Think suits-all singlets with a little touch of lace, fabulously fitting bras and brilliant quality briefs.



Lace-trim vest \$10
T61/4635



Non-padded bralet \$16
T81/8100B



Brazilian briefs \$13
T61/7408



*Style tip:
have a chic
cardi on
hand for
when the
temperature
drops*



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4



5

- 2 - Llama-print pajamas \$40 T37/1871J
- 3 - Cool Comfort lace-trim full slip \$32 T33/6120
- 4 - Lace-trim vest \$10 T61/4635
- 5 - Star-print fleece pajamas \$24 T37/1883J

**FEEL
GOOD**
*Lingerie that
always lifts
the spirits*

shop online

See the full collection at
[MARKSANDSPENCER.COM/AU](https://www.marksandspencer.com/au)

Louisa lace bralet
\$16 T81/8104D
Louisa lace
Brazilian knickers

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STREET STYLING

ACCESSORIES SPECIAL

The shoes, the bags, the shiniest jewels. Presenting the pieces to add to cart now



PHOTOGRAPHY BY GETTY IMAGES. COMPILED BY MONICA RUSSELL.

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BOW SLIDES
The sporty sandal gets a luxe upgrade, beloved by fashion girls everywhere. Fancy feet, indeed.

all in THE DETAIL

Accessories can make or break an outfit – these new-season picks promise sartorial success



ANIMAL PRINT
It's fabulous on a dress and fierce on a shoe. Introduce leopard spots, zebra stripes and python print from the ground up – and step into an urban jungle.

SHOES 1 Michael Kors, \$1119, 03-9639 0943; **2** ASOS White, \$66, asos.com/au; **3** ASOS, \$120, asos.com/au; **4** Next, \$51, next.com.au; **5** Ganni, approx \$383, at shopbop.com.



BUM BAGS
This comeback kid shows no sign of slowing. For 2018, wear it low on the hips or slung easily across the body.

BAGS 1 Sportsgirl, \$29.95, sportsgirl.com.au; **2** Topshop, approx \$38, topshop.com.



SLIDES 1 Senso, \$189, senso.com.au; **2** Nude, \$139.95, nude-footwear.com; **3** Brother Vellies, approx \$390, at shopbop.com.





WOVEN BAGS

Nothing says spring like a cute carryall, so it's no surprise these woven wonders – in fresh shapes and new hues – are flooding your Instagram feed.

BAGS 1 Lucy Folk, \$395, lucyfolk.com; 2 Sportsgirl, \$79.95, sportsgirl.com.au; 3 Ulla Johnson, approx \$582, at shopbop.com.



SUNGLASS STRAPS
No longer just for Granny, eyewear chains strike a smart balance between fashion and function.

SUNGLASSES AND STRAPS

1 Lucy Folk sunglasses, \$395, and chain, \$115, lucyfolk.com; 2 Mimco sunglasses, \$149, and chain, \$49.95, mimco.com.au.





HAIRCLIPS
Gilded in gold, beautifully bejewelled or soft and subtle ... let these pretty nostalgic pieces be your crowning glory.

HAIRCLIPS 1 Jennifer Behr, approx \$175, at shopbop.com; **2** Valet, \$30, valetstudio.com; **3** Simone Rocha, \$142, at matchesfashion.com/au; **4** Mimco, \$63.95, mimco.com.au; **5** ASOS, \$16, asos.com.au; **6** Valet, \$30, valetstudio.com.



KITTEN HEELS
From much-maligned to much-loved, the squashed stiletto offers easy elegance and day-to-night wearability.

SHOES 1 Charles & Keith, \$69, charleskeith.com; **2** Malone Souliers, approx \$705, at net-a-porter.com; **3** Marks & Spencer, \$66, marksandspencer.com/au.



GEOMETRIC EARRINGS

Not since the '80s have bold ear adornments been so in. On our wish list: rectangular drops and sculptural hoops in acrylic, resin and tortoiseshell.

EARRINGS 1 Billini, \$29.95, billini.com; **2** Sportsgirl, \$19.95, sportsgirl.com.au; **3** Witchery, \$59.95, witchery.com.au; **4** Sportsgirl, \$19.95, sportsgirl.com.au; **5** Adorne, \$29.95, adorne.com.au.





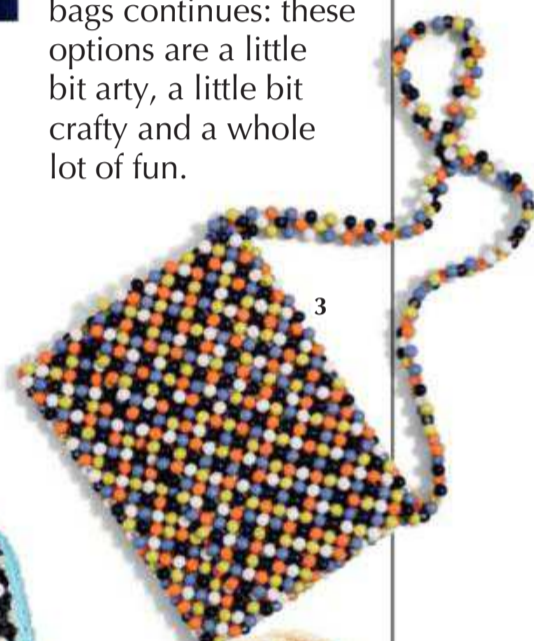
BEADED BAGS
The trend for textured bags continues: these options are a little bit arty, a little bit crafty and a whole lot of fun.



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BAGS 1 Shrimps, \$663, at matches-fashion.com/au; **2** Shrimps, approx \$898, at shopbop.com; **3** ASOS, \$56, asos.com/au; **4** Susan Alexandra, \$390.50, at shopbop.com; **5** Ganni, approx \$435, at shopbop.com; **6** Sensi Studio, \$442, at matchesfashion.com/au.

RED SUNGLASSES
When off-duty models rock rouse frames, the world follows. Opt for retro shapes and cat-eye flicks for serious statement style.

SUNGLASSES (FROM TOP)
Karen Walker, \$260, karenwalker.com; Céline, \$515, at healyoptical.com.au; Sportsgirl, \$39.95, sportsgirl.com.au; Rag & Bone, \$250, 02-9540 0500.



4



5





TOP- HANDLE BAGS

Conjure polish pronto with one of these sweet, petite fashion-editor favourites.

BAGS 1 Tod's, \$3095, 02-8203 0901; 2 Michael Kors, \$3369, 03-9639 0943; 3 Seed Heritage, \$69.95, seedheritage.com; 4 BOSS, \$1399, boss.com.



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SHELLS

Remember that puka shell necklace of your youth? Accessory designers are feeling the pull of the ocean once more with a chic new take on nautical.

JEWELLERY 1 Baublebar necklace, \$58, baublebar.com; 2 Rebecca de Ravenel earrings, \$351, at matchesfashion.com/au; 3 Tohum bracelet, approx \$279, at farfetch.com.

1



3



2



NECK SCARVES

Swap that striking necklace for a fabulous fabric iteration. Go high-fashion cowboy by tying it at the back, or knot it at the front for a prim and proper finish.

SCARVES 1 Bec & Bridge, \$59, becanbridge.com; 2 Bec & Bridge, \$59, becanbridge.com; 3 Zara, \$19.95, zara.com/au; 4 Dolce & Gabbana, \$525, at matchesfashion.com/au.



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PHOTOGRAPHY BY PHILIP LE MASURIER; GETTY IMAGES; COMPILED BY MONICA RUSSELL.



SUMMER, SCANDI STYLE

DENMARK'S GLOBAL FASHION PHENOMENON, VERO MODA HAS LANDED ON OUR SHORES, WITH THE NEW AWARE COLLECTION MAKING WAVES

Your new favourite pieces and wardrobe staples are here with the launch of Danish label VERO MODA, famous for its Scandi-chic aesthetic at an attainable price point. What many don't know is that VERO MODA's new Aware collection is also sustainably produced from materials that, in every sense, won't cost the earth.

SUSTAINABLE STYLE

ECO-FRIENDLY MATERIALS

By repurposing recycled materials for textiles, Aware by VERO MODA has turned fashion on its head. The eco-friendly magic is in the core materials that shape its collection: recycled polyester made from plastic bottles (one t-shirt takes two bottles to produce); Tencel Lyocell, a fully biodegradable fibre made from fast-growing trees such as eucalyptus; and cottons that are either organic or recycled (made from leftover fabric or raw cotton, where recycling one tonne of cotton can save 275,000 litres of water).

STYLE WITHOUT COMPROMISE

With an aesthetic that's classic with a twist and designed with a long wardrobe lifespan in mind, at last sustainable fashion isn't a contradiction in terms. Aware by VERO MODA stands for elegance and affordability with a sustainable future.

NOW AVAILABLE IN MYER

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101 IDEAS

They're tried, tested and trending now: consider these three looks your new cool-girl currency



Zara **SHIRT**, \$69.95,
zara.com/au; H&M **JEANS**,
\$89.99, hm.com/au; Topshop
SHOES, \$85, topshop.com;
Tony Bianco **BAG**, \$229.95,
tonybianco.com.au.

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STYLE TIP
A paper-bag waist is the season's
must-try silhouette.



1

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3

DAYTIME
DENIM

1 Calvin Klein Jeans **DRESS**, \$299, at davidjones.com; Country Road **SHOES**, \$159, countryroad.com.au. **2** Interval **TOP**, \$79, 02-8987 3400; 3x1 **JEANS**, \$375, at edwardsimports.com; Topshop **SHOES**, \$65, topshop.com; Peter Lang **EARRINGS**, \$89, peterlang.com.au. **3** AG Jeans **JUMPSUIT**, \$449, 02-8987 3400; Senso **SHOES**, \$220, senso.com.au; Rag & Bone **GLASSES**, \$350, 02-9540 0500; Tony Bianco **BAG**, \$129.95, tonybianco.com.au.



BEYOND THE BOUDOIR



1 Love Stories **BLOUSE**, \$189.95, **BODYSUIT** (worn underneath), \$129.95, and **BROOCH**, \$29.95, lovestoriesintimates.com.au; Alice McCall **CAMISOLE**, \$190, alicemccall.com; Mes Demoiselles **SKIRT**, \$445, 03-9420 1500; Casanovas Italian Shoes **SHOES**, \$279, casanovasitalianshoes.com.au. **2** Love Stories **ROBE**, \$239.95, lovestoriesintimates.com.au; One Fell Swoop **TOP**, \$379, and **PANTS**, \$459, onefellswoop.net; Dinosaur Designs **EARRINGS**, \$260, dinosaurdesigns.com.au; Pandora **RING**, \$89, pandora.net. **3** Love Johnny Was **DRESS**, \$449, 02-8987 3400; Surō **EARRINGS**, \$299, surojewellery.com; Pandora **RING**, \$89, pandora.net.



STYLE TIP
Introduce black accents
for a look that's more
chic, less sweet.

101 IDEAS

camilla and marc **TOP**,
\$350, camillaandmarc.com;
Prettylittlething **PANTS**, \$55,
prettylittlething.com.au; Zara
SHOES, \$39.95, zara.com/au;
Reliquia **EARRINGS**, \$229,
reliquiajewellery.com.



101 IDEAS

Boden **BLAZER**, \$320, bodenclothing.com.au; Interval **TOP**, \$99, 02-8987 3400; H&M **SKIRT**, \$59.99, hm.com/au; Zara **SHOES**, \$69.95, zara.com/au; Peter Lang **EARRINGS**, \$89, peterlang.com.au.



PREP SCHOOL



1



2



3

- 1 Alice McCall **DRESS**, \$360, alicemccall.com; Equipment **BLOUSE**, \$440, at edwardsimports.com.
 2 C&M camilla and marc **TOP**, \$279, at orderofstyle.com; Sandro Paris **SKIRT**, \$370, 02-9327 3377; Zara **SHOES**, \$69.95, zara.com/au. 3 H&M **DRESS**, \$169, hm.com/au; Boden **SHOES**, \$198, bodenclothing.com.au; Next **BAG**, \$39, next.com.au.

STYLE TIP
 Spots and checks
 prove a style match
 in monochrome.

deep clean purifying

Targets impurities without stripping
for soft, healthy looking skin.



“This is by far my
new favourite
face **mask!**”

Isabel L
beautycrew.com.au reviewer

“Absolutely **LOVED**
how this **cleanser**
made my skin feel”

Laura M
beautycrew.com.au reviewer

Neutrogena®
Dermatologically Tested

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آموزشگاه انعکاس منبع جدیدترین اطلاعات، مقالات و دوره‌های آموزشی طراحی لباس و مدشناسی

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OCTOBER 2018

FAULTY FUNDAMENTALS

MEET YOUR MATCH

Beauty brands are growing their foundation lines to suit almost every skin tone on the planet. Leading the foundation pack is Estée Lauder, which has just released an extra 37 shades of its cult-followed Double Wear foundation, taking the tally to a whopping 61 shades (available at esteelauder.com.au). Meanwhile, M.A.C, a brand that has always been concerned with skin diversity, has boosted its Studio Fix Fluid foundation range from 43 shades to 50. Closely following in the shade tally is Fenty Beauty By Rihanna, which shook up the market by launching an impressive 40 shades of its Pro Filt'r Soft Matte Longwear Foundation last year. Get blending.

FROM TOP: **FENTY BEAUTY BY RIHANNA** Pro Filt'r Soft Matte Longwear Foundation in 100, \$50. **NARS** Natural Radiant Longwear Foundation in Gobi, \$71. **COVERGIRL** TruBlend Liquid Makeup in Golden Beige, \$19.95. **ESTÉE LAUDER** Double Wear Stay-in-Place Makeup in Outdoor Beige, \$58. **CHANEL** Le Teint Ultra Ultrawear Flawless Foundation in Beige, \$91. **DIOR** Backstage Face & Body Foundation in 4WP, \$70. **M.A.C** Studio Fix Fluid in NW50, \$54. **LANCÔME** Teint Idole Ultra Wear in #16, \$60.

PHOTOGRAPHY BY EDWARD URRUTIA.
TEXT AND STYLING BY SALLY HUNWICK.

آموزشگاه انعکاس منبع جدیدترین اطلاعات، مقالات و دوره‌های آموزشی طراحی لباس و مدشناسی

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We come in many different shades. Sally Hunwick consults the professionals about how to work with our individual skin needs and how to find our perfect foundation match

LOVE YOUR SKIN

WHAT'S YOUR SKIN COLOUR?

You may feel you know your skin colour, but in reality it's not always immediately obvious. That's where the Fitzpatrick scale comes in. "The Fitzpatrick scale is a numeric classification of skin colour from lightest [Fitzpatrick type 1] to darkest [Fitzpatrick type 6]," says Paula Begoun, founder of Paula's Choice. Dermatologists use it to determine your skin colour, eye colour, presence of freckles, and how your skin reacts to the sun. That questionnaire you're asked to fill out before a facial? It's often to predict how your skin will behave during the process. "It is recommended that skin therapists use this scale to ensure their [clients] respond well to treatments," says Dr Geoffrey Heber, founder of Ultraceuticals. ▶





FOUNDATION FIX

FIND YOUR BASE

We ask Nica Marcello, national education manager at Estée Lauder, for her top tips on finding your ideal foundation match – whether you're buying in store or online.

KNOW YOUR UNDERTONES

“Traditionally there are three undertones: warm, cool and neutral,” says Marcello. “Warm undertones range from peach to yellow and golden, while cool undertones are bluish and pink hues.” Need to work out your undertone? Look at your veins. “If they are bluish in colour, you're cool. Green-looking veins usually belong to warm-toned people,” advises Marcello.

GIVE IT A TRY

“Test out a few shades to find the one that seamlessly blends into your skin,” says Marcello. “If a foundation is too light for your skin it will often appear ashy or almost grey; if it is too dark it will probably look muddy.”

COLOUR MATCHING IN STORE

“Always test a minimum of two shades of foundation and a maximum of three,” suggests Marcello. Where on the face you apply your testers is also key. “Test along the jawline towards the front of the face and also alongside the nasolabial fold,” says Marcello. “It's often the area we need to conceal with foundation.” And make sure you step outside. “Always check in natural lighting,” she advises.

COLOUR MATCHING ONLINE

“Sites [often] use models as well as foundation swatches to help you choose a suitable shade,” says Marcello. “Knowing your undertone will also make finding your perfect shade online easier.”





SKIN SOLUTIONS

SHADE BY SHADE

FAIR

You're likely to have blue or green eyes with blonde or red hair, and you're a classification type 1 on the Fitzpatrick scale.

SKIN POSITIVES Paler skin is good at taking in vitamin D. "Lighter skin has better absorption qualities for ultraviolet radiation, which helps the body synthesise larger amounts of vitamin D," says Heber.

THE ISSUES You're more likely to burn and suffer premature ageing. "Fair skin possesses a lower amount of eumelanin, causing it to burn more easily when exposed to the sun," says Heber. "This leads to wrinkling and loss of firmness." You may also be prone to redness, skin sensitivities and pigmentation. "Caucasian skin is at greater risk of surface capillaries and generally [being] more sensitive, reactive skin," says Begoun. "Flaws such as breakouts and hyperpigmentation will also tend to be more obvious on lighter skin tones."

ASIAN

You have dark hair, dark eyes and you're a type 3 on the Fitzpatrick scale.

SKIN POSITIVES Major skin pluses are that your skin doesn't burn as easily nor age as fast as fair skin. "Because Asian skin types have more melanin in their skin to protect them from UV radiation, they develop wrinkles at a later age," says Heber.

THE ISSUES Your skin's ability to produce melanin can lead to issues with pigmentation. "Asian skin tones typically have more hyperactive melanin production," says Begoun. "Asian skin produces excess pigment in response to any kind of damage, so spots and brown patches tend to be common complaints." Skin

sensitivity is another issue to watch for. "Asian skin is also slightly more sensitive to some active cosmeceutical ingredients," says Heber.

OLIVE

You probably have brunette to dark hair and brown or hazel eyes and are a type 4 on the Fitzpatrick scale.

SKIN POSITIVES You likely tan easily and burn rarely, if ever. You'll also be less likely to show signs of early ageing.

THE ISSUES Don't ditch the sunscreen just yet, because "unprotected sun exposure and a history of tanning can and will cause numerous problems for olive skin tones, including eventual loss of radiance," says Begoun, who recommends regular exfoliation with AHA- or BHA-spiked skin and body products to shed dead skin cells. "Olive skin tones can turn noticeably dull looking when dead, dry skin builds up."

DARK

You have dark skin, dark hair and probably a darker eye colour. You are a Fitzpatrick type 6.

SKIN POSITIVES You have thick, strong skin that's not as susceptible to premature ageing and you're less likely to burn. "Dark skin burns less in the sun and will not be as prone to skin cancer," says Heber.

THE ISSUES "Due to [its] natural UV protection, dark skin is unable to synthesise vitamin D as effectively," says Dr Heber. But don't skip the sunscreen. "Less susceptible" doesn't mean dark skin doesn't need protection or won't show signs of sun damage," says Begoun. While most scars are less noticeable on dark skin, raised scarring can be an issue. "[You] may be more prone to keloid scars as a result of skin injuries," says Begoun.

GOOD FOR ALL

While we may all have slight differences in how our skin reacts to the environment, the ingredients we need to apply are very similar. "[People of] all skin colours need a range of beneficial ingredients to get and keep their skin in top shape," says Begoun. Here's your checklist:

INGREDIENTS TO ENLIST

RETINOL "Retinol prevents and treats skin ageing," says Dr Heber. Reserve this for night when your skin's daytime defences are down. Try (1) **ELIZABETH ARDEN** Retinol Ceramide Capsules, \$150 for 60 capsules; **MEDIK8** Crystal Retinal 6, \$108; (5) **ULTRACEUTICALS** Ultimate A Refining Serum, \$172.

HYALURONIC ACID "[This] is great for visible plumping and hydration," says Begoun. Try (4) **DARPHIN** Lumière Essentielle Instant Purifying and Illuminating Mask, \$90; **DR. BARBARA STURM** Hyaluronic Serum, \$440; **SKINCEUTICALS** H.A. Intensifier, \$142.

VITAMIN C "An antioxidant that neutralises the free radicals that lead to hyperpigmentation," says Heber. Ideal for mornings. Try **ANDALOU NATURALS** Luminous Night Cream, \$29.99; **DERMALOGICA** Biolumin-C Serum, \$130.

NIACINAMIDE "A powerful antioxidant that treats all signs of photo-ageing," says Heber. It's also great for minimising pores, says Begoun. Try (6) **PAULA'S CHOICE** 10% Niacinamide Booster, \$62.

PEPTIDES "A superstar for firmness," says Begoun. Try (2) **OLAY** Regenerist Micro-Sculpting Night Cream, \$48.99.

AHAs AND BHAs "Ingredients such as glycolic acid are great for exfoliation," says Begoun. Try **BIODERMA** Hydrabio Gel Cream, \$42.99; **DR DENNIS GROSS** Alpha Beta Exfoliating Moisturizer, \$99.

SUNSCREEN "Use a daily moisturising SPF," says Heber. Try (3) **EGO QV** Moisturising Day Cream SPF 30, \$16.60 for 75g.

OLAY

DNA *or* OLAY?



Olay scientists analysed over 20,000 genetic samples and discovered the secret behind women who look exceptionally young. After testing 25,000 ingredients, Olay re-engineered its formulas. Now every woman can be

ageless.

Olay Total Effects now has even more anti-oxidant power with 50% more Vitamin E. The formula also contains Vitamin B3, B5, and Green Tea and it is proven to revive tired looking skin and fight 7 signs of ageing: uneven tone, age spots, uneven texture, dryness, dullness, enlarged pores and lines & wrinkles.

ANTIOXIDANT BOOST
REVIVES TIRED & DULL LOOKING SKIN



THE BEST OF

GLOBAL BEAUTY

We talk to **marie claire** beauty editors to discover the best-kept secrets from some of the world's most famed beauty capitals



- 1 KEVIN.MURPHY Angel.Wash, \$38.95.
- 2 JURLIQUE Sweet Peony & Tangerine Limited Edition Hydrating Mist, 100ml, \$49 (available 15 October)
- 3 KORRA Turmeric Brightening & Exfoliating Mask, \$59.95.
- 4 SAND & SKY Australian Pink Clay Flash Perfection Exfoliating Treatment, \$59.90.
- 5 SUKIN Purely Ageless Hydration Elixir, \$24.95, available at Priceline Pharmacy.
- 6 FRANK BODY Cherry Bomb Lip Scrub, \$14.95.
- 7 EQUAL BEAUTY BY JESSICA GOMES Super Mist, \$79.95.
- 8 RATIONALE Immunologist UltraCreme, \$168.
- 9 ENDOTA New Age AHA Renewal Cleansing Gel, \$50.
- 10 NAPOLEON PERDIS Auto Pilot Pre-Foundation Skin Primer, \$59.

AUSTRALIA

Here at home, we love to blend natural beauty products, hard-working cosmeceuticals and Insta-worthy cult brands into our daily routine.



Sally Hunwick, BEAUTY DIRECTOR, MARIE CLAIRE AUSTRALIA

"In Australia we love a natural, healthy, glowing beauty. Sure, we want to look good, but we also want our beauty routine to fit in around our lifestyles.

Make-up and hair trends are important to us and we love to cherry-pick the latest products and brands (niche hair brands

are on our hit list right now). But skin is possibly our biggest focus. Australian women are much more aware of formulations these days. We take a keen interest in ingredients and how they can boost complexions.

We are into adding natural brands, like top-seller Sukin, to

our beauty routine. And we like to mix things up! That means we might enlist a cult mask we found on Instagram to work with our fave cosmeceutical, or we could love a natural facial oil for everyday then book in regular high-tech treatments." *@sallyhunwick*



1 CREMORLAB Mineral Treatment Essence, \$80. 2 MIZON Apple Smoothie Peeling Gel, \$17. 3 J. ONE Jelly Pack, \$30. 4 BANILA CO. Clean It Zero Cleansing Balm Original, \$30. 5 PYUNKANG YUL Essence Toner, \$27. 6 DEAR, KLAIRS Freshly Juiced Vitamin Drop, \$32.95. 7 16 BRAND Fingerpen in Coral Pink, \$18. 8 INNISFREE The Green Tea Seed Eye Cream, \$31.70. 9 J. ONE Hana Cream, \$30 for 20g.



KOREA

As pioneers of the multi-step routine, Korean women are the ones we're all following to get naturally glowing skin.



Eunsun Cho, BEAUTY DIRECTOR, MARIE CLAIRE KOREA

"Korean women think inner beauty is important; true beauty comes from the health of the body and mind.

Dermatology treatments like laser are popular here – it's important to keep skin healthy.

The biggest beauty focus in Korea is on skincare and

make-up. We prefer to use natural make-up that shows the skin's natural shine and texture.

Korean women once used seven to 10 products in their beauty rituals, but the trend now is to reduce the skincare steps. In recent years, skin irritation caused by fine

dust has become a big issue in Korea, so we're applying mild cosmetics.

I do a special cleansing oil treatment three times a week, followed by a [mask that's a] mix of AHA gel and soothing gel in a ratio of 2:1 for five minutes." [@eunsuncho_](#)



1 SISLEY Limited Edition Ecological Compound, \$280. 2 PAYOT Hydra 24+ Essence, \$60. 3 LANCÔME Advanced Génifique Youth Activator, \$100. 4 KLORANE Dry Shampoo with Nettle, \$15.99. 5 DIOR Backstage Eye Palette in Warm Neutrals, \$88. 6 AVÈNE Cicalfate Skin Repair Emulsion, \$34.99, available at Priceline Pharmacy. 7 CLARINS Double Serum Complete Age Control Concentrate, 30ml, \$95. 8 BY TERRY Baume de Rose Lip Care, \$88. 9 CHLOÉ Nomade EDP, \$140 for 50ml. 10 YSL BEAUTÉ All Hours Stick Foundation, \$79. 11 CHANEL Le Lift Crème, \$186. 12 L'ORÉAL PARIS Colour Riche Matte Addiction Lipstick in Hype, \$21.95, available at Priceline Pharmacy.

FRANCE

The French practically invented luxe skincare. With an appreciation for the decadent and performance-based, French women have the art of effortless beauty sorted.



Nolwenn Du Laz, DEPUTY BEAUTY EDITOR, MARIE CLAIRE FRANCE

“To French women, beauty is healthy, refined and effortless. We take care of our skin and hair, we do wear make-up, but we always want it to look like we didn’t waste too much time on it. Even the messy hair and nude look is an art. Everything must

contribute to the impression that we are naturally beautiful! We can also wear a bold red lip at breakfast!

French women aren’t obsessed with anti-ageing; they prefer to focus on flawless, glowing and healthy skin.

They are increasingly careful

about what they choose to apply to their skin. ‘Clean beauty’ is a booming trend, which unites the best in nature and technology.

The beauty treatment I routinely book in for is a facial at Carita with magnetic gloves, to re-energise exhausted skin.”
@nolwenndulaz_marieclaire

UNITED KINGDOM

From big-name brands and cutting-edge cosmeceuticals to luxurious natural skincare, the Brits focus equally on skin and wellbeing in their beauty routines.



- 1 STELLA MCCARTNEY Stella EDT, 50ml, \$70.
- 2 JO MALONE Black Cedarwood & Juniper Bubble Bath, \$120.
- 3 ELEMIS Pro-Collagen Marine Cream, \$187.
- 4 FRESH Black Tea Kombucha Facial Treatment Essence, \$96.
- 5 MEDIK8 r-Retinoate, \$298.
- 6 BATISTE Dry Shampoo in Eden, \$9.99, available at Priceline Pharmacy.
- 7 RIMMEL Stay Matte Liquid Lip Colour in Rose & Shine, \$14.95, available at Priceline Pharmacy.
- 8 CHARLOTTE TILBURY Pretty Fresh Pretty Youth Glow Filter, \$60.
- 9 111SKIN Celestial Black Diamond Eye Cream, \$336.
- 10 BURBERRY Fresh Glow Luminous Fluid Base foundation in Nude Radiance, \$70.
- 11 EVE LOM Cleanser, \$168.



Lisa Oxenham, BEAUTY & STYLE DIRECTOR, MARIE CLAIRE UK

"I look for brands that use only the finest natural plant and mineral ingredients, at the same time as using aromatherapy to melt the stress away. Inhalation is a hugely important part of my routine, morning and night.

I usually have just three products going. They might be

at a higher price point but I know they are the best quality, so I use them sparingly.

There has been a huge shift towards wellness in the UK. Feeling positive, happy and energetic has a massive impact on what you see.

Illumination and hydration

are our ultimate glow goals! Charlotte Tilbury and Burberry come up with the goods.

Us Brits love serums too, but health supplement powders have taken off. We now know that what happens on the inside will have a big effect on the outside."

@lisaoxenham

USA

Hugely influential in the industry, America boasts both long-standing brands we know and love, and new, niche labels that make us look at beauty in a whole new light.



1 **ESTÉE LAUDER** Advanced Night Repair, 50ml, \$150. 2 **DRUNK ELEPHANT** C-Tango Multivitamin Eye Cream, \$93. 3 **ELIZABETH ARDEN** Superstart Skin Renewal Booster, \$120 for 50ml. 4 **PHILOSOPHY** Exfoliating Clay Mask, \$48. 5 **AERIN** Amber Musk EDP, \$120 for 50ml. 6 **FENTY BEAUTY BY RIHANNA** Killawatt Foil Freestyle Highlighter Duo in Mimosa Sunrise/Sangria Sunset, \$54. 7 **Ouai** Volume Spray, \$40. 8 **MAYBELLINE NEW YORK** Total Temptation Mascara, \$21.95, available at Priceline Pharmacy. 9 **SMITH & CULT** Nail Polish in Ghost Edit, \$32. 10 **TOM FORD BEAUTY** Lip Color in Naked Ambition, \$70. 11 **CLINIQUE** Dramatically Different Hydrating Jelly, \$49. 12 **ELIZABETH AND JAMES** Nirvana White Dry Shampoo, \$52.



Jennifer Goldstein, BEAUTY DIRECTOR & FEATURES EDITOR, MARIE CLAIRE US

"In the States, it's anything goes. I think we're very open to experimenting, and generally very tolerant of many types of looks. There's no groupthink when it comes to what's in vogue. If a beauty trend spikes, don't get too attached because it will be over in weeks.

American women tend to belong to one of two camps with regards to beauty: there's the full-face beat, and then there's the minimalists who like dewy skin, air-dried hair, tinted lip balm and barely there mascara. In terms of what's represented on social media, it seems polarised.

[Hemp]-infused beauty products are big right now. And women are loving face masks that do things, like bubble, fizz, change colours or foam. For make-up, lip gloss is having a bit of a revival. And women are embracing [hair] texture." @jenn_edit @fatmascara

PHOTOGRAPHY BY EDWARD URRUTIA. TEXT AND STYLING BY SALLY HUNWICK.

OLAY

DNA *or* OLAY?

Did you know your eyes can make you look up to 20 years older? The skin around the eyes is 40% thinner, and the least elastic part of your face. It loses moisture 50% faster... no wonder it needs special care!

Olay combined its most potent ingredients to target every eye concern. Dark circles, lines, wrinkles, puffiness, dehydration? Olay has a solution.



GET A TARGETED SOLUTION

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DIOR Backstage Eye Palette in Cool Neutrals, \$88.



BRAND WATCH

If you're looking for a new make-up brand to fall for, look to Dior Backstage. Inspired by the backstage work of Peter Philips, creative and image director for Dior Make-up, this new line has your neutral needs sorted. "I redesigned all the key items in the make-up bag," Philips says, in order to deliver "professional make-up in an efficient, intuitive way."

BACKSTAGE AT CHRISTIAN DIOR HAUTE COUTURE AUTUMN/WINTER 2018-2019



HOT HAIR INGREDIENT

Skincare's secret weapon, hyaluronic acid, is now helping frazzled locks due to its unique ability to hold 1000 times its weight in water.



TRY SCHWARZKOPF Professional BC Bonacure Hyaluronic Moisture Kick BB Hydra Pearl, \$27.95.

SINGLE SERVE

Skin can change day to day - due to factors like the weather, hormones and air-conditioning - so single-use masks that tackle individual skin gripes are a godsend.

Brighten: Minenssey Rejuvenating Mask, \$79 for 9 pods (1). With pink clay and Australian Kakadu plum, this mask boosts suppleness and elasticity.

Detox: Bioré Self Heating One Minute Mask, \$7.99 for 4 sachets (2). Spiked with charcoal, this heats up to open pores and draw out impurities.

Plump: Neutrogena Hydro Boost Sleeping Mask Hydrating, \$4.99 each (3). Deeply moisturise skin with this leave-on sleeping mask.

2

3

the edit

COOL-GIRL HAIR

UK-based hair legend Sam McKnight has styled some of the world's most influential women (think Kate Moss and Princess Diana).

He's now injecting his knowledge and experience - and that cool-girl vibe - into our daily routine with his new range, Hair by Sam McKnight. Recently launched at Liberty in London, the four products are now available at Mecca Cosmetica. Run, don't walk.

HAIR BY SAM MCKNIGHT Lazy Girl Dry Shampoo, \$37, and Cool Girl Barely There Texture Mist, \$49.



NEW DYSON

Dull locks? Thinness? Split ends? You could be suffering from heat damage. The new-look black Dyson Supersonic hairdryer, \$499, boasts an in-built intelligent heat control, which measures temps 20 times a second, to protect your hair from extreme heat damage. Brilliant.



PHOTOGRAPHY BY VANIL BASSETTI FOR CHRISTIAN DIOR PARFUMS. EDWARD URRUTIA. DIOR MAKE-UP CREATED AND STYLED BY PETER PHILIPS.

1





New York, New York... With notes of lemon, jasmine and amber, Elizabeth Arden My Fifth Avenue EDP, \$82 for 100ml, will add instant pep to your chic city vibe.

BACKSTAGE AT CHANEL HAUTE COUTURE AUTUMN/WINTER 2018-2019



5 MINUTES WITH ... LULU GUINNESS

In a pairing that is equal parts style and good cause, ghd has collaborated with iconic British accessories designer Lulu Guinness in support of Breast Cancer Awareness Month. *marie claire* talks to the creative force.

What does your iconic lip print symbolise?

The lip is the icon of my brand. It came from my wearing bright red lipstick every day, which became a signature look for me.

Your lips are now on the ghd Gold Styler in support of Breast Cancer Awareness Month. How does that feel?

Bringing the lips to the Stylers has been really exciting. As this partnership is supporting breast cancer charities, we chose a pink lip. I have even started wearing a pink lipstick for the first time ever!

What's your top beauty advice?

It's a classic one, but taking your make-up off every evening is so important. Also, be happy and confident.

What is your idea of beauty?

I love all the old movie stars, but I also love natural beauty.

The ghd pink charity campaign has been running for 14 years. What does it mean to you?

This is ghd's first fashion brand partnership and I'm so excited for us to launch the collection. What particularly appealed to me is that it's a women's charity. My mission through my brand is to cheer women up; to give them a moment of humour when they're maybe going through a difficult time.

The ghd annual pink collection has raised more than \$20 million for breast cancer charities globally. \$20 from every ghd X Lulu Guinness Gold Styler, \$290, will be donated to the National Breast Cancer Foundation.



Colour watch: terracotta. Want to update your nude lip? Go for this earthy shade. It's perfect teamed with lightly bronzed skin. Natio Lip Colour in Sunset, \$14.95.



MATT APPEAL
What could be more chic than a perfect manicure? Making it effortlessly matt. "The opportunities for matt finishes are endless," says Lucia Pica, Chanel global creative make-up and colour designer.

Chanel Limited Edition Le Vernis Velvet Nail Colour in Ultime, \$41.



MATCHMAKER
If you have had trouble finding your perfect foundation shade, you shouldn't have any issues anymore. Estée Lauder has just released an additional 37 shades of its much-loved Double Wear Stay-in-Place Makeup, \$58, taking the total to an impressive 61. All available at esteelauder.com.au.

PHOTOGRAPHY BY EDWARD URRUTIA; COURTESY OF CHANEL; COURTESY OF GH.D. TEXT BY SALLY HUNWICK.

White Glo 

Unleash Your Celebrity

SMILE



It's your time to shine

White Glo Toothpaste's low abrasion everyday whitening formula will give you that extra confidence and deliver you the best daily oral care protection. Trusted by actors and models who require utmost onscreen facial beautification. RRP \$5.99

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www.whiteglo.com

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How to wear METALLIC EYES

Metallic lids are having a moment in the spotlight. We ask an expert how to flash and dazzle day and night

KNOW WHERE TO APPLY

"Concentrate the metallic on the lid and inner corner, blending out softly," says Sarah Laidlaw, Priceline Pharmacy make-up director. "Don't put it anywhere there is uneven skin texture as it will be highlighted." So, avoid crepey eyelids, scars and fine lines.

METALLIC PAIRINGS

"When you're doing a metallic look on the eye, ease off on the cheek and lip," says Laidlaw, who suggests using a "subtle contour or bronzer on the cheek with a beautiful natural lip".

DO THIS

If you're new to the trend, "start with a metallic that is close to your skin tone", says Laidlaw. "Try using golds and bronzes; I like to call them 'glorified nudes'."

1 BITE BEAUTY Prismatic Pearl Multistick in Rose Pearl, \$37. **2 NYX** Pigments in Kryptonite, \$11.95, available at Priceline Pharmacy. **3 BARRY M** Glitter Rush Body Glitter in Rose Quartz, \$9.95. **4 CRAYOLA** Highlighter Crayon in Sun Gold, \$22. **5 M.A.C** Dazzleshadow Liquid in Blinking Brilliant, \$40. **CHANEL** Ombre Première in Vert Metal, \$52. **7 COVERGIRL** Flourish by Lash Blast Mascara, \$19.95, available at Priceline Pharmacy.

BRUSHES VS FINGERS

How you apply a metallic depends on your desired finish. "I prefer a brush because you have more control on where you're placing the product," says Laidlaw. "However, if you're after a sheer wash of metallic on your lids, a fingertip can blend it out quickly and softly."

"I LOVED THE METALLIC EMERALD EYE AT MARNI"

Sarah Laidlaw, Priceline pharmacy Make-up Director

FINISH THE LOOK

"Curl your lashes and apply a few coats of a thickening mascara for a beautiful definition to the eye," suggests Laidlaw. "I love mascaras that are super black and build the lash thickness."



UNDERCOVER SPRING/SUMMER 2018

MARNI SPRING/SUMMER 2018

PHOTOGRAPHY BY EDWARD URRUTIA; GO RUNWAY/SNAPPER MEDIA; TEXT BY SALLY HUNWICK

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LIVING THE DREAM

To celebrate the latest scent from the Louis Vuitton fragrance collection, the iconic house has teamed up with Emma Stone for a dreamy new campaign. By Sally Hunwick

© 2015 LUIS VUITTON





“PART OF THE FUN
OF THIS JOB IS
BEING ABLE TO BE
SOMEONE COMPLETELY
DIFFERENT, EVEN IF IT'S
JUST FOR A MOMENT”

Emma Stone

When a fragrance comes with its own monogrammed luggage, you know you're investing in a good dose of luxury. Launched in 2016 with seven scents, the Louis Vuitton fragrance collection has quickly become something of a cult buy among the jetsetting style set. And little wonder, coming from a brand that has brought innovative style coupled with second-to-none quality to its loyal followers since 1854 – Louis Vuitton is well versed at creating genuine desirability.

This September sees the release of the brand's ninth fragrance, *Attrape-Rêves* Eau de Parfum. The name translates to “dream catcher” – apt considering LVMH head perfumer Jacques Cavallier Belletrud was inspired by “the euphoria one gets when gazing at a burst of shooting stars”.

Cavallier Belletrud started this vibrant scent with an African cacao flower – grown (perfectly pure) in the perfume capital of Grasse. To this almost animalistic note, the perfumer added peony and patchouli together with notes of lychee, Turkish rose and ginger and bergamot for a punchy jab of freshness. The end result is a scent that makes you feel set for a good day.

“Each [note] plays its role without ever overpowering the other,” says Cavallier Belletrud. “It's a dialogue between precious ingredients that, in theory, have no reason to cohabit. And yet, on the skin, they converse, interfuse and command attention.”

Attrape-Rêves' feel-good factor makes Emma Stone – who has warmed hearts since her breakout role in *Easy A* in 2010 – the perfect ambassador for the scent. She is a friend of Louis Vuitton creative director Nicolas Ghesquière, and this is Stone's second campaign with the fashion house.

“Getting to see [Ghesquière's] work, and the world he creates, up close

and personal has been incredible,” Stone tells *marie claire* exclusively. “The fall-winter 18/19 show at the Louvre was unforgettable.”

Stone worked with Academy Award-winning director Sam Mendes to create the new campaign film, which depicts not only *Attrape-Rêves* but the now nine-strong collection (*Le Jour Se Lève* launched in March this year) of Louis Vuitton fragrances.

The collaboration between Mendes and Louis Vuitton marked the director's first partnership with a luxury brand. “If you look at the house's history, you see how forward-thinking its founders were; they anticipated many of the changes that shaped the way we live now,” says Mendes, whose directing credits include films such as *American Beauty* and *Skyfall*. “There's also an obsession with craftsmanship that I can very much relate to.”

Stone and Mendes have worked together previously on the director's



darkly reinvented 2014 Broadway production of *Cabaret*.

“Sam brings a human element to his work,” says Stone. “He's focused but leaves space for collaboration. He's also very funny. I love working with someone who has a good sense of humour.”

Scent has also played a starring role in Stone's career: “I choose a different perfume for each character I've played,” she says. “I remember time periods through scent.”

Of the nine Louis Vuitton scents, Stone gravitates towards *Apogée* (“a pretty floral scent”) and now, *Attrape-Rêves*, which she says “has a nice surprise element when you wear it”.

Stone's own ability to surprise will surely keep the dream roles (and dreamy fragrances) coming, too.

“I think I am still on the journey,” she says. “So far, so good.”



A visual exploration, the campaign film depicts Stone moving through nine different locations (stills and behind-the-scenes images above, left and opposite). “We chose to travel through the different moments in a woman's life,” says Mendes. “I was conscious of making her independent and not defined by her relationship to a partner.”



IN-SALON SHINE

iv

In-salon Wella Professionals treatment Wellaplex, from \$60, cleverly reduces breakage and damage and keeps hair shining with health while your colourist gets to work on your locks. The take-home version, Wellaplex No3 Hair Stabilizer, \$49.95 (iv), will keep the results going.

SHINE ON

Dullness is up there as a major hair gripe. We seek an expert's advice on how to get the gloss back in our locks

THE HEAT ON HEAT

Wedded to your hot tools? You might want to rethink how you apply heat. "Heat styling can definitely damage the hair," says Xydis. To curb this, she advises enlisting hot tools that protect hair against styling-related damage. "The Dyson Supersonic hairdryer will ensure you manage the temperature settings and how much heat comes into contact with your hair," says Xydis, who recommends sectioning the hair before drying. "It speeds up the drying process, reducing the time that heat is in contact with the strands." Xydis also recommends applying a heat-protective product before you blow-dry or tong. "A light layer of heat protector will significantly reduce any heat damage," says Xydis. Try: Wella System Professional Luxe Oil, \$57.50 (i), and EIMI Perfect Me by Wella Professionals, \$24.95 (ii).

1

DYSON Supersonic hairdryer, \$499



TRY THIS: "Using a diffuser [while blow-drying] will separate the hair and enhance natural movement; the heat isn't as intense and focused on one section, which will reduce further damage," says Xydis.

A LOOK AT STRAND LEVEL

If you're suffering from lack of shine and split ends, you can put it down to bond weakness. "One of the main reasons for dull hair with no shine and eventual snapping is broken protein bonds in the strands," says Renya Xydis, ambassador for Dyson and Wella. "The hair cuticle is exposed, and not 100 per cent sealed. This prevents the strand from [showing] its natural gloss and shine."



3

REASONS FOR DULLNESS

The culprits are many. "Dullness can happen as a result of many factors: lack of treatments, sun damage, bleaching, hot styling and environmental factors," says Xydis. "Even a dip at the beach can contribute to damaging the hair's molecular structure." So no matter what you're up to, apply a daily nourishing hair serum to keep locks sealed. Try: Schwarzkopf Extra Care Hair Care Rosehip Oil Elixir, \$19.99, available at Priceline Pharmacy (iii).

PHOTOGRAPHY BY EDWARD URRUTIA; CHRISTOPH KLUTSCH/BLAUBLUT-EDITION/RAVEN & SNOW; TEXT BY SALLY HUNWICK.



BE RACE DAY READY

SHE'S THE EPITOME OF RACING CHIC, SO TAKE THESE HOT TIPS FROM JENNIFER HAWKINS' RACE-DAY PREP RUNDOWN TO BE PERFECTLY PRIMPED FOR THE PONIES

Race day glamour is all about polish and confidence. And that takes a little planning. Here's Jennifer's rundown for putting your best face forward.

JEN'S TIPS FOR RACE DAY PREP

COCONUT OIL

Coconut oil is a fabulous all-over skincare product that's great for your skin and makes a nourishing treatment for dry hair, too.

GO FOR THE GLOW

Glowing skin is a must for the races. Exfoliate regularly in the lead-up to the day and if you like a bit of extra colour, try a daily moisturiser with gradual tanner.

FULL LASHES

A good-quality, thickening mascara is a must-have if you really want to make your eyes sparkle.

POP THAT POUT

A confident smile and bright, white teeth will have you camera-ready. Try a few shades of red to find one that complements your outfit and your skin tone.



HIGH IMPACT WHITE

Colgate Optic White® High Impact White™ is the only toothpaste with the same whitening ingredient dentists use[^]. It delivers 4 shades visibly whiter teeth with twice daily brushing for 6 weeks.

BRIGHTER, WHITER TEETH

Colgate Optic White® High Impact White™ is safe on tooth enamel, so you can use it with confidence every day. It's no wonder Colgate Optic White is Australia's number one teeth whitening brand.



“ONE OF MY FAVOURITE FEELINGS IS THE CONFIDENCE OF A BRIGHT, HAPPY SMILE”

JENNIFER HAWKINS

[^]Based on leading toothpastes sold in Australian Grocery and Pharmacy Retailers as of March 2018. Gentle lower strength hydrogen peroxide formula. *After brushing twice daily for 6 weeks.

Colgate OPTIC WHITE

COLGATEOPTICWHITE.COM.AU

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MY BEAUTY RULES

EIZA GONZÁLEZ

The Neutrogena ambassador and star of 'Baby Driver' takes us through her skincare routine and why she loves a masculine scent

THE BIGGEST ISSUE FOR MY SKIN IS DEHYDRATION. Travelling so much, being under lights and wearing so much make-up – taking it off and putting it [back] on – is really aggressive on my skin. I use [products with] hyaluronic acid to restore the balance.

I ALWAYS DO THE DOUBLE CLEANSING METHOD. I'll use wipes on my way home, then I'll do another cleanse. Twice a week, I do a deep cleanse using Neutrogena Purifying Clay Cleanser & Mask. I just try to be very conscious about my skin.

I CAN'T TOUCH MY SKIN WHEN I HAVE LITTLE BREAKOUTS because I'm on camera every day, so I use the Neutrogena [Visibly Clear Light Therapy] Spot Treatment Pen. I use it before I do hair and make-up; it really helps.

MY HAIR AND MAKE-UP DEPENDS ON MY MOOD AND HOW I'M FEELING. Sometimes I'm feeling girly and feminine, sometimes I want something sexier. I like to play around with it, which is what is fun about being a girl – we get to do all these things that boys can't!

IF I COULD ONLY HAVE THREE PRODUCTS IN MY MAKE-UP KIT, they would be concealer, something that gives me a little bit of colour to the lips

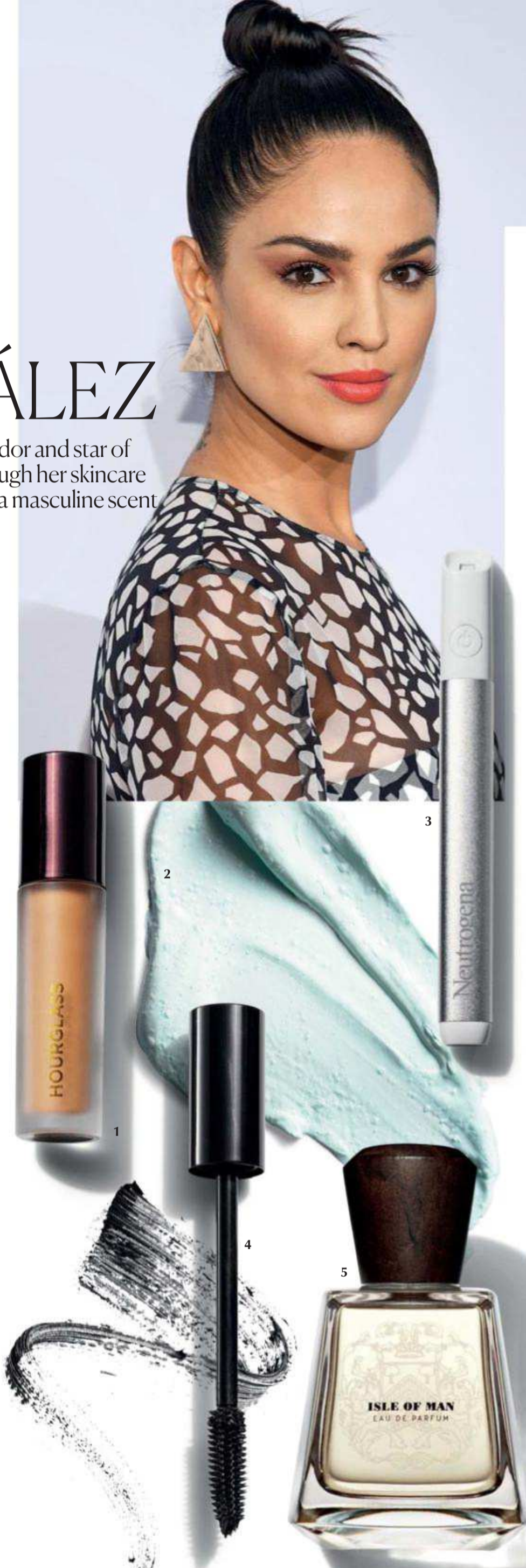
and mascara. I don't use a lot of foundation. It's all about taking care of my skin so I can feel beautiful even when I'm without make-up.

MY FAVOURITE RED-CARPET LOOK IS USUALLY BASED ON THE DRESS. But a glowing, natural appearance is something I like to maintain. It's important to go for looks that frame your natural features. You have to know your pros and cons.

I'M SO VOLATILE WITH MY HAIR. I've gone from short to long, from blonde to brunette, from brunette to dark. I play around with my hair a lot. I'm lucky enough to have an incredible hair colourist, Matt Rez [colorbymattrez.com], who has been able to take me through all of my transformations.

WHEN IT COMES TO FRAGRANCE, I NEVER KEEP IT CONSISTENT. I always choose a different scent for whatever moment I'm going through in my life. [So] I go through a lot of fragrance. I like a male cologne on women – it's my little thing.

MY NUMBER ONE BEAUTY TIP IS NO SUN TANNING. Ever. Protecting your skin with sunblock is very important. The sun dehydrates the skin, it ages you, it creates spots. My mum gave me that advice very young and I've gone through my whole life without sun-tanning. I really appreciate it now that I'm [approaching] my 30s.



- 1 HOURGLASS Veil Retouching Fluid, \$49.
- 2 NEUTROGENA Purifying Clay Cleanser & Mask, \$11.99.
- 3 NEUTROGENA Visibly Clear Light Therapy Spot Treatment Pen, \$39.99.
- 4 DIOR DiorShow Pump'N'Volume Waterproof mascara, \$56.
- 5 P FRAPIN & CIE Isle of Man EDP, \$229.

PHOTOGRAPHY BY EDWARD URRUTIA; GETTY IMAGES. TEXT BY SALLY HUNWICK.





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NEW

WAVE

WELLNESS

Meet the next generation of health and fitness trends

- 1 Made from peas, Freedom Foods' Like Milk rivals dairy offerings.
- 2 Stretch your limits with a bungee class at Bronte Fitness.
- 3 Grilo Protein's Organic Cricket Powder gives baked goods a boost.
- 4 Grass Fed Collagen Brownie Bites from Locako pack anti-ageing benefits in bar form.



FITNESS

Fitness dating apps

New app Gymbud links like-minded sweataholics for training sessions, but there is the potential for something a little more serious. "This app is going to help people with similar fitness interests connect without having to deal with expensive online dating sites," says creator Colin Tilini. The free Gymbud app enables users to see people in their local area and their fitness interests, so they can meet up for a workout or two. gymbud.com.au.

Kettlebell yoga

Mixing strength and flexibility, yoga classes incorporating kettlebells are gaining popularity. Though they're usually associated with gyms, CORE+ founder Amy King says kettlebells are ideal for creating a well-rounded workout. "Kettlebell yoga is a new way to combine multiple fitness goals into a time-efficient program," she explains. Her Melbourne-based studio also adds a heated room to the equation, to help with warming up and detoxing. \$30 per class, core-plus.com.au.

Bungee fitness

Too scared to try bungee jumping? Well, now you can harness the health benefits of those cords in bungee fitness classes. The flexibility of the cords allows you to push your fitness levels without impacting your joints. "It's a fun way to get super fit, and people can move with confidence as the harness is so supportive," says Linda Pereira, owner of Sydney's Bronte Fitness. Classes include Bungee HIIT, Boogie and Strength. \$19 per class, brontefitness.com.au.

EMS training

It's been used in Europe for years and Usain Bolt is a fan, but Electronic Muscle Stimulation (EMS) training is only just becoming widespread here. EMS uses electric pulses to work your muscles harder. So a 20-minute session is said to be equivalent to an hour-long workout! From \$55, speedfit.com.au

NUTRITION

Cricket protein

Grilo Protein from Byron Bay has produced Australia's first organic cricket-protein bar and powder. Why? Well, apart from also containing vitamin B12, potassium, calcium, iron and all nine amino acids, crickets are much better for the environment than other animal proteins, as raising them requires far less water. And if you opt for Grilo's Banoffee Pie Organic Cricket Energy Bar, or its Chocolate Organic Cricket Protein Powder, you won't even taste the buggy-ness. \$17.99 for four bars, griloprotein.com.au.

Collagen snack bars

Consuming rather than injecting collagen is a more natural way to reap its anti-ageing benefits. "While our reserves of collagen decline as we age, the great news is that dietary collagen can be broken down, converted and absorbed back into the body," says naturopath Charlotte Williams. Enter Locako's collagen Brownie Bites. Their collagen is sourced from ligaments and joints, but flavours such as salted almond butter make them a sweet treat. \$4.75 each, healthylife.com.au.

Pea milk

If you're a fan of non-dairy milks, there's a new (vegan) kid on the block: pea milk. With the same levels of calcium and protein as full-cream dairy milk, Freedom Foods' Like Milk is made from peas, with zero fat and low sugar. Peas are a great source of amino acids, and Like Milk has also been fortified with vitamin D, phosphorus, calcium and vitamins B2 and B12. \$4, australiasownfoods.com.au/like-milk.

Grape seed oil

"Grape seed's antioxidant properties work to strengthen capillaries by protecting them against free radicals and enhancing collagen production for cell growth and repair," explains GO Healthy naturopath Peta Teuma. Taken orally, grape seed oil has great anti-ageing potential and can help lower blood pressure and combat allergies. GO Healthy's Go Grape Seed supplement comes in vegan-friendly VegeCapsule single doses. \$59.99 for 120 capsules, gohealthy.com.au.

HEALTH

At-home health tests

Forget Dr Google – now you can do a test at home and get your health results straight away. Designed by Sydney mum Sophie Castleman (in conjunction with kidney specialist Associate Professor David Gracey), the We Test can help you monitor important health indicators. The test can indicate problems with glucose, protein, vitamin C, pH levels, dehydration, white blood cells, nitrite, ketones, bilirubin, urobilinogen and blood. All you need to do is wee on a strip and then use a key to understand the results so you can consult with your doctor. \$19.99 for three strips, wetestonline.com.

Dieting based on your DNA

Our DNA is a building block for the way our body functions, so it makes sense that we should take it into account when making lifestyle choices. That's the idea behind Australian genetic interpretation company myDNA, which offers personalised nutrition and fitness reports based on your unique DNA sequence. All you need to do is swab your mouth, register your sample online and then post it in. Once the company's experts have assessed your sample, you'll receive a training plan and personalised diet. \$99, mydna.life.

E-therapy

For a lot of people, physically going to a psychologist can be too hard, impractical or intimidating, but new online therapy site LYSN is helping to overcome these problems. "Online therapy sessions are helping to remove some of the stigma associated with mental health, especially for those who would never go to see a psychologist face-to-face," explains founder Dr Jonathan King. "LYSN allows clients to do a consult online from their own home, where we find they can be the most relaxed and comfortable." From \$69.50, lysnhealth.com.au.



If you're anything like us, all those winter cups of coffee and glasses of red wine have left your teeth in need of a little attention. So we asked holistic dentist Lewis Ehrlich what habits we need to ditch for a happier, healthier smile

BRUSH UP ON THE FACTS

"Only 50 per cent of Australian adults brush their teeth twice a day and many don't realise that looking after your gums can reduce your risk of systemic diseases, such as heart disease, diabetes and cancer," says Lewis Ehrlich.

SPRING CLEAN *your* MOUTH

OLD HABIT *Storing your toothbrush wherever*

NEW HABIT *Keep it clean, dry and covered*

We all know we should replace our toothbrush every three months (and after having a cold or flu), but did you know that if your toothbrush is near a toilet it should be replaced even sooner? Ideally it should be kept away from a toilet and covered!

OLD HABIT *Brushing your teeth once a day*

NEW HABIT *Brushing your teeth twice a day*

Sure, brushing your teeth once a day is a start, but Ehrlich stresses that you really need to brush your teeth once in the morning and once in the evening, for at least two minutes. Always brush in a systematic way so you don't miss areas of your mouth every time you brush.

OLD HABIT *Having a cheeky late-night snack*

NEW HABIT *Stop eating two hours before bedtime*

For the sake of a good night's sleep and happy teeth, Ehrlich says we should eat dinner early and stop eating about two hours before bed (no post-dinner chocolate!). This will reduce the risk of digestion and acid reflux issues while sleeping, which can cause a number of tooth-related issues, such as erosion and decay.

OLD HABIT *Flossing whenever you remember to*

NEW HABIT *Flossing after you brush every day*

Flossing at least once a day (usually in the evening) is also really important, says Ehrlich, because it cleans areas that your toothbrush can't reach. However, make sure you are flossing gently underneath the gum line, as this is where aggressive, inflammation-causing bacteria live. And a quick floss after eating is also a great way to combat bad breath.

OLD HABIT *Wanting whiter teeth*

NEW HABIT *Helping your teeth get whiter*

The best way to keep your teeth white is to avoid foods, drinks and habits that stain them, says Ehrlich. The main culprits are coffee, tea, red wine and cigarettes. Professional whitening treatments can be effective, as are toothpastes (try Colgate Optic White Radiant). Reduce coffee and wine stains by washing them down with water or drinking through a straw.

OLD HABIT *Snacking on packaged, sugary treats*

NEW HABIT *Eating natural, healthy foods your teeth love*

If our ancestors couldn't recognise what you eat as food, then it probably isn't good for your teeth, says Ehrlich. Highly processed foods that are sticky, acidic and filled with refined sugars are best avoided. We should be eating natural, nutrient-dense foods high in vitamins, because consuming these helps teeth and jaws stay strong.



CLEAN & PURE

WHY USE MULTIPLE PRODUCTS TO DEEPLY CLEANSE AND PURIFY SKIN
WHEN THERE'S ONE THAT DOES BOTH?

If you're suffering from 'too many products' syndrome, Neutrogena has come to the rescue. New NEUTROGENA® Deep Clean Purifying Clay Cleanser & Mask is a 2-in-1 treatment with salicylic acid, specially designed to target skin impurities without compromising the skin's essential moisture. It can be used as both a daily cleanser to help clear breakouts, and also as a treatment mask to deeply purify.

1. CLAY CLEANSER
To use as a cleanser, wet your face and gently massage in, avoiding the eye area, to remove make-up, impurities and build-up. Rinse off and pat dry for soft, healthy-looking skin.

2. CLAY MASK
To use as a mask, smooth an even layer over skin with your fingers, avoiding the eye area. Allow to dry for up to five minutes while you enjoy the fresh fragrance and gentle tingling sensation. Rinse thoroughly and pat dry. Oil-free, hypo-allergenic, non-comedogenic, no added parabens. Dermatologist tested.



**“I REALLY LIKE THE
PRODUCT AS A MASK
AND CLEANSER...
IT LEAVES MY SKIN
REFRESHED”**

KEL1267
REVIEW FROM NEUTROGENA.COM.AU

FOR MORE INFORMATION, VISIT NEUTROGENA.COM.AU

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GREEN DREAM
The ultimate all-in-one daily green superfood, The Super Elixir from WelleCo is made with 45 wholefood ingredients, including turmeric, dandelion, grapeseed and barley grass. Mix with filtered or coconut water, or add to a smoothie for clearer, healthier skin. From \$145, welleco.com.au



GYM-BAG BEAUTY
Perfect before and after workout sessions, these make-up remover pads from Santé by ENJO are washable and reusable. The fine fibres allow you to remove make-up and dirt with just warm water, so you don't need cleansers, oils or any other products. \$89 (set of seven), sante.enjo.com.au

the edit



ECO ZEN
Take your yoga practice to the next level with 100 per cent biodegradable mats made with a recyclable tree-rubber base. The soft, microfibre suede tops give great grip, even in a hot yoga class, and they're free of latex, silicone, toxic glue and PVC. *Namaste.* \$127, bowern.com.au



LA LA LAND LITHE

Ever wanted Michelle Obama's arms, Jessica Biel's abs or Kim Kardashian's ... everything? Well, one thing these women have in common is they trained at Barry's Bootcamp. And now you can, too: this month, Australia's first Barry's Bootcamp studio lands in Sydney (with more locations to come). The tough workout is famous for being fast-paced and effective and has attracted more than its fair share of diehard followers. Sign us up!

barrysbootcamp.com.au

The free First Aid app from the Australian Red Cross is a must for everyone. It's interactive and offers step-by-step advice; redcross.org.au

RECYCLED FITNESS

Made in conjunction with Parley for the Oceans from upcycled waste from beaches and coastal communities, the latest trainers from Adidas are helping to combat rubbish before it reaches the waterways.



\$260, adidas.com.au



Keep your all-time post-gym with these pocket-sized perfume oils, \$25, kleinsperfumery.com.au

TEXT BY LUCY E COUSINS.



THE SCIENCE BEHIND SHINY HAIR

RESEARCH BY DYSON HAS UNLOCKED
THE SECRET TO MAINTAINING SHINE.

HOW IT WORKS

THE DAMAGE WE DO DAILY

Frequent exposure to extreme temperatures over 150°C can cause pores to form inside hair strands. These pores scatter light, resulting in dull-looking, heat-damaged hair.

BACKED BY SCIENCE

103 engineers, 600 prototypes, and 1625km of hair went into developing the Dyson Supersonic™ hairdryer, which uses intelligent heat control to prevent extreme heat damage and protect hair's natural shine.

MANUFACTURING PERFECTION

By housing the Dyson Supersonic™ hairdryer's small but powerful motor in the handle, Dyson's engineers created an acoustically engineered, more balanced machine that multiplies air to dry hair faster.

**“FOUR YEARS OF RESEARCH
HAS BEEN PERFORMED TO
CREATE A MACHINE PERFECTLY
MANUFACTURED TO REDUCE
EXTREME HEAT DAMAGE AND
KEEP HAIR LOOKING HEALTHY,
SHINY AND SMOOTH.”**

FRED HOWE, DYSON ENGINEER



dyson supersonic
DYSON.COM.AU



HEAVEN SCENT

CARING FOR DRY AND SENSITIVE SKIN USED TO MEAN BORING, FRAGRANCE-FREE PRODUCTS. NOW YOU CAN RELIEVE AND RESTORE DRY SKIN WITH A FRESH COCONUT SCENT THAT'S JUST AS GENTLE, EVEN ON SENSITIVE SKIN

If you suffer from itchy or dry skin, you may find the cooler months can make it worse. Lower humidity can cause dryness, which in turn can irritate skin and cause flaking and itching. But the good news is, dry skin is now manageable! Aveeno is a dermatologist recommended brand, with a product range specifically formulated to manage dry skin by harnessing the natural benefits of colloidal oatmeal, nourishing and replenishing for improved texture and softness. The Skin Relief range is now also available in a gentle coconut scent, which is clinically proven to be as gentle as fragrance-free products.

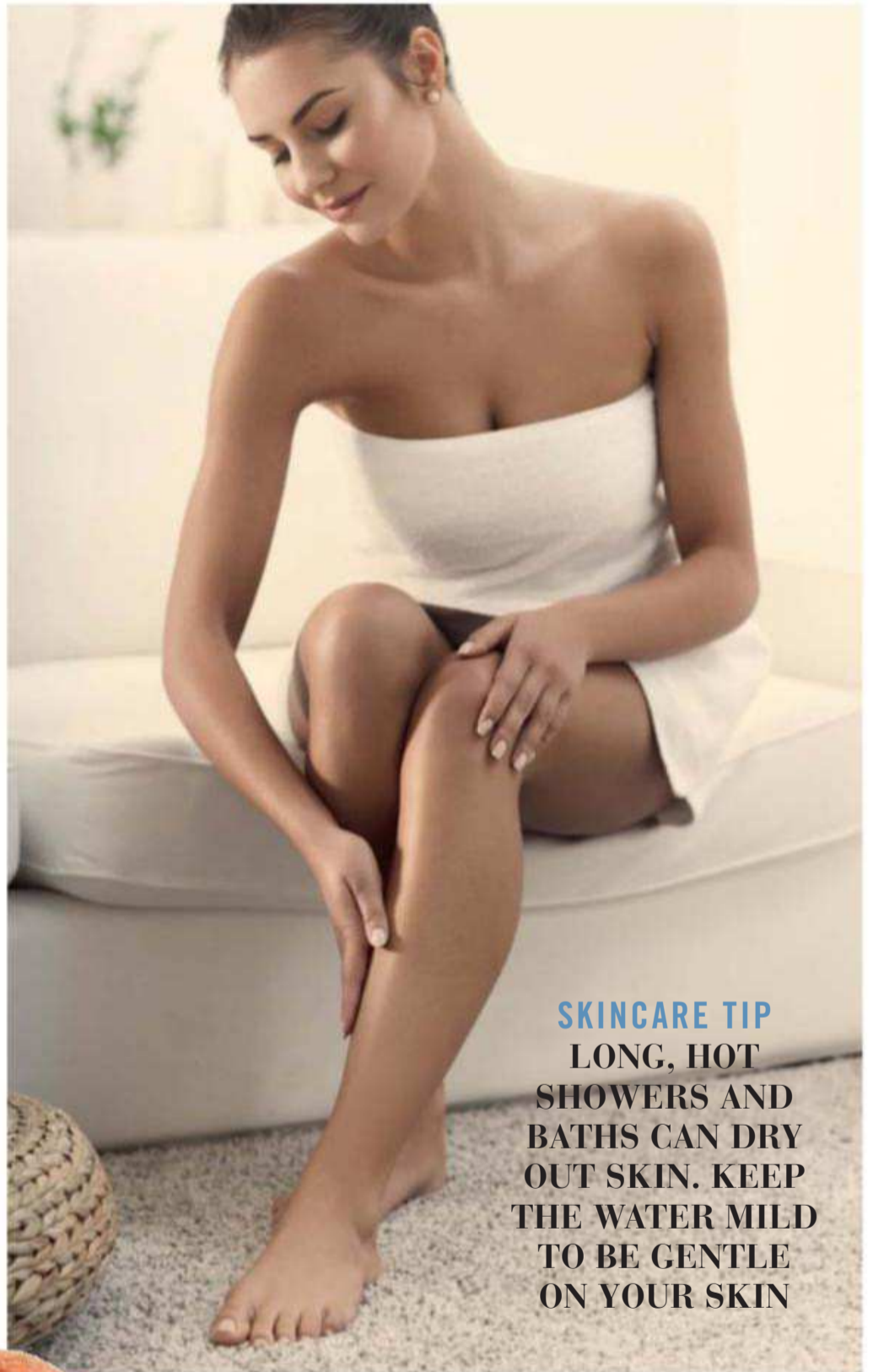
SKIN RELIEF GENTLE SCENT BODY WASH WITH NOURISHING COCONUT

Designed for sensitive skin, Aveeno Skin Relief Body Wash combines naturally active colloidal oatmeal with rich emollients and gentle cleansers, to leave your skin feeling soft and smooth. The hypoallergenic, soap-free formula gently lathers to cleanse and leave skin looking and feeling soft.

SKIN RELIEF GENTLE SCENT BODY LOTION WITH NOURISHING COCONUT

This lightly scented lotion soothes itchy, dry skin in just one day and is clinically shown to be as gentle to sensitive skin as fragrance-free products. Formulated with naturally active triple oat complex and a delightful nourishing coconut scent, it will leave your skin feeling soft, smooth and moisturised for a full 24 hours.

Find the Aveeno Gentle Scents range in pharmacies.



SKINCARE TIP
LONG, HOT SHOWERS AND BATHS CAN DRY OUT SKIN. KEEP THE WATER MILD TO BE GENTLE ON YOUR SKIN



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OCTOBER 2018

ELLE



PHOTOGRAPHY BY JULIE ADAMS

BRING IT HOME

Fashion designer Anine Bing, with children Bianca and Benjamin, brings cool-girl glam to her Spanish-style sanctuary in California.

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SUPER NATURAL

Healthy, hearty and delicious, Hetty McKinnon's meals are everyday vegetables elevated

Roasted delicata squash with chickpeas and turmeric tahini.

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TIP
This pesto will keep
in the fridge for
two weeks and the
ginger and shallot
sauce will last a month.

Jacket potato, three ways: kimchi
and cheese; caprese and pesto;
edamame, ginger and shallot.





JACKET POTATO, THREE WAYS
SERVES 4



ROASTED DELICATA SQUASH WITH CHICKPEAS AND TURMERIC TAHINI

SERVES 4

- 3 delicata squash (about 1.5–2kg)
- 2 tsps cumin seeds
- extra virgin olive oil
- 1 tbsp maple syrup
- 200g cooked chickpeas
- 1 cup baby rocket or spinach leaves
- handful of coriander leaves (optional)
- 2 handfuls of microgreens (any variety)

TURMERIC TAHINI

- 90g tahini
- 1½ tsps ground turmeric
- juice of ½ small lemon
- 1 tbsp maple syrup
- 2 tsps extra virgin olive oil

1 Preheat oven to 200°C.

- 2** Slice the delicata squash, with the skin on, into 1cm-thick rounds. Scoop out the seeds and discard. Place the delicata slices on a large baking tray and sprinkle over the cumin seeds. Drizzle with olive oil, season with sea salt and toss to coat.
- 3** Roast for 20–25 minutes, or until tender and turning golden. Remove from oven and drizzle with the maple syrup. Set aside to cool.
- 4** To make the turmeric tahini, whisk the tahini, turmeric, lemon juice, maple syrup and olive oil together with about 3 tablespoons of water until smooth. You may need to adjust the amount of lemon juice, oil and water to achieve the right flavour balance and consistency for your taste. Season well with sea salt and black pepper.
- 5** To serve, combine the delicata with the chickpeas, rocket and coriander, if using. Add a few spoonfuls of the turmeric tahini and fold it through the salad. Season with sea salt and black pepper, drizzle with extra virgin olive oil and scatter over the microgreens to finish.

- 4–6 large floury potatoes (such as Dutch cream, desiree, King Edward)
- extra virgin olive oil
- butter

1 Preheat oven to 220°C.

- 2** Wash and dry the potatoes well. Place the potatoes on a baking tray, prick their skins all over with a fork and drizzle with some olive oil. Sprinkle over sea salt and massage it into the skin. Bake for 1.5–2 hours, until the potatoes are completely soft inside – test with a bamboo skewer or fork – with a crispy skin.
- 3** When ready, slice each potato in half, add a knob of butter and season with sea salt and black pepper. Serve immediately, or top with one of the delicious fillings below.

TOPPINGS

KIMCHI AND CHEESE

FOR 4 POTATOES

- 220g kimchi
- 125g grated cheddar
- 1 tbsp chives, finely chopped

- 1** Fill each hot potato with a large spoonful of kimchi and top with a handful of cheddar. Return the filled potatoes to the hot oven and bake for another 10 minutes, until the cheese has melted.
- 2** Remove from the oven, season with sea salt and scatter over the chives. Eat immediately.

CAPRESE AND PESTO

FOR 4 POTATOES

- 125g pesto (homemade or store-bought)
- 150g cherry tomatoes, halved

- 200g fresh mozzarella, torn into small chunks
- extra virgin olive oil
- handful of basil leaves, torn

- 1** Add a spoonful of pesto to each hot potato and top with a few tomatoes and some mozzarella chunks. Season with sea salt and black pepper and drizzle over some olive oil.

- 2** Return to the hot oven and bake for another 10 minutes, until the cheese has melted. Scatter over basil.

EDAMAME, GINGER AND SHALLOT

FOR 4 POTATOES

- 6cm piece of ginger, peeled and finely chopped
- 4 shallots, finely sliced
- 2 tsps tamari
- 125ml vegetable oil
- 150g frozen podded edamame beans

- 1** Add ginger to a small bowl with the shallots, 1 teaspoon of salt and tamari. Heat the oil over a medium heat until it starts to bubble (this should take about 3–4 minutes). Take off the heat immediately and very slowly add the oil to the ginger and shallot mix, taking care not to burn yourself, as the oil will spit when it makes contact with the mixture. Allow to cool.
- 2** Bring a small pan of salted water to the boil and add the edamame beans. Cook for 3–4 minutes, until tender. Drain and refresh under cold water.
- 3** Fill each hot potato with a handful of edamame beans and spoon over some ginger and shallot sauce. Serve.

PHOTOGRAPHY BY LUISA BRIMBLE



TOFU LARB WITH QUICK-PICKLED ONIONS IN LETTUCE CUPS

SERVES 4

1 tbsp sunflower or olive oil
 2 garlic cloves, very finely chopped
 2 French shallots, finely diced
 1 lemongrass stalk, white part only, finely chopped
 800g extra-firm tofu, crumbled
 2 kaffir lime leaves, very finely sliced (optional but recommended)
 handful of mint, coriander or Thai basil
 20 iceberg or butter lettuce leaves
 1 lime, halved
 ½ cup crispy-fried shallots

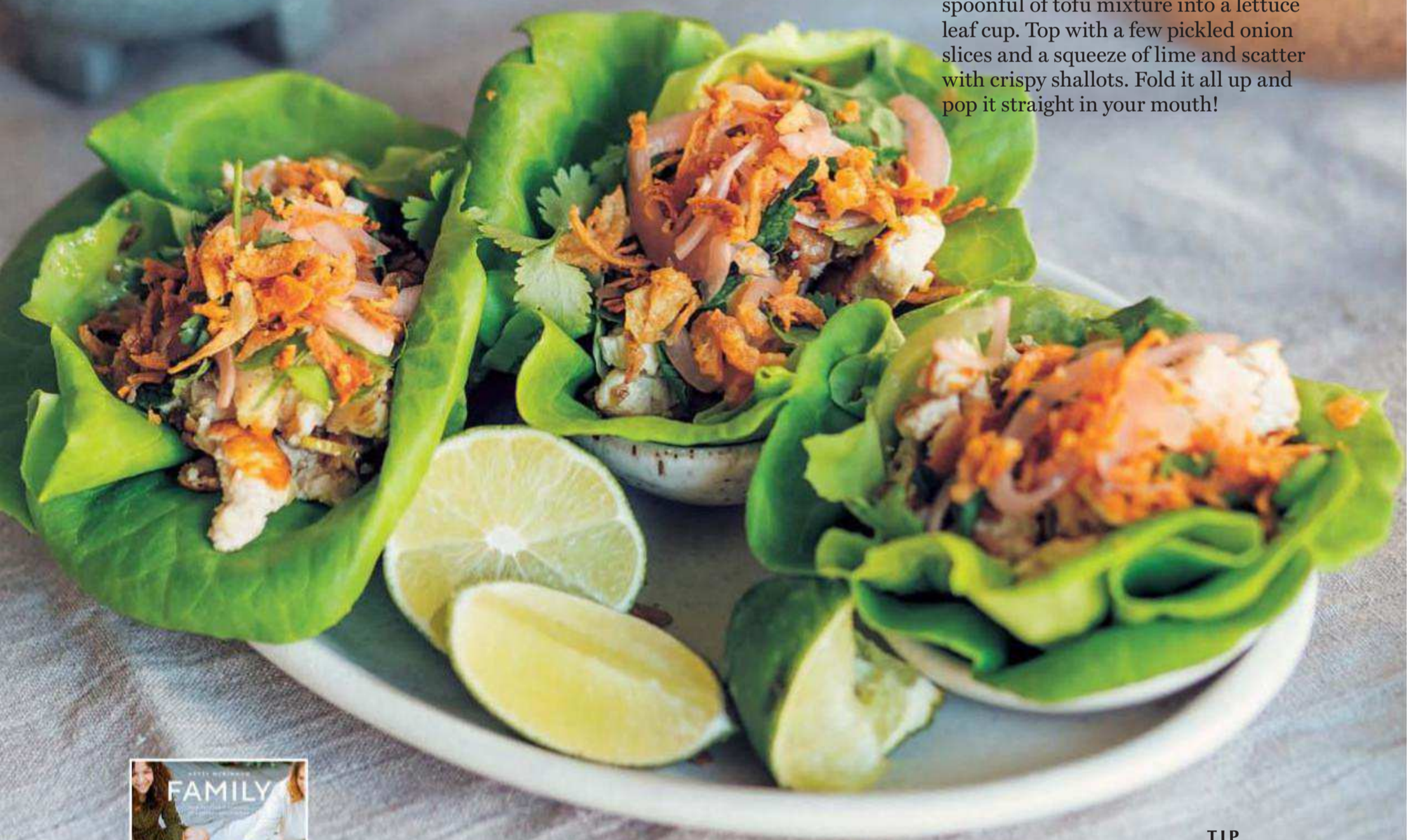
QUICK-PICKLED ONIONS

125ml apple cider vinegar
 1 tbsp sugar
 1 small red onion, finely shaved

LIME DRESSING

3 tbsp lime juice
 1 tbsp rice vinegar
 2 tbsps brown sugar
 1 red chilli, deseeded and finely chopped (use less or more to your taste)

1 For the quick-pickled onions, whisk together the vinegar, sugar and 1 teaspoon of salt with 125ml of water. Place the onion in a jar and pour the vinegar mixture over. Leave to sit at room temperature for 20–60 minutes. **2** Make the lime dressing by whisking together all the ingredients in a small bowl. **3** Add the oil to a wok or large frypan over a high heat. Add the garlic, shallots and lemongrass and cook for 60 seconds. Add the tofu and toss for 2–3 minutes, until the tofu is heated through and golden. Remove from the heat and transfer to a bowl. Leave to cool for 1 minute, then fold through the lime dressing, kaffir lime leaves, if using, and herbs. Season with sea salt. **4** To serve, place a big spoonful of tofu mixture into a lettuce leaf cup. Top with a few pickled onion slices and a squeeze of lime and scatter with crispy shallots. Fold it all up and pop it straight in your mouth!



This is an edited extract from *Family* by Hetty McKinnon (Plum, \$39.99), out now.

TIP
 Make this dressing in advance and keep in the fridge for up to one week.

BING US HOME

LA-based fashion designer and all-round
It-girl Anine Bing invites us into her divine
Spanish-Colonial home

23545



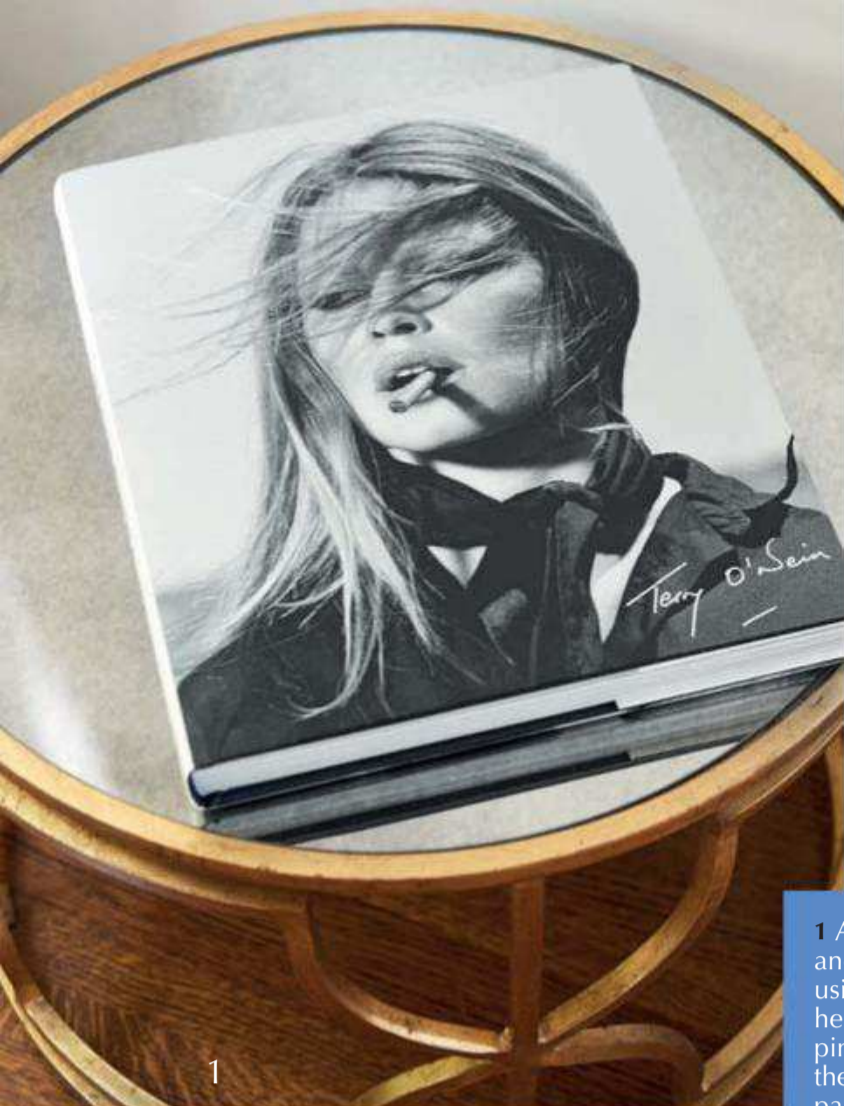
Wrought-iron gates
welcome Anine home,
where she switches
into family mode.

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1



2

1 Anine collects black-and-white photography, using it liberally in her decor. 2 The custom pink couch is a break from the owners' typically pared-back aesthetic. 3 Youngster Benjamin climbs the curved staircase.

Anine Bing has an air of someone living the LA dream – part entrepreneurial boss, part breezy-beautiful person. The Danish mother of two and fashion designer saunters around town in her off-duty uniform of jeans, ankle boots, T-shirt and a leather jacket over coathanger-perfect shoulders. But she is constantly switched on, ready to seize the next street-style Instagram moment for her 585,000-plus followers.

Home, though, is a sanctuary where pinging phones are put down (most of the time) and Anine and husband Nicolai can just be: hanging by the pool with their kids, Bianca, 7, and Benjamin, 5, playing with the family dog, Luca, and making French toast for breakfast. The couple launched the Anine Bing fashion label in 2012, and quickly established a celebrity fan base – including Kate Bosworth and Kendall Jenner – with a signature blend of Scandinavian minimalism and West Coast USA cool. “We do our best to leave work at work and reserve family time at home,” Anine says. “To try to be as present as possible in both environments.” Classic and edgy, the house is the brick-and-stucco version of the eponymous brand, right down to the wafts of Savage Rose in the air – the fragrance they launched in 2017. The couple bought the Spanish-style mansion in east LA last year, when gut instinct compelled them to purchase. “Business was picking up, so arguably it was the wrong time, but we never go by the traditional rules,” says Anine, who was drawn in by the home’s warm character, ▸



3



1



2



3

“We always [try to] put our own spin on each space, while anchoring in the simplicity that’s so authentic to our roots”

1 A Ludwig Mies van der Rohe Barcelona daybed adds a minimalist touch to the opulent Spanish design. 2 With its smooth curves, skylight and patterned tiles, the master bathroom is Anine’s pick as the home’s most Instagrammable spot. 3 Perfectly edited, her wardrobe is a haven of beautiful things.

natural light and abundance of outdoor room. “It was just a cosy space that I wanted Bianca and Benjamin to have as their childhood home.”

After three months of updates, the family moved in and “felt instantly at home”. Major changes include a new kitchen and landscaping, along with the many personal touches instilled through decor and furniture. The result is timeless, refined and a bit rock’n’roll. Anine – a singer and former model – is a big collector of black-and-white photography by the likes of Terry O’Neill and Douglas Kirkland, and loves sharing her walls with images of music gods, such as Mick Jagger, and emblematic beauties. Classic



- 1 Stucco walls and arches are intrinsic to LA's iconic Spanish-Colonial architecture.
- 2 Anine with Bianca.
- 3 A tray in the bedroom holds little treasures and vials collected over the years.

20th-century furniture nods to Anine and Nicolai's Danish origins. "We always make sure we put our own spin on each space we're in, while anchoring in the simplicity that's so authentic to our roots," she says.

She is, at heart, a minimalist and likes to keep the house free of too much stuff. "One of my favourite things to do ... is to clear anything we don't absolutely need. It's such a refreshing feeling when you can part ways with something that might be tying you down. So a clean and fairly sparse house is something that feels natural to us." Of course, the kids aren't always as ascetic. "[But] we want people to walk into our house and feel comfortable ... instantly. We don't want it to feel like a museum."

Home life here is all about family, but just try keeping the cinematic wrought-iron staircase, historic archways and flagship-worthy wardrobe off social media. All of which paints the picture of an ideal life. "First of all, nothing is perfect! It's very easy for Instagram to portray an amazing lifestyle, and even though I am so grateful that I get to be a mum and do what I love for work, life can still be tough at times," Anine says. "I think it's important for everyone to be reminded of that. That said, my husband and I work really hard to cultivate a beautiful, cosy life for our family, and to build a strong team of thought-leaders for our company. It doesn't happen overnight and it doesn't happen without compromise and commitment." Still, she makes it look so effortlessly cool.



OUTSIDE

Summer feasting

Outdoor dining and outdoor cooking – the perfect pairing from Harvey Norman

Concorde 3-Seater Sofa, \$899; Concorde 2-Seater Sofa, \$699; Concorde Armchair, \$399; Concorde Coffee Table, \$399; Natura 502-EG3D Rug (160x230cm), \$349; Hali Outdoor Striped Scatter Cushions in Midnight Blue, \$19.95 each; Bayview Outdoor Square Scatter Cushion in Blue, \$29.95; Fiddle Leaf Fig (75cm), \$44.95; Birds Nest Fern (50cm), \$29.95; Black Lantern Tall, \$59.95, and Short, \$34.95. All other items are stylist's own.

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RIGHT: BeefEater Bigg Bugg BBQ with Trolley and Cover, \$699. BELOW: Concorde 5-Piece Round Dining Setting, \$1299. All other items are stylist's own.

FIND THIS RECIPE:
HN.COM.AU/RECIPES



GRILLED KING PRAWNS WITH GARLIC, CHILLI AND OREGANO
GRILLED ON THE BEEFEATER BIGG BUGG



RUST-RESISTANT,
ENAMELLED CAST-
IRON COOKING
SURFACE



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GAS OPERATED,
SO THERE'S
NO NEED TO
PREPARE A FIRE

LEFT: Masport Grande Pizza Oven, \$999.
BELOW: Louie Sunlounger with Cushion, \$399.
All other items are stylist's own.

FIND THIS RECIPE:
[HN.COM.AU/RECIPES](https://www.hn.com.au/recipes)



PROSCIUTTO, FIG AND
FOUR-CHEESE SOURDOUGH
PIZZA COOKED IN THE MASPORT
PIZZA OVEN



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Lazy Sundays

Sawyer 3-Seater Sofa, \$899;
Sawyer 2-Seater Sofa, \$699;
Sawyer Armchair, \$399;
Sawyer Ottoman, \$199;
Sawyer Coffee Table, \$349;
Hali Outdoor Striped Scatter
Cushions in Kale, \$19.95
each; Base 36213-852 Rug
(160x230cm), \$299. All other
items are stylist's own.

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Brunch with friends



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Masport Ambassador 6-Burner BBQ in Stainless Steel, \$2999; Masport Ambassador Double Beverage Cooler in Stainless Steel, \$1599; Tonic 3-Seater Sofa, \$1299; Tonic Armchair, \$349; Tonic Coffee Table, \$449; Base 36213-954 Rug (160x230cm), \$299. All other items are stylist's own.

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RIGHT: Tonic 5-Piece Rectangular Bar Setting, \$1499. BELOW: Tonic 6-Piece Rectangular Dining Setting, \$2699. All other items are stylist's own.

FIND THIS RECIPE:
[HN.COM.AU/RECIPES](https://www.hn.com.au/recipes)



**GRILLED SALMON KEBABS WITH ZUCCHINI AND DILL SAUCE
GRILLED ON THE MASPORT
AMBASSADOR 6-BURNER BBQ**



MODERN AND
STYLISH FIBRE-
REINFORCED
CONCRETE
TABLE TOP AND
WICKER STOOLS





BELOW: Oklahoma Joe 'Highland' Reverse Flow Smoker, \$999. LEFT: Ego Hanging Egg Chair in White, \$599; Hali Outdoor Striped Scatter Cushion in Kale, \$19.95. All other items are stylist's own.



SMOKED HONEY BARBECUE PORK RIBS WITH JALAPENO AND CORIANDER SALSA, **SMOKED IN THE OKLAHOMA JOE 'HIGHLAND' REVERSE FLOW SMOKER**

FIND THIS RECIPE:
[HN.COM.AU/RECIPES](https://www.hn.com.au/recipes)

DESIGNED TO DELIVER AN AUTHENTIC SMOKING EXPERIENCE WITH A CAST-IRON COOKING CHAMBER AND POWERED WITH CHARCOAL



Petrus Extension Dining Table, \$2299; Maddox Resin Dining Chairs in White, \$129 each. All other items are stylist's own.

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escapes

FOR WOMEN WHO ARE GOING PLACES

HOTEL OF THE MONTH
Time stands still here at Hotel Amanbagh's pool pavilion, at the foot of the Aravalli Hills, just outside bustling Jaipur. The walled compound was once a royal base for Maharaja Jai Singh and now stands as a luxury oasis shrouded in palms and eucalyptus trees.



PHOTOGRAPHY BY THOMAS LOOF/ART DEPARTMENT.

INDIA Hotel Amanbagh

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SHORT-HAUL

LONG WEEKENDS

Skip the staycation and recharge with a quick but quality overseas getaway that will work its magic by Monday

STORY BY ALEXANDRA CARLTON



GUTTER (C) 2017

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Jimbaran Bay is only 10km from Bali's international airport in Denpasar. West-coast Australians could knock off Friday afternoon and catch last drinks at Ayana's famed Rock Bar.

BALI, INDONESIA

Bali is an easy trip across the seas from the west coast of Australia, but the trick to a relaxing getaway is skipping the crowds and immersing yourself into full-service luxury. Ayana Resort and Spa is a five-star gated complex perched on the cliffs above Jimbaran Bay, only 10km from the airport in Denpasar. Spread over a massive 90ha of lush landscaped grounds, it has everything you could possibly want for a relaxing short break – 12 Insta-worthy pools, 19 restaurants, private white-sand beaches, the famous Rock Bar for sunset cocktails (guests have priority entry), 53 spa treatments to be pampered with, its own mini shopping mall and a master perfume atelier where you can design a personalised fragrance from scratch to take home with you.

DON'T MISS: a massage at the exclusive Spa On The Rocks, two lavishly appointed private spa villas atop a natural rock formation overlooking the glittering Indian Ocean.

GETTING THERE Direct flights to Bali take just under four hours from Perth, plus 20 minutes' transfer time from Ngurah Rai International Airport. It's the same time zone too, so you can hit the ground running.





NOUMEA, NEW CALEDONIA

Perfect for nature lovers, the French territory of New Caledonia sits atop a marine park larger than Alaska, home to coral reefs, sea turtles and tropical fish, which makes it a dream destination for professional divers or first-time snorkellers. But when you're not washing off the working week in the sparkling Pacific there's still plenty of ways to relax. Book a waterfront room at the newly refurbished Le Méridien Noumea Resort & Spa in the capital, Noumea, and kick back with a cocktail on your private balcony overlooking Anse Vata Bay. Try a facial at the sunlit Deep Nature Spa using marine-based Algotherm products. Or get a sense of the island's unique France-meets-the-tropics vibe by strolling around the colonial mansions and wooden houses of the Faubourg Blanchot and Vallée du Tir areas. The service and atmosphere isn't as lavish as other more luxurious destinations, but there's palm trees, prettiness and fresh seafood in plentiful supply. **BONUS:** the clocks are only one hour ahead of the Australian east coast, which means no jet lag.

GETTING THERE Direct flights take 2.5 to 3.5 hours from Australia's east coast. Noumea is 90 minutes' drive from the airport.



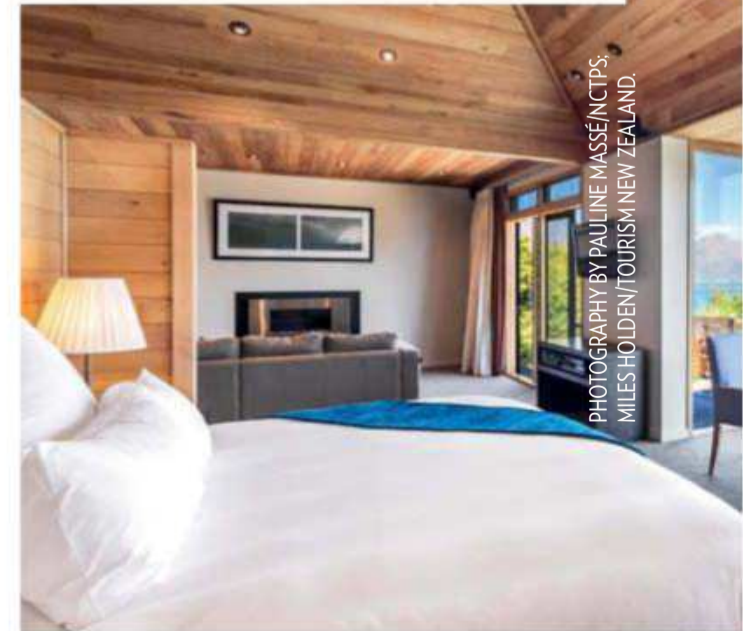
Noumea's crystal-clear marine park is a diver's paradise. Le Méridien Noumea Resort & Spa (above) is the place to stay for direct beach access.



QUEENSTOWN, NZ

No, New Zealand's skiing capital isn't just about snow – although there's plenty of that if you're there in the colder months and it takes your fancy. Otherwise, it's one of the best places to experience what this island nation does best: serenity, jaw-dropping views and unspoilt nature. Queenstown is just a few hours' flight from Australia's east coast, and from there it's a quick drive to Azur Lodge, which sits on a hilltop overlooking the spectacular Lake Wakatipu and the surrounding Remarkables mountain range. Each of its nine villas has a double spa, rainforest shower and floor-to-ceiling windows so your eye never misses a moment of the area's wild beauty. There's no restaurant on site, but buffet breakfasts are served until mid-afternoon, plus drinks and snacks are available all day. For more substantial meals, the property's chauffeur-driven cars are available at your leisure for dinner in town. All food, drinks and transport is included in the room rate so your only job is to relax. **STRETCH YOUR LEGS:** catch some pristine mountain air on a leafy 40-minute stroll into Queenstown along the Sunshine Bay track.

GETTING THERE Queenstown is a three to 3.5-hour flight from the east coast, then there's a 20-minute transfer via in-house courtesy cars to Azur Lodge.



PHOTOGRAPHY BY PAULINE MASSÉ/NCTPS; MILES HOLDEN/TOURISM NEW ZEALAND.





The wild beauty of Queenstown is on peak display post-ski season

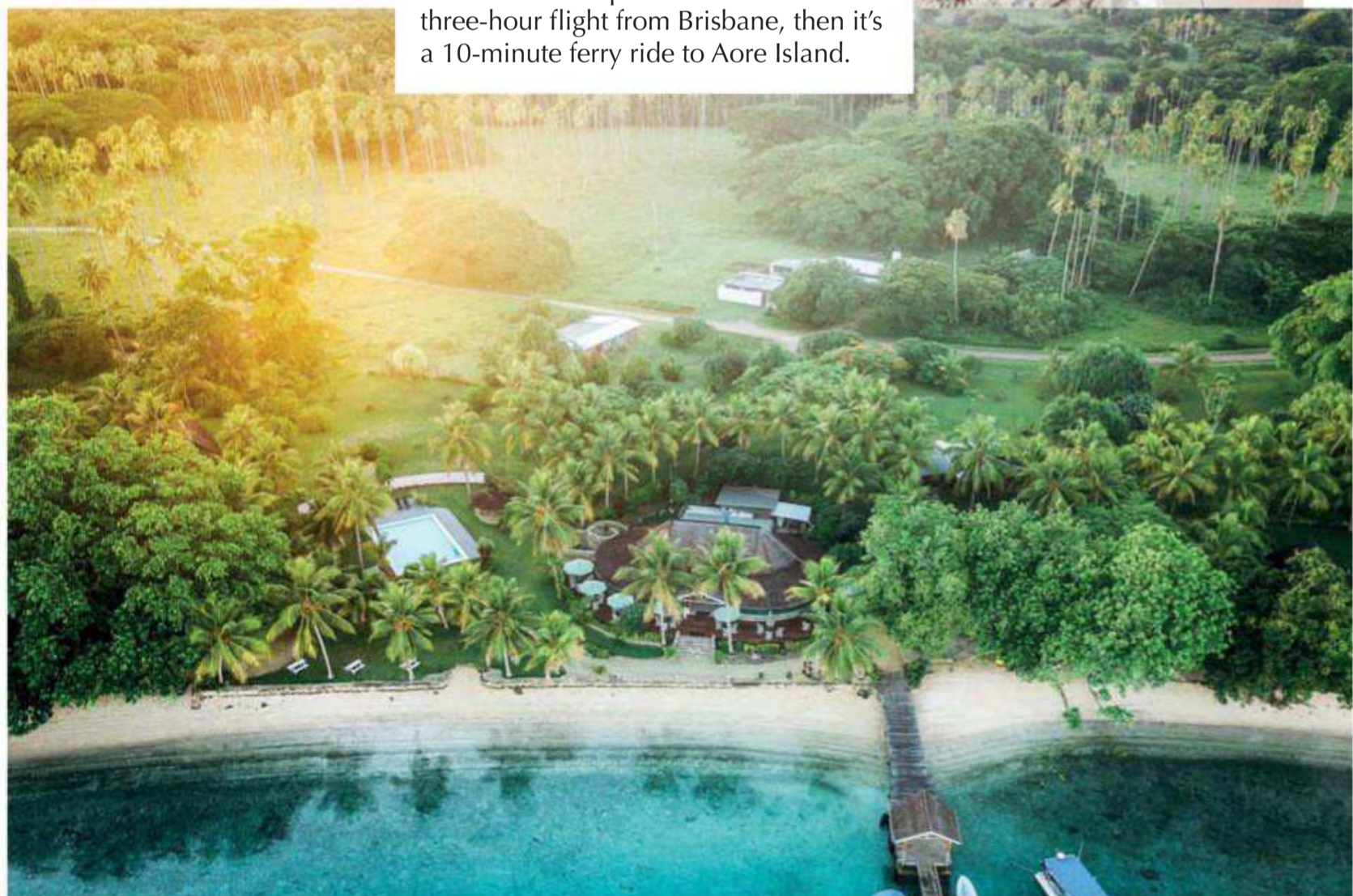


AORE ISLAND, VANUATU

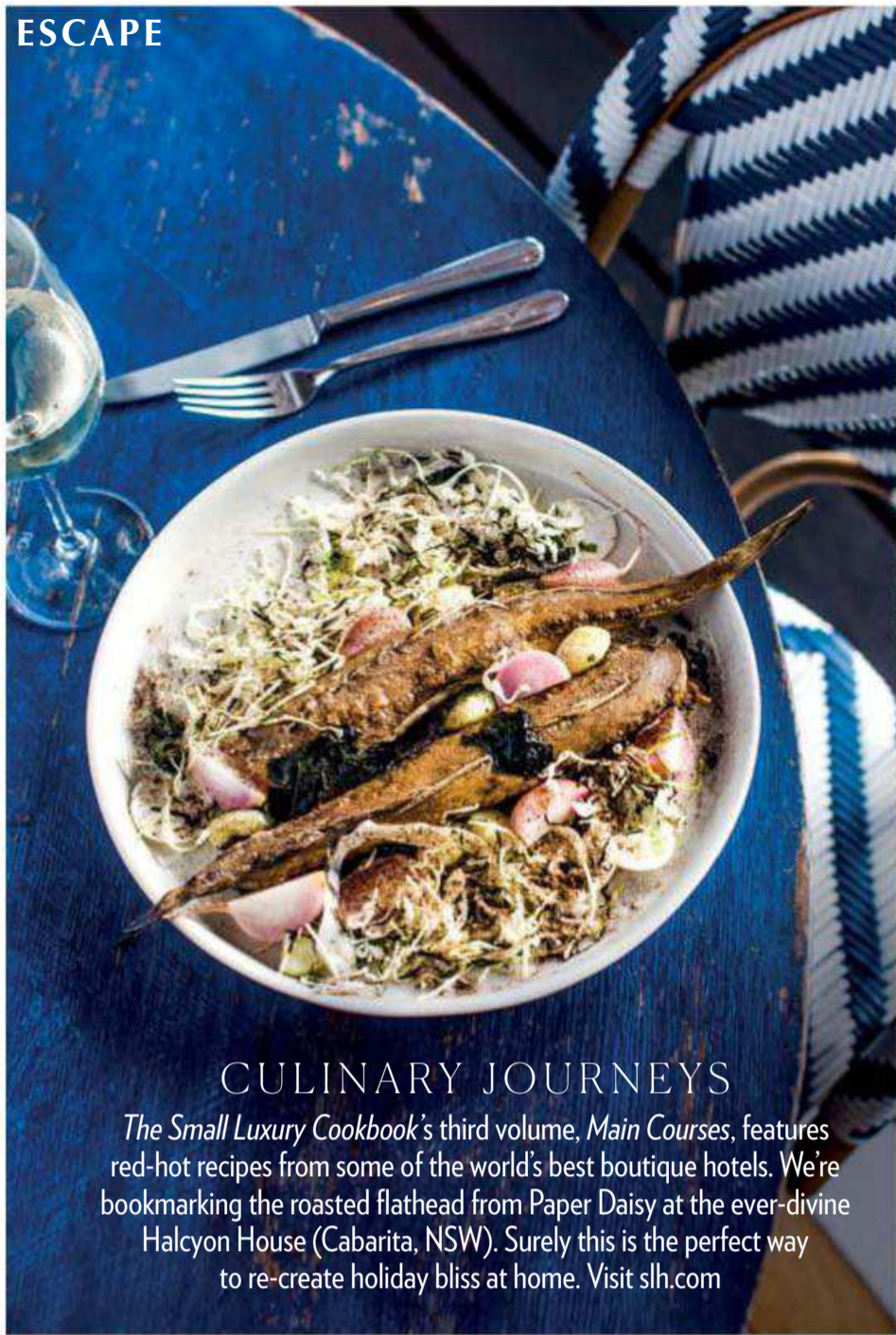
Anywhere that can boast a stretch of sand called Champagne Beach is already burnishing its getaway credentials. That honour goes to Vanuatu's largest island, Espiritu Santo, a tropical dreamland of banyan trees, aqua waters and world-class diving in the north of the archipelago. Just 3km off its coast is the tiny Aore Island, home to the Aore Island Resort, which describes itself as "raw luxury" – the ideal place to explore Espiritu Santo while tucked away on this little dot in the Pacific. Couples and singles have their own clutch of private villas surrounded by tropical gardens away from families, but dining is communal. Seafood and cocktails are de rigueur, but Vanuatu is also known for its Santo beef, considered among the finest in the world. Activities include diving, snorkelling, horseriding or taking a kayak down a river to Santo's freshwater Blue Hole lagoon. **INSIDER TIP:** after WWII, American troops dumped tonnes of military equipment off the coast of Vanuatu. Today, the remaining wrecks make for fascinating diving off the aptly named Million Dollar Point.

GETTING THERE Espiritu Santo is a three-hour flight from Brisbane, then it's a 10-minute ferry ride to Aore Island.

Aore Island Resort is a quick trip from Brisbane but feels a world away.



ESCAPE



CULINARY JOURNEYS

The *Small Luxury Cookbook's* third volume, *Main Courses*, features red-hot recipes from some of the world's best boutique hotels. We're bookmarking the roasted flathead from Paper Daisy at the ever-divine Halcyon House (Cabarita, NSW). Surely this is the perfect way to re-create holiday bliss at home. Visit slh.com



TUNES ON THE MOVE
This B&O Play Beoplay A1 Portable Bluetooth Speaker, \$377, lets you be the master of your travel soundtrack. At harveynorman.com.au



FEELING CRUISEY
Queenstown hotel Eichardt's has upped the ante with its new luxury cruiser, Pacific Jemm. It costs a pretty penny, at more than \$11,000 a night for up to 10 people, but the 24-metre Falcon is a stunning way to see Lake Wakatipu. Visit pacificjemm.com



HOT HOTEL
JW MARRIOTT

PHU QUOC, EMERALD BAY
Smack bang on the beach on Vietnam's largest island, this brand-new resort is redefining Phu Quoc as the next big luxury destination. Architect Bill Bensley (a Four Seasons favourite) designed the hotel around the idea of an abandoned 1890s French university, steeped in candy colours and colonial details – right down to the black-and-white photos of the fictional college's sports teams on the wall. The result is bonkers and exquisitely beautiful, with each of the 234 rooms and suites filled with unique character. Visit marriott.com.au

the edit

Stock up on beauty rest on the go. Derek Rose's pink silk satin Brindisi 26 eye mask, \$95.

At matchesfashion.com/au



BEACH TO BAR

Chunky beads and bamboo make Cult Gaia's Luna basket bag, \$260, the ultimate holiday companion. At matchesfashion.com/au



TAKE FLIGHT

ROUTE: Sydney to Ho Chi Minh City, business class, Vietnam Airlines, Boeing 787-9 Dreamliner

Travel feels different in business class – far more glamorous and jetsetter-esque. The VIP treatment begins when I am expressed through security to arrive at the lounge in minutes. On board, Vietnam Airlines' pointy end includes flat-lying beds in a 1-2-1 configuration. Service starts with a signature cocktail, a citrusy concoction they call Shining Field. Then comes the food – overseen by leading Australian chef Luke Nguyen. As my attendant tops up my glass flute of Heidsieck Monopole there's no going back to economy after this. Hack: business starts at \$3220 on this four-star airline, but you can upgrade at optiontown.com for up to 75 per cent less. Visit vietnamairlines.com

TEXT BY ANNA MCCOOLE



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LUXE LIFE

MEET THE AUSTRALIAN LABEL WITH THE
COUTURE PEDIGREE THAT'S TAKING
RESORT WEAR TO THE NEXT LEVEL

When swim label Aqua Blu quietly debuted its first overswim collection last year, it sold out before summer even began. This season, creative director Kristian Chase has turned up the heat with his new SS18 swim, overswim and resort collection. With Kristian's couture design background, expect exquisite prints, exclusive fabrics and unrivalled cut and fit that embody luxurious swim and resort wear.



STYLE AND SUBSTANCE

The SS18 resort collection is based around natural fibres such as silk and cotton to breathe on hot days and balmy nights, and all swimwear fabrics are created exclusively for Aqua Blu.

SHAPE AND FIT

Aqua Blu pieces are designed for confidence, comfort and style. They're cut to flatter and they cater for larger bust sizes, too. The styles pay homage to old-school Hollywood glamour, with distinctive silhouettes that can be worn from day into night.

BOLD AND BRAVE

The new season's prints are big on colour and bold in design, featuring stunning exotic birds and wildlife graphics, reinforcing the Aqua Blu philosophy – stand out and be noticed!



**“MY SIGNATURE
IS A BALANCE
BETWEEN SOFT
AND BOLD. WHY
BLEND IN, I SAY.
STAND OUT!**

**KRISTIAN CHASE
CREATIVE DIRECTOR,
AQUA BLU**

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AN INSIDER'S GUIDE TO...

TAORMINA SICILY

Wellness supernova and app entrepreneur Jessica Sepel regales us with tales of her favourite European getaway



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Clockwise from far left: popular Isola Bella island; the ancient Greco-Roman amphitheatre overlooking the rooftops of pretty Taormina; picturesque balconies along Corso Vittorio Emanuele; beach time at Taormina; the region's fresh, grilled seafood is a highlight; Jessica Sepel, and the gelato she recommends from CBG, near Belmond Villa Sant'Andrea.



WHAT BROUGHT YOU TO TAORMINA?

After a crazy few weeks working on my app and launching my vitamin range, I took a last-minute trip to meet my family for a short holiday to celebrate my sister's birthday (she lives in London). It was just the most precious time spent with my two little sisters and my mum. These moments are once in a lifetime. We created memories that I'll always hold in my heart.

WHAT WERE YOUR LASTING IMPRESSIONS OF THE PLACE?

It's a big statement, but Sicily was hands down one of the best places I've ever visited in Italy. I just adored the people, the fresh, wholesome food, the scenery and being so close to the ocean – it's a little bit of everything. It's also quite rustic and untouched. Everything felt authentic. I also found it incredibly romantic and enchanting. I kept saying, "I can't wait to be here with [my husband] Dean one day." It's a perfect honeymoon destination.

YOUR ACCOMMODATION GO-TO?

We stayed at the Belmond Villa Sant'Andrea, on the beach in Taormina.

The main town is a five-to-10-minute drive away, but it's just magical. It's a tad pricey but worth it.

FAVOURITE PLACES TO EAT AND DRINK?

La Cambusa Ristorante on the beach at Naxos, and Manna in the old town of Noto for lunch. For dinner, Vicolo Stretto, Malvasia, Il Barcaiolo, Da Giovanni and Osteria Rosso Divino were all so delicious. Malvasia was an absolute favourite of mine. It is a little restaurant run by a mum and dad and has the best service and food. I loved their sea bass and vegetables. My gelato tip is CBG, just near Belmond Villa Sant'Andrea. They served up the best coconut-and-hazelnut gelato I've ever had!

BEST SPOT FOR TAKING IT ALL IN?

A boat ride for the day through the water caves of Taormina.

TIPS FOR STAYING HEALTHY IN TAORMINA?

Go for all the fresh local options. The seafood, greens, fresh pasta, fruit and vegetable dishes are absolutely incredible.

PACKING ESSENTIALS

- Sun hat • Swimmers • Casual beachwear • Sandals • A book • Podcasts
- JSHealth App and vitamins to keep me feeling energised
- Probiotics for gut health while travelling
- Healthy snacks, such as raw nuts, health bars and kale chips



THE SPRING BEAUTY BATTLE

WHEN HAYFEVER SEASON AND 'ALLERGY FACE' STRIKES, DON'T HIDE INSIDE. TAKE CHARGE AND FIND RELIEF SO YOU CAN GET ON WITH LIFE AND SMELL THE ROSES

If you're one of the many Australians who suffer from hayfever, you probably know that the physical symptoms can wreak havoc on your daily life, affecting the way you look and feel.

These symptoms are known as *Allergy Face*, a term that describes the visible signs of hayfever such as watery eyes, a red nose and puffiness.

New research has found this is taking a significant emotional toll on sufferers, with almost one third of female respondents admitting to feelings of self-consciousness and unattractiveness when experiencing the visible signs of hayfever*. In addition, women reported a disruption to their beauty routine during this time, with 73 per cent* wishing they knew how to more effectively conceal their hayfever allergy symptoms using make-up. The good news is you can keep these unwanted, unglamorous symptoms at bay. ZYRTEC® is a rapid acting and long-lasting antihistamine that can help to relieve hayfever allergy symptoms, so you can get on with living life to the fullest.



**MADLINE COWE,
FORMER MISS WORLD
AUSTRALIA**

TAKING THE ULTIMATE CHALLENGE

Former Miss World Australia and ZYRTEC® ambassador, Madeline Cowe, has lived with hayfever allergies for most of her life and she admits it has impacted her work and social life. This September she's taking the ultimate challenge, wearing this bespoke, living dress created by floral artist Jasmine Christie and featuring 1,200 high-pollen-count flowers to the Sydney Spring Racing Carnival.

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IS MY GO-TO
BECAUSE IT
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IT'S FAST
ACTING”**



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*Pure Profile research on behalf of Zyrtec, May 2018.

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HAYFEVER FACTS

WHAT CAUSES HAYFEVER

The cause of hayfever is the immune system's overreaction to something in the environment. Typical allergens come from outdoor sources like grass, flower, tree and weed pollen, and mould spores.

HOW LONG DOES IT LAST

Even though hayfever is a seasonal allergy, the length of the 'season' depends on where you live, which pollens and grasses are active at various times and the weather conditions. As a rule of thumb, seasonal allergic rhinitis (seasonal

allergies) usually occurs in the spring, summer and early autumn, so it's best to be prepared and ready to respond if you notice the symptoms arise.

SIGNS AND SYMPTOMS OF HAY FEVER

Not everyone has the same symptoms when they have an allergic reaction, but the most common are sneezing, a runny nose, and watery or itchy eyes.

ALLERGIES OR COLD

If you have a temperature, a stuffy nose, chesty cough or body aches you could be more likely to have a cold, as allergies aren't usually associated with these symptoms. If you're not sure, always seek medical advice.

BEAUTY TIP:

If your skin is irritated, try a soothing sheet mask for sensitive skin to calm redness.

Stay away from harsh cleansers or scrubs until your allergies calm down.



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KATE SPADE

She went from using a straw basket for a handbag to building a \$3 billion fashion industry behemoth. Daniela Elser reports on the powerful legacy of a true design luminary

Inside the candy-hued store, they would have looked like any other mother and daughter shopping together. She was a middle-aged woman, her style vivid and effervescent, her look most likely accessorised with chic costume jewellery, her hair swept back in a vaguely retro bouffant. They were after a skirt for the girl, a 12-year-old who bore a striking resemblance to her mother, at a Kate Spade New York store, the white space a riot of jewel-bright handbags and clothes. Later, the shop assistant asked the woman, "Are you on our mailing list?"

If the assistant had been paying attention, she might have noticed the girl nudge her mother or smile. The mum in question was far from just a stylish shopper – she was Kate Spade herself, a woman who turned her yearning for a fashionable but practical handbag into a global powerhouse.

"I said no and my daughter was looking at me like, 'C'mon, just tell her,'" Spade later said of the incident. "I just loved, 'Are you on our mailing list?' It's like, 'No, I *created* your mailing list!'"

Spade, in fact, had built a lifestyle behemoth that went from a successful handbag line to a \$3 billion fashion giant. Not only were her designs coveted, her business nous and style prescience saw her label irrevocably shape the fashion landscape.

"She clearly paved the way for lifestyle brands run by women who use their own personalities to imbue the products with attitude and relate to the customers," says Vanessa Friedman, fashion director and chief fashion critic at *The New York Times*. Spade, alongside husband Andy, who co-founded the business, "created a lifestyle brand before everyone was trying to be a lifestyle brand. They understood a lot of the trends that shaped the fashion business over the last 15 to 20 years before there were actual terms for them like 'accessible luxury'." ▸



Clockwise from far left: Kate and husband Andy Spade were together for 35 years; Spade (left) with daughter Frances and family friends Darcy Miller Nussbaum and Ella Nussbaum in 2013; mourners farewell the designer on June 22 this year; tributes poured in from Chelsea Clinton and other well-known figures.



Spade may have built a fortune, a family and a devoted legion of fans, but she struggled to find the same joy in her own life that her designs gave others. On June 5 this year, her body was found in her New York apartment. For most, it came as a dramatic and tragic shock, but for others there were signs that something was wrong behind her bright smile.

In the early '90s, if you'd spied Kate Brosnahan, as she was then known, a senior accessories editor at the now defunct *Mademoiselle* magazine in New York, she would not have been carrying an iconic Chanel purse or a sleek Fendi baguette. Despite working day in and day out with the most coveted handbag labels on the planet, she preferred something much simpler: a plain wicker basket.

"It was rectangular and completely open," Spade told *The Boston Globe*. "I'd take a scarf in the winter to cover the top in case it snowed."

Despite having ascended to the top of the style world, Spade had not grown up dreaming about a career in fashion. Instead she wanted to become a TV journalist, like Holly Hunter in *Broadcast News*.

Born in 1962 in Kansas City, Missouri, Katherine was one six children of construction company owner Earl Brosnahan and his flight attendant wife, June. The young Kate showed little interest in fashion, preferring to don overalls, aside from occasionally being caught going through her mother's jewellery. ("When I was a kid, I didn't even know Chanel. I would have called it Channel," Spade has said.) However, it was June's 1960s air hostess uniform, with her sleek up-do and boxy bags, that would irrevocably shape the future designer's sensibilities.

In the early 1980s, Spade traded her Midwestern home for Arizona State University, where she majored in journalism and took a part-time job in a men's clothing store. It was there she met fellow employee Andy Spade (brother of actor David). While she

might have been focused on making it in the media, her sense of style shone through, even when she started working in a biker bar. "You'd walk in and she was the only one in the pink crew-neck sweater," Andy later told *The New York Times*.

After graduation, the couple moved to New York, where Andy got a job in advertising and Kate was placed, via a temp agency, as an accessories assistant at *Mademoiselle*, fetching snacks for photographers, ironing clothes and lugging designer pieces to and from shoots. For five years, Spade worked her way up before becoming accessories editor, a coveted role.

However, despite being surrounded by the most enviable designer totes and purses on the market, Spade was frustrated. "I wanted a functional bag that was sophisticated and had some style," she said. Over dinner one night, the couple agreed there was a real business opportunity. "Andy and I were out, honestly, at a Mexican restaurant," Spade told radio station NPR, "and he just said, 'What about handbags?' And I said, 'Honey, you don't just start a handbag company.' And he said, 'Why not? How hard can it be?'"

With no formal training, Spade used sticky tape, scissors and paper to create prototypes of the handbags she craved – practical but chic pieces, professional but also playful. She quit her job and

"I JUST LOVED, 'ARE YOU ON OUR MAILING LIST?' IT'S LIKE, 'NO, I CREATED YOUR MAILING LIST!'"

used her \$6000 USD in retirement savings, along with credit cards, to buy materials. Struggling to find a manufacturer, Spade was apprehensive about using her connections, later

saying: "I was nervous about calling people. Since I'd seen so many collections in advance, I thought people would be afraid I'd copy them."

And also, what to call the brand? "Andy kept saying, 'Kate Spade. Kate Spade.' I loved 'Olive' for some reason. But Kate Spade wasn't frilly. It was just straightforward. It wasn't a fashion-y name," the designer would recount.

Finally, with samples ready, the couple prepared to attend a New York trade show. However, the night



before the show, she decided her pieces weren't quite right. "There was something missing. We needed something for the eye to go to," she said. In what is now a clear stroke of branding and marketing genius, Spade stayed up all night, unpicking the "Kate Spade New York" labels from inside the purses and re-sewing them onto the outside, her fingers growing sore and swollen during the exhausting process.

The show was a success, with Spade selling pieces to Barneys department store – though not enough to cover costs. Still, it was a start. Word spread and her bags developed a cult following. Soon they were also selling to Saks and Neiman Marcus and orders jumped from 1000 to 20,000. The couple had to stay with friends when shipping the collection – their apartment was covered in bags and they were forced to leave "a little trail to get to the bathroom", she said.

With their pink interiors and design motifs such as polka dots and flowers, Kate Spade New York handbags fast became a potent signifier for younger women.

"She was saying it's OK to enjoy being a woman and to have fun; you can go to work and you can be a [career woman]," says Friedman. Her bags "became a symbol of arrival for a lot of young women".

Equally importantly, the bags were sold at "a price point that more people could afford", explains Friedman. "[Kate Spade New York was] a brand that invited people in, as opposed to pushing them away."

Soon, the couple could afford to rent a rat-infested office in Tribeca (where they also wed in 1994). In 1996, they opened their first store in New York's SoHo, with dozens more in the US and around the world to follow. The brand also expanded to include clothes, stationery, shoes and books.

Both consumers and critics adored the brand. In 1995, Spade took home the new talent award from the Council of Fashion Designers of America, then two years later was named accessory designer of the year. By 1999, the company was turning over \$28 million USD annually in sales. The same year, the company sold the majority stake in their company to the Neiman Marcus Group for \$33.6 million USD.

Despite her success, Spade remained essentially unaffected by her wealth, according to friends.

In 2005 the couple had daughter Frances Beatrix and decided to sell their remaining stake. (The label is now owned by the Coach fashion conglomerate.)

"I needed a break and I really wanted to raise my daughter," Spade later said, noting that she wanted to focus on domestic life.

In 2016, the entrepreneurial urge returned, and Andy and Kate launched a shoe label, Frances Valentine, named after their daughter. That same year, Spade painted a picture of domestic harmony for the family: "My daughter goes to school, we pick her up, she has tennis. We're committed to getting home to eat dinner every night together. We want to sit together as a family and talk about our days."

But away from the limelight, Spade was struggling, battling depression and anxiety. According to Andy, in the years before her death she had been "actively seeking help and working closely with her doctors to treat her disease".

In 2017, the couple separated, though they spoke or saw each other every day, continuing to co-parent Frances. "We were together for 35 years. We loved each other very much and simply needed a break," Andy has said of their decision.

On June 5 this year, Spade's long-time housekeeper found Spade in her Park Avenue apartment after she had taken her own life.

"We were in touch with her the night before and she sounded happy. There was no indication and no warning that she would do this. It was a complete shock. And it clearly wasn't her. There were personal demons she was battling," Andy Spade later told *The New York Times*.

Her death at age 55 prompted an outpouring of grief and shock that behind her sunny, candyland-esque brand was such personal pain.

On June 22, mourners gathered in the Kansas City rain to farewell Spade, with pink peonies filling the church. Tragically, her "heartbroken" 89-year-old father, Earl, died the day before.

Family and friends were joined by women of all ages who, despite having never met the designer, wanted to celebrate her life. And both in the packed church and huddling outside under umbrellas, mingling with black-clad mourners, these strangers wore hot pink and blue Kate Spade New York dresses and bags to mark the passing of a woman whose designs had given them something indelible and invaluable.

"She gave a lot of women and girls inspiration," Elissa Hernandez told the local newspaper as she stood outside proudly holding a Kate Spade New York purse. "Kate made us feel confident and fun."

Lifeline Australia offers 24-hour crisis support and suicide prevention services. Contact 13 11 14 or visit lifeline.org.au



Clockwise from above: A Kate Spade New York design recalls the signature wicker basket of the label's founder; known for functionality with a sense of fun, the brand grew from a DIY handbag start-up to a global lifestyle enterprise.



THE WOMEN WHO MADE ME
**RACHAEL
 TAYLOR**

The Australian actress on the women who've shaped her life



ROSIE BATTY

She might not remember meeting me, but I'll never forget it. I met Rosie at a fundraiser in 2014 and she had so much bravery and clarity about her when she told her story. Rosie has been an extraordinary advocate for [victims of] family violence and inspired me to be part of the conversation. It's such an important topic to talk about; so much change can come from opening up the forum. But without people like Rosie, I don't think we would have seen the issue come out of the shadows. I think we all owe her a lot. There are so many people sharing their experiences about abuse, in the same way Rosie did amid the toughest circumstances imaginable. She has moved the conversation about family violence forward and that will last forever.

CHRISTINE TAYLOR

It's only as I've gotten older that I've really come to value my mum and appreciate everything she's done for me and everyone in our family. Isn't that always the way? She is the main carer for more than one ill member in our family, which requires enormous strength. I think people who care for others don't get enough credit. The best lesson she has taught me is persistence, mostly by leading by example. My whole family is really very stoic – good Aussie tough cookies. My mum isn't someone who wallows – she's always on the move, getting stuff sorted. She has shown me that there is always a way to put one foot in front of the other.

“ROSIE HAS BEEN AN EXTRAORDINARY ADVOCATE FOR VICTIMS OF VIOLENCE AND INSPIRED ME TO BE PART OF THE CONVERSATION”

From left: Rosie Batty, Sue Milliken and Allanah Zitserman.



PRODUCERS SUE MILLIKEN AND ALLANAH ZITSERMAN

I just worked with Sue and Allanah on the Australian film *Ladies in Black* and, wow, they are two fierce producers! Sue is one of the Australian film industry's OGs. She has an Order of Australia for her contributions to the movie industry and has spent two decades putting *Ladies in Black* together. Twenty years! That's some fierce determination to get a film made. She knows her stuff like nobody else. Allanah is one of the most passionate people I've met. She loves her work and excels at it. When Allanah walks into a room, the vibe lifts. She has inspired me to think more about how I can bring positivity to my work. Sue and Allanah have made me realise how powerful women are when we team up.

Ladies in Black premieres on September 20.

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