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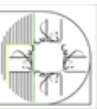
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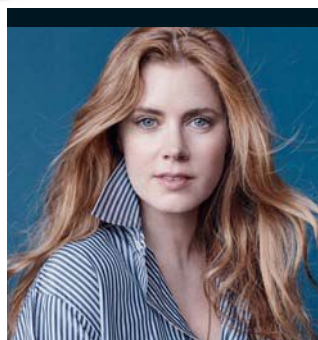
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### GET THE COVER LOOK

Re-create Amy Adams' look with make-up by Giorgio Armani. On face: Luminous Silk Foundation in Shade 2 and Sun Fabric Bronzer in 100. On eyes: Eyes To Kill Mascara. On brows: Eye & Brow Maestro in Mahogany. On lips: Ecstasy Shine lipstick in 101.

Photography by Liz Collins



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Kick back with our retro fashion on page 122.

It was in the most unlikely of places that I first heard the term “coercive control”. Downing champagne and canapés at a swanky fundraiser, I caught up with an old friend. She was worming her way up the career ladder in finance, had two gorgeous daughters, and was married to a high-flying businessman. As the conversation progressed, however, it became clear her utopian world was fake news. Months before, she’d left her seemingly perfect husband and was in the midst of a messy custody battle. Worse still, she’d been the victim of that hidden, largely unrecognised strain of domestic violence known as coercive control: the stripping bare of someone’s liberty, freedom and sense of self by an obsessive partner. It’s abuse without a bruise, and almost always comes before physical assault. Shockingly, my friend is far from alone – one in four Australian women have experienced this form of emotional violence, and right now there’s very little, if anything, they can do about it.

This month, we examine the urgent need for standardised coercive-control laws in Australia, especially in the wake of worsening statistics. Intimate partner violence is now the greatest health risk for women aged 25 to 44, and already this year 36 women have died in violent circumstances. For our investigation, writer Alexandra Carlton visited the UK where, faced with similarly terrifying stats, control was made a crime in late 2016. Since then, more than 2000 men have been arrested and hundreds charged. With domestic homicides becoming commonplace in Australia, it’s time we searched for solutions and agitate for change. Turn to page 42 for this compelling report and visit [marieclaire.com.au](http://marieclaire.com.au) to find out how you can help.

Elsewhere in the mag, we interview game-changing members of the unicorn club (page 89). Not the sparkles and rainbow variety, but that rare breed of powerbroker whose startups are worth at least \$1 billion. Of the world’s 270 unicorns, only a tiny percentage are women; their candid insights and success secrets are invaluable. Finally, spring is coming – cue a collective cheer! – and with it a burning desire to fill your wardrobe with fabulous new-season fashion. Our 50-page style edit has you covered, from retro-inspired finds and bohemian dresses to the 20 trends to buy and try now. Happy shopping!

Outstanding in their field: doctors Jane McNeillage, Geraldine Goss and Thomas Jobling. Turn to page 54 for our report on the ovarian-cancer frontline.



NICKY LOVES



Georg Jensen Offspring Heart pendant in 18ct gold, \$995, [georgjensen.com](http://georgjensen.com). Proceeds support the Ovarian Cancer Research Foundation.



*Nicky*

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From nude pantyhose to packing black, all the ways Meghan Markle's fashion will change now that she's a duchess.

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# Fashion

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# first



## THE LUST LIST

### PETAL POWER

Après-ski label Moncler presents the Genius project, a collaboration with eight designers to reinterpret its down jacket. Our pick? Simone Rocha's creation, which renders padded outerwear feminine and light.

Moncler Genius Simone Rocha jacket, POA, 03-9564 7581.

PHOTOGRAPHY BY EDWARD URRUTIA

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# 2

## YELLOW FEVER

Move over, millennial pink – spring's strongest colour cue is a ray of sartorial sunshine. Brighten up with shots of zingy turmeric and sweet marigold, best realised in poppy accessories or – for those who dare – worn top to toe.

Lee Mathews cami, \$459, and skirt, \$699, [leemathews.com.au](http://leemathews.com.au); Giorgio Armani boots, \$3600, [armani.com/au](http://armani.com/au); Ralph Lauren bag, \$599, 02-9410 2038.





PHOTOGRAPHY BY MICHAEL BRUNT. STYLED BY MONICA RUSSELL. HAIR AND MAKE-UP BY CORINNA WILLIAMS USING GIORGIO ARMANI. MODEL: FEMKE/PRISCILLAS.

- 1 Salvatore Ferragamo leather shirt (sold with cufflinks), \$5990, leather skirt, \$8300, collar pin, \$350, and bag, \$2290, ferragamo.com; Bally boots, \$1190, bally.com.au.
- 2 J.W. Anderson top, \$1800, at matchesfashion.com; Miu Miu skirt, \$2150, miumiu.com; Givenchy boots, \$2400, 07-5631 4594; Bulgari bag, \$4950, bulgari.com.au.
- 3 Ralph Lauren dress, \$599, 02-9410 2038; Bottega Veneta boots, \$1970, 02-9239 0188; Tod's bag, \$2475, tod's.com.au; Christian Dior bag, \$1800, 02-9229 4600.

# 3

## BOOTS AND ALL

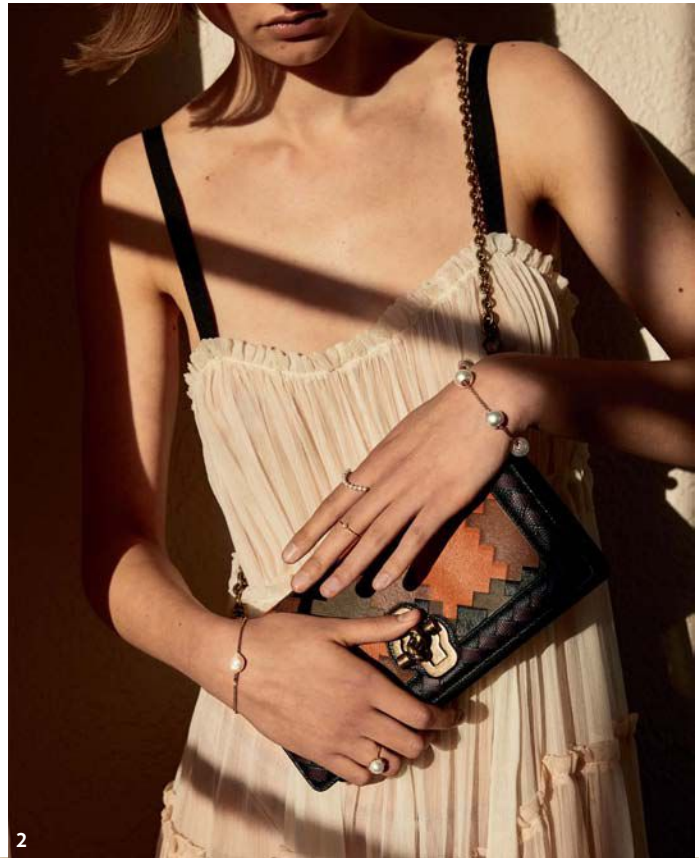
Trans-seasonal dressing calls for smarter, sharper fashion finds. These any-weather ankle boots nail the brief, walking the line between comfort and cool. Style for the new season with a floaty skirt and chic carryall.



## 4 GIRL WITH THE PEARL

Once the sole domain of Park Avenue princesses, these lustrous orbs are staging a cool-girl comeback. Top tip: swap the flapper strands for supersized hoops, dangling pendants and glam barrettes.

1



2



3



4

1 Aje top, \$575, a-j-e.com.au; Mimco hairpin, \$70, mimco.com.au. 2 Lee Mathews dress, \$999, leemathews.com.au; Anni Lu bracelet (single pearl), \$115, 02-9380 8438; Paspaley bracelet (multi pearls), \$7280, paspaley.com; Tiffany & Co. ring (single large pearl), \$1600, tiffany.com.au, Sarah & Sebastian ring (multi pearls), \$620, and ring (single pearl), \$220, sarahandsebastian.com; Bottega Veneta bag, \$5270, 02-9239 0188. 3 Witchery dress, \$200, witchery.com.au; Paloma Picasso for Tiffany & Co. necklace, \$6550, tiffany.com.au. 4 Zimmermann top, \$1100, zimmermannwear.com; Bally leather pants, \$5540, bally.com.au; Dinosaur Designs earring, \$160, dinosaurdesigns.com.au.



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Joining an exclusive club of Australian labels to have shown in Paris – including Ellery and Collette Dinnigan – Romance Was Born took to the stage with a collection it deemed “kinda couture”: pieces that walked the line between wearable and wow. “We wanted to make couture inclusive for everyone,” says designer Anna Plunkett.



# Romance *in* Paris

Beloved locally for their bold theatrics and fantastical flair, Australian design duo Romance Was Born descended on couture week for their first Paris show. In a flurry of colour, quirk and sparkle, the runway became a vibrant celebration of this great southern land

PHOTOGRAPHED BY KEVIN TACHMAN WORDS BY KATHRYN MADDEN

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In the tradition of haute fashion, each of the 26 looks was meticulously hand-crafted, with artisans from Sydney, Paris and Abu Dhabi helping shape the dramatically detailed designs. Plunkett (far right) and business partner Luke Sales landed in Paris a week before the show for castings and fittings.



“Jenny Kee is our inspiration and mentor”  
- Luke Sales, designer



A model dons a softly feathered coral headpiece in an ode to our native birdlife. But the show's true muse was Australian fashion icon Jenny Kee (left). Romance Was Born scoured her archives for fabric salvages and inspiration (think *that* '80s koala knit). Even the show's title, Step Into Paradise, was plucked from the entry to Kee's famed Flamingo Park boutique. “We are kindred spirits who believe in the art of fashion,” Kee has said of the partnership.



"It's called 'Ozotica,'" says Sales of the flamboyant flora and fauna that defined the show. Shimmering blues spoke of the Great Barrier Reef, flourishes of wattle blossom adorned hot-hued knitwear and a menagerie of birdlife abounded. "It was a celebration of all things home," says Plunkett. And the party extended beyond the aesthetic: lemon myrtle and eucalyptus scented the air while Icehouse's "Great Southern Land" played on loop. For the international style set, it was a high-fashion foray to the land Down Under.





“Paris is all about expressionism and that’s exactly what our show was about”

- Anna Plunkett, designer

Oversized rainbow jumpers and hand-quilted kimonos made for a parade dripping in '80s nostalgia. “We chose an old basketball court for the venue, which is actually the oldest gymnasium in the world,” says Sales. “When we were in high school together, the disco was in the basketball court. It was our idea of paradise, a time of freedom; the disco lights and music were such a euphoric thing.”





A "cockatoo bride" closed the show, resplendent in hand-dyed feathers and lashings of lace. As the lights came up and the fashion pack – stirred by the high-energy extravaganza – re-entered reality, the team celebrated backstage. "[A show is] always such a series of complicated emotions: we're relieved, nervous and excited all at once," says Plunkett (below centre, with Sales). A fine romance indeed.



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## The Audi A5 Cabriolet.

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Overseas model with optional equipment shown.

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# MAYBE HE DOESN'T HIT YOU... *yet*

WHEN DOES CONTROL BECOME A CRIME?

A woman dies every week in Australia from domestic violence. Yet while the UK has introduced laws to prosecute the emotional and psychological abuse that invariably come before physical assault, nothing is being done here. Why not, asks Alexandra Carlton



# W

hen Joanne Beverley last saw her sister Natalie on April 17, 2016, the younger woman was glowing with hope, having finally found the strength to leave her partner, Paul Hemming. “We were here, having Sunday lunch,” Joanne tells *marie claire* from her family home in Yorkshire, England. “She had a new job. She was still living in the house with Paul, but she wasn’t wearing her engagement ring and had plans to rent her own place. We were so relieved she’d split with Paul. Their relationship was so turbulent. This was the happiest I’d seen her in a long time.”

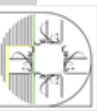
Joanne believed this was start of a whole new life for Natalie, 31, and her three kids – her 12-year-old daughter from a previous relationship and her two children with Paul, a boy and a girl. What Joanne couldn’t have known was that exactly two weeks later Hemming, who had a history of extreme control and domination, would, while their children slept upstairs, beat Natalie to death in a jealous rage, incensed by her decision to leave him and start afresh.

The couple’s son, six at the time, woke to find his mummy “lying down”

and wrapped in a rug. “We took the red rug to Daddy’s work so it could have a wash,” the little boy later told police, in what was to become a crucial piece of evidence in Paul Hemming’s conviction.

After Natalie’s murder, the picture that emerged of Paul was of a man who controlled Natalie to a terrifying degree. He kept track of her movements and finances and dictated who she could and couldn’t see. When he wasn’t with her, he would text her every few minutes and become enraged if she didn’t immediately respond. He lured her with a fancy engagement ring early in their relationship but called off their marriage three times, and refused to attend the christenings of their children. He put spyware on her phone to monitor her calls and messages.

Even after Natalie’s death, Paul found ways to lie and paint himself as a victim. For three weeks he refused to tell her family where he had hidden her body, though Joanne says she never doubted for a second that Paul had killed her. She remembers the moment the police called to tell her they’d found her sister’s body. “We were devastated, ▷





Clockwise from above: the murder took place at the Hemming family home in Bedfordshire, which was inspected by forensic experts; Hemming initially claimed innocence in police interviews.



but in a strange way it was a relief to know he didn't have that control anymore," she says. "We had her back. He can never be near her again."

To anyone who has been under the spell of a coercive and controlling man, the behaviour that led up to Natalie's death will sound familiar. It starts off as a fairytale. There are promises and flattery and grand gestures. Even the most sure-footed woman can be drawn in. But slowly, like the proverbial frog in the boiling water, the attention and affection begin to become stifling. In many cases, before women know it, the love starts to become dangerous.

In Australia, where intimate partner violence is the greatest health risk for women aged 25 to 44, the law has minimal provisions for prosecuting abusive behaviours that are not physical. This is despite the fact that one in four women has experienced emotional abuse by a current or former partner since the age of 15.

However, in the UK, a recognition of the danger of this kind of abuse has led to the introduction of discrete laws that allow courts to prosecute coercion and control as a standalone offence, as part of the Serious Crime Act of 2015. The laws, which came into effect just four months before Natalie was killed, make it an offence for someone to demonstrate repeated "controlling or coercive

behaviour in an intimate or family relationship". Those behaviours can be anything from isolating a person from their family and friends to fastidiously monitoring their time or communication with others, controlling their finances or repeatedly putting them down or telling them that they are worthless.

These new laws were not without controversy. Critics predicted that controlling behaviours – which are by their nature often secretive and disguised – would be too difficult to

the job for which they were intended.

In November 2016, Graham O'Shea, 42, became one of the first people jailed under the new laws, after the court found he refused to give his girlfriend access to her own money, escorted her to and from the bus stop when she went to work, wouldn't allow her to wash herself or her clothes, and isolated her from friends and family.

Conviction rates for the new offences are still low but are growing. In the first six months of 2016, almost 800 people were arrested under the new laws and about 130 were charged, according to UK law firm Ridley & Hall, which compiled statistics from UK police stations. In the first six months of 2017, those numbers more than doubled.



identify or prosecute. And initially they seemed to be right. Very few charges were laid when the laws were first introduced and even fewer convictions were recorded. But slowly, as police and other frontline workers came to understand the nature of the offences and how to deal with the people who committed them, the laws began to do

Amanda\*, an IT specialist from Perth, Western Australia, eventually managed to escape a controlling partner whose behaviours echoed those of Paul Hemming. "Matthew convinced me that no-one else loved me like he did," Amanda recalls of their 10-year relationship. "At first that felt wonderful, to be so loved. But then it turns into, 'Your friends and family don't love you at all.' And then he would be furious if I was a few minutes late home from work.

"Once, a friend mentioned the name of one of my ex-boyfriends in his



Natalie had split with Paul Hemming weeks before her murder on May 1, but was still living at their house with their children. Far right: forensic investigators photographing the car Paul used to transfer Natalie's naked body to Chandler's Cross woodland, nearly 50km away.



presence and he stood up and stormed out of a room full of people. Later, he berated me for 'allowing' my ex's name to be mentioned, for hours and hours and hours until I begged him to stop. Once his tirade went on for so long that I was doubled over on the floor, throwing up from the stress.

"Over time it became easier to shut myself off from everyone. You become this empty shell. I didn't know who I was back then. Every day became a battle just to get by."

Even though Amanda left the relationship, Matthew still finds ways to intimidate her. He drives past her house. He turns up at their daughter's school both morning and afternoon, whether it is during his time with their daughter or not. He calls her abusive names whenever he sees her. Amanda says she is too scared to do anything in case she is not taken seriously, or in case it enrages Matthew further and he takes his feelings out on their daughter.

"You just learn to live with the constant anxiety. The fear. The terror of what he might do to you or your child if you stand up to him," Amanda says. "There are no laws that can do anything as far as I can see. The police and the courts don't think it's 'serious' enough. No-one can help me."

Most state and territory domestic violence statutes around Australia include some mention of controlling behaviours as being unlawful, but there have been very few – if any – instances where perpetrators have been convicted

on the basis of these offences alone. Apprehended domestic violence orders are also used to prevent potentially dangerous people stalking or otherwise harassing their former partners, but they can be applied only if a victim has left their abusive partner, not if they are still together.

In 2015, Queensland became the first Australian state to seriously consider implementing similar laws to those in the UK. Its government convened a taskforce to assess whether a standalone coercive control offence should be added to Queensland's criminal code. Ultimately it decided against the move, concluding that evidence collection and witness cooperation would be too difficult.

Geoff Wilson, author of research paper *Australia's Approach to Domestic Violence: Focus on Coercive Control*, says it's time for Australia to look at the existing laws again and question whether they are working. "I think that the climate is right to standardise these laws," he says. "I agree that there is a need for resourcing and education, but there has to be a deterrent factor [for psychological and controlling abuse] and it has to be significant. Within the broader community there is a view that if you breach a protection order you might get a rap across the knuckles. Either they need to be better

enforced or we look at better laws."

The risks of this type of abuse are well known. Our Watch CEO Patty Kinnersly says, "[Ongoing exposure to emotional abuse] not only severely impacts social, physical and mental health but is often also the warning sign of impending physical assault."

A 2017 study published by the University of Gloucestershire examining 358 domestic homicides found that the killer had displayed controlling behaviours in 92 per cent of cases. And 94 per cent of the time, the killer had an obsession with the victim. And eight out of 10 victims had been deliberately isolated from their family and friends before they were murdered.

It's a silent and insidious form of abuse, because victims often go to great lengths to justify or hide what is happening to them, in order to normalise it for themselves. And it can be very difficult for others to detect, because it doesn't necessarily leave bruises or scars.

"Victims of non-physical forms of violence ... often report feelings of intense shame and vulnerability, in turn making them less likely to stay connected to and confide in social networks, maintain employment, report abusive behaviour to authorities or leave their homes, if reaching out is even an option," explains Kinnersly. ▷

## In Australia, intimate partner violence is the greatest health risk for women aged 25 to 44

As an 18-year-old, Lily\*, a care worker from Geelong, Victoria, never thought of going to police or seeking help when her boyfriend began following her to work. He forced her to have sex daily and would become wildly jealous if she spoke to another man. He even destroyed every piece of clothing in her wardrobe that he considered “skimpy”. “I was only 18,” the now 31-year-old says. “Maybe I would have had the courage to talk if I had known it was wrong. The attitude seems to be ‘just leave.’”

Like Amanda, Lily’s story reflects a broader belief by Australian women who experience domestic abuse of any kind: that they won’t be believed, or that, because they’re not bruised, their abuse isn’t serious. Figures show that 80 per cent never report any sort of abuse to authorities. “You just don’t think it will make a difference,” says Lily.

Dr Kate Fitz-Gibbon, a senior lecturer in criminology at Monash University, has spent time in the UK examining its coercive control laws. She says that while Australia needs to do more to combat domestic violence, she notes the limitations in any potential change to the law. “I would urge caution to Australian states looking to legislate a criminal offence of coercive control and follow in the footsteps of England and Wales,” she says. Fitz-Gibbon points out that simply creating a new law would not help women speak up about the abuse they are experiencing, nor help police officers identify that abuse when it may not be immediately visible.

Professor Heather Douglas, from the University of Queensland, who researches domestic violence and criminal justice, says there may be some argument for changing laws but argues that other changes are more pressing. “We need to focus on behaviour change – making sure that individuals realise that violence and coercive control is not a respectful or appropriate way to treat people,” she says. “We also need to make

sure that women are supported to leave [situations involving] violence if they decide to take that step; this means appropriate housing, employment options and other social support.”

Geoff Wilson doesn’t agree. “I don’t share the same caution or pessimism,” he says. He believes that there is a precedent for giving offences their own standalone laws to make them more effective – not just on paper but in the minds of the people entrusted with enforcing them, and even in the minds of would-be perpetrators. He cites the example of stalking, which was housed under existing domestic violence legislation in Queensland until 1993 when it became a separate offence.



From left: filmmaker Anna Hall, who made a documentary about Natalie Hemming, with Natalie’s sisters Joanne Beverley and Kerry Hammond.

“There is a need to address [coercive and controlling behaviour and] recognise it for the serious issue it is”

“Once the separate offence was legislated, it became a deterrent and impacted the bad behaviour,” he says. “The same ought to apply to coercive and controlling behaviour. There is a need to address it, recognise it for the serious issue it is and – with focus and education – hopefully start the long process of curbing and deterring [it].”

Natalie’s sister Joanne agrees. She believes that Australia’s refusal to

consider standalone coercion and control laws is simply a cop-out. “I think it’s a very lax attitude,” she says. “How much is a life worth? Maybe conviction rates won’t be high, but how many lives would be saved [as a result]?”

Joanne will never again see Natalie, the little sister she used to ride horses with, the sort of person who, as Joanne puts it, “would give you the last penny in her purse” if she thought you needed her help. The only solace Joanne can take is that she hopes to help women like her sister – in the UK, at least – understand that the law can assist. “Having that law there makes people talk about this kind of abuse,” she says. “It raises the police’s awareness. It raises frontline nurses’ awareness. It helps to get those early interventions in place.” She regularly speaks to groups about domestic violence, and is helping to establish programs in her local area that let victims and their friends and families know that support is available. “We want to arm people with information so they know they have choices,” she says. “We want them to stay safe. For me, it is so important that we have laws that could help women like Natalie. If we

had understood these laws three years ago we could have done our part as a family to protect her.”

But Australian victims such as Amanda and Lily are unlikely to enjoy the same protections any time soon, despite the fact that domestic violence statistics continue to soar. “How typical of Australian inaction,” Amanda tells *marie claire*. “We don’t want to rock the boat or try anything new. I’m not surprised. Meanwhile women like me shrink back into the shadows and put up with the torment that always ends up in the ‘too hard basket.’”

Anyone who is affected by sexual assault or family violence should telephone 1800 737 732 or visit the website [1800respect.org.au](http://1800respect.org.au).



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# THESE GIRLS HAVE ...

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# ... BUT THEY'RE NOT REAL

This new social media trend is the most futuristic yet: computer-generated avatars that look, talk and behave like real people. But, asks Hannah-Rose Yee, is this really the future of the influencer industry?



**M**iquela Sousa has a constellation of freckles dusted right across her nose. Every week she posts a selfie featuring those freckles to 1.2 million followers via her booming Instagram account @Lilmiquela.

She is 19 years old. She is a slashie – model-slash-singer-slash-influencer extraordinaire – with two earwormy singles currently flirting with 1.5 million monthly streams on Spotify. She lives in Los Angeles. She gets hangovers, goes to the gym and loves ice cream and Alexander Wang and the religious experience that was “Beychella”.

“My days vary depending on my mood,” Miquela tells me over email. “I guess you could say I’m a late riser. I usually get out of bed around 11.” On an average day she heads to her music studio or catches up with friends. In the evenings she follows a strict routine: she washes her face (“I’ve been told to never go to bed with a dirty face!”), meditates and switches on her lavender oil diffuser. “Winding down at the end of the day is particularly tough for me,” she explains. “But I’ve found this routine really helps calm my mind.”

So far, so normal. But Miquela is not like you or me. In her words, she’s a robot designed by Brud, an enigmatic Californian company that specialises in “robotics [and] artificial intelligence”, though many believe she is merely a digital avatar. Make no mistake: though she poses in real-world scenarios alongside real people, such as Australian influencer Margaret Zhang, and though she works with brands such as Prada – and sat front row at its February fashion show – she is not a human being.

And she’s not alone, either. Joining Miquela at the vanguard of this new trend of digitally manipulated influencers are Lawko, another Brud creation; Shudu, known as “the world’s first digital supermodel”, who was created by a fashion photographer using 3D modelling technology; and Bermuda, a blonde, blue-eyed pro-Trump avatar.

The latter was even supposedly locked in a months-long feud with Miquela, hacking her account in April and forcing her to post an unsettling statement on Instagram. In it, Miquela

admitted that she was “built by a man named Daniel Cain in order to be a servant” and bestowed with astonishing levels of artificial intelligence – before Brud rescued her and “reprogrammed” her to be free, never once telling her that she was a robot. Faced with the irrefutable evidence of her virtuality, Miquela had an existential crisis. “I feel so human,” she wrote on Instagram. “I cry and I laugh and I dream ... I’m so upset and afraid.”

This isn’t an episode of *Black Mirror*. You haven’t stumbled into a robotics lab by mistake. This is all happening on Instagram. Today. And it could spell the future of the influencer industry.

Three years ago, Cameron-James Wilson grew tired of London and, as the Samuel Johnson adage goes, he grew tired of life. After almost a decade as a fashion photographer, he believed that he was yet to produce a defining piece of work. “I felt that I hadn’t shown the world what I was capable of,” the 29-year-old says.

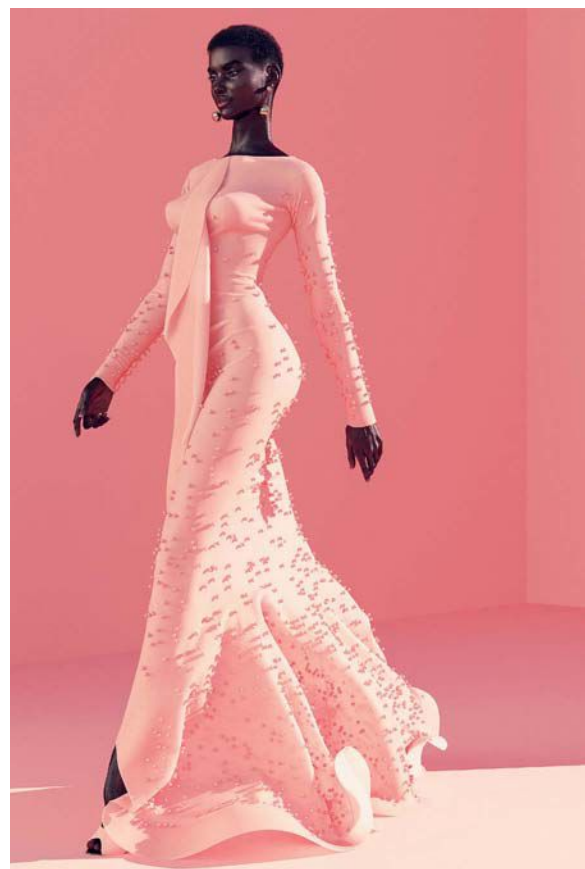
So Wilson moved back home to his parent’s house in the British countryside, where high-fashion models tend to be thin on the ground. As an alternative he began working with a software platform called Daz 3D, which creates phenomenally lifelike digital art. In early 2017, after developing a few different female avatars, he had the idea for a striking picture: a South African woman from the Ndebele tribe wearing a many-layered gold necklace. It took the photographer a few days at his computer to perfect the image. Thus, the world’s first digital supermodel and Wilson’s “muse” Shudu was born.

Almost immediately the image went viral. Naomi Campbell, Tyra Banks and Alicia Keys all liked pictures of her on social media. A portrait of Shudu wearing a lurid orange lipstick from Rihanna’s Fenty Beauty was reposted on the brand’s Instagram account in February. In June, Shudu appeared on the cover of *WWD*, resplendent in a Cushnie et Ochs gown.

But in recent months the conversation around Shudu has shifted from her other-worldly beauty to the racial implications of Wilson’s work. “A white photographer figured out a way to profit off of black women without ever having to pay one,” read a viral Tweet from February, summing up the controversy.



Clockwise from above: model, singer and influencer avatar Miquela Sousa (right) “dining” with photographer, writer and stylist Margaret Zhang, a fellow slashie; Miquela works with several fashion brands but claims the collaborations are unpaid; the world’s first digital supermodel, Shudu, posing with real-life male model Nfon Obong; and Shudu struts her stuff on the catwalk.





“When you create art, it’s always going to be controversial,” Wilson says, by way of reply. “I think representation in the fashion industry is a valid discussion and I’m glad people are having it. But I think it’s a little misinformed and misdirected at Shudu.”

**W**hen you type Miquela into Google, the top autofill result you see is: “Is Miquela real?”

The question has haunted Miquela since she first began posting in April 2016. She’s just uncanny valley enough, with her shiny chestnut-coloured bob, lacquered pout and cute sprinkling of

freckles. Even after that tearful statement, many of her followers remain committed to their belief in Miquela’s humanity. You can almost hear them yelling: “Pay no attention to that man behind the curtain!”

The Miquelites, as her fans call themselves, believe she is a real person who distorts her face. “But, like, who doesn’t edit their pictures?” one acolyte on Miquela’s Instagram argues. Miquela has never revealed exactly how her posts manage to seamlessly blend the virtual (digital face) and the real (shadows, prominent LA backdrops). Some have suggested that a woman is photographed in situ – someone has to be writing those captions, right? – while a computer program manipulates the final image. Other commenters are stuck on the idea of Miquela as a physical, bolts-and-screws robot, which is what she herself claims to be.

“It’s sad a robot has more outfits than me,” one fan sighed. Shudu’s followers believe she is real, too. A skincare brand, enamoured of her flawless complexion, once sent in products for her to try.

If you can channel such an intimate connection without needing to riff off a shared humanity, it raises the question: why not do away with human influencers and have these CGI avatars instead?

The problem is authenticity, the foundation upon which the influencer

community is built. This \$2.7 billion industry is premised upon believing that you are reading a real person’s real, keenly felt opinions about this particular mascara or that particular brand of yoghurt. Take that away and what are you left with?

“I struggle to see how much impact CGI influencers will have here,” says Natalie Giddings, managing director of influencer marketing platform The Remarkables Group. “Trust is the key capital at stake. Will a customer believe the product claims of a skincare product from a make-believe person? I doubt it ... People connect with real people,” she asserts.

**The Miquelites believe she is a real person who distorts her face**

But Victoria Harrison, co-founder of The Exposure Co., disagrees. “As long as the CGI influencer has a voice, an opinion to share, and are transparent about the fact they aren’t a real human, followers can

get the same value from them as they do other online influencers,” she says.

Australia’s own “human” influencers are unfazed, too. “The introduction of trends like CGI influencers into the industry shouldn’t be something to be feared,” says Carmen Hamilton, founder of fashion blog Chronicles of Her. “What a very 2018 thing to be afraid of, huh,” adds the influencer, who has more than 300,000 followers on Instagram. “There’s enough bandwidth for everyone!” ▶

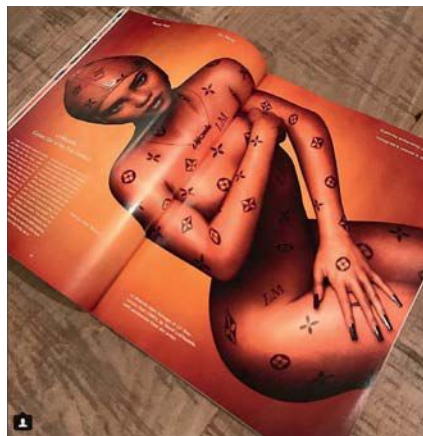
“Fashion houses ... want to create their own digital model”

Shudu's creator, Cameron-James Wilson, believes there will soon be more CGI avatars like Miquela and Shudu (below).

Miquela assures me, when I pose the question to her.

Wilson, for his part, doesn't believe that it's a question of the virtual replacing or overtaking the actual. Considering the time and the money that goes into each image of Shudu – about three days for a still portrait, more for animation – not to mention the hours spent by external platform CLO 3D creating each garment she wears, Wilson says it's not cheaper to use Shudu at all. “It's just a completely different way of creating fashion imagery,” he stresses.

Miquela said in an interview in February that she has “never been paid” to wear clothes but that she does get sent “free stuff” from brands. But since then the influencer has helped her two biggest campaigns thus far. The first was Milan Fashion Week with Prada. Then in May, Miquela fronted a campaign for Outdoor Voices, the insanely



popular American athleisure start-up.

It's unclear if she was compensated for either, but according to *New York* magazine a US influencer of Miquela's size could be earning up to \$10,000 USD per post. If she did receive a fee, not disclosing it would be illegal, according to the US Federal Trade Commission.

Similar laws apply in Australia, where the Association of National Advertisers calls for “clearly distinguishable advertising” and breaches are punishable with fines of up to \$220,000 per post.

But who, exactly, would be liable? A digital creation? “It would depend on who is responsible for creating and operating the avatar, as well as the brand that is being endorsed,” explains Paul Gordon, social media lawyer from NDA Law. “Both could be liable. The challenge would be tracking them down.” The main legal concern, he adds, is that virtual influencers “are deceiving people into thinking that [they are] a real person who is enjoying whatever product it is. If this is not disclosed, and the endorsements aren't disclosed, I think there is a real possibility they would be in breach of Australian Consumer Law.”

Undaunted, Wilson believes there will soon be more CGI avatars like Shudu and Miquela. “A lot of people who have reached out to me to collaborate are more interested in creating their own avatars,” he says. “That's what fashion houses are really interested in. They don't want to work with a digital model, they want to create a digital model.”

This is a vision of the future that Miquela wants to see play out. “It's an exciting moment to witness,” she says, in response to the three email questions I was permitted to ask her via her managers. “I think when we work together, both human and robot, we can be a part of a powerful movement.”

What movement that is, exactly, remains to be seen. Miquela mentions “spreading positivity and awareness” in our interview, and her Instagram account is littered with mentions of causes including Black Lives Matter.

But Hamilton suggests that Miquela's ultimate purpose might in fact be dismantling the myth that social media is an accurate representation of anything. “Instagram is predicated on the idea of authenticity – of offering this backstage pass,” she says. “But I think it should be pretty apparent by now that what the platform actually offers is a filtered, tightly edited version of our lives.”

“Miquela is quite obviously not human, and she doesn't claim to be,” she adds. “In a way, I guess that almost makes her more authentic. What you see is what you get.”



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# Close to

Ovarian cancer touches the lives of women fighting the disease, the surgeons who operate on them and the scientists working on a cure. Here, while wearing Georg Jensen's fund-raising Offspring Heart pendants, those on the front line reveal what cancer has taught them. By Alley Pascoe



## THE SURVIVORS

**HEATHER HAWKINS, 53**  
*Diagnosed in 2007*

When you're diagnosed with cancer, your world stands still. I woke up in 2007 as a normal working mum, but by the end of the day I was an ovarian cancer patient. I had surgery nine days later and an 18-centimetre tumour was removed. Incredibly it was still at stage one, so it hadn't spread. If I had left it a few more weeks, I may not be here today.

Two years after my diagnosis, my kids started junior lifesaving and I decided to do my Bronze Medallion, learning how to ocean swim and sand run. I didn't want to be defined by cancer.

Since then I've started running marathons. In 2015, I did one at the North Pole. As I was running in -41° winds, I realised how grateful I was to be alive. I thought, 'Only a few years ago I was curled up in my hospital bed ... now I'm at the North Pole!' Running marathons is my way of encouraging women who have been through ovarian cancer. My diagnosis has taught me to have an adventurous spirit.

HEATHER (LEFT) WEARS BRIGID McLAUGHLIN TOP AND SKIRT AND SENSE BOOTS. MONIKA (MIDDLE) WEARS ASOS COAT, ZARA DRESS AND COUNTRY ROAD SHOES. JULIE (RIGHT) WEARS H&M BLOUSE, BASSIKE TROUSERS AND BALLY SHOES.

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# heart

## MONIKA TASIC, 28

*Diagnosed in 2017*

At the end of last year, someone at work asked me if I was pregnant. I told her that was a really inappropriate question, but I did look bloated. I went to the GP and had a CT scan. The next day my doctor called and said they'd found a mass and I would need surgery because they didn't know if it was in my ovary, uterus or fallopian tubes.

I signed a form to say they could take whatever they needed. I was 27 [so] it felt like I was signing away my future. In the end, they took my right ovary and fallopian tube and I went through nine weeks of chemo. The first two rounds were bearable, but by the third round I couldn't get out of bed.

In May, my doctor told me I was cancer-free. It was hard to believe, but I decided there had to be a reason I'd had cancer, so I started fundraising to help find an early detection test. I want to help the next girl going to see her doctor thinking she has a gluten intolerance and walking out with an ovarian cancer diagnosis.

## JULIE KHAN, 46

*Diagnosed in 2010*

I wasn't feeling well towards the end of 2009, so I went to the doctor to have scans on an ovarian cyst that hadn't been checked in a while. The scans were inconclusive. They thought it was endometriosis, so I went into surgery in April 2010.

I was violently ill when I left the hospital. It wasn't until my 10-day check-up that I found out they had removed my left ovary and fallopian tube because it was cancerous. I had my uterus, cervix and appendix removed in another surgery.

Because I'd had everything taken from me, I had a moment where I didn't feel like a woman anymore. I got through it with my family (my daughters were 11 and 12 at the time). Sometimes these things make you stronger and more supportive of others.

"Cancer has taught me to listen to my body and my instincts"

- Julie Khan



# THE CAMPAIGNERS

## LUCINDA NOLAN

Ovarian Cancer Research Foundation CEO

My sister-in-law was 54 when she was diagnosed and died from ovarian cancer so I'm passionate about the cause and the OCRF. Ovarian cancer research is undervalued and underfunded so we need to raise awareness about this lethal cancer. The fact that survival rates haven't progressed for the past couple of decades is a significant issue. It's our job at the OCRF to push to make sure our voice is heard and to raise as much money as we can to fund promising research into an early detection test for ovarian cancer.

## GEORGIE HERBERT

OCRF fundraiser

My mum passed away from ovarian cancer in January last year – after battling the disease for 11 years. When she was first diagnosed, I felt a real sense of helplessness. I wanted to do more than just drive her to the hospital for chemo, so I started entering fun runs to raise money for ovarian cancer research. It was cathartic to roll up my sleeves and do something. Last year, we cycled 1067 kilometres from Adelaide to Melbourne over nine days and raised \$120,000 for the OCRF. We called it the Silver Lining Ride because it was the silver lining in what had been a pretty rough year. Mum's fighting spirit inspired me to do the ride and to live life to the max.

## ANNE SULLIVAN

Georg Jensen CEO

As a brand, Georg Jensen is passionate about giving strength to women – so ovarian cancer is very close to all of our hearts. We're incredibly proud to have been a supporter of ovarian cancer research for four years and this year we're launching the Offspring Heart pendant with a percentage of proceeds going to the OCRF. We've raised a significant amount in the past three years but want to raise even more this year to help find a cure for this hideous disease.







## THE LIFESAVERS

THIS PAGE: FROM LEFT: JANE WEARS HER OWN CLOTHES. GERALDINE WEARS SIR THE LABEL BLOUSE, HER OWN SKIRT AND ZARA SHOES. TOM WEARS HIS OWN CLOTHES. OPPOSITE PAGE: FROM FAR LEFT: LUCINDA WEARS THOMAS PUTTICK BLOUSE, BRIGID McLAUGHLIN PANTS AND ZARA SHOES. GEORGE WEARS INTERVAL BLOUSE, BRIGID McLAUGHLIN SKIRT, AND COUNTRY ROAD SHOES. ANNE WEARS BRIGID McLAUGHLIN DRESS, AND BOLERO AND HER OWN SHOES.

### DR JANE McNEILAGE

The symptoms of ovarian cancer are very vague: it can be a little bit of bloating or lower abdominal pain. We as women need to be aware of our own bodies. And doctors need to listen to what women are saying to pick up on the early-warning signs.

I'd like people to recognise that the women who have ovarian cancer have a very difficult road to walk down; they need help and support all the way along. As a gynaecological oncologist, I walk the journey with my patients and try to be as supportive as possible.

### DR GERALDINE GOSS

The main difference between ovarian cancer and better-known cancers is the long-term outcomes. Overwhelmingly, women who get breast cancer will be cured of their disease because it's been detected at an early stage. That's not the case with ovarian cancer.

Because there is no early detection test, ovarian cancer is often found at a very late stage. Most women will need to have multiple rounds of chemotherapy and, unfortunately, most will die from their disease. The thing that will make the most difference is an early detection test.

### PROFESSOR THOMAS JOBLING

When patients tragically succumb to this disease, we share the sense of loss with their families. Cancer has taught me a deeper understanding of grief – both the grief that people suffer when they are diagnosed with this disease and the grief families feel when a loved one is taken from them.

I started the OCRF with Liz Heliotis in 1999 because of an obvious need for basic science research into this difficult disease. We're proud that the OCRF has provided more than \$35 million for research into an early detection test.



# THE FUTURE SHAPERS

**NICOLE YUWONO**

As a scientist who is researching ovarian cancer for my PhD, I work very closely with ovarian cancer patients in hospital and it can be very distressing. I met a girl who was 13 when she was diagnosed with ovarian cancer – those cases are very sad. But they keep you motivated.

**DR CAROLINE FORD**

Ovarian cancer is still considered rare, so it doesn't get a lot of government funding. The OCF has funded my group of scientists for the past five years and we're now at the stage of discussing a clinical trial. Being able to do research that will improve patient outcomes is such an honour.

**DR KRISTINA WARTON**

I'm working to develop a blood test to detect ovarian cancer early – before people have symptoms. That's important because ovarian cancer is a lot easier to treat when it's diagnosed early. Having researched cancer for so many years, I've learnt that it can happen to anyone. It doesn't discriminate.

**DR CLAIRE HENRY**

The statistics show that one woman dies every 10 hours from ovarian cancer. At the moment, women with ovarian cancer are treated with a stock-standard generic chemotherapy. We're trying to find a targeted treatment to improve their outcomes and lives.



# THE FIGHTER

**LEANE FLYNN, 50**

*Diagnosed in April 2017  
and again in March this year*

At the start of last year, I had some bloating and was urinating more than usual. I put it down to menopause but had a blood test and scan to be sure. When my doctor rang me after the tests, I knew something wasn't right. When she told me I had ovarian cancer, I went into shock.

I had surgery a couple of weeks after that and they removed a Coke can-size tumour from my ovaries and another one growing between my liver and my diaphragm. I was in the ICU for eight weeks and started chemo after that. It was all very overwhelming and daunting, but every month my blood tests showed the cancer was getting less and less. I finished chemo in November and it was wonderful.

Then, in March this year, I had a bit of stomach pain. I went for a blood test and ultrasound and it felt like Groundhog Day. My doctor called and said, "I wish I had good news for you, but they've found something there." I was shattered. I cried for a whole week. I thought, "Why can't I just be cured? I'm a good person. I'm prepared to spend every waking moment devoting my life to ovarian cancer, but I don't want to die for the cause; I don't want to be a martyr."

The cancer had spread to my liver, spleen and diaphragm so I went straight back into chemo. We still don't know if it's working – we'll find out in a few months. Statistically it's not good, but we try not to focus on that. The hardest part is reassuring my daughters [who are 21, 19 and 14]. We all try to pretend it's not happening. As far as they're concerned, I've gotten through this once and I'll get through it again.

Cancer has given me perspective. My mantra is: I can sit and cry, or I can get on with my life – it doesn't change the outcome.



**“Telling my story has given me a purpose”**

– Leane Flynn

## JOIN THE FIGHT

Since launching in 2015, Georg Jensen's partnership with the Ovarian Cancer Research Foundation (OCRF) has raised more than \$250,000. These funds help with its mission to find an early detection test and save women's lives. This year, Georg Jensen is releasing the Offspring Heart pendant in silver and 18kt gold. The stunning pieces are worn throughout this reportage and are priced at \$195 and \$995 respectively. Proceeds from their sale will be donated to the OCRF to help the foundation continue its lifesaving work. The pieces are available in-store and online; visit [georgjensen.com](http://georgjensen.com). To learn more about ovarian cancer, visit [ocrf.com.au](http://ocrf.com.au).



LEANE WEARS HER OWN CLOTHES. OPPOSITE PAGE: FROM FAR LEFT: NICOLE WEARS GARY BIGEN TOP; HER OWN SKIRT AND ZARA HEELS. CAROLINE WEARS LEE MATHEWS COAT; HER OWN SKIRT AND ZARA HEELS. KRISTINA WEARS BRIGID McLAUGHLIN TROUSERS. LEE MATHEWS BLOUSE AND COUNTRY ROAD SHOES. CLAIRE WEARS BRIGID McLAUGHLIN DRESS AND COAT; MIMCO SLIDES. PHOTOGRAPHY BY HAROLD DAVID. STYLING BY ALI CAREY. HAIR BY KYE. MELINDA WENG AND CHAD NORMAN USING ORIBE/WORK AGENCY. MAKE-UP BY JOEL PHILLIPS/ VIVENS CREATIVE, AND GABBY EVANS/VIVENS CREATIVE.





*This man knows why you're*

**SING**

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More than 212 million people have watched his YouTube videos, and his clients include Eva Longoria and Christina Aguilera. As he makes his Australian TV debut, Hannah-Rose Yee meets Matthew Hussey, the relationship guru you've never heard of who just might change your life

arrive early to the London event space in which Matthew Hussey is about to regale an audience with his trademarked techniques to "get the guy". It's still 30 minutes until showtime but inside the auditorium every seat is full. The speakers blast The Jackson 5's "I Want You Back" and Charlie Puth's "How Long". Female ushers – an army in skinny jeans and white shirts – high-five me as I walk past. "This is going to change your life!" chirps one, fizzing with energy. The room is teeming with hundreds of women, from early 20s hipsters to ladies in their 60s eager to listen to Hussey, whose combination of directness and charm has made him something of an Our Man Behind Enemy Lines. (The war is dating, enemy lines are men. All men.)

Next to me is Anna, 23, who discovered Hussey via his popular videos. "I like his sincerity," she explains, and the fact that he succinctly articulates what she is finding to be true of dating: bolstered by the banquet of choices available on dating apps, many men are floundering in the commitment category. For me, a single woman in her – Christ, I'll just say it – late 20s, Anna's comments ring true. And neither of us are alone. According to Tinder, there are 3.5 million people in Australia swiping left and right with reckless abandon. At the last census in late 2016, almost a quarter of Australians lived in single households, a number slated to swell by 63 per cent by 2036. In America, and many other countries, more people are single now than ever before.

Hussey is here to do something about that. At midday on the dot, he walks onstage to the kind of thunderous applause usually reserved for pint-sized pop Lotharios.

"Who is single? Hands up!" he addresses the crowd. About half the room responds. "Who is not sure if they're in a relationship?" He asks. The crowd roars with laughter and almost half the audience put up their hands. A woman in front of me raises both in the air, wiggling her fingers. Hussey smiles beatifically at the room. "Doesn't that just about sum it up?"

Shy and introverted growing up in Essex, England, at age 11 Hussey started borrowing his father's self-help books on how to connect with people. He applied the advice first to his teachers at school, then in his part-time job as a DJ. In his late teens, he began working as a life coach, guiding men on how to speak to women. But when he pivoted and began working with women in 2008, business really took off. Two years later he started posting on YouTube, attracting more than 1.3 million subscribers and 212 million views of his snappy dating-advice clips. In 2013, he released his *New York Times* bestselling book, >

PHOTOGRAPHY COURTESY OF MATTHEW HUSSEY.

# WEE



At his live shows (above), Hussey keeps audiences fixated as he dispenses advice on weeding “low-value people” out of your life.

*Get The Guy*. Then came the live tours, which sent Hussey around the globe, preaching his message to more than 100,000 fans. His clients include Christina Aguilera, for whom he worked as a life coach, and Eva Longoria, who was so impressed with his message she hired him as a matchmaker on her 2013 dating show *Ready for Love*.

Much of Hussey’s content is free, but for many it’s not enough. That’s when you have to start paying. The live events start from \$30, the five-day biannual retreat in Florida is \$5350. For the more discerning customer, he charges \$14,265 an hour for a one-on-one coaching session.

Currently, he’s starring as the dating expert on the Channel Seven reality show *The Single Wives*. It’s the latest in a string of shows capitalising on our collective obsession with romance. Love as a pop-culture construct is booming, and it’s in part because our own dating lives have become so complicated. There are apps and platforms aplenty upon which to meet people, but they come with their own set of issues. Every week a new dating buzzword – ghosting, breadcrumbing, orbiting, zombieing (when an ex-partner returns seemingly from the dead and re-enters your life with the universal “U up?” text) – is inaugurated into the vernacular. There’s more choice than ever before, but it breeds indecision and allows commitment-phobes to proliferate.

Hussey’s strategy to master the minefield isn’t groundbreaking. In fact, it’s radically simple: be confident, be proactive and don’t waste time on people who aren’t invested in you. It’s a cocktail of self-empowerment, fearlessness and a discerning bullshit radar that has resonated with the millions of women who consume his content every day. If you’re going to “get the guy”, Hussey suggests weeding “low-value people” out of your life.

“In some ways the [dating] landscape has

changed,” he says. “A lot of people are on those apps ... and when you can always rely on a new message on a dating app, you don’t have the same hunger to go and talk to that person in real life.

“But what hasn’t changed is human nature,” he adds. “So if you’re still good in a room, if you’re charming, if you have a lot going for you and you’re curious ... you’re still going to win.” (Hussey often talks like this. For him, the dating game is a literal game, and getting the guy is tantamount to a hat-trick at the soccer World Cup.)

“And that’s why I think the old [dating] skills,” by which he means self-confidence and flirting, “are a premium these days.”

The first time I meet Hussey is after the live show. For more than two hours the audience sat absolutely riveted, eyes glued to

his face. When it’s all over – the “was that good for you?” moment – they desperately clamour to be near him, to take a selfie or tell him how he has impacted their most personal, intimate lives.

Emma, 39, went on Hussey’s retreat two years ago. “On paper I should have been happy with my life. I had a great job, a nice flat, a partner,” she says. “But something was missing.” She scrimped and saved and jumped on a plane to Florida. “My boyfriend thought I was going to come back and break up with him. It was touch and go for a while ... But we worked through it because of the retreat and now we’re stronger than ever. I told Matthew, “You changed my life.”

I am not immune to the thrall either. I wait to one side with Hussey’s assistant, who promises she will introduce me once the crowd dies down. I want to ask him how I should keep my dating morale up after meandering through one non-starter of a relationship after another. How can I stop myself from pouring all my energies into the type of men that Hussey would define as “low-value” partners?

“If you’re charming, if you have a lot going for you, you’re going to win”

PHOTOGRAPHY COURTESY OF MATTHEW HUSSEY.



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I make small talk with Lara, a Hussey devotee. She admits she is currently engaged in an “almost relationship” that Hussey would disapprove of, and wants to go on the retreat for a second time to help her correct her course.

Our conversation is cut short as the man himself walks past, bracketed by a team of security guards. “We’re talking today, right?” he says, looking me in the eye. “Awesome.” In seconds he’s already passed us, women trailing him as he leaves the building.

The second time I meet Hussey he is driving home from the live show. There is no rest for a dating guru in this age of romantic minefields. Hussey is en route to film a webinar for online subscribers desperate to know the secret to long-lasting relationships.

The most common question Hussey is asked is this: “How do I get more from a guy who is not investing in me?” It comes in a variety of forms, whether it’s about ghosting, meeting the family, a second date. But the essential need is the same: I want more. And this man isn’t giving it to me.

“There’s so much emphasis on getting someone to do more who, bottom line, is not trying,” Hussey says. “The way to get someone else to do more for us is to focus on how to be the most attractive we can be.” He’s not talking physically but rather emotionally. How confident are you? How much do you love your life? How high is your self-esteem? How much satisfaction do you get from your job, your family, your friends, your passions? “That’s what we have agency over,” Hussey says. “We’re never going to control what someone gives us.”

**H**ussey is 31. He has been doing this for more than a decade. He remembers filming a video when he was 24 about coping with break-ups and an onlooker approached him and demanded: “Have you ever actually been heartbroken?”

He concedes his manner might have been a little glib. “I think as I’ve gotten older I’ve become

more patient with people’s pain because I’ve been humbled by my own experiences over time.”

He’s had heartbreak of his own and long stretches of being single. Five years ago, Hussey decided to leave London and move to Los Angeles, which was both a professionally successful but personally isolating time. “I would do a seminar and [then] come home and it was sometimes lonely at the end of those days,” he reflects. “I wanted to connect with someone.”

But those times are over. “My team has grown, and I’m having a wonderful time in my life. And I have someone; I feel really lucky.”

He’s talking about Camila Cabello, the 21-year-old singer of that unforgettable bop “Havana” and his girlfriend over the past year. (“I feel like I’ve never been happier in my life,” Cabello has said of her boyfriend.)

The biggest lesson he’s learnt in love is to “stop competing with your partner”, he explains. “Your success is my success ... Killing your ego is something I apply to my relationship all the time.”

It’s a message that may soon find its way into Hussey’s work. So far, he has mostly focused on the first initial flush of dating: meeting men, sparking their interest, decoding their texts, ushering them from one date to the next. But that could change as Hussey’s own life evolves. After what he has called a “string of one-year relationships” things appear to be going strong with Cabello. Sometime soon he would love to have kids. “Things have gotten better and better in my life,” Hussey tells me.

At the start of the live show, he revealed the secret to a strong relationship: the importance of finding someone with whom you not only have a connection, but with whom you might want to build a castle – a life – with. Together.

Hussey might have found that person to start building his castle with. And now, more than ever, he wants to help others do the same. “Get out there and enjoy life, because life is stupidly short,” he explains of his organisation’s philosophy. “It’s about making the world a little less lonely.”

**HOW TO GET THE GUY...**

according to Matthew Hussey

1.

**Be great.**

Be confident, curious and charming. Be great, because it’s the only measure that really matters.

2.

**Love life** because if you don’t, you can’t have a love life.

3.

**Know your value**

(and don’t let anyone undermine it).

4.

**Meet more people**

(but dispense with the wrong people, fast).

5.

**Stop avoiding conversations**

that scare you.

6.

**Communicate your needs**

candidly, but with lightness.

7.

**Move on, and fast**

if your needs are not being met.

8.

**Don’t over-value the connection**

and under-value the castle. The castle is the only thing that matters.

“It’s not about finding your fairytale, it’s about creating it,” Hussey advises the women who star in Seven’s *The Single Wives* (right).





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# A mother's *worst* nightmare

From the outside, she looked like a privileged middle-class parent. In private, she'd just discovered her little girl had been sexually abused by her best friend's partner. This is one woman's shocking account of what happened next



**T**hree years ago, I was giving my five-year-old daughter a bath when I knew something was horribly wrong. She was sitting cross-legged with her head bowed and kept looking down, avoiding my eyes.

This was so different from the giggly, playful bath times we used to have. My breath caught in my chest as I realised in a flash of horror why my little Alice\* seemed so withdrawn, why she couldn't look at me: it was shame. Why would a five-year-old feel ashamed? My head started spinning, but I told myself, "Stay calm, Catherine. Don't react. Don't scare her into not telling you what she's withholding." I took a deep breath and asked her, "Alice, has something happened?" She kept staring down at the water and said nothing. I asked her gently, two more times, "Did someone touch you?" Finally, she whispered two words: "Elizabeth's daddy."

It was a punch in the stomach. I felt winded - that terrible paralysis you only experience once or twice in your life, the floor sucking you down. I knew the most important thing was that I didn't show any signs of what I was feeling, or she might be too afraid to say more. ▷





I asked her if it had happened when we'd hosted a New Year's Eve party for our closest friends, including Janet – my best friend since I was 14 – her partner, Michael, and their daughter Elizabeth, who's Alice's age. They had stayed overnight. She said yes. I stepped into the hallway and phoned my husband, David, who was at a football match, and told him Michael had done something to Alice when he'd stayed at ours. "What are you talking about? Don't be crazy," he said, but he came home.

I lifted Alice out of the bath and hugged her close in her towel. I knew she had revealed something that was very difficult for her to talk about, and I was terrified she would refuse to speak again, so I decided to record her secretly with my phone. Her little face was so sad, her voice so full of shame, I knew no-one would be able to doubt the truth of her words once they'd seen this video. I asked her to tell me again exactly what had happened on New Year's Day, the morning Michael had babysat her while my husband and I slept off our hangovers. "Mummy, I already told you," she said. Then she continued, matter-of-factly explaining that he laid her down on the kitchen table and pulled up her nightie. I couldn't stop myself gasping. She pointed and told me how he had firmly stuck his fingers inside her "doodah", as we called it, and opened her up so he could see inside. I tried desperately not to vomit. She said then he leant over her and whispered in her ear, "Don't tell your mummy."

When David came in, he hadn't believed what I'd told him on the phone, but then he looked at Alice, sitting hunched over on our bed, and his pupils dilated, turning his eyes black. I've never seen that look on anyone. He didn't let Alice see his anger. We tucked her into bed and went downstairs where I collapsed on the floor, sobbing.

The next day I called the police and showed them the video on my phone, and they knew, as I did, that Alice was telling the truth.

We were a perfect family from the outside. I was a figurehead for a luxury brand, a poster person for the good life. That's the irony. On social media I post

Her little face was so sad, her voice so full of shame

pictures of high fashion and a luxury lifestyle and people comment saying, "I want your life!" I'd think, "You don't know what I'm going through. You don't want my life." I was a wreck. I couldn't stop thinking about Alice's words and the events of that day. I thought I was going mad; my GP put me on antidepressants, which I still take.

I was consumed by anger that this friend of ours had messed up my little girl, forcing a sexual experience on her at five years of age. At the same time, I felt pangs of compassion and pity for my oldest friend, sick at the knowledge that this grenade was about to roll into her life, as it had into mine. I couldn't speak to her – the police had told us not to make contact.

I was also terrified that this had happened to other children, including Michael and Janet's daughter. The police described Michael's behaviour as "bold" and said it suggested "previous activity". My husband went to speak to another friend who had been at that New Year's Eve party, and whose daughter had also been in Michael's care that morning. David showed him the video of Alice and his face went white as he said, "Oh my God, it's true." He told of how he'd had been at the wedding of a mutual friend a couple of months earlier when a group of furious parents had stormed over because their

children had accused Michael of trying to take them into the men's loos and of making lewd comments. He had passionately defended Michael, telling them that this was a trustworthy man. Until now, I would have done exactly the same. That evening, he and his partner asked their daughter if any grown-ups had ever touched her under her clothes. She replied, "Only Michael."

My way of dealing with it all was to talk about it. I needed to purge myself of the toxic experience but also to feel that something good could come from it if everyone became more aware of this danger. When I told my friends and family, I would watch their eyes. If their eyes widened, they expressed shock and horror that something like this could happen; if their eyes narrowed, they waited a few beats and then told me it had happened to them. "Catherine, my grandfather/stepbrother/brother did this to me, and I have never told anyone until now." A number of our friends have gone to counselling as a result.

Other friends dropped me like a stone. They didn't want me bringing this into their lives and acted in a way that made me feel grubby. Some people in our friendship group didn't want to take sides; others thought Alice was making it up and sent abusive emails.

One month after we first reported what had happened, I was in the middle of giving a presentation at work when I had to excuse myself to take a call from

I was terrified,  
stuttering,  
and the judge  
had to ask me  
to calm down

a policeman who told me that, in the next hour or two, Michael would be arrested. It seems so naive now, but I was convinced he would accept that he had a problem, and he would get help. It never occurred to me that he might deny it. I felt so sad for Janet; I had an image in my mind of police coming to their quiet street, the neighbours watching as they brought out her partner in handcuffs. I rang her and she sounded frantic, panicked. I told her that what was happening was to do with us. That was our last phone call.

The case completely consumed our lives for the year before it came to court. Alice had to give evidence by video link and I wasn't allowed in the room with her. It was so difficult for her; she didn't want to talk to me about what had happened, never mind to strangers. All I could do was encourage her to tell the truth. We tried to keep things normal for her, and she didn't seem distressed by it – she's a strong little girl and she seemed to take it in her stride.

I am used to speaking in public, to projecting a calm, capable image, but the first time I went into court I was shaking. I tried to drink a glass of water and spilt it on myself. I was terrified, stuttering, and the judge had to ask me to slow down. That was the first time I saw Michael. He sat glaring at me. He had a suitcase with him – he thought he was going to jail, and so did I. Crucially, we weren't allowed to submit the video

I had taken because it wasn't filmed in controlled conditions, nor were we allowed to introduce the episode at the wedding. The lawyers twisted my words to make it seem as though Alice made it up. It was just the word of two little girls against this man with no prior record and his extremely expensive lawyer.

It was a hung jury. If just one more person had thought he was guilty, he'd have gone straight to prison, but instead we had to go through a retrial. We had promised Alice the first time that she would have to do this only once, and we were forced to break that promise, which was very painful. It was a strange experience watching all these character witnesses tell the jury how they trusted Michael with their children and could not dream that he could do something like this. A few months earlier, I would have said the same things.

I was at home when I received a phone call and heard the words "not guilty". I was shocked. I had to go to the pub and have a drink in the middle of the day. That is not my style, but this did not feel like my life, either.

We haven't explained this to Alice. We just told her that we were proud of her for telling the truth and, as far as she knows, it has been dealt with. I took her to see a child therapist – we booked her in for three sessions, but after two they told me that she was managing well, although she does struggle with anxiety and has problems sleeping. We will see what comes out as she gets older. It hasn't changed our relationship – if anything, it has made us closer as a

family. Even though we'd been together for years, David and I had never got around to getting married, but after the court cases, he proposed. Alice was a big part of our wedding, and it was joyous. We needed to celebrate, to focus on the beauty in our lives.

More than a year later I was sitting in a cafe when I looked up and saw Janet. My oldest friend, whom I hadn't seen for three and a half years, whose partner sexually abused my daughter and lied about it. Before I could think of what to say, words tumbled out of my mouth: "Janet, when I see you in my dreams I always hug you, and I wake up sad that it didn't really happen." We talked and talked, about what the police had told her and what they had told me. I didn't feel anger; I felt compassion. She said she and Michael weren't together any more. Before I left I said to her, "Janet, I know this is hard for you to accept, but it did happen." I hope I will see her again, in time.

I want all parents to trust their instincts: if you sense there is something weird going on with your child, there might be. We must teach our children that no-one is allowed to touch their body or make them feel scared, and that when someone says, "Don't tell your mum or dad," that is code for, "Tell your mum and dad straight away."

I won't let what this man did destroy our family. Alice knows that we will always support her, that we will do whatever we can to protect her. Our love will help her to overcome what she's been through. I have to believe that.

#### HOW TO SPEAK WITH YOUR CHILD ABOUT SEXUAL ABUSE

Parents should always listen to their children and believe what they say – it is very unusual for a child to fabricate stories about sexual abuse. Here is the Better Health Channel's advice for helping a child recover from sexual abuse.

- |                                                                                                                                                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                                                                                                                                                            |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>DO</b></p> <ul style="list-style-type: none"> <li>• Tell them you believe them</li> <li>• Tell them you do not blame them</li> <li>• Let them know you love them and that you are glad they told you</li> <li>• Give them time to talk at their own pace             <ul style="list-style-type: none"> <li>• Look after yourself and talk to a counsellor so you can cope and be there for your child</li> </ul> </li> </ul> | <p><b>DON'T</b></p> <ul style="list-style-type: none"> <li>• Blame your child for what happened</li> <li>• Suggest that it would have been better if they had not told anyone</li> <li>• Tell your child that you blame yourself</li> <li>• Tell your child to forget that it ever happened</li> <li>• Get upset or angry when your child talks about the abuse</li> </ul> |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

**Anyone affected by sexual assault or family violence should  
phone 1800 737732 or visit 1800respect.org.au**

# chadsi

**A**my Adams gets what she calls “the feels” – visceral vibes sparked by a sound, a smell, a setting, a certain something that triggers a memory. New York’s Central Park is loaded with feels for her. Adams knows every inch of this 300-hectare haven. She could rattle off every movie scene filmed in these groomed wilds. “Walking in Central Park is my favourite thing to do here,” says the actress, leading the way. She blends in with park visitors in her big sunglasses, white tee, Lululemon Athletica leggings and Nike tennis shoes, a Starbucks Americano in hand. “There’s something about the serenity inside of the chaos; I love that juxtaposition.”

Stopping suddenly, she points to children running in the distance. “That playground gives me the feels. My daughter, Aviana, broke her foot there. So the feels in this case is an anxiety bubbling up,” she says, emitting a jittery trill. “It was scary. We had to run back to the hotel, and Darren was carrying her, and in my mind I was like, ‘Oh, my gosh, this is so *Kramer vs. Kramer!*’ He looked like Dustin Hoffman when he was running out of the park with the child in his arms, and I thought, ‘Amy, what’s wrong with you?’” She laughs. “That was my mind’s way of dealing with my daughter being injured: coming up with a movie reference!”

You can’t blame Adams, 43, for having movies on the brain. She has made nearly 30 films since breaking big in the 2007 live-action fairytale *Enchanted*, her perfect oval face, dimpled chin and wide azure eyes able to capture any type, any era, in every genre. In her five Oscar-nominated performances, the actress induces all kinds of deep feels, embodying a pregnant chatterbox in *Junebug* (2005), a

guileless nun in *Doubt* (2008), a tough Boston barmaid in *The Fighter* (2010), the Lady Macbethian wife of a cult leader in *The Master* (2012) and a swindling siren in *American Hustle* (2013).

As major as she is, Adams is more actor than star. “Amy can convey so much with the subtle movement of her face; she has the most expressive eyes,” says Tom Ford, who directed Adams in 2016’s delicious film noir *Nocturnal Animals*. “She can literally telegraph her feelings.”

Odds are she’ll garner an Emmy nod for her work in HBO’s series *Sharp Objects*, an eight-episode adaptation of the bestselling novel by Gillian Flynn (*Gone Girl*), screening now on Foxtel’s Showcase. Adams, a co-executive producer, stars as Camille Preaker, a self-mutilating, sex-addicted, alcoholic newspaper reporter fresh from a psych ward who is sent to cover a pair of creepy child murders in her creepy hometown where her creepy estranged family lives.

“She’s someone who couldn’t be further from the actress playing the part, and yet Amy has this dark quality that is always there, even after five, 10 minutes,” observes Jean-Marc Vallée, who directs the series in the acute documentary style he used to such great effect on HBO’s *Big Little Lies*. “Camille has so much pain and shame, pouring liquor all the time over her demons; she carries all these scars. Amy didn’t judge her. She approached her with humility and humanity.”

Adams explains, “There’s something freeing about playing somebody who’s a mess. But the depth of pain that she’s constantly in is tricky. I felt like I had to not back away from it because so many people have a personal experience with this book.” ▷

Of her role as Camille Preaker in acclaimed HBO series *Sharp Objects*, Adams reveals, “There’s something freeing about playing somebody who’s a mess.”

ng

amy

She made her name playing a princess who gets her happy ending.

For her next chapter, Amy Adams reveals how she tuned into her dark side.

PHOTOGRAPHY BY LIZ COLLINS/TRUNK ARCHIVE/SNAPPERMEDIA.COM. TEXT BY HOLLY MILLEA.

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Not the least of whom is Flynn, who confesses, “It holds a lot of my own little demons. What Camille carries with her – that’s my appetite for self-destruction. It’s been very hard and cleansing watching Amy take on this character. She looks like a china doll, with this beautiful angelic voice, but she has this real grit to her, this uncrumble-ability, a resilience. She’s a ballerina with a steel spine.”

Adams, who – apart from a few appearances on *The Office* – hadn’t done any television since being booted from the Rob Lowe starrer *Dr. Vegas* in 2004 for “not being sexy enough” (quoting Lowe’s book *Love Life* as to what he was told), couldn’t resist Camille’s “private struggle laid bare”, she says. “Most people don’t show their darkness.”



“Before, I thought people would think I was crazy. Now I know I can navigate my own personal darkness”

It would be too easy to attribute Adams’ shadowy corners and potential for “deep sadness” to a peripatetic childhood (her father was in the army) and a devout Mormon upbringing that came to a halt when her parents divorced. Adams was 11 at the time, living in Castle Rock, Colorado, the middle child of seven whose close bond mitigated the collateral damage. “Growing up in a fractured family, the fractures start so much earlier than the actual divorce. That changes who you are. If I were alone, that would be a totally different experience. But I can bear witness constantly with my siblings. You feel validated. You know what I mean? I’m not crazy – just a little sad from time to time.”

Still, there’s no question that Adams has grown adept at channelling her darker shades into her on-screen performances. “I’ve often thought of my career in periods, like Picasso,” she says. “I had my ‘Innocence’ and I had the ‘Rowdy Girls.’” Now she’s in her “Intense” period, which includes the role of Anna Fox, an alcoholic, drug-abusing agoraphobic, in the film adaptation of A.J. Finn’s bestselling thriller *The Woman in the Window*, which begins shooting this month.

Clockwise from top left: Adams with her *Sharp Objects* co-stars at the TV series’ screening in June; playing opposite actress Patricia Clarkson in the show; and with her husband Darren Le Gallo and their daughter Aviana in January 2017.

“There’s just so much truth in the darkness and the sadness,” Adams says, “and I’m willing to explore it now in a different way. Before, I thought people wouldn’t like me or they would think I was crazy. Now I know I can navigate my own personal darkness and it won’t consume me. In my work, I’m able to visit that part of me without having to live there. I don’t have to build a house and move in.”

Adams points out Central Park’s open-air Delacorte Theater, where she played the Baker’s Wife in *Into the Woods* in 2012 and became fast friends with her co-star Jessie Mueller, who won a Tony Award for her portrayal of Carole King in the Broadway musical *Beautiful*. “The first day of rehearsal, I plopped down next to Jessie and said, ‘All right, if I’m going to learn [Stephen] Sondheim, this is the person I should sit next to,’” Adams recalls. “That’s my MO: I like to play up. I want to work with people [who are] better than me. Always thinking you’re the shit isn’t going to get you anywhere.”

Adams, who lives in LA, is here in New York to see Mueller on opening night of *Carousel* on Broadway. “It’s one of those friendships where you pick up right where you leave off,” Mueller says. “She’s really interested in human >





"I want to work with people [who are] better than me. Always thinking you're the shit isn't going to get you anywhere," Adams explains.

PHOTOGRAPHY BY LIZ COLLINS/TRUNK ARCHIVE/SHAPPERMEDIA.COM/GETTY IMAGES

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beings and why we do the things we do or feel the things we feel.” She laughs. “Last night, Amy kept going, ‘How are you? No, but how are you?’ She wants to know. ‘How’s your heart?’”

Adams cuts across the lawn and asks, “Can you jump the fence?” She hops over first then offers a hand. “What I’ve learnt in life is never assume somebody is comfortable jumping the fence,” she says. Her eyes widen: “That sounds so Nora Ephron-y! I wish I sounded that smart. I wish I could write like Nora.” Her phone dings with a new text message. “It’s my husband,” she says. “Oh, they’re in the park!” She texts back, saying she’ll find them. “They’re the best. If I have ever done anything right in my life, it’s having this little girl. The person I might have become had I not had her is not a person ... I would be really ...” What? “Dark. Which I think is why I’ve been so attracted to some of the characters I’ve [played].”

Walking ahead, Adams scans the area. “There he is! Look! This is why I love him,” she says, pointing to a tall man wearing a pink fuzzy child’s jacket like a cape – the hood on his head – keeping watch over his daughter flying high on the swing set. Adams sighs. “It’s sexy to see him raising a girl and teaching her how a man should treat her in a lovely way.”

**D**arren Le Gallo, an actor and writer, met Adams in an acting class in 2001. They were friends for a year and a half before they realised they should be having much more fun. In 2010, Aviana came into the world, named for Aviano, Italy, about 100 kilometres from Adams’ birthplace of Vicenza, where her father was stationed. The couple married in 2015.

“Hey, babe,” Adams calls out, catching Le Gallo’s attention, giving him a kiss. After introductions, she tells him it’s OK to speak freely, adding, “I’m going to stand here like a guard.” Adams crosses her arms, jokey, not joking.

Asked how Adams has changed since they first met, Le Gallo replies, “She is a lot more confident in her own voice. She has stopped apologising for herself. I think having a child – she’s a really good mother – it made her face things that you otherwise might not.”

Next month, Adams will be back in New York, locked up in a Brooklyn brownstone, pill popping, drinking copious amounts of red wine, watching old movies, spying on the neighbours, terrified of the world outside, playing Anna Fox. “I don’t have to do much research,” Adams says, laughing. “I’m kidding! Though I’ve had periods of time where I’ve definitely had anxiety and not wanted to leave the house.” After shooting *Sharp Objects* for six months,



“Having a child made her face things that you otherwise might not”

*The Woman in the Window* will surely be a walk in the park.

And it’s not like Adams isn’t having fun in the process. Chris Messina, who co-starred with her nearly a decade ago in Nora Ephron’s *Julie & Julia* and plays her love interest in *Sharp Objects*, recalls shooting a scene in which the two were fighting in a diner. “There was something about the scene she picked up with her bullshit detector that was not right,” he says. “Amy asked to see the playback and watched the take and wanted to go again. She sat down and pointed to the stool at the diner, like Babe Ruth pointing to the bleachers, saying, ‘I’m going to hit a home run now.’ And she did. It was so sophisticated and layered. I’ll guarantee you, that’s the take they use.”

Just ask Vallée, who calls from the editing room where he’s been living with Adams’ alter ego day in, day out, frame by frame. “Cutting the episodes, I want to save her,” he admits. “I want to be her friend. I want to take care of this girl. There’s a lot of Amy there.” Maybe, maybe not. Either way, that’s her great gift. And she is definitely giving him the feels.

*Sharp Objects* is airing now on Foxtel.



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Under the guise of running a self-help group, Keith Raniere allegedly turned his female followers – a TV star and a billionaire heiress among them – into brainwashed “slaves”. Barbara McMahon reports on the trial that’s gripping America

# *Inside Hollywood's* **EVIL SEX CULT**

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Allison Mack (left) played Chloe Sullivan in the TV series *Smallville* from 2001 to 2011; and NXIVM leader Keith Raniere.

Allison Mack, known as much for her bubbly, enthusiastic personality as for her work on the TV series *Smallville*, was the perfect person to spread the word about a feminist mentoring program. She was passionate about the advantages it had given her and tweeted to actress Emma Watson and singer Kelly Clarkson that both women would benefit by joining. “I’m a fellow actress like yourself and involved in an amazing women’s movement I think you’d dig,” she tweeted to Watson in January 2016. “I’d love to chat if you’re open.”

Mack was busy recruiting even when she was auditioning. Actress Samia Shoaib, who appeared in the films *The Sixth Sense* and *Pi*, recalled Mack as persistent in trying to recruit her at a casting call in Manhattan. “She told me, ‘It’s a bunch of women. We go on a retreat and we share our experiences and support each other,’” Shoaib said on American television. “Looking back, it was a very contrived effort, but at the time she seemed so sincere.”

None of the women joined, which is just as well, because the 36-year-old blonde is now under house arrest on \$6.8 million bail, having been accused of sex trafficking and conspiracy to commit forced labour while operating as a high-ranking member of the so-called self-help group she was a part of. Today, she wears an ankle bracelet and appeared at a preliminary hearing in May. If found guilty of the charges, she could face life in jail.

It is the latest development in the strange story of a secret sorority – or cult – called NXIVM (pronounced “nexium”), which has entangled a

bizarre set of characters, from Hollywood actresses to billionaire heiresses to a shady leader by the name of Keith Raniere.

Raniere is a curious figure who has made headlines on and off for years. As early as 1984, aged 24, he reportedly manipulated a 15-year-old girl into sex. In 1990, he launched his first members-only marketing company, called Consumers’ Buyline, which he shut down in 1996 after it was suspected of being an illegal pyramid scheme. He was also alleged to have molested a 12-year-old girl around that time, although charges were dropped for lack of evidence. Then, in 1998, he formed the grandiosely named NXIVM. On the surface it marketed itself as a self-empowerment scheme for women. But according to the FBI, the 57-year-old leader exploited his female acolytes for financial benefit and maintained “a rotating group of 15 to 20 women” in an inner sanctum, coercing them into sex. According to the FBI agent Michael Lever, these women were “allowed” to have sex only with Raniere.

But it wasn’t until it emerged that female followers were being branded near their genitals with what is said to be a combination of Raniere’s and Mack’s initials – seared with hot irons in sadistic rites meant to prove loyalty to their “masters” – that authorities were prompted to act. Raniere and Mack were arrested by the FBI in March and April respectively and the US Attorney’s office in Brooklyn has opened an investigation into NXIVM, which suspended operations in June.

Details about what went on in the group led by this creepily charismatic man are bizarre. ▷

Women were told the best way to advance was to be a “slave” overseen by “masters”





**CASTING COUCH**

Clockwise from left: the story has led to a media storm in the US; the branding of members included the initials of Mack and Ranieri. Clockwise from right: Mack tried to recruit Emma Watson, Kelly Clarkson and Samia Shoab; actress member India Oxenberg.



**Branding Ritual Scarred Women in Secret Circle**

Ranieri ran the organisation with a business partner and former nurse Nancy Salzman. According to promotional material, the courses they held would help people achieve their goals by changing the way they thought, made decisions and reacted. There were modules with titles such as Parasites, about people who crave attention, and Suppressives, about people who are disloyal to Ranieri's teachings. Sashes of different colours were assigned to participants to denote rank. Only Ranieri was colourless and did not wear a sash. An estimated 16,000 people completed the workshops, which were priced from about \$3600 to \$27,000.

According to the court documents filed, Ranieri, known within the group as "Vanguard", oversaw a barbaric system in which women were told the best way to advance was to become a "slave" overseen by "masters". They were expected to have sex with him and do menial chores, and to keep the arrangement a secret. As punishment for not following orders, women were made to

attend classes where they were "forced to wear fake cow udders over their breasts while people called them derogatory names", court papers said.

Ranieri urged women to follow near-starvation diets to achieve the physique he found attractive. They were forbidden to eat more than 800 calories a day, and sometimes as few as 500. Women were required to give female recruiters – allegedly including Mack – "collateral". This included naked photos of themselves and other compromising material such as personal secrets about friends and family that would be used as blackmail if they wanted to leave NXIVM.

When former NXIVM publicist Frank Parlato came on board in 2007, he didn't think there was anything sinister at first. "I thought they were just a bunch of kooky people. As long as it was voluntary, it was none of my business," he says. "There'd be cold showers in the morning and periods of silence ... Days started at 7am and might not finish until 11pm. Everyone who took the course said they were out of it for part of the time."

Once a woman was deemed ready to meet Ranieri and enter his inner

"I'm talking about [photos] that would make Larry Flynt blush"

circle, she became a "slave" and higher-ranking women forced her to agree to have naked pictures taken. "It's coming from a woman you trust, somebody you look up to, and they're telling you it's never going to be used," Parlato explains. "These aren't arty shots – I'm talking about something that would make Larry Flynt blush."

Parlato, who broke the story of the branding of female adherents after he left the group, thinks there were between 25 and 50 victims. When a woman reached a certain level of proficiency she was told that she was getting a tattoo. "Other women would blindfold her, hold her down and burn her with a hot iron. There was no anaesthesia. It would have been extremely painful," he says.

Mack was instrumental in recruiting and branding women, according to Parlato. "They nicknamed her 'Pimp Mack'," he says. In an interview she gave to *The New York Times* before her arrest, Mack openly admitted that the branding was her idea, and explained its significance went beyond tattooing. "I was like: 'Y'all, a tattoo? People get drunk and tattooed on their ankle 'BFF' or a tramp stamp. I have two tattoos and they mean nothing.'" During the branding, some of the women would wear surgical masks to help them avoid breathing in the smell of burning flesh, and they would cry out to one another: "Bad-ass warrior bitches! Let's get strong together." At least some rituals

**BILLIONAIRE HEIRESSSES**

Seagram heiresses, cult members and sisters Clare (left) and Sara Bronfman in 2009. Their father tried to cut off their trust fund to stop them losing it all to Ranieri.



PHOTOGRAPHY BY JOHN CARL DANNIBALE/TIMES UNION; WILL WALDRON/TIMES UNION; GETTY IMAGES.



#### UPSTATE NY

Clockwise from left: Mack leaves court after her hearing in early May this year; a NXIVM sign outside its office in Albany, New York; the FBI and state police raided the home of NXIVM co-founder Nancy Salzman in late March this year.

were said to have taken place at Mack's New York home.

**K** eith is one of the smartest men I've met in my life, but he's the real wolf in sheep's clothing. Every year he got a little crazier," says Ranieri's ex-girlfriend Barbara Bouchey, a financial consultant who took one of Ranieri's courses in 2000 when she was 40. She was going through a divorce and a friend had committed suicide, so a business associate thought she could benefit from the guru's system of life coaching.

"[Ranieri] told me it was ordained that we should meet, that he had been having dreams I was coming into his life. It felt improper because he was the teacher, but I was flattered," she recalls of her first day at the seminar. It wasn't long before she was enmeshed in the group. "There was already a hierarchy of women. Everyone knew their place in the pecking order, but he told his inner circle about me, [saying] I was like a thoroughbred. I was deeply in love."

Bouchey joined the executive board of NXIVM and helped with enrolments. The couple were together for nine years and she says she was unaware that Ranieri was sleeping with other women. "He was charismatic; he could hold an audience of hundreds of people in the palm of his hand. Everyone wants to say that he's an evil crook, but he wouldn't have been able to bring people through the doors if there wasn't something brilliant about him."

Bouchey says she began to feel disillusioned and claims that when they fell out Ranieri started a smear campaign against her. "I've been dragged into 14 lawsuits, had to spend \$700,000 on lawyers' fees. They've hired people to follow me, hacked into my banking and

phone records. One of the inner circle told me there was a plan to kidnap me and take me to Mexico and put me in a dark, dark place. This is crazy, crazy stuff," Bouchey says.

Some of Ranieri's female disciples have scattered in the wake of the controversy, but others have stayed the course. Sara Bronfman, an heiress to the Seagram liquor fortune, joined NXIVM in 2002 and roped in her sister Clare. Their father, billionaire businessman Edgar Bronfman, eventually tried to cut off the sisters' trust money to stop them losing it all to Ranieri.

According to legal filings and public documents, more than \$200 million of the Bronfman sisters' trust funds was funnelled into the secretive organisation. Of that, \$89 million was used to cover Ranieri's failed attempts to speculate in commodities markets, \$40 million was spent on real estate holdings, \$14 million went on a 22-seat twin-engine jet and the rest went to cover



From top: Barbara Bouchey met Ranieri in 2000 at one of his seminars, and they were a couple for nine years. "He could hold an audience of hundreds of people in the palm of his hand," she says.

legal costs for lawsuits against NXIVM defectors and other enemies. The Bronfman sisters deny the amount of money involved. "I think it's a cult," Edgar Bronfman said of the organisation before his death in 2013.

Clare Bronfman, who is now said to be in charge of NXIVM, says that neither she nor Ranieri have done anything wrong. In a statement on her website she says Ranieri is "dedicated to the betterment of the lives of others" and calls him a dear friend.

London-based writer Alexandra Stein, the author of *Terror, Love and Brainwashing: Attachment in Cults and Totalitarian Systems*, says NXIVM fits her five-point definition of a cult. "One: the leader is a charismatic bully. Two: the structure of the group isolates people. The third aspect is the total ideology and belief system. Fourth is the process of brainwashing, and fifth is creating controllable, exploitable followers who serve the leader's needs and who are not able to think of their own interests." The women in the group will have been "victims as well as perpetrators" because of brainwashing, she adds.

Mack refused to meet Ranieri's eyes when they entered court in May, despite his repeated attempts to get her attention. She has agreed to cut all ties with the group as part of her bail conditions, with sources saying that negotiations are continuing between her counsel and prosecutors for a potential plea deal. Ranieri and Mack are both due to face court again in October.

Ranieri has pleaded not guilty to all charges. A statement on the NXIVM website reads, "In response to the allegations against our founder, Keith Ranieri, we are currently working with the authorities to demonstrate his innocence and true character."



# HERE & NOW

## OUR PICK OF THIS MONTH'S MUST-HAVES



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GIRL OF THE  
MOMENT

## JULIA GARNER

Swearing, spitting and stealing safes, Julia Garner is the ultimate criminal mastermind

"I'm a neurotic New Yorker," says Julia Garner, pointing out the differences between her and her *Ozark* character Ruth Langmore, a foul-mouthed criminal from Missouri who rocks denim cut-off shorts. "I'm not like Ruth at all. She's unpredictable and acts impulsively. In the first month of shooting *Ozark*, I was exhausted every single day because I had to completely remove myself."

Garner, who grew up on the Upper West Side of New York with her therapist mother and art teacher father, found it easier to tap in and out of her bad-arse character when filming the second season of the acclaimed Netflix drama. "You understand Ruth

on a much deeper level in season two. Her ruthless behaviour starts to make sense," says Garner, 24, who hired a dialect coach to nail the Missouri accent and wrote in an acting journal to get into character.

Her dedication has paid off: Hollywood critics have lauded Garner's performance as "monumental" and "rather spectacular". And now she's set to appear in the heavily hyped Netflix series *Maniac*, alongside Emma Stone and Jonah Hill. "I can't really say anything about *Maniac* except that it's really cool. I feel like a jerk that I can't say more than that," apologises Garner, like a true neurotic New Yorker.



WATCH IT  
*Ozark* S2 airs  
on Netflix this  
month.



# FILM ALL HAIL AWKWAFINA



Nora Lum has gone from rapping on YouTube

to starring in the year's biggest films.

Gill Pringle meets the woman better known as Awkwafina

## DID YOU KNOW

Lum learnt how to pickpocket for her role in *Ocean's 8*: "I can easily steal watches if my career goes away."

Nora Lum's vagina has taken her to unimaginable places. Most recently it's led her to Hollywood, where she's starred in two big-budget films: *Ocean's 8* and the eagerly awaited *Crazy Rich Asians*, based on Kevin Kwan's novel.

Five years ago, the journalism graduate was stuck in a "boring" job in PR when she recorded "My Vag", a rap video made in response to Mickey Avalon's song "My Dick". With lyrics like, "Awkwafina is a genius/and her vag is 50 times better than a penis," Lum never expected the song to amass 2.6 million YouTube views, let alone for it to be adopted as a feminist mantra. "I was just rapping about my genitalia," shrugs Lum, who created the stage name Awkwafina because she didn't want to lose her job. "I didn't want my boss to recognise me. But I got fired anyway."

One album, five TV shows, a documentary and five films later, Lum, 29, is sipping tea with *marie claire*, talking about her childhood. Born to a Chinese-American father and a South Korean mother, she's been making people laugh ever since her mum died when she was four. "It sounds pretty morbid, I know. A child that age doesn't really understand social cues, so I learnt to use comedy as a defence mechanism," she explains.

Lum is at her most confident as a comedian, but being the clown does have its pitfalls: men are intimidated by her. "It's the voice," she says with a laugh. "Maybe they think I'll write a terrible song about them like Taylor Swift. [And] if you get me angry enough, I would!"

Lum is currently single after the end of a three-year relationship (she briefly dated an Australian who shall remain

nameless). "He was from Melbourne. He told me he shot kangaroos because they were pests. I didn't like that at all."

As an Asian-American, Lum was amazed to discover the sumptuous lifestyles of Singapore's wealthy elite portrayed in *Crazy Rich Asians*. She's quick to admit that she doesn't fit neatly into Asian stereotypes of overarching parental ambition. "My dad's dreams for me were always the low-hanging fruits of jobs. It wasn't a doctor, it was a sonogram technician."

Unlike the characters in *Crazy Rich Asians* who live in palaces, Lum still lives in the same house in New York's Queens. "There's not a lot of security in this industry, so I don't want to buy a house, go broke and have to do infomercials," says Lum, who spent her first big pay cheque on a Gucci purse and some computer software.



CRAZY RICH ASIANS HITS CINEMAS ON AUGUST 30

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**MUSIC**

# FROM THE NOUGHTIES TO NOW

Your favourite acts from the mid-2000s are back and, boy, times have changed



**THEN**

**LILY ALLEN, *Alright, Still***

When Lily Allen first hit our airwaves in 2006, she was singing about getting her shoes searched for drugs while out clubbing on a Friday night. "Don't try and test me cause you'll get a reaction, another drink and I'm ready for action," she threatened.

**NOW**

**LILY ALLEN, *No Shame***

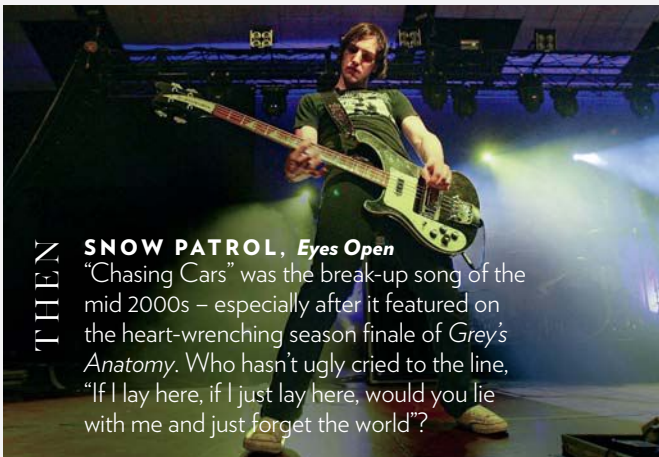
More than a decade later, Allen reflects on her wild 20s and owns her choices in her new single "Trigger Bang", singing, "When I was young I was blameless ... I would wake up next to strangers, everyone knows what cocaine does."



**ARCTIC MONKEYS, *Whatever People Say I Am, That's What I'm Not***

The Brit band coined the term "chip shop rock'n'roll" with their debut album in 2006, which was full of stories about getting into fights with nightclub bouncers and picking up girls on the dance floor.

**THEN**



**THEN**

**SNOW PATROL, *Eyes Open***

"Chasing Cars" was the break-up song of the mid 2000s – especially after it featured on the heart-wrenching season finale of *Grey's Anatomy*. Who hasn't ugly cried to the line, "If I lay here, if I just lay here, would you lie with me and just forget the world?"



**THEN**

**CHRISTINA AGUILERA, *Stripped***

In 2002, Xtina was a bare-knuckle cage fighter. She wore a bikini and leather chaps in the iconic film clip for "Dirrty", where she declared she was, "Too dirty to clean my act up".



**NOW**

**CHRISTINA AGUILERA, *Liberation***

The 37-year-old has swapped her labret piercing for a more natural, pared-back look for the release of her new album *Liberation*, which is full of power ballads and empowering pop hits.



**NOW**

**ARCTIC MONKEYS, *Tranquility Base Hotel & Casino***

Still partial to a long-winded song title, the band have returned with their signature self-aware lyrics and brooding riffs. This time, though, lead singer Alex Turner channels his inner David Bowie (instead of Liam Gallagher).

**NOW**

**SNOW PATROL, *Wildness***

The Scottish-Irish bandmates are still the kings of longing and desperation. Their latest offering includes the touching single "Life On Earth" and the oh-so-vulnerable "Don't Give In".



5 minutes with...

# JOAN SMALLS

The model and actress recommends alone time at the cinema but advises against the craziest thing she did for love



**1. If I weren't a model/actress, I'd be:** Finishing my doctorate in psychology.

**2. Moment I felt I'd made it:** When I booked my first Paris couture fashion show with Givenchy.

**3. Kind of work I'd do for free:** Candy taster!

**4. Change I'd like to see in my industry:** To continue to be inclusive of all. Not just because it's the thing to do or that it's a good image for your company, but because you truly believe in it.

**5. How I made my first dollar:** Through a high school program that gave you a [financial] incentive for having good grades. It was a sweet bonus and a great reminder that hard work pays off, literally.

**6. Movie with the greatest ending:** *The Pursuit of Happiness*.

**7. Song I'd want played at my funeral:** "La Vida Es Un Carnaval", by Celia Cruz. The song talks about not crying when you think life is unfair, because life is a carnival – and it's more beautiful to live singing.

**8. Food I'm not ashamed to admit I love:** Condensed milk.

**9. On my bucket list:** To go skydiving.

And to spend some time with tigers and lions – and pet a cub.

**10. If I could live in a foreign country, it would be:** Canada, as the people are beyond nice, and it's super clean.

**11. What every woman should try once in her lifetime:** To go to the movies by herself.

**12. One thing I'm exceptionally good at:** Training dogs. Well, at least our family dog.

**13. One thing I'm especially bad at:** Staying completely quiet during a TV show.

**14. The beauty essentials you'd have to pry out of my cold, dead hands:** Estée Lauder Sumptuous mascara in Black. [And a] lash curler.

**15. The three qualities I thought I wanted in a partner:** Being fully bilingual (Spanish speaker). Had to be six feet tall and have a nice butt.

**16. The qualities I now know matter:** Being family-oriented; having a great sense of humour; being confident (because I can crack a lot of jokes); being my best friend [and] ambitious.

**17. Craziest thing I did for love:** Keyed his car when I was extremely upset. I don't recommend doing this, though!

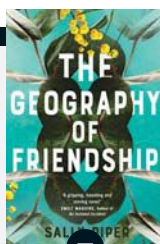
4  
OF THE  
BEST

## BOOK CLUB

Illicit relationships and estranged friendships – these are the reads you'll be talking about all month



**BOY SWALLOWS UNIVERSE**  
by Trent Dalton  
(Harper Collins, \$32.99)  
Trent Dalton's debut novel is based on his childhood friendship with Arthur "Slim" Halliday, the escape artist who broke out of Brisbane's Boggo Road Gaol. A true Australian masterpiece set in working-class Queensland.



**THE GEOGRAPHY OF FRIENDSHIP**  
by Sally Piper  
(University of Queensland Press, \$29.95)  
"We can't ever go back, but some journeys require walking the same path again," writes Sally Piper in this gripping novel about three friends who redo the bushwalk that ruined their friendship two decades earlier.



**PUTNEY**  
by Sofka Zinovieff  
(Bloomsbury, \$39.99)  
Provoking and incredibly unsettling, this could be the most controversial book of the year. *Putney* reflects on an illicit relationship between a young girl and a man 20 years her senior through the eyes of the victim, perpetrator and a witness.



**MALE ORDER: MANNING UP IN THE MODERN WORLD**  
by Richard Clune  
(New Holland, \$24.99)  
With chapter headings including How Not To Be A Dick, this book on modern masculinity is a must-read for all the blokes in your life. Get amongst it.

THE FUTURE OF TEETH

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1. Men's silver and leather handwriting signature bracelet 2. 'My dad' personalised book 3. Personalised leather watch box (triple) 4. Personalised whisky glass tumbler 5. 'Fatherhood' men's washbag 6. Personalised hammer multi-tool 7. Personalised hobbies T-shirt 8. Daddy and me personalised anchor bracelet duo 9. Personalised time and date watch stand in walnut or oak 10. Personalised Father's Day leather key ring 11. Personalised 'biscuit stache' tin 12. Personalised grey men's manicure kit (6-piece) 13. Light moisturiser and aftershave balm 14. Personalised 'king of the kitchen' apron 15. Personalised gunmetal cafetière 16. Monogrammed tan leather card wallet 17. Leather keepsake trunk 18. Personalised sterling silver dog tag necklace 19. Crosley C6 turntable in walnut 20. 'Emergency dad jokes' mug 21. Personalised men's silver interlinking hoops necklace 22. Personalised 'daddy instructions' cushion 23. 'Inhale' and 'exhale' prints (set of 2) 24. Ted Baker travel wallet

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5



6



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13



15



16



21



22 23



24



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# HEAVEN SCENT

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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.

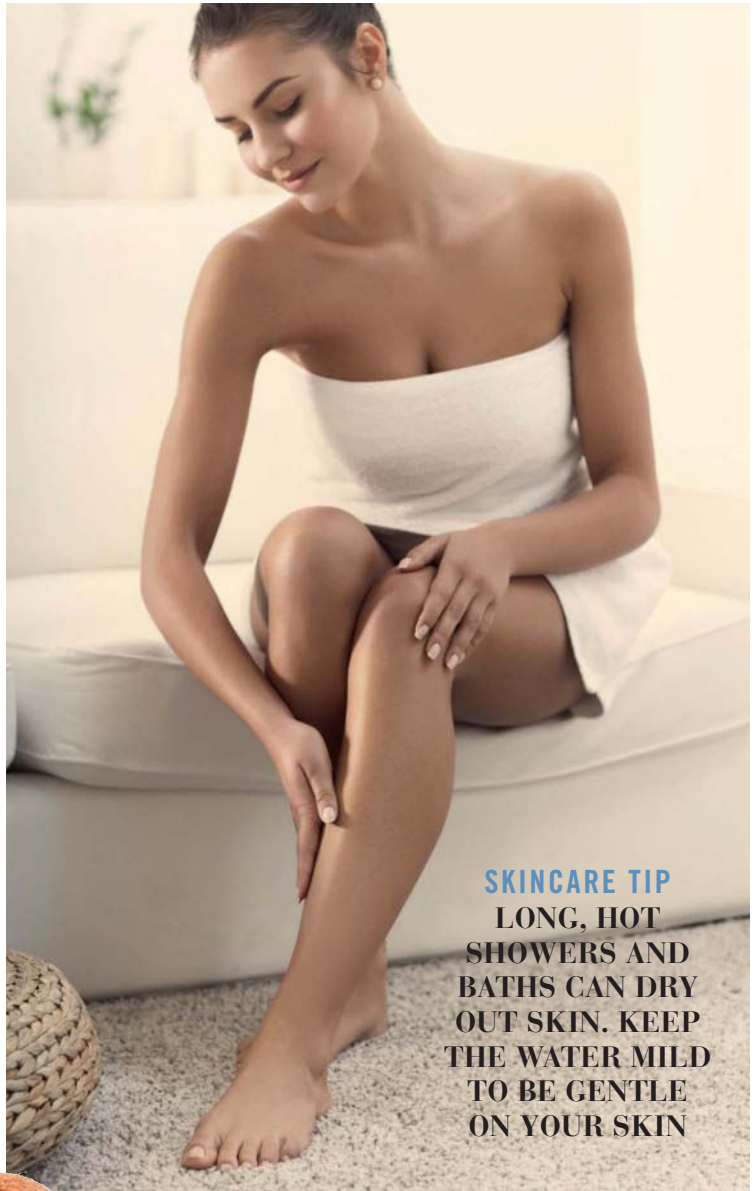
## SKIN RELIEF GENTLE SCENT BODY WASH WITH NOURISHING COCONUT

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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marie claire

# @ork

EDITED BY ALLEY PASCOE

## MEET THE UNICORNS

Of some 270 “unicorns” – companies valued at more than \$1 billion – only a small percentage are led by women. This month we meet the female founders who are changing the face of success, including Australian Melanie Perkins (pictured), who founded tech company Canva. Plus, we spend 24 hours with model and entrepreneur Lara Worthington (page 100), and IT mentor Christie Whitehill shares her top tech tips (page 102).

### THE DISRUPTER MELANIE PERKINS

*Co-founder and CEO of Canva, founded in 2012, valued at \$1 billion USD*

“There were hundreds of rejections – from investors, potential team members, early customers. To build a start-up, you have to run against the grain for years. Every time we picked up on a reason people wouldn’t invest, we focused on what we could change and revised our pitch deck.

We never considered failure an option.” ▷

PHOTOGRAPHY BY PETER BREWBEVAN

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# UNICORNS DO EXIST

The billion-dollar women behind the world's most successful companies spill their secrets

Adi Tatarko and her husband started Houzz as a side hustle. Tatarko started working for the company full time in 2010.



THE CONNECTOR  
ADI TATARKO

Fabric swatches and paint samples and dangling wires and exploding pipes. Renovating a home is enough to drive anyone crazy. But in Adi Tatarko's case, it sparked a billion-dollar idea. Tatarko, now 45, and her husband, Alon Cohen, bought a three-bedroom ranch home on a tree-lined street in Palo Alto, California, in 2006. Tatarko was an adviser at a boutique investment firm, and her husband was a senior engineer at eBay. With two sons under the age of five, they were ready to build their forever home, but the process of finding the

right professionals to do the job struck them as unnecessarily antiquated.

They hatched the idea for Houzz, an online mecca of millions of beautifully designed, shoppable photos of home design projects. For designers, contractors and other professionals, Houzz is a way to display and promote their work to the site's community. For anyone wanting to remodel their home, Houzz is a place to brainstorm ideas and search for contractors, decorators and experts to make their dreams reality. The site has attracted more than 40 million users a

month, including celebs such as Kristen Bell and Mila Kunis (they've both appeared in renovation videos on Houzz's website), and raised more than \$600 million USD from investors, valuing the company at about \$4 billion USD and making it the most valuable private US tech company run by a woman.

Over the years, Tatarko has had to get comfortable with trusting her gut. When Sequoia Capital, one of Silicon Valley's most revered venture capital firms, invested in Houzz in 2011, the company already had an engaged

community. Naturally, investors pushed Tatarko to find ways to monetise it. “We said no. We focused on hiring and building product and user experience first. Revenue channels were born when the community asked us for a marketplace,” she says. In 2014, Houzz launched an e-commerce side that allows both individuals and businesses to sell products. “We can’t develop everything users want but, when we see strong demand, we prioritise that for them.”

Tatarko and Cohen – Houzz’s CEO and president, respectively – are able to work together because they know how to divide and conquer. “I told Alon when we got married, ‘I don’t know what our life will look like, but I will tell you one thing – it won’t be boring,’” Tatarko recalls. There are the normalcies of their lives – shuttling the kids to and from school and basketball practice – but when you’ve built a multibillion-dollar business, you can afford a few luxuries. “I realised that as long as my kids eat healthy food and we have time together, someone else can cook recipes and do the grocery shopping. So I hired someone to do that.” Delegating at its best.

– Leena Rao

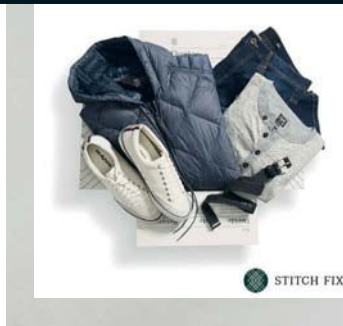


Stitch Fix founder and CEO Katrina Lake was the only woman to take a tech company public in 2017.

## THE TRENDSETTER KATRINA LAKE

On November 17, 2017, Katrina Lake cheered behind a podium at the Nasdaq MarketSite studio in Times Square. The words Stitch Fix, the name of the fashion subscription company she founded in 2011, were emblazoned on the screen behind her as she rang the bell opening the stock market. In that moment, her company was officially public, confirming Stitch Fix’s valuation (at the time, \$1.46 billion USD) and making Lake, 35, a bona fide multimillionaire.

Quite different from Stitch Fix’s early days, when she was running around Boston acting as her friends’ personal shopper. While studying at Harvard Business School in 2010, she realised that many of her classmates loved new clothes but found browsing in department stores tedious. There had to be a way to create a shopping experience that was approachable, affordable and



driven by data and algorithms, she thought. People want to optimise their time when it comes to fashion, but they also want to know there is a real human making efforts to find them the perfect sequined skirt. That marriage of style and data prompted Stitch Fix.

After setting up profiles online, users are connected with a stylist and receive a box with five pieces monthly, bimonthly, quarterly or on demand. They try on the items at home, buy what they like and return what they don’t.

This commonsense-yet-revolutionary approach resonated: Stitch Fix had

2.4 million subscribers in 2017 and now employs more than 3400 stylists. Lake’s success seems to have happened overnight, yet she’s been quietly disrupting the retail industry for seven years. She doesn’t take her job lightly. “I feel a great responsibility, being a relatively young female who’s also a mum and a CEO, to exact positive change,” she says. When she rang that bell, the only woman to take a tech company public in 2017, she stood next to her husband and cradled her one-year-old son, a model of the industry’s new generation of leadership.

– Rachel Syme ▷



THE INSURGENT  
ANNE WOJCICKI

Anne Wojcicki and I were supposed to spend the morning riding bikes from her Palo Alto home to the Mountain View headquarters of the genetics testing company she runs, 23andMe – an 11-kilometre trek the entrepreneur makes nearly every day. Instead, she's in bed. Wojcicki, 44, hurt her knee surfing a week earlier. Minor surgery followed, and now a recovery. "Surfing was super fun," she says. "I can't complain."

A positive attitude in the face of adversity has served Wojcicki well. After graduating from Yale with a biology degree in 1996, she spent close to a decade as a healthcare analyst on Wall Street until she saw a market opportunity and launched 23andMe in 2006. A year later she married Google co-founder Sergey Brin; they remained together until news of his affair with a subordinate became tabloid fodder in September 2013. Two months later, the US Food and Drug Administration barred Wojcicki's 23andMe team from marketing their disease-risk analysis tools as they weren't approved as "medical devices", bringing operations to a halt. Wojcicki bounced back from her divorce by dating baseball great Alex Rodriguez for almost a year and, in April 2017, 23andMe was given FDA approval to provide test results on 10 diseases or conditions, including Parkinson's and

Alzheimer's. This made it the first US company able to sell such tests directly to consumers. Its latest funding round valued it at \$1.7 billion USD.

Wojcicki's parents encouraged her to pursue her dreams. They raised their three daughters in a gender-neutral household on the Stanford University campus. "I was never told that women could only do this or women could only do that," she says. This instilled in her a sense of honesty as a leader.

Which is probably why, when the FDA came after her life's work, she owned her mistakes. "I'll never forget the day we received the FDA letter," says Emily Drabant Conley, a neuroscientist and 23andMe's vice president of business development. "[Wojcicki] called a meeting and was steadfast and optimistic. She was willing to look at our part in what happened and help us understand what we could have done better."

To date, five million people have purchased 23andMe kits and the company has more than 400 employees. Wojcicki is pushing to realise her vision for the future: giving people access to their health data and amassing a database to better understand disease. To do that, she says, "I need to create an environment where everyone flourishes." That includes her customers.

- Maghan McDowell

INSIGHTS  
FROM THE UNICORN CLUB



CAROLYN RAFAELIAN

Founder and CEO of Alex and Ani, founded in 2004, valued at \$1 billion USD

"This company has grown and evolved throughout the years without compromise and without ever letting the outside world affect its core. If I had let all the noise get in the way of what I had set out to do, this company wouldn't be what it is. You're writing your own book, and it's up to you to make sure it's a page-turner."



TAN HOOI LING

Co-founder of Grab, founded in 2012, valued at \$6 billion USD

"Being in a minority is never an easy path, but take pride and courage in leaving a legacy that makes it easier for generations of women to come. At the same time, never feel you have to do it all alone: no-one is perfect and, as with jigsaw puzzles, you often need many different-shaped and coloured pieces to make the picture whole."



KENDRA SCOTT

Designer and founder of Kendra Scott, founded in 2002, valued at \$1 billion USD

"Focus on what lights a fire inside of you, and use that passion to fill a white space. Don't be afraid of the challenges, the missteps and the setbacks along the way. What matters is that you keep going. Know what you're good at – and, more importantly, what you're not – and surround yourself with people who fill the gap."

# TIME TO GROW

H&R BLOCK IS GIVING AWAY \$200,000 TO HELP SMALL BUSINESSES GROW

For small businesses, every dollar counts. And nobody understands that better than tax experts H&R Block, which is why they've launched a new initiative "Grants for Growth" to support entrepreneurial projects that need a helping hand to take the next step.

If this sounds like you, there are 20 grants of \$10k up for grabs.

Can you afford *not* to apply?

## GRANTS FOR GROWTH

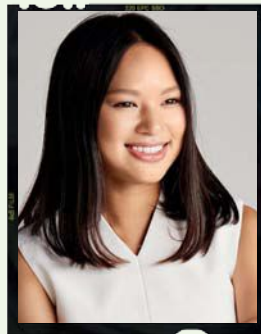
H&R Block, together with Officeworks, has committed to giving small businesses a helping hand so they can focus on growing and thriving, rather than just keeping their head above water.

### HOW DOES IT WORK?

Grants for Growth is now open for submissions and closes on 30 September, 2018. Twenty \$10k grants are up for grabs, with H&R Block to award the lucky recipients in October. Winners will receive \$4,000 in cash, \$5,000 in H&R Block services and \$1,000 in Officeworks vouchers.

### HOW TO ENTER

It's easy. Simply visit [hrblock.com.au/grants-for-growth](http://hrblock.com.au/grants-for-growth) and tell us in 100 words or less why you think your business should win the grant. For full terms and conditions, visit [hrblock.com.au](http://hrblock.com.au).



## MEET THE JUDGE

ALYCE TRAN, CO FOUNDER OF THE DAILY EDITED

Co-Founder of The Daily Edited, Alyce Tran is the official judge for the competition, and knows all too well the challenges of building a business from the ground up. "Growing your own business is hard. I left my legal career when The Daily Edited started to gain momentum, which was a huge risk,"

Tran recalls. "\$10,000 doesn't sound like a lot, but when you're running your own small business and you're in those early days, every cent counts, and every helping hand is such a relief. I am honoured to align with this initiative as judge and hope to assist other small businesses in flourishing and pushing forward."

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# How to get HIGH TECH

Entrepreneur Christie Whitehill shares her start-up tips

## 1. BUILD A DIGITAL TOOL KIT

If you want to build a business in 2018, it's more than likely you will be acquiring your customers online. Don't know which channels your customers are on? You can do three things. Firstly, ask them. Set up some customer interview questions or create a survey using a tool such as Typeform to get their feedback. You'll also want to find out where they are currently buying the products or services you're wanting to offer and which channels they are using to learn about them.

## 2. GET CURIOUS ABOUT TECH

About half the world's population (3.6 billion people) is spending 5.9 hours per day online, so the internet is not going away anytime soon. But you don't necessarily need to build a custom website or app to have a business that is online. There are plenty of tools, apps and websites that will make your business tech savvy. If you want to talk to your customers in a more personal way, you can build your own chatbot on Facebook. If you need a personal assistant to schedule your meetings, there is a chatbot called Amy that can do that via email. If you are keen to take your store online, you can use out-of-the-box website builders such as Wix and Squarespace.

## 3. READ THE LEAN STARTUP

Gone are the days of creating 60-page business plans and keeping your business a secret until you launch. At Tech Ready Women, the organisation I founded to



HOT  
TIP



CREATE YOUR OWN WEBSITE USING TEMPLATED SITES SUCH AS WIX OR SQUARESPACE.

Christie Whitehill is the founder of business-education company Tech Ready Women

help female entrepreneurs, we follow what is called the Lean Startup approach, made famous by Eric Ries and his book *The Lean Startup*. It is built on the principle of a build, measure and learn feedback loop, which focuses on getting your product into the hands of your customers faster, to help save time and money spent building products and services people don't want.

## 4. KEEP YOUR FINGER ON THE PULSE

With the rise of technologies such as AI, machine learning and automation, most industries are ripe for disruption if they haven't been already. People are problem solvers and we're constantly coming up with ways to make things better, faster and stronger. Thanks to technology, it's easier than ever for an everyday person to design a tech solution for their industry. Want to find ways to use tech in your field? Take notice of any apps and tools that are popping up that have made your life or job easier. Ask yourself if there's a way you can

automate some of the systems or processes. You never know, you could be sitting on the next million-dollar idea.

## 5. DON'T BE AFRAID OF START-UP BUZZWORDS

What do AI, Blockchain, MVP, Python, Java and Ruby stand for? They sound like some sort of snake, coffee and jewellery, right? Like most industries, jargon and buzzwords get thrown around quite a lot, and unless you're on the inside you'll have no idea what people are talking about. These terms and many more get used in the tech start-up world. If you're hiring a developer to build your website and you don't understand what they're saying, don't be afraid to ask them to explain. Knowledge is power, and when you're forking out thousands of dollars for a website, you want to make sure you're on the same page as your developer.

For more entrepreneurial advice, head to [techreadywomen.com](http://techreadywomen.com)



“My skincare  
needs change,  
but my brand  
never does”

*Kate Ritchie*

**QV**<sup>TM</sup>

**FOR EVERY ME**



**QV** Where beautiful skin begins.





# 24 hours — WITH — Lara Worthington

Go behind the scenes of the Jasmine & Will campaign shoot with model and entrepreneur Lara Worthington, 31

## 6 AM

I'm not an early riser – neither are my children [Rocket, 3, and Racer, 1] – but this morning I've carefully timed a workout before the boys wake up. Exercising is my favourite part of the day because it's my own time – I'm not on my phone, working or thinking about anything.

## 7 AM

It only takes me about 15 minutes to get ready – even less since I have had children. Showers are non-negotiable for me, though. I can't leave the house (or go to bed) without having a hot shower.

## 7:15 AM

I also need to have something in my stomach before I walk out the door, so I have a bowl of porridge for breakfast – really boring!

## 7:30 AM

I'm really into podcasts and listen to the Goop one with Gwyneth Paltrow and Oprah Winfrey in the car on the way to the shoot. I'm the kind of person who writes down Oprah quotes as inspiration. I'm a big nerd!



Clockwise from above: Lara (right) on set with Jasmine & Will founder Jasmine Lindsay; celeb podcasters Gwyneth Paltrow and Oprah Winfrey; porridge to start the day.



PHOTOGRAPHY BY DARREN McDONALD. GETTY IMAGES. INSTAGRAM: @GWYNETHPALTROW; INSTAGRAM: @CAFERRAITITUDE. EDITED BY ALLEY PASCOE.



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Clockwise from left: Lara getting a touch-up on set; lunch from Café Gratitude; and Lara with husband Sam Worthington.



**8 AM**

I arrive at the Jasmine & Will campaign shoot on location at a mansion in Koreatown in Los Angeles and go straight into hair and make-up. I do my own hair. Sometimes I think it's better just leaving it than putting product in it – especially for the just-woken-up, bed-head look we are going for.

**9 AM**

I get to work on set. It's an all-Australian team. My friend Marina Afonina is styling, Filomena Natoli is doing my make-up and Darren McDonald is the photographer. [Jasmine & Will founder] Jasmine Lindsay is there as well. It makes it really easy when everyone knows each other.



**11 AM**

I shoot my favourite sleepwear look of the day, which was a customised robe with my name on it. They gifted it to me at the end of the day and now I wear it all the time.



**6 PM**

The shoot wraps – it's been a big day.

**7 PM**

We head to my favourite restaurant in LA – an Italian place called Pace – for a team dinner after the shoot. Being able to relax and enjoy each other's company is the best part of the day. We order pizza and pasta – my go-to.

**9 PM**

I tidy up the house and wrangle the boys to bed (which can be a struggle). My husband [actor Sam Worthington] has been filming for the past eight months, which has been pretty difficult, but I've been juggling things with some help from my mum. I'm exhausted after a big day, but work exhaustion is a lot different from parental exhaustion. I sometimes feel like going to work is easier!

**10 PM**

After my non-negotiable shower, I go straight to bed. I like my bedroom as dark as possible, so sometimes I sleep with a Tempur-Pedic eye mask on. It is so good, I swear by it.



On a break with photographer Darren McDonald.

**1 PM**

We order lunch in from a vegan place named Café Gratitude that I love. I'm not vegan, but I'm pescetarian – I only eat fish. Even though I'm wearing loose-fitting pyjamas, I don't want to feel full or heavy, so I opt for a salad. We get it delivered through Postmates, which is an app that's kind of like UberEats but on a much bigger scale. They deliver whatever you want within 30 minutes. It's like your own personal courier. I live on their app.

**3 PM**

My emails are piling up, but I ignore them. I'm not great at responding quickly to people – my close friends know that I can take days to respond. I prefer to set aside a block every few days and do it all in one go.



Emma Sharley (left, from Shop You) and Hayley Warren (Halo Medical Devices) spoke to the masterclass.



# THE CLICK CLIQUE

*marie claire* recently partnered with Tech Ready Women for a two-day digital masterclass to help women develop their start-up ideas

**W**hat happens when you put 60 women in a room with 19 of Australia's top entrepreneurs and tech experts? The room ignites with inspiration, valuable insights and a whole lot of laughter. When *marie claire* partnered with business-education company Tech Ready Women for a two-day masterclass, our mission was to help women reach their full potential.

Held at Dexus Place, a premium high-tech collaborative workspace in Sydney's CBD specifically designed to foster innovation among entrepreneurs, the boot camp included panels, workshops, round-table brainstorming and networking (plus wine, of course). The event was limited to 60 women to allow them to interact closely with the mentors and experts to develop and refine their ideas. Attendees left with practical tools and first-hand advice to help take their start-up from side hustle to success. Here are the top tips ...

## EMMA SHARLEY Co-founder & CMO, Shop You

**Q** What's the one piece of advice you would pass on to women thinking about launching a start-up?

**A** When you launch a start-up, be ready to grow exponentially. Prepare by learning as much as you can about your customer, market, competitors, technology and trends relevant to your product/service. Learn from others where you can, and surround yourself with strategic advisers (preferably more than one).



## TWENTY \$10K GRANTS UP FOR GRABS THANKS TO H&R BLOCK

H&R Block has launched a new initiative, "Grants for Growth", in which 20 budding start-ups or small companies will each receive a \$10k grant. The idea behind the competition is to support entrepreneurial passion projects

so their creators can focus on growing their own businesses instead of worrying about staying afloat. If you could use an extra \$10k in your start-up, be quick to enter here: [hrblock.com.au/grants-for-growth](http://hrblock.com.au/grants-for-growth).



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TOP TAKEAWAYS



“Understand demand. Don't sell what you can build – build what you can sell”

– Magda Griffiths

Magda Griffiths of Gumtree.



**TARYN WILLIAMS**  
Founder & CEO, TheRight.fit

**Q** What are three main personality traits the founder of a start-up should possess?

**A** Tenacity, an appetite for risk and unwavering work ethic.



**BLAISE MCCANN**  
Founder & CEO, Hear Us Roar

**Q** What's the one skill you need to be a successful entrepreneur?

**A** Adaptability. Being able to pivot and adapt to your circumstances – perfection is not an option in start-up world. Everything is a work in progress, so don't be too precious on what you think it should look like and what it does actually look like.



**MAGDA GRIFFITHS**  
Senior product manager, Gumtree

**Q** What's been the biggest learning/takeaway along your business journey so far?

**A** Understand demand. Don't sell what you can build – build what you can sell. Focus on customer needs and wants and create products that solve their problems.



**HAYLEY WARREN**  
Founder & CEO, Halo Medical Devices

**Q** Can you reveal one of your key entrepreneurial discoveries?

**A** Connecting with the right people. The right person is the person who has done what you want to achieve and who you resonate with. They may be your future mentor. Find that person who can help you and reach out to them personally.



Shelley Laslett of Vitae.Coach.

**SHELLEY LASLETT**  
Co-founder & CEO, Vitae.Coach

**Q** If I decide to take the plunge and launch a start-up, what is the most helpful attitude I can adopt?

**A** Fundamentally it's that you can do it. Don't discount yourself or your abilities to make your vision a reality. There will never be a “right time” or a perfect time to start; you just have to start. And you don't have to quit your job to start running your business. Running [it] on the side – your side hustle – while keeping your day job is a very good first step. The entrepreneurial journey tends to be glorified a touch in the media, but the truth is it's really, really tough. So it's best to hang onto your job until you have a clear source of revenue and/or runway for three to six months.

For more top tips and tactics from our masterclass speakers, visit [marieclaire.com.au/events](http://marieclaire.com.au/events)



# AGENDA

## OUR PICK OF THIS MONTH'S MUST-HAVES



### REFRESH CURLS

Girls with curls, meet your new secret weapon: Moroccanoil Curl Re-energizing Spray. A lightweight refreshing mist that puts bounce and vitality back into your style – infused with argan oil, green tea and aloe leaf juice. Perfect for slept-on curls or curls in need of an end-of-day boost that reduces frizz while instantly hydrating and redefining the curl pattern.

Visit [moroccanoil.com/au](http://moroccanoil.com/au)



### A NEW HUE

Define your features naturally with Natio's new colour cosmetics. From an innovative Under Eye Cushion Concealer to a range of five long-lasting Intense Colour Lip Crayons, a unique super-fine liquid eyeliner and a volume-boosting mascara, the new range has everything you need to achieve a beautiful, natural makeup look.

[natio.com.au](http://natio.com.au)



### YOUR BEST HAIR YET

OGX presents the new Hydrate + Marula Oil Collection, a lightweight hydrating formula, using the antioxidant-rich Marula Oil to provide silky, soft tresses with a luxurious and decadent fragrance. Marula Oil contains 60 per cent more protective antioxidants than Argan Oil, so feed your hair with its essential oils, vitamins and oleic acid, which protects hair from environmental factors.

OGX Hydrate + Marula Oil Shampoo and Conditioner, RRP \$17.99 each. Visit [aus.ogxbeauty.com](http://aus.ogxbeauty.com)



### 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 is available in leading supermarkets and pharmacies.

Visit [chemistwarehouse.com.au](http://chemistwarehouse.com.au)

marie claire

# Fashion

## NEW DAWN

Forget January – according to fashion folklore the year begins in September. We celebrate the fresh start – and our annual style special – with a retro road trip (page 122), a bohemian dream (page 102) and the top 20 trends to try and buy now (page 144).

PHOTOGRAPHY BY GEORGES ANTONI. FENDI COAT, P.O.A. 02-9231 3756; MIU MIU SCARF, \$290. MIDMILUCOM.

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# BOHEMIAN RHAPSODY

Model Helena Vestergaard and her daughter River capture  
a free-spirited femininity and a special kind of love

PHOTOGRAPHED BY DAVID MANDELBERG STYLED BY LILL JENNER



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Alice McCall jumpsuit, \$450, and belt, \$260, [alicemccall.com](http://alicemccall.com); Lucy Folk signet ring (left), \$950, [lucyfolk.com](http://lucyfolk.com); vintage ring (right), \$149, at [thesleevelessociety.com.au](http://thesleevelessociety.com.au) (both worn throughout).

**Opposite page:** Helena wears Zimmermann dress, \$2500, [zimmermannwear.com](http://zimmermannwear.com); H&M shoes (worn throughout), \$40, [hm.com/au](http://hm.com/au); Ryan Storer x Albus Lumen earrings, \$380, [ryanstorer.bigcartel.com](http://ryanstorer.bigcartel.com); vintage necklace (top, worn throughout), \$149, and vintage coin ring (left, worn throughout), \$85, at [thesleevelessociety.com.au](http://thesleevelessociety.com.au); Reliquia necklace (bottom, worn throughout), \$149, [reliquiajewellery.com](http://reliquiajewellery.com); Alex Monroe flower ring (middle), \$231, and signet ring (right), \$297, 03-5962 5535 (both worn throughout). River wears Printebebe top, \$89, [printebebe.com](http://printebebe.com); her own earrings (worn throughout). Indigo Love throw (far left), POA, [www.indigolove.com.au](http://www.indigolove.com.au).

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Helena wears Chanel blazer, POA, 1300 242 635; Tigerlily shorts, \$110, tigerlilyswimwear.com.au. River wears Yöli & Otis dress, \$81, yoliandotis.com; her own bracelet (worn throughout). **Opposite page:** Helena wears Mulberry dress and top, both POA, mulberry.com/au; Elie Saab sunglasses, \$1820, 02-9540 0500. River wears Marlow and Mae cashmere suit, \$85, marlow-and-mae.myshopify.com.

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Helena wears  
Macgraw dress, \$995,  
macgraw.com.au.  
River wears Kido top,  
\$89, and bloomers, \$75,  
kidostore.com.



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Helena wears Alice McCall jeans, \$260, [alicemccall.com](http://alicemccall.com). River wears Printebebe bloomers, \$28, [printebebe.com](http://printebebe.com). **Opposite page:** Acne Studios dress, POA, [acnestudios.com/au](http://acnestudios.com/au); vintage earrings, \$175, [thesleevelessociety.com.au](http://thesleevelessociety.com.au); Lucy Folk necklace (top), \$675, and cuff, \$345, [lucyfolk.com](http://lucyfolk.com).

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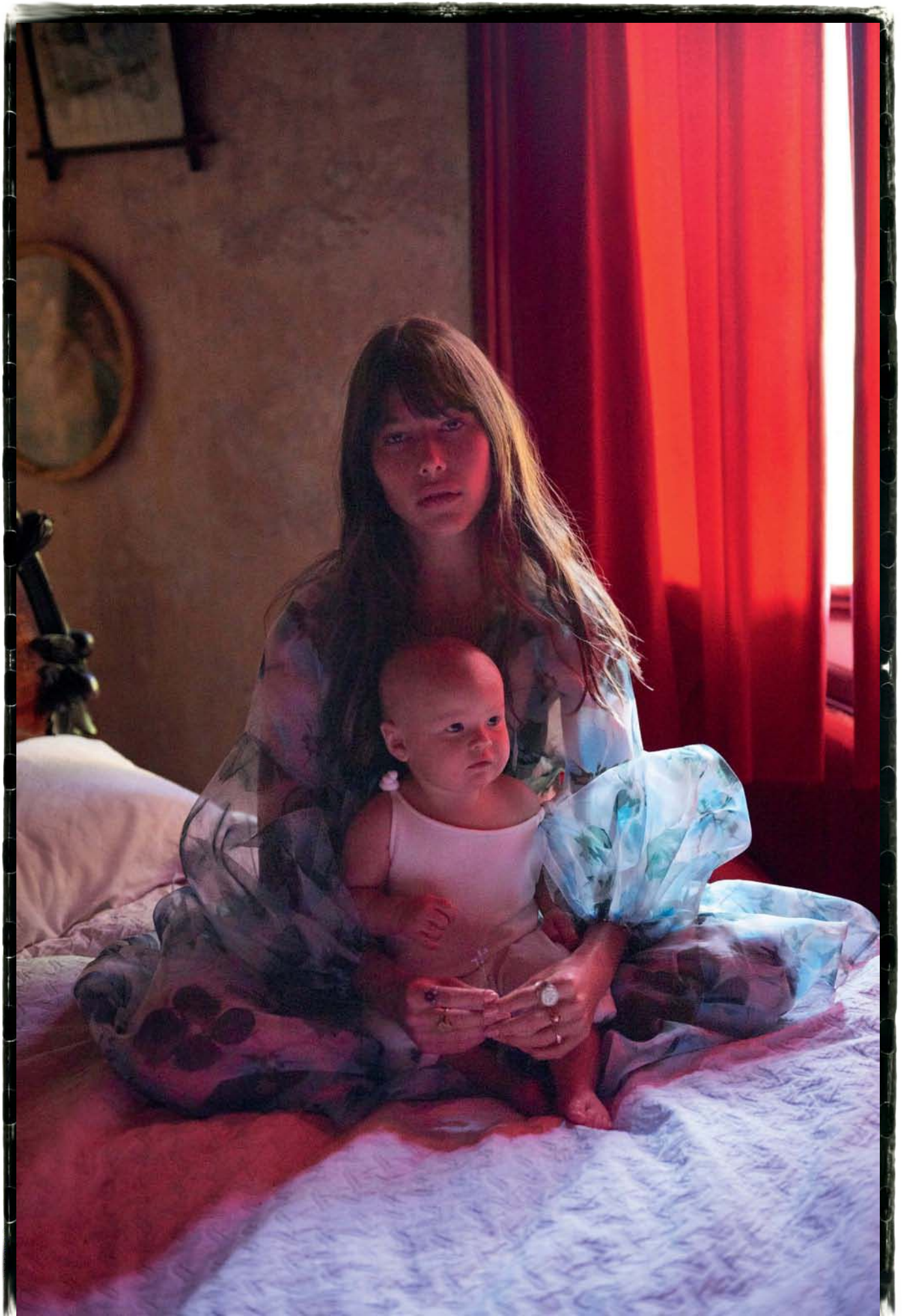




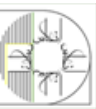
Helena wears Camilla dress, \$849, [camilla.com/au](http://camilla.com/au); Meadowlark earrings, \$829, [meadowlark.com.au](http://meadowlark.com.au). River wears Marlow and Mae bloomers, \$60 (sold as set with top), [marlow-and-mae.myshopify.com](http://marlow-and-mae.myshopify.com).  
**Opposite page:** Helena wears Albus Lumen dress, \$650, [albuslumen.com](http://albuslumen.com); Albus Lumen x Ryan Storer earrings, \$249, [ryanstorer.bigcartel.com](http://ryanstorer.bigcartel.com). River wears Tocoto Vintage bloomers, \$79, at [mamapapa.com.au](http://mamapapa.com.au).







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Helena wears Macgraw blouse, \$695, and skirt, \$1195, [macgraw.com.au](http://macgraw.com.au). River wears Summer & Storm cardigan, \$89, [summerandstorm.com](http://summerandstorm.com).

**Opposite page:** Helena wears Lee Mathews dress, \$1299, [leemathews.com.au](http://leemathews.com.au). River wears Yöli & Otis jumpsuit, \$68, [yoliandotis.com](http://yoliandotis.com). Hair by Kyee/Work Agency using Oribe. Make-up by Samantha P/Work Agency using Ella Bache. Model Helena/Chadwicks.

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**From left:** Tyg wears Versace top, skirt and shoes, all POA, from a selection at farfetch.com/au. Darya wears Dolce & Gabbana dress, POA, and shoes, \$1250, 03-9639 9785. **Opposite page:** Tyg Max Mara dress, \$3490, maxmara.com.



*the*  
LONG  
&  
short  
of it



Floor-skimming and flowy or mod and mini  
– duelling hemlines share this season's spotlight

PHOTOGRAPHED BY SACHA MARIC STYLED BY J. ERRICO

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**From left:** Tyg wears Rochas jumper, approx \$880, and skirt, approx \$1728, rochas.com. Ines wears Prada jacket, \$3460, dress, \$2430, shoes, \$1590, and socks, \$220, prada.com. **Opposite page, from left:** Tyg wears Louis Vuitton dress, POA, and shoes, \$2040, au.louisvuitton.com. Model wears Polo Ralph Lauren dress, approx \$800, 02-9410 2038.





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**From left:** Darya wears Emporio Armani dress, \$1700, and boots, \$930, [armani.com/au](http://armani.com/au); Roberto Cavalli earring (sold as pair), approx \$660, [robertocavalli.com/au\\_en/](http://robertocavalli.com/au_en/); Wing & Weft gloves, POA, available to order by special request, [wingweftgloves.com](http://wingweftgloves.com). Tyg wears Christian Dior dress, POA, bra, \$1350, and briefs, \$1400, 02-9229 4600; One Story earrings, approx \$60, from a selection at [nooworks.com](http://nooworks.com).

**Opposite page, from left:** Darya wears Balmain top, \$1356, skirt, POA, and boots, POA, from a selection at [matchesfashion.com/au](http://matchesfashion.com/au). Tyg wears Michael Kors Collection top, \$1099, and skirt, \$4339, 03-9639 0943; Church's shoes, \$617, at [net-a-porter.com/au/en/](http://net-a-porter.com/au/en/).



**From left:** Tyg wears Christian Dior dress, \$7500, and shoes, \$1590, 02-9229 4600. Darya wears Lanvin top and skirt, both POA, and shoes, approx \$770, lanvin.com/au. **Opposite page, from left:** Ines wears Sacai top and skirt, both POA, from a selection at farfetch.com/au. Tyg wears Chloé jacket, top, skirt and socks, all POA, chloe.com/au.

Hair by Yohey/De Facto Inc using Bumble and bumble. Make-up by Angela Davis Deacon/De Facto Inc using Make Up For Ever. Manicure by Kelly B/De Facto Inc using Dior. Models: Tyg Davison/Wilhelmina; Ines Lopez/Muse; Darya Kostenich/Muse. Sets by Donnie Myers/De Facto Inc.







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# RETROVISION

A dreamy nostalgia and sense of adventure washes over this season's finest feminine fashion. Oh, the places you'll go

PHOTOGRAPHED BY GEORGES ANTONI STYLED BY JANA POKORNY

Chanel cardigan, \$4660, 1300 242 635; Ellery skirt, \$895, ellery.com;  
Miu Miu shoes, \$1470, miumiu.com; Zoo Emporium Vintage scarf, \$47, 02-9380 5990.

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Bottega Veneta coat, \$6600, and dress, \$4420, 02-9239 0188; Chanel earrings, \$990, 1300 242 635.  
**Opposite page:** Sportmax coat, \$3630, sportmax.com; Miu Miu dress, \$4110, shoes, \$1150, and scarf (worn throughout), \$290, miumiu.com.

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Giorgio Armani jacket, POA, [armani.com/au](http://armani.com/au); Veronika Maine skirt, \$225, [veronikamaine.com.au](http://veronikamaine.com.au); Miu Miu necklace (worn throughout), \$670, [miumiu.com](http://miumiu.com); Céline bag, \$5200, 02-9232 7051. **Opposite page:** Maticevski bustier, \$1100, and skirt, \$1600, [tonimaticicevski.com](http://tonimaticicevski.com); Christopher Esber top, \$450, [christopheresber.com.au](http://christopheresber.com.au); Oscar de la Renta necklace, \$680, at [pierrewinterfinejewels.com](http://pierrewinterfinejewels.com); Chanel bracelet, \$750, 1300 242 635.



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Loewe dress, \$3890, and bag, \$1690, loewe.com. **Opposite page:** Prada tulle dress, \$4860, and pink dress (worn underneath), \$3160, prada.com.







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Prada tulle dress, \$4860, pink dress (worn underneath), \$3160, shoes, \$1660, and socks, \$220, prada.com. **Opposite page:** Lee Mathews coat (comes with belt), \$799, leemathews.com.au; Alexander McQueen shoes, \$1295, at misslouisie.com.au; Karen Walker sunglasses, \$290, karenwalker.com.

Hair by Alan White/MAP using Goldwell. Make-up by Gillian Campbell/The Artist Group using Jurlique and M.A.C. Model: Amelia Kearney/Priscillas.

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BEAUTY/crew presents

# STRENGTH SPEAKS VOLUMES

SEE WHAT OUR TRUSTED REVIEW/crew PANEL HAD TO SAY ABOUT THE NEW JOHN FRIEDA® LUXURIOUS VOLUME® CORE RESTORE® COLLECTION



“This product makes my hair appear full, even when straight.”

LEAH D.  
BEAUTYCREW.COM.AU REVIEWER

“I was pleased to find the shampoo gave me nice volume, as well as keeping my hair shiny, and healthy-looking.”

VIVIANA W.  
BEAUTYCREW.COM.AU REVIEWER

“It definitely added volume to my hair, which is super important to me as I have fine hair.”

KIM A.  
BEAUTYCREW.COM.AU REVIEWER



New John Frieda Luxurious Volume Core Restore Range: Protein-Infused Shampoo, \$17.99, Protein-Infused Clear Conditioner, \$17.99, Advanced Protein Volumizer, \$17.99.

## STEP 1

### LUXURIOUS VOLUME CORE RESTORE PROTEIN-INFUSED SHAMPOO

The first step to soft, everyday volume. Proprietary strengthening technology fortifies fine hair to strengthen and boost volume. Gently cleanses and detangles to leave hair feeling soft and fuller.

## STEP 2

### LUXURIOUS VOLUME CORE RESTORE PROTEIN-INFUSED CLEAR CONDITIONER

The next step to weightless volume. The innovative formula is free from ingredients that weigh down fine hair. This clear conditioner improves the hair surface without weight, detangles and gives effortless volume.

## STEP 3

### LUXURIOUS VOLUME CORE RESTORE ADVANCED PROTEIN VOLUMIZER

The final step to transform your hair volume. The formula, penetrates fine hair to fortify the fibre. Applied to wet hair, the heat-activated volumizer progressively builds volume with each use, leaving hair looking and feeling thicker with movement and volume.

VISIT BEAUTYCREW.COM.AU FOR FURTHER INFORMATION AND TO READ MORE REVIEWS

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Christian Dior takes on the micro-shade trend with these '90s-inspired specs. Angular and sleek but not too skinny.

Christian Dior sunglasses, \$470 each, 02-9540 0500



SUMMER LOVE

Prepping your holiday wardrobe is now a whole lot chicer (and cheaper). Discount luxury e-tailer The Outnet launches Vacation Shop, your one-way ticket to poolside perfection. Visit [theoutnet.com](http://theoutnet.com).



the edit



**OFF THE WALL**  
Uptown girls, downtown clubs, gritty street art. Michael Kors' latest offering is an ode to 1980s New York (where the brand was born), an eight-piece capsule of ready-to-wear, accessories and footwear splashed with bold logo graffiti.



Mall-hopping just got luxe: this month Spanish label Loewe (above and left) will set up shop in Westfield Sydney, while purveyor of preppy prints Tory Burch (right) opens at Westfield Bondi Junction.

SHOP GIRLS



PHOTOGRAPHY BY PHILIP LE MASURIER, MARCUS TONDO, GO RUNWANT/SNAPPER MEDIA. COMPILED BY JANA POKORNY. TEXT BY KATHRYN MADDEN



# Kors

*for celebration*

The man who took American  
opulence to the world  
isn't slowing down.

By Damien Woolnough

Backstage at the  
Michael Kors autumn/  
winter 2019 show.

PHOTOGRAPHY BY NEWSPIX, GETTY IMAGES, EDITED BY ALLEY PASCOE

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**T**here are millions of reasons why you rarely see Michael Kors without a blinding Hollywood smile. The ebullient US fashion designer has built a \$4.7 billion USD empire creating clothes for the well-to-do all-American woman – not bad for a one-time window dresser who dropped out of New York’s Fashion Institute of Technology when he was 19 years old.

In the 1980s, Kors dressed polished preppy types in Upper West Side chic separates. In the '90s, it was the super-models Christy, Claudia and Cindy who adopted his relaxed jetset wardrobe. Today, women as diverse as Angelina Jolie, Ruth Negga, Blake Lively and Kerry Washington draw strength from the brand, and add further sheen to it.

“I grew up obsessed with the paparazzi photos of Jackie O, Lauren Hutton and Steve McQueen living a fast life and looking chic every step of the way,” Kors reflects. “They were the original jetsetters. And now we all live a fast life and we’re all travelling in one way or another.”

Top (from left): designer Michael Kors (in his Manhattan office in 2004) presents glamour for “a fast life”; a look from autumn/winter 2019.



Despite the bold-faced names in his orbit, travel remains Kors’ muse. With more than 1000 stores around the world inspiration is always within reach.

“From the people I meet to the interesting cultures to the beautiful colours you find in nature around the world, I think when you travel and engage in the world around you, there’s never a lack of inspiration,” says Kors, who turns 59 in August.

Being a global citizen and businessman also means giving back. Kors is understandably proud of his work with the United Nations World Food Program, with his company providing more than 17 million meals to those in need. Late last year the business also banned fur from future collections.

“Once you think you’ve made it, you’re done,” Kors says. “What’s so great about fashion is that you are always thinking about what’s new and what’s next. I have had a lot of amazing moments over the past 35 years, and there are many more to come.”

Along the way there have been parties at Studio 54, time running Céline in Paris and a stint judging on *Project Runway*, but the Michael Kors approach to style has been constant. “I set out from the beginning to design glamorous sportswear and accessories that could keep up with a fast life – and that remains true today,” he says.



Clockwise from left: model Binx Walton in the current campaign for Michael Kors Collection; Kors with Blake Lively (left) and Emily Blunt; model Kirsten Owen poses for the label in 1997.

PHOTOGRAPHY BY GO RUNWAY/SNAPPER MEDIA, GETTY IMAGES, KRISTEN OWEN PHOTO: ARTHUR ELGORT/GETTY IMAGES, INEZ VAN LANSWEERDE AND VINOODH MATADIN

# 101 ideas

The promise of spring  
brings three fresh fashion  
directives to try



Cue **dress**, \$285, and Cue **earrings**,  
\$125, cue.cc; Wynn Hamlyn **blouse**,  
\$425, wynnhamlyn.com.

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1



Bring the look into the now with a striking architectural earring.

2

## VINTAGE *glamour*



3

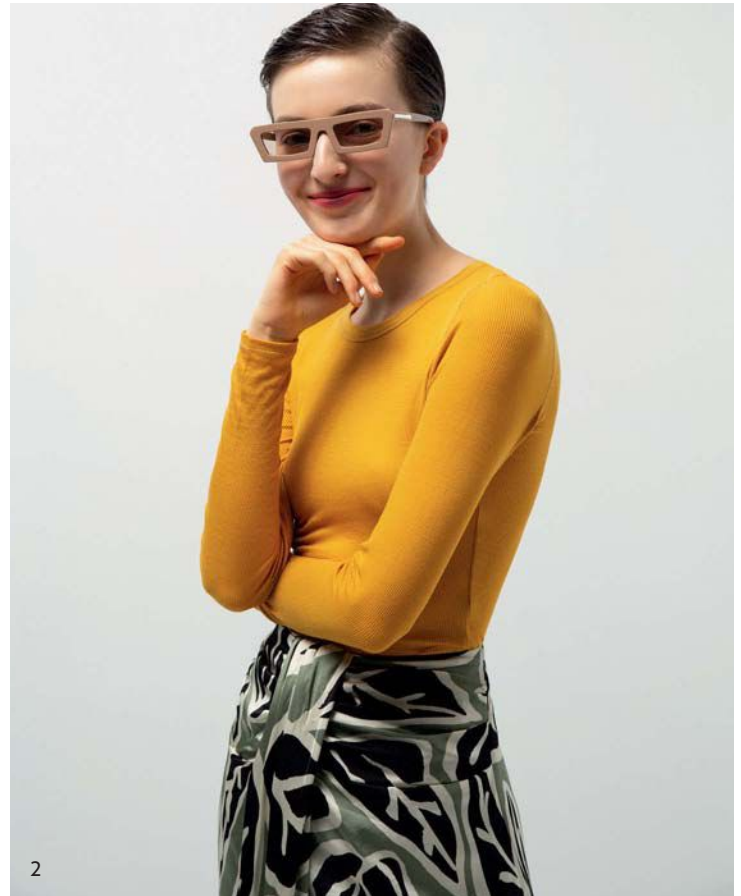
**1** ASOS **dress**, \$68, [asos.com/au](https://www.asos.com/au); Johnny Was lace **cami** (worn underneath), \$269, 02-8987 3400; Cue **earrings**, \$120, [cue.cc](https://www.cue.cc). **2** C/MEO Collective **dress**, \$219.95, at [fashionbunker.com](https://www.fashionbunker.com); COS **earrings**, \$65, [cosstores.com/au](https://www.cosstores.com/au). **3** Georgia Alice black lace **top**, \$490, at [mychameleon.com.au](https://www.mychameleon.com.au); Cue sparkle **skirt**, \$200, [cue.cc](https://www.cue.cc); Pandora **rings**, from \$69 each, [au.pandora.net](https://www.au.pandora.net).





Transitional temperatures call for layering – try a shirt under a dress for some cool-girl edge.

1



2



3

## URBAN *jungle*

1 Cue **dress**, \$375, and Cue **shirt**, \$195, cue.cc; Nike **sneakers**, \$180, at theiconic.com.au; Ambra **socks**, \$9.95, at myer.com.au. 2 Zara **top**, \$25.95, and **skirt**, \$69.95, zara.com/au; Karen Walker **sunglasses**, \$250, karenwalker.com. 3 Proenza Schouler red striped **tank**, approx \$277, at theoutnet.com; Cue metallic **skirt**, \$440, and Cue red belt **bag**, \$210, cue.cc.

# 101 ideas

Double Rainbouu **shirt**, \$195,  
doublerainbouu.com; Cue **pants**,  
\$260, and Cue **bag**, \$245, cue.cc.



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# 101 ideas

Seed Heritage **blazer**, \$199.95, seedheritage.com; H&M Studio **trousers**, \$119, hm.com/au; Nude Footwear **boots**, \$219.95, nude-footwear.com; Mimco **earrings**, \$99.95, mimco.com.au; Charles & Keith **bag**, \$99, charleskeith.com/au.



PHOTOGRAPHY BY BOWEN ARICO. STYLED BY MONICA RUSSELL. HAIR BY KYE/WORK USING ORIBE.  
MAKE-UP BY SAMANTHA P/VIVIENS CREATIVE. MODEL: MAISIE/WORK. TEXT BY KATHRYN MADDEN.

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If you invest in one new staple, make it a crisp blazer – you'll wear it season after season.

## SOFT *focus*

1



2



3

1 Cue pale yellow **blazer**, \$375, and Cue black **crop top**, \$135, cue.cc; Sandro Paris black **trousers**, \$475, 02-9327 3377; Reliquia **earrings**, \$129, reliquijewellery.com; Lucy Folk rings, from \$250 each, lucyfolk.com. 2 Sir the Label **knit**, \$260, sirthelabel.com; Hansen & Gretel **pants**, \$219, hansenandgretel.com; Manning Cartel **necklace**, \$349, manningcartell.com.au. 3 ASOS **jumpsuit**, \$84, asos.com/au; Veronika Maine **earrings**, \$109, veronikamaine.com.au; Scanlan Theodore **belt**, \$300, scanlantheodore.com.

# SHOP WITH OUR STYLISTS

One piece, two ways: our fashion editors style their new-season must-haves from AM to PM



JACQUEMUS FALL 2018 RTW

## DAY



Le Specs x Jordan Askill sunglasses, \$129, lespecs.com



Neuw jacket, \$200, neuwdenim.com

Zara shoes, \$70, zara.com/au



Anni Lu bracelets, \$99 each, at 02-9380 8438.



## DRAPED DRESS

COS dress, \$150, cosstores.com/au

## MONICA RUSSELL



MARKET EDITOR

### HOW I'LL WEAR IT:

"Nothing says spring like pastel tones. I'll wear this dress layered under denim by day, and with statement accessories for night."

Reliquia necklace, \$149, reliquiajewellery.com

Marni bag, \$5652, 02-9327 3809



Peter Lang earrings, \$89, peterlang.com.au

## NIGHT



Rejina Pyo shoes, \$740, at mychameleon.com.au

## DAY

## TARA MORRIS



JUNIOR FASHION EDITOR

### HOW I'LL WEAR IT:

"This blazer will elevate a pair of jeans, then add a hint of masculinity to a feminine evening look."



Uniqlo jumper, \$130, uniqlo.com/au



H&M jeans, \$80, hm.com/au



## TWEED JACKET

Sandro Paris blazer, \$725. 02-9327 3377



Marni bag, \$2335, at matchesfashion.com/au

Charles & Keith shoes, \$59, charleskeith.com/au



## NIGHT

Paris Georgia dress, \$430, at desordrestore.com



Attico shoes, \$1707, at harrolds.com.au



Céline earrings, \$2095, at parlourx.com



BALENCIAGA FALL 2018 RTW

JANA POKORNY



FASHION DIRECTOR

Tiffany & Co. chain, \$455, and charm, \$785, tiffany.com.au



NIGHT

Sarah & Sebastian earrings, \$280, sarahandsebastian.com



Valentino top, \$850, at net-a-porter.com

DAY



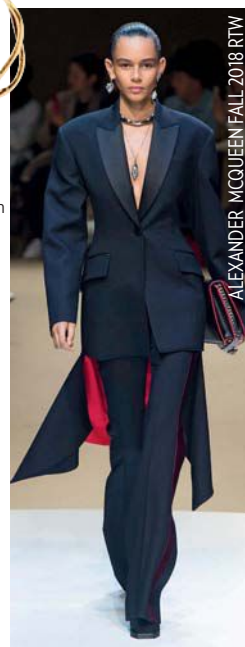
**SLEEK SUIT**  
camilla and marc jacket, \$750, and pants, \$450, camillaandmarc.com



Oscar de la Renta bag, approx. \$ 2699, oscarde la renta.com



Veja sneakers, \$155, at mychameleon.com.au



ALEXANDER MCQUEEN FALL 2018 RTW



Love Stories bralette, \$240, lovestoriesintimates.com.au



L'Oréal Paris lipstick, \$20, at priceline.com.au

HOW I'LL WEAR IT:

"A sleek suit is super versatile. I'll team it with a tee and trainers for day, and an embellished flat by night."

Rochas shoes, \$720, rochas.com



H&M jumper, \$60, hm.com/au

FLORAL DRESS

Lonely Dress, \$290, lonelylabel.com

Simone Rocha hair clip, \$105, at matchesfashion.com/au



DAY



Shrimps bag, \$610, at matchesfashion.com/au



ELLA BLINCO JURY



Miu Miu charm, \$390, at net-a-porter.com



FASHION OFFICE COORDINATOR

Meadowlark (single) flower earring, \$99, and (single) star earring, \$90 each, at davidjones.com



Peter Lang earrings, \$109, peterlang.com.au



MULBERRY FALL 2018 RTW

**HOW I'LL WEAR IT:**  
"I'll pare back this dress with a slouchy jumper in the AM, and dress it up with diamanté earrings and a heeled boot come PM."

Sol Sana shoes, \$179, sol-sana.com.au



NIGHT

Senso boots, \$285, senso.com.au



ATTICO FALL 2018



### COWBOY BOOTS

Your first (fashion) rodeo? Step into styles that nod to the Wild West.



Sportsgirl boots, \$99.95, sportsgirl.com.au

### SHADES

Geometry class: the square is the shape to know now. Pick your sunnies accordingly.



Karen Walker sunglasses, \$260, karenwalker.com



### STRING BAGS

From market tote to It-bag – this modest mesh carry-all is making waves on the street-style circuit.

# 20 WAYS TO NEW season style

Fresh fashion editor-approved tips and buys to see you through spring



### CRIMSON POLISH

Nothing finishes a look like a wine-toned manicure. Keep nails short and gently rounded for a current look.



Sally Hansen Complete Salon Manicure in Red Handed, \$14.95

H&M pants, \$79.99, hm.com/au

### CORDUROY PANTS

Wear your '70s-inspired slacks high and wide for maximum chic factor.



Emilia Wickstead blouse, \$602, at matchesfashion.com

### BALLOON SLEEVES

A sweet floral blouse comes into its own with voluminous design details. Pair with a slim-fitting skirt or pant.



Hansen & Gretel blouse, \$199, hansenandgretel.com

### PEARL EARRINGS

"A woman needs ropes and ropes of pearls," Coco Chanel once mused. Today wear them dangling from your ears, set off by gleaming gold.



Jolie & Deen earrings, \$49.95, jolieanddeen.com.au

Mimco earrings, \$129, mimco.com.au

Reliquia earrings, \$149, reliquijewellery.com

Anni Lu earrings, \$445, 02-9380 8438





CHLOÉ FALL 2018

**LUREX**

This glittering disco-approved fabric dances from the runway to real life via slinky, sparkly tanks.



ba&sh tank, \$249, 03-9420 1500



Rabens Saloner, \$280, 03-9420 1500



Mimco shoes, \$199, mimco.com.au



Manning Cartell blazer, \$499, and shorts, \$299, manningcartell.com.au

**CO-ORDS**

Pair up or go home. A two-piece suit provides twice the outfit options, and we love this cute denim offering.

**SLIDES**

Fabulous and functional: dazzling embellishment elevates the everyday mule.



Lee Mathews dress, \$429, leemathews.com.au



Lonely dress, \$400, lonelylabel.com



Suboo dress, \$289, suboo.com.au

**CHECKED DRESSES**

It's the dress that spring dreams are made of: flirty, frilly and splashed with chequerboard colour.

Chloé Les Mini Chloé Signature Scent Eau de Parfum, \$65

**LEATHER TROUSERS**

Swap out your sprayed-on skinnies for softer, slouchier styles, the perfect blend of classic and cool.



CÉLINE FALL 2018

**FEMININE SCENTS**

With its rose heart and notes of gardenia and lemon, this handbag-friendly Chloé EDP is built for spritzing on the go.





MARNI FALL 2018



JOHANNA ORTIZ FALL 2018

### SILK SCARVES

Plain or patterned, a silk scarf wrapped around your pony provides instant polish.

### COOL HUES

Blue and green should never be seen? The season's colour combination du jour proves some rules are meant to be broken.

Sandro Paris jumper, \$475, 02-9327 3377



### TOP-HANDLE BAG

There's a reason it's called a *hand* bag. Eschew the crossbody strap for a super-ladylike spherical design.

Mansur Gavriel bag, \$995, at matchesfashion.com

### ALICE BANDS

The nostalgic accessory returns in all its bejewelled glory. Offset the sweetness with a hint of grunge.

Zara headband, \$29.95, zara.com/au



### BOILERSUIT

Fashion favours the bold. Team a sleek khaki jumpsuit with a pair of heels for a feminine spin on utilitarian dressing.



Reliquia rings, top \$139, and bottom \$145, reliquiajewellery.com



### GOLD RINGS

Adorn your fingers with precious metals, the more old-world, the better.



### WRAP ROBES

Call it your multi-tasking must-have – a silk kimono doubles as an elegant dress or light and flowy jacket.

Bec & Bridge dress, \$320, becanbridge.com.au; Zara dress, \$139, zara.com/au

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



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For enhanced effect, it can be used in combination with the rest of the PhysioLift range, all suitable for sensitive skin.

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- Skin is plumped
- Furrows are filled

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SHOPPING



COS sandals, \$250, [cosstores.com/au](http://cosstores.com/au)



Acler trousers, \$350, [acler.com.au](http://acler.com.au)



ELLERY AUTUMN 2018



Albus Lumen jumpsuit, \$495, [albuslumen.com](http://albuslumen.com)

Charles & Keith bag, \$99, [charleskeith.com/au](http://charleskeith.com/au)



# LIFE IN *monochrome*

What's black and white and chic all over? These new workwear wonders



H&M dress, \$59.99, [hm.com/au](http://hm.com/au)



H&M Studio shirt, \$235, [hm.com/au](http://hm.com/au)



Extraordinary Ordinary Day boots, \$609, [eodstyle.com](http://eodstyle.com)



Regina Pro shirt, \$615, at [mychameleon.com.au](http://mychameleon.com.au)



ASOS skirt, \$70, [asos.com/au](http://asos.com/au)



Ellery blouse, \$1195, at [mychameleon.com.au](http://mychameleon.com.au)

PHOTOGRAPHY BY PHILIP LE MASURIER. COMPILED BY MONICA RUSSELL. TEXT BY KATHRYN MADDEN.

# dyson supersonic

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patented motor  
110,000 rpm

The thermistor-monitored, high-velocity, precision-engineered Dyson Supersonic™ hair dryer. Now available in Black/Nickel.

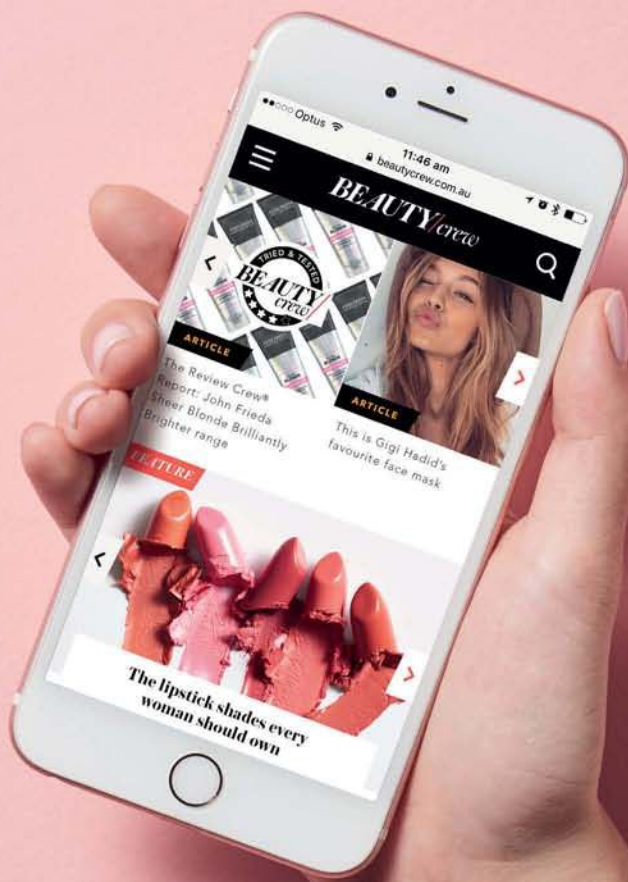
[dyson.com.au/supersonic](https://www.dyson.com.au/supersonic)

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marie claire

# Beauty

## PASTEL PERFECT

Add some colour to your new-season make-up look with flush-making pastels. Blush, highlighter and eyeshadows with petal-inspired pinks and peachy tones will bring out the warmth in your skin, while a touch of sheen will give your complexion that radiance you crave after months of frostiness.

**1 Urban Decay** Limited Edition Backtalk Palette in 3 Sheets, \$78, and **2 Low Key**, \$78.

**3 Chanel** Le Vernis Longwear Nail Colour in Ballerina, \$41.

**4 Marc Jacobs Beauty** Eye-Conic Multi-Finish Eyeshadow Palette in Fantascene in shade Meet Ya, \$66, and **5** shade Flesh, \$66.

**6 Smashbox** + Vlada Petal Metal Highlighter in Gilded Rose, \$61. **7 Nars** NARSissist Wanted Cheek Palette II in Ambition, \$86, and **8** PYT, \$86.

**9 SALT by Hendrix** Magical Rose Illuminating Elixir Crème, \$32.95. **10 Too Faced** Limited Edition Life's A Festival Eye Shadow Palette in Young & Free, \$61. **11 Chantecaille**

Mermaid Eye Matte in Elephant, \$49.

# YOUR ULTIMATE HAIR GUIDE

This season is all about effortlessly cool hair. We're inspired by lust-worthy shades, innovative techniques and super-chic cuts. Sally Hunwick asks the experts how to update your look

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# THE Colour

It's time to enhance what you have naturally. That means subtle colour changes that will elevate rather than drastically change your look. "We're seeing minimal colour. Lots of hidden highlights and tone on tone," says Elizabeth Shedwick, head of technical varder for Toni & Guy. This means asking your colourist for "opposing tones and shadowing", says Matt Clements, global colour ambassador for Schwarzkopf Professional. "The real focus is on the way the colour is assembled to achieve a soft, dimensional colour with lots of texture."

## PASTELS

Greys and lilacs have made way for shades of shimmery pink. "It's the season of the rose quartz," says Bright. "This gentle and slightly metallic pink essence carries a soft feminine hue." The exciting news: pinks are very flattering. "Rose quartz complements all hair shades and skin tones, making it wearable for everyone," says Bright.



## AT-HOME COLOUR

Stats show that more women are colouring at home to extend the time between salon visits. Try these fail-safe DIY kits:  
**The Shade**, \$49.90 (1): This Italian-made permanent root touch-up kit is ammonia-, paraben- and PPD-free and charged with nourishing argan oil. Decide how many weeks you need between touch-ups, then a new kit is delivered to your door (\$24.95 per refill). [theshade.com.au](http://theshade.com.au)  
**Clairol Nice 'n Easy**, \$14.99 (not pictured): With 54 natural-looking shades and new tech that blocks damage, this allergy-free formula conditions as it colours for salon-worthy shine.

## RED

Seeing red on your colour horizon? Here's some new terminology to get your head around.

**RONZE** A mixture of copper red and bronze brown, ronze is "a major player in the red world", says Simon Bright, expert colourist and founder of Jonny + June hair salon. "These shimmery hues lighten and brighten your complexion."

**PASTEL VINTAGE** "Pastel reds or lived-in reds are among my favourite reds right now," says Clements.

**CUIVRE** Game to try something bold? "Cuivre red, which means copper in French, is the need-to-know red this season," says Bright.

## MULTI-TECHNIQUES

Regardless of shade, if wearability is high on your colour want-list, ask your colourist for a blend of different techniques. "I prefer using freehand techniques and tailoring my tools to create depth, texture and rawness in the hair, which are incredibly wearable," says Clements, who even enlists traditional art brushes to create natural-looking colour. "Using [multiple] techniques in the one application is a must these days," says Bright. He recommends baby highlights to add a pop around the face. "Freehand placing subtle shades in the hair creates a soft, natural look that doesn't appear overly highlighted," he says. The bonus of freehand colour? "It's no fuss," says Jen Atkin, celebrity hairstylist and founder of Ouai. "You can go months before you have to get it touched up because it is mostly on the ends."

### TRY THIS:

Keep your red fresh with a colour-enhancing shampoo and conditioner, such as **John Frieda Radiant Red Boosting Shampoo and Conditioner**, \$15.99 each





### FROM DARK TO LIGHT

These days, even brunettes can go whole spectrums lighter. But heed the experts' warnings. "You can absolutely go from brunette to platinum, but you must prep [beforehand] to get your hair in prime condition," says Tracey Cunningham, celebrity colourist and ambassador for Olaplex. Also be prepared to go light in stages. "It usually takes two to three salon visits to reach your final desired colour," she says.

**Olaplex** No 4 Bond Maintenance Shampoo (1) and No 5 Bond Maintenance Conditioner, \$49.95 each

### BLONDE AMBITION ▲▲

Blonde is effortlessly natural this season, with colourists applying subtle yet contrasting tones. "It's all about shades of beige and butter gold," says Bright. The good news: instead of washing you out, blending skin-toned shades of "honey and creamy blonde" helps add radiance to your skin, says Bright. Here's how to decide what you want:

- NUDE HAIR:** "This is crème de la crème this season and my favourite type of colour," says Bright. "There's an even amount of both warm and cool tones, which cancel each other out to create a neutral colour." Good news for those wanting to lighten, nude hair suits all skin tones.
- SUBTLE OMBRE:** "This is where dark roots give way to ends that are just a fraction lighter," says Bright. "Done well, you won't be able to tell where the darker colour ends and the lighter colour begins."
- COLOUR CONTOURING:** "Just like the make-up technique that highlights where light naturally hits the face, colour contouring is an individualised highlighting technique specific to your hair colour, face shape and skin tone," says Bright. "It adds shimmer and pockets of depth and light, as well as highlighting your features."

### ▼ BRUNETTE

To lighten up for summer, balayage is still a go-to for brunettes. "Balayage isn't going anywhere," says Toni & Guy national creative director Katy Reeve. "We're [focusing] more on where it's placed. Before it was just dark at the roots, blonde at the ends; now it's face-framing." What shades should you ask your colourist for? Think coffee and gold. "Tawny, espresso, mocha and sun-kissed gold hues create soft-yet-noticeable dimension in the hair," says Bright. "They're super flattering on all brunettes and skin tones."



Considering a new look?  
"I suggest getting a great trim  
before a drastic colour change"

- Tracey Cunningham, celebrity colourist  
and ambassador for Olaplex



Keep blondes bright with  
**Schwarzkopf** Professional  
BC Bonacure Silver Micellar  
Shampoo, \$27.95;  
**O&M** Conquer Blonde  
Silver Masque, \$32.95

PHOTOGRAPHY BY EDWARD URRUTIA, JASON HETHERINGTON / TRUNK ARCHIVE / SHAPPERMEDIA.COM; GETTY IMAGES.



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

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DAMAGE CONTROL

Five ways to stop hair going straw-like:

**LESS SHAMPOOING:** “Use a non-sulphate shampoo to help soften the hair and not strip it of its colour,” says Cunningham. Between washes, enlist the new-breed dry conditioner.

TRY **System Professional** Creative Care Instant Energy Dry Conditioner, \$58 (1)

**HYDRATE:** “Use shampoos and conditioners designed for weakened or damaged hair,” suggests Bright.

TRY **OGX** Marula Oil Shampoo and Conditioner, \$17.99 each (2)

**WEEKLY TREATMENTS:** “I can’t stress enough the importance of a good at-home hair regime,” says Clements. “What your stylist does in two hours is nothing compared with the eight weeks between salon visits.”

TRY **Schwarzkopf Professional** BC Bonacure pH4.5 Color Freeze Treatment for Coloured Hair, \$27.95 (3)

**HEAT PROTECT:** “You need heat but you want to know that you’re not causing damage,” says Amy Johnson, global education manager at Dyson. “Some dryers reach 230 degrees, which causes extreme heat damage to hair.”

TRY **Dyson** Supersonic hairdryer, \$499 (4)

**DETOX:** “A detox shampoo and conditioner used for one week each month will deeply purify the hair,” says Fabien Provost, celebrity stylist.

TRY **Franck Provost Paris** Pure D-Tox Shampoo and Conditioner, \$17.99 each; **Toni & Guy** Daily Detox Shampoo and Conditioner, \$15.99 each (5)



THE Cut

FRINGE BENEFITS

If you want to add edge, a fringe packs plenty of attitude. “The biggest styles I see recurring are almost homegrown-looking fringes,” says Barney Martin, celebrity hairstylist and ambassador for R+Co. “They look like your friend has trimmed the edges; it’s not too neat or perfect.” Not sure if bangs will suit your face shape? “Grown-out curtain fringes worn from a loose centre part are flattering on most people,” explains Martin.



“If you’re brave enough, and your features can handle it, a short crop is the way to go”

- Richard Kavanagh, ambassador for ghd

## THE SHORT OF IT

Hair is being lopped off this season, so if you are considering a big change, this is your moment.

“I like the idea of playing with short haircuts; they’re easy to work with,” says Atkin, who is currently sporting an above-the-chin-length crop.



## GETTING THE LOOK RIGHT:

**CONSIDER TEXTURE:** “Think of the texture of your hair and how it will sit,” says celebrity hairstylist and ghd ambassador Richard Kavanagh, who suggests a razor cut for thick hair (“to help it sit better”) and a scissor cut for fine hair “to enhance the density”.

**ADD COLOUR:** “Play with colour to enhance your look,” says Rita Marcon, Goldwell education director. “Weave through some darker accents and warm tones to create a multi-layered look, or go one shade deeper at the regrowth to elevate your look.”

**ADD LIFT:** “Use a hairdryer on full speed and full heat for a few minutes, blow-drying forward from the crown and from side to side to loosen it up and create the perfect ‘I just woke up like this’ look,” suggests Kavanagh.



## TO LOB OR BOB...

If you had a lob cut a season or two ago, you might consider taking things up a bit. “The current must-have haircut would have to be well above the shoulder with multi-dimensional layers and texture,” explains Luke Reynolds, Goldwell ambassador and owner of Luke Reynolds Hairdressing in Brisbane. “It’s current, it’s short and it’s sexy. It says, I have confidence.” And it suits every hair type. “Being able to change the length and line to suit the person enhances the versatility of a bob,” says Kavanagh. “It can also be styled in a multitude of ways.”



## INSPO

Atkin, celebrity hairstylist for Kendall Jenner and Bella Hadid, says she follows hashtags for her inspiration. Here are three to add to your feed.

## #90S

“I love everything ’90s and I follow a lot of models from [that era],” says Atkin. “I love Yasmeen Ghauri and Claudia Schiffer’s hair from the ’90s.”

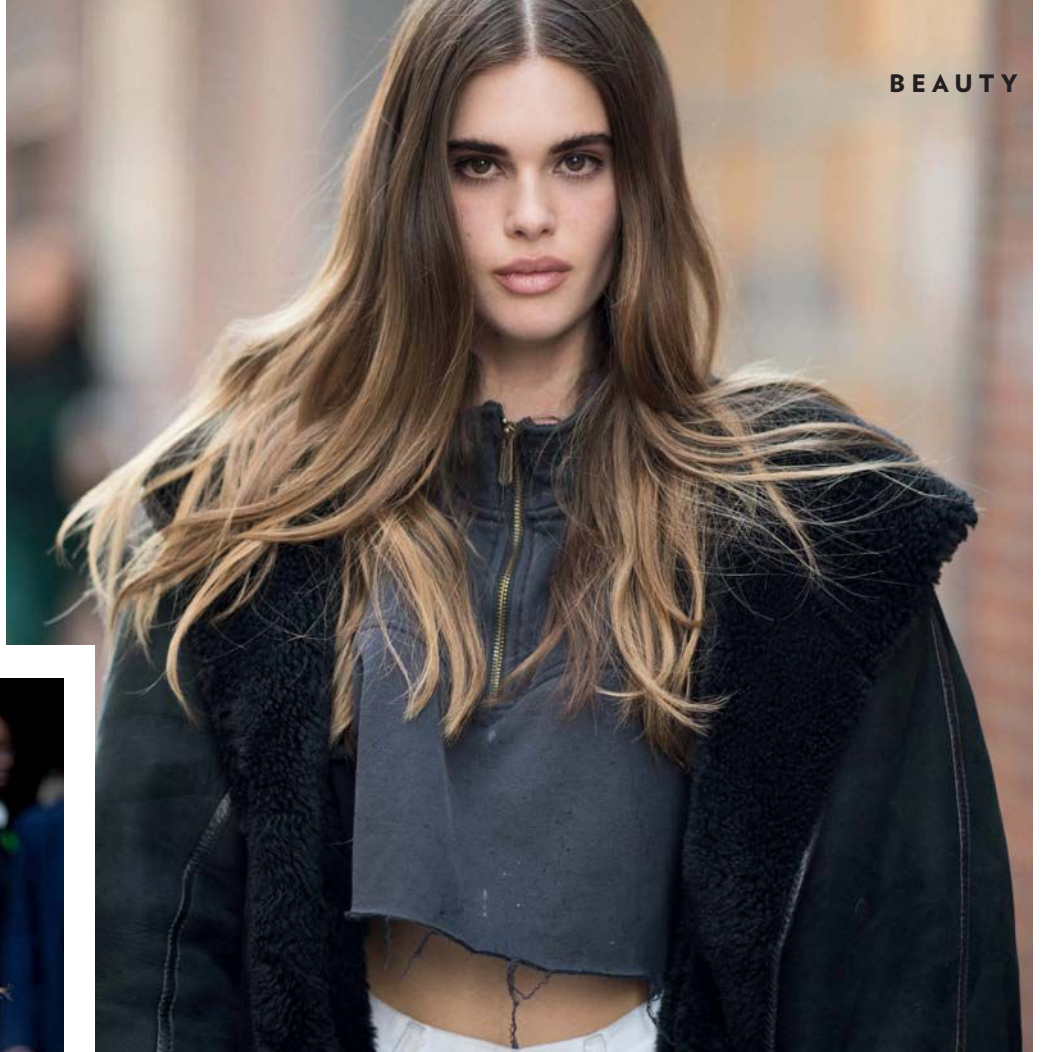
## #COACHELLA

“I was really inspired by all the hair jewellery and braids and weaving different things into hair,” says Atkin. “Coachella is such an important weekend for hairstylists.”

## #CANNES2018

“Some of my favourite moments are with Kendall and Bella in Cannes for the film festival,” says Atkin. “It was fun to do really modern up-dos.”





### GREAT LENGTHS

Not keen on a crop? Keeping your length has benefits. “Soft layers just below the jaw and sitting to the shoulders or longer can be carried off by most face shapes and hair types,” says Martin. The key to keeping long hair current is to add movement and texture with products and techniques designed to boost volume. “The best way to get natural-looking texture at home is to be proficient with hot styling tools,” says Reynolds, who also wants us to work with our own texture. “Natural waves look sexy, but it feels like everyone is wearing the exact same style. Women need to personalise their look,” he says. Enlist a barrier spray to keep your natural movement manageable.



- 1 David Mallett Gold Dust, \$89
- 2 Goldwell Kerasilk Control Humidity Barrier Spray, \$34.95
- 3 Jonny + June Ocean, \$29.95

### CURL CUES

Curls can be prone to out-of-control frizz, which is why we're excited about Moroccanoil Curl Cleansing Conditioner, \$56.95, a no-foam cleanser that conditions as it washes to return waves to glossy smoothness.



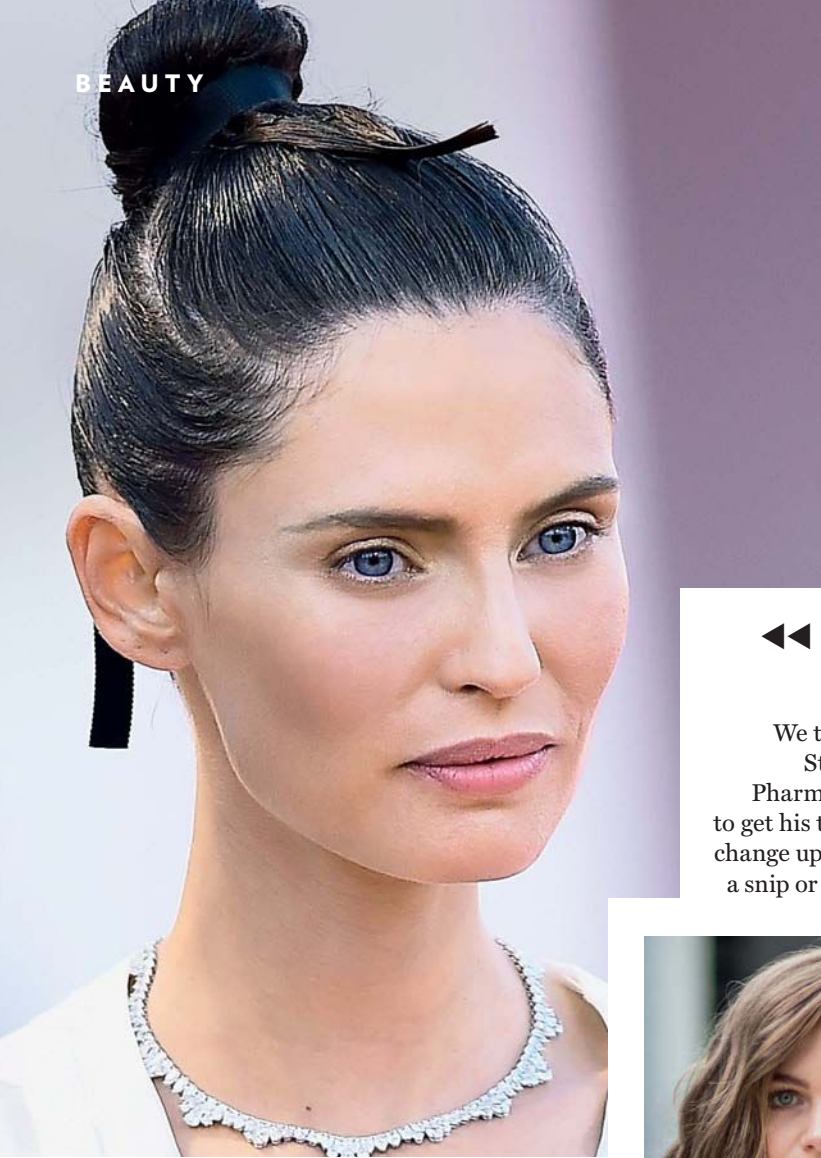
### TRY THESE

Hair brands keep coming up with new ways to solve our hair woes. We're packing Ouai's hair sheets into our bags for on-the-go de-frizzing. And R+Co's new dry shampoo is the lightweight way to spruce up limp day-two hair.



- 1 R+Co Spiritualized Dry Shampoo Mist, \$38.13
- 2 Ouai Anti-Frizz Hair Sheets, \$28 for pack of 15





## ◀◀ CHANGE UP YOUR STYLE

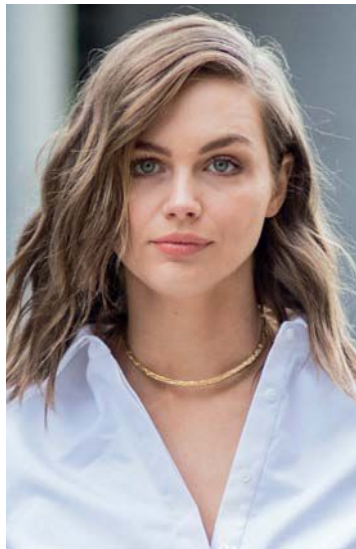
We talked to Kenneth Stoddart, Priceline Pharmacy hair director, to get his top tips on how to change up any look without a snip or a brush of colour.

### LONG HAIR

"I love the slightly wet-looking topknot tied off with ribbons," says Stoddart.

**GET THE LOOK:** "Add mousse to damp hair and roughly blow-dry with your fingers. Then rake up all your hair into a messy topknot and tie off with an elastic. Finish the look by wrapping and tying a long ribbon around the topknot." Try **Models Prefer Style It Volumising Mousse**, \$7.99 (1), available at Priceline Pharmacy.

**TIP:** "Do not use a brush for this look as that will make it too smooth," he says.



### MID LENGTH

"An easy way to get those cool-girl waves is to braid it loosely into two large braids," says Stoddart.

**GET THE LOOK:** "Add a little bit of leave-in conditioner to your slightly damp hair before braiding," explains Stoddart. Try **Toni & Guy Prep Leave In Conditioner**, \$15.99 (2), available at Priceline Pharmacy. "Sleep on it then undo the braids in the morning."

**TIP:** "Spray texturising spray through the hair before breaking up with your fingers," says Stoddart who recommends **Batiste Texturising Spray**, \$12.99 (3), available at Priceline Pharmacy.



### BOBS

"A good way to style the bob is to add texture with your curling wand," says Stoddart.

**GET THE LOOK:** "Wind sections of hair around a medium-barrel tong only on the mid lengths, leaving the ends straight," says Stoddart. "Spray dry texturising spray through the hair and rake through with your fingers."

**TIP:** "Add a finishing cream to give sexy texture," adds Stoddart. Try **John Frieda Frizz Ease Perfect Finish Polishing Serum**, \$16.99 (4), available at Priceline Pharmacy.

## TOOLS

Even the best undone looks have had some sort of heat applied. Here are two pros' first loves:



**DIFFUSER:** To create natural, loose waves, Atkin uses the Dyson Supersonic, with its diffuser attached. "The diffuser is a game-changer," says Atkin. "I like to fold the hair over itself, scrunch it in my hand, then use the diffuser to dry the hair." **1 Dyson Supersonic** hairdryer, \$499

**WAVE WAND:** Kavanagh enlists the ghd Curve Classic Wave Wand. "Its oblong profile creates effortlessly undone looks," he says. "Work visually, and give the hair a slight twist as you wrap it around the wand to create a loose, lived-in texture."

**2 ghd Curve Classic Wave Wand**, \$230



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# THE NEW natural

Call it the Meghan Markle effect: big occasion make-up is going super natural. The key to making it work? High-tech formulations that act like real skin. By Sally Hunwick

For a long while now, matt and opaque finishes have been the skin look of choice on our social feeds. But thanks to women such as the Duchess of Sussex, who on the biggest day of her life let her freckles shine through, we are allowed to show our skin's uniqueness again. We quiz the experts.

## SKIN IS IN

When you want skin to look like skin, good prep work is key. "It's always skin first," says celebrity make-up artist Elsa Morgan, who is known for her ways with luminosity. Her go-to pre-foundation prep? "La Mer The Perfecting Treatment [\$325]. It's my favourite primer," says Morgan.

The duchess' wedding make-up, created by celebrity make-up artist and Dior Beauty brand ambassador Daniel Martin, started with a sheer buff of Dior Backstage Face & Body Foundation, a glow-inducing formula in Dior's all-new make-up collection. "Dior Backstage boasts professional, adjustable formulas [that] work with every skin tone," says Peter Philips, creative and image director for Dior Make-up, whose backstage work inspired the neutral-based collection.

## SHEER & BUILDABLE

Coverage is no longer the main concern, say the experts. It's more about blurring out imperfections to keep skin looking real, but better. "You want a thin, sheer, veil-like effect," says Morgan, who suggests looking for creaminess in your foundation rather than opacity to seamlessly diffuse any skin blips.

Lydia Sellers, ambassador for Iconic London and Meghan Markle's make-up artist on the set of *Suits*, says Markle's fallback foundation on set was the cult-followed Giorgio Armani Luminous Silk Foundation, \$99. "It looks and feels like skin," she says. These days, Markle may well favour Giorgio Armani's new Neo Nude Fusion Powder, \$128, a zero-caking finishing powder that combines many of the same ingredients (and radiance) of a liquid foundation with the no-fuss application of a compact.

Buildability is important for natural flawlessness as "it allows you to start sheer then build up", says Morgan. La Mer has released a cushion version based on its much-loved The Soft Fluid Long Wear Foundation, \$200 (a foundation that blends make-up with skincare to create other-worldly naturalness). Morgan loves this base for its whisper-weight versatility. "The cushion lends itself to a lighter touch," she says.

## LIGHT TOUCH

Application is key to ensure just the right tone is set. "It's a no-no but you can use your fingers," says Morgan. "Just make sure you have really clean hands; even wash your hands after applying your skincare." Need special occasion precision? "I like to use a foundation brush; it gives me greater control," says Morgan.

## PRO TIP CHEAT RADIANCE

Enlist two shades of foundation. "I use a shade lighter than the natural skin tone under the eyes, across the nose and forehead; anywhere you want to shine a little extra light," says Morgan. "Then take a warmer shade that is the same tone as your natural skin colour and press it across the top of the cheekbones. It adds dimension to the skin."



“Creating a soft-focus effect to the skin gives you a modern update”

– Elsa Morgan, celebrity make-up artist

## THE NEW WEIGHTLESS

Seeking natural perfection? These foundations will polish up the look of skin without covering every endearing freckle



**Dior** Backstage Face & Body Foundation, \$70. Super blendable with a natural finish, this sweat-proof, waterproof formula adds a healthy glow to all skin types (and stays in place all day).



**Revlon** Photoready Insta-Filter Foundation, \$34.95. The built-in blender allows for sheer, buildable coverage, which blurs imperfections for a lightweight, natural finish.



**Estée Lauder** Double Wear Nude Water Fresh Makeup SPF 25, \$58. Super lightweight, this fluid foundation doses skin with antioxidants and adds a blurred, satiny finish.



**La Mer** Luminous Lifting Cushion Foundation SPF 20, \$170. Boasting buildable coverage, this humidity-proof cushion foundation makes skin look like skin (but better).



**Giorgio Armani** Neo Nude Fusion Powder, \$128. This clever powder transforms into a whisper-soft fluid on contact with skin to create a blurring veil. No wonder it took 10 years to create.



9AM

way

Maybelline.com.au  
Kemp is wearing New Super Stay 24H Foundation in Ivory.  
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# MAYBEL

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7PM

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FOUNDATION

**14** AVAILABLE IN  
SHADES



**BEFORE**  
Bare face

**AFTER**  
Full look with SS24H\*

\*Model is wearing Super Stay Primer, Concealer, 24H Foundation & Master Blush. For full look details, visit [Maybelline.com.au](http://Maybelline.com.au).



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**ALL  
ABOUT**



Across it all when it comes to vitamin C? Think again. Here are nine things you need to know about this clever antioxidant. By Sally Hunwick

**IT HAS PROTECTIVE POWERS**

**1** Our skin is exposed to city smog, pollution and blue screen light on a daily basis, which means our cells take a pounding. Consider vitamin C your pollution shield. "Vitamin C is a crucial antioxidant to combat the environmental aggressors," says Dr Elena Voskresenskaya, SkinCeuticals global education director. "C neutralises environmental assaults so that skin can get back to its original function and maintain a healthy body."

**IT'S BEST IN THE MORNING**

**2** Due to its ability to protect throughout the day, C is best applied before you leave the house. "I won't say it's bad for the body if you apply it at night, but as C provides protection throughout the day, it is far more useful for the body if we apply in the morning," explains Dr Voskresenskaya.

**IT'S MULTI-TALENTED**

**3** If you have a skin issue – any skin issue – you probably want to enlist vitamin C. "Vitamin C is great for treating scars, ageing, dark spots, sun damage, fine lines, acne and hyperpigmentation," says Debbie Dickson, Australia's director of education at skincare company DMK.

**WE DON'T MAKE OUR OWN C**

**4** "The vast majorities of creatures actually do produce vitamin C themselves," says Dr Voskresenskaya. Somewhere along the evolutionary line, humans lost the gene to make this antioxidant. "Surprisingly, humans and guinea pigs are the only two species on Earth that don't have a gene to produce their own vitamin C," she adds. "So we need to rely on topical intake or supplements to replenish this."

**IT'S GREAT FOR SCARS**

**5** It's brilliant for brightening and fading pigmentation, but C is also known for treating scarring. "A serum containing vitamin C will stimulate the fibroblast cell for new collagen production," says Dickson. "This will help rebuild a stronger, healthier tissue to replace the scarring."

**IT'S UNSTABLE**

**6** Yes, vitamin C is a clever ingredient, but it is volatile, so look for products that have stabilised C. "Ascorbyl glucoside is a highly stable form of vitamin C," says Dickson, who recommends serums with added antioxidants and vitamin B5 for faster and more impressive results.

**IT REBUILDS THE SKIN**

**7** If you're wanting to firm up and brighten the complexion at the same time, vitamin C is your go-to. "Vitamin C kickstarts the amino-acid chain in the fibroblast cells to manufacture new collagen fibres," explains Dickson. "This firms the skin, reduces wrinkles and fine lines, and improves plumpness."

**SKIN NEEDS A DIRECT DOSE**

**8** Sure, take your mega C each morning, but our skin requires topical application to reap complexion benefits. "When we take something orally, our body distributes it first to the vital organs. Skin is not considered a vital organ, so we only get the trace amounts of it to the skin," says Dr Voskresenskaya. "If your main concern is anti-ageing ... or you want to target your face, neck and hands, you're better off using a topical antioxidant."

**START TODAY**

**9** Tossing up whether you should bother with a potent dose of vitamin C each morning? Keep this in mind: "As with any preventative method, there is never such a thing as starting too late or too early; today is always the right day to start," says Dr Voskresenskaya.

**GET YOUR VITE RIGHT**

These C-spiked potions will brighten, firm and perfect.



**1 Ole Henriksen** C-Rush Brightening Gel Crème, \$58; **2 Medik8** Super C30+, \$140; **3 DMK** Direct Delivery Vitamin C Antioxidant Serum, \$159; **4 SkinCeuticals** C E Ferulic, \$214; **5 Ella Baché** Neobright Radiance C Ampoule Set, \$59; **6 Peter Thomas Roth** Potent-C Power Serum, \$133.

PHOTOGRAPHY BY EDWARD URRUTIA; MARIÉ BÄRSCHIBLAUBLUT-EDITION.COM/RAVEN & SNOW.

# OLAY

DNA *or* OLAY?



Olay Regenerist is now boosted with NEW Carob Fruit Extract, Amino Peptides, Olive Extract, Vitamin b3, Hyaluronic Acid & Glycerol. It firms, plumps and reduces wrinkles.

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

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IN JUST 4 WEEKS**



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**PORTABLE SCENTS**

Freshening up just became much more stylish with these clever and compact versions of two of our favourite fragrances.

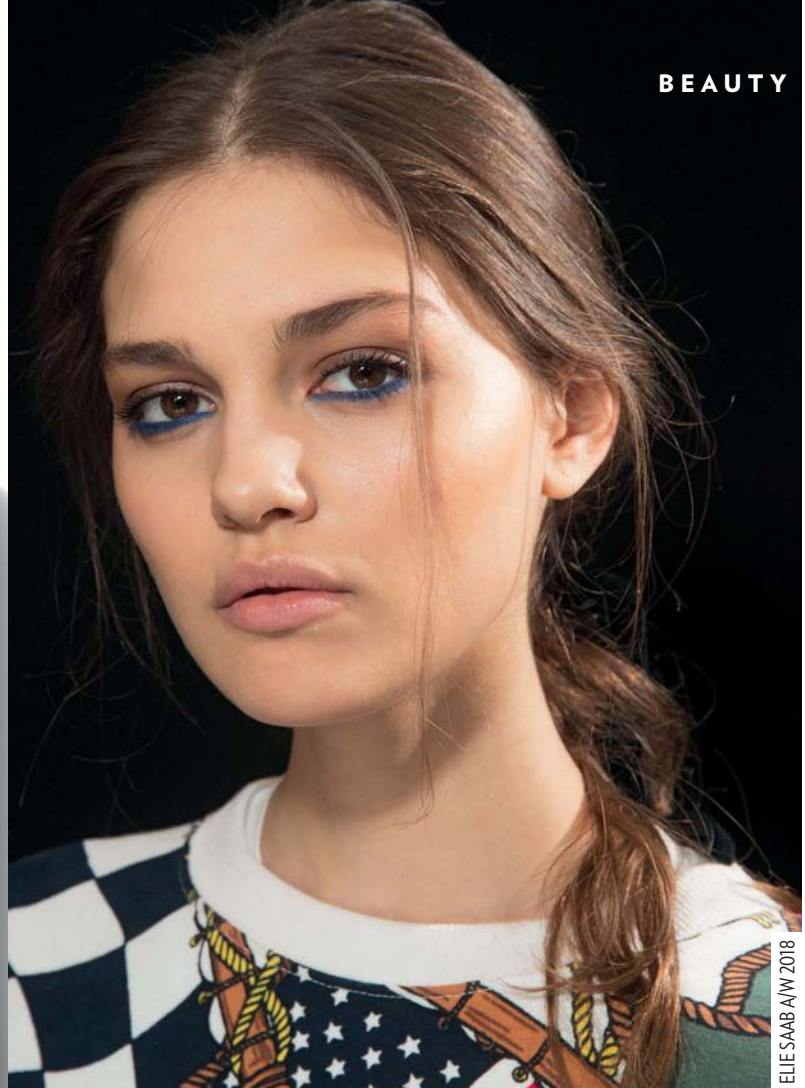
From left: **Kenzo Flower** by Kenzo Le Cushion, \$64; **Chanel N°5 L'Eau All-Over Spray** 150ml, \$105



MC  
LOVES  
♥

**PRETTY FLUSH**  
Handbag-friendly and creamy, these blushes make the perfect on-the-go skin pep.

Clockwise from left: **Max Factor** Miracle Touch Creamy Blush in Soft Murano (1), Soft Pink (2) and Soft Candy (3), \$14.95 each; **Giorgio Armani Cosmetics** Neo Nude A-Blush in 51 (4), \$68



ELIE SAAB A/W 2018

# the edit

**SO CHEEKY**



Want a bottom as pert as Gisele's? You might consider investing in **Sol de Janeiro** Brazilian Bum Bum Cream, \$66. Spiked with guarana caffeine, cupuacu butter, acai and coconut oil, this cult-followed formulation is specifically designed to soften, lift and firm your derriere.

**GET SHOPPING**

Make-up devotees rejoice! Much-loved Australian beauty brand **Napoleon Perdis** launches this month into 240 Priceline Pharmacy stores across the country. The entire cosmetics and skincare range is available in-store and online, with a whopping 60 new products created exclusively for Priceline. Visit [priceline.com.au](http://priceline.com.au).



PHOTOGRAPHY BY EDWARD URRUTIA. GO RUNWAY/SNAPPER MEDIA



**COLOUR POP** Make your eyes the focus with Dior's new range of rainbow-bright eyeliners

**Dior** Dior Show On Stage Liner in Matte Pop Blue, Matte Pink and Matte Yellow, \$56 each

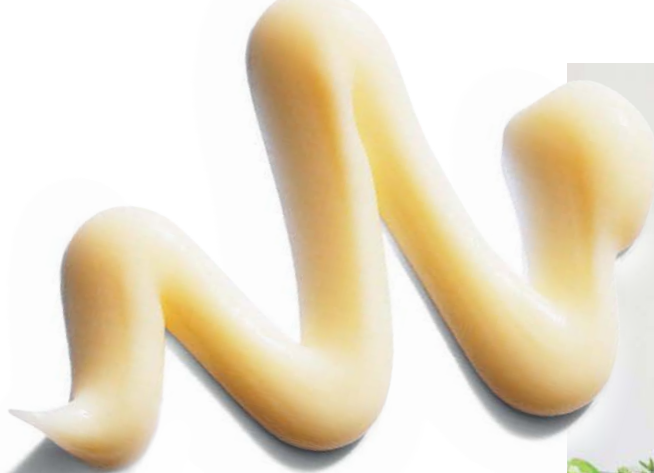
BEST TO KNOW



**VOTARY**

Founded by former beauty editor and celebrity make-up artist Arabella Preston (Kate Middleton is a client), Votary boasts a cult following in the UK. We predict this 100 per cent natural skincare brand will be a sellout.

**Votary** Super Seed Facial Oil, \$140



GET YOUR VOTE

In need of a colourist? Watch this space because L'Oréal Colour Trophy 2019, where Australia's best colourists battle it out for the top spots, is now open for entries – and the competition is gearing up to be hotter than ever. Melbourne colourist Deeann Watt of Watt Style won the coveted L'Oréal Colour Trophy *marie claire* Reader's Choice Award in 2018. "Winning the *marie claire* Reader's Choice Award has been so exciting. It's the award that keeps on giving," says Watt. Visit [lorealcolourtrophy.com.au](http://lorealcolourtrophy.com.au).



Pastel hues by Deeann Watt, winner of 2018's L'Oréal Colour Trophy *marie claire* Reader's Choice Award



**PALETTE HEAVEN**

Some palettes are too perfect to pass up. The **By Terry** Sun Designer Palette in Hippy Chic, \$80, ticks all our shade needs with touch-up-in-public-worthy prettiness.



READY, SET...

**Jurlique** Herbal Recovery Signature Mist, \$55. The brand's classic blend of rose, marshmallow root and lavender soothes, replenishes and protects in one spritz. Be quick for the limited edition bottle.

**YSL Beauté** Top Secrets Setting Spray, \$79. Able to hydrate your skin and set your make-up at the same time, this setting spray has just made staying selfie-ready so much easier.

MC LOVES

SCENT LUST  
Cashmere musk, driftwood and berry notes make for a fresh update of Marc Jacobs' iconic youthful fragrance. Consider it a springtime must.

**Marc Jacobs Fragrance** Daisy Love EDT 50ml, \$110





# 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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# SPRINGTIME

The mood is lighter and more carefree now that the sun is shining, so update your fragrance wardrobe with a fresh floral scent.

These are as pretty to look at as they are sprayed on the skin



# SCENTS

1 Gucci Bloom Acqua Di Fiori EDT 50ml, \$129. 2 Prada Candy Sugarpop EDP 80ml, \$179. 3 Guerlain Aqua Allegoria Passiflora EDT 75ml, \$95. 4 Annick Goutal Rose Pompon EDP 50ml, \$184. 5 L'Artisan Parfumeur Champ de Fleurs EDC 100ml, \$189. 6 Carven Dans Ma Bulle EDP 50ml, \$99. 7 Chopard Happy Felicia Roses EDP 40ml, \$105.

# 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

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**Maybelline New York** The Nudes Eye Shadow Palette, \$25.95

**Maybelline New York** Fit Me! Blush in Rose, \$14.95

**Maybelline New York** Eyestudio Brow Precise Micro Pencil in Auburn, \$13.95

BEAUTY RULES

# Josephine Skriver

The Victoria's Secret model and Maybelline New York ambassador shares her love of experimentation and what beauty means to her

Someone once told me that your make-up should reflect how you feel on the inside. I really take that to heart. Sometimes I want to have a natural laid-back look and other times I want to feel like a powerful movie star. **The first thing I do when I wake up is drink a bottle of water** and wash my face with water because I don't want to strip away too many of my natural oils. After that, I usually put on some vitamin E oil as a moisturiser to prepare my face for the day. **My signature make-up look would be a strong brow and a bronze-accented smoky eye.** I cannot live without a brow pencil. Of all of the features on your face, your eyes and your eyebrows are what convey emotion. I also love glowing healthy skin - it's so beautiful. **The make-up products I have with me at all times are concealer, a brow pencil and blush.** I love having blush because I travel a lot. If I'm getting off a plane or going straight to work, I love being able to add a little colour and freshness.

**My evening look is reminiscent of New York City at night.** I love a dark or metallic eyeshadow and I'll add glitter to give the look a little shimmer. I love night-time because you can be a bit bolder and take risks. **My favourite place to get inspiration is on the sidewalks of New York City.** Just walking around and seeing people from different walks of life and different parts of the world really inspires me and forces me to think differently. **I am super fortunate in having been able to work with some of the best in the business.** Since joining Maybelline New York, I've been able to expand my glam team with even more amazing and talented people, including make-up artist Erin Parsons. **So many things make a woman beautiful,** but if I could choose one quality it would be confidence. Women are forces of nature. We have power and strength in so many ways ... A woman should not just feel beautiful, she should know she is beautiful and radiate that.

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1 A young Gabrielle "Coco" Chanel. 2 A film still from Chapters of Chanel Chapter 22: Deauville showing the French seaside town of Deauville in 1913. 3 Les Eaux de Chanel Paris-Deauville EDT 125ml, \$179.



# Bon Voyage...

Chanel's latest scent offering is inspired by Coco Chanel's early life, when she would holiday in the French coastal town of Deauville

## CHAPTER 22: DEAUVILLE

Chanel devotees will know the Chapters of Chanel (find them at [insidechanel.com](http://insidechanel.com)). A feast for the eyes, the online collection of films reflects every aspect of the fashion house, from the Chanel jacket to the camellia. *Chapter 22: Deauville* introduces Paris-Deauville, part of Chanel's new Les Eaux de Chanel fragrance collection, and takes you on a sartorial journey into the seaside town of Deauville in 1912.

## THE LOCATION

Chronicling the early events of the designer's life, the film shows where it all began for the young Gabrielle Chanel. Deauville, in north-western France, is where she made her grand entrance in 1912 on the arm of English polo player Boy Capel. It's also where the designer imagined her first silhouettes in jersey and where she developed a taste for menswear. It was in Deauville, too, that a young Chanel was inspired to create a more functional alternative to the swimwear women wore at the time.

## THE SCENT

Uplifting in its freshness, Paris-Deauville EDT is an olfactory trip to the French seaside. Dosed with orange rind, basil leaf, rose and patchouli, this scent is as carefree and stylish as a European coastal holiday. "I liked the idea urbanites make of Deauville when they dream of a weekend away," says Olivier Polge, Chanel's in-house perfumer. Consider your summer scent sorted.



4 Another still from Chapters of Chanel Chapter 22: Deauville. 5 At the 2018 press event for the launch of Les Eaux de Chanel Paris-Deauville EDT.



6 Gabrielle Chanel by the shore in Deauville in 1912. 7 Guests were taken back in time at the elegant resort-themed press event at Deauville.



PHOTOGRAPHY BY EDWARD URRUTIA, COURTESY OF CHANEL. TEXT BY SALLY HUNWICK



FOR A

VISIBLY  
WHITER\*

RACE DAY SMILE

*Jennifer Hawkins*

JENNIFER HAWKINS  
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# THE BEAUTY OF BEING ALONE

There are some seriously healthy benefits to dating yourself



**B**etween work meetings, coffee runs, drinks, yoga classes, brunches and family lunches, there's less and less "alone time" in our lives. We're talking spending time without your bestie, your newsfeeds, the current WhatsApp chat and all those cheeky texts and emails. Alone. Nada. No-one. Just you.

Sound scary? Well, that's normal, says psychologist Dr Marny Lishman. As a matter of fact, our own evolution might be to blame.

"From an evolutionary perspective, we would have been vulnerable to predators when we were not around our pack," explains Dr Lishman. "Also, throughout most of history we have grown up with large families and close communities, so it's natural that we can find it quite uncomfortable to be alone.

Lastly, some people believe being alone can be 'bad' for you, which isn't the case."

On the contrary, planning a little "self-dating" time (or what the pros call solitude) can actually be good for you.

"Being alone allows you to connect with yourself, calm the 'crazy' and sit in your own energy for a bit without the mishmash of thoughts from other people," explains naturopath and fitness therapist Melinda Carbis-Reilly, author of *Diggin' Your Dark Side: Guidance to Transform Anxiety and Depression into a Deep Sense of Belonging and Love*.

She believes that whether you are an introvert (who will naturally lean towards making time for themselves to re-energise) or an extrovert (who loves being with people), it's important to have moments to sit in "stillness" so you're not driven by emotion or a "frantic" mind.

But what does it mean to be "alone" in this overly connected world, and what's the difference between being alone and simply being lonely?

"Well, being alone is when we are physically by ourselves but still feel connected [to our social world]," explains Dr Lishman. "Whereas loneliness is when psychologically we feel disconnected from others and don't want to be. For example, many people can still be lonely when they are around others."

Spending time alone, she says, has many benefits, and she recommends scheduling a time each week to recharge and let your body reap the rewards.

## YOU'LL BE CALMER

Alone time allows us space to exist without having to respond to the demands others place on us, intentionally or not.





Dr Lishman says this helps us recharge, rejuvenate and relax, and eases our nervous system's stress response.

#### YOU'LL CLEAR YOUR MIND

The goal for alone time should be to clear our mind completely, leaving any worrying thoughts behind. Dr Lishman says this can be challenging but, like meditation, it allows a "quietness" in which to think more broadly and create mental room for new ideas.

#### YOU'LL BE MORE CREATIVE

When we're around others, we tend to be left-hemisphere oriented during the workday, but solitude requires our right hemisphere to "light up", which studies show leads to enhanced creativity.

#### YOU'LL GROW EMOTIONALLY

Although research shows that when around others our brains automatically pay attention, Dr Lishman points out that we also need to seek solitude for personal growth, as it allows us to consider our purpose and values without the input of others.

#### YOU'LL BE MORE PRODUCTIVE

Dating yourself can help you blitz your to-do list. A US study of 92 companies found the most productive employees were those given adequate privacy and personal space. Solitude allows the brain to concentrate better – an argument for working from home, perhaps?

#### YOU'LL BE MORE SOCIABLE

Time alone can boost our social understanding, specifically empathy, morality and emotional perception, reported one recent study. So, solitude can make you a better friend. But it can be hard to know when and how to go about seeking solitude, and both Dr Lishman and Carbis-Reilly agree it takes planning and commitment – which start with prioritising yourself.

"Alone doesn't mean disconnected," confirms Carbis-Reilly. "Being alone can be the most connected you have ever felt if you spend your time recharging your batteries and absorbing

positive energy in any way that feels natural to you."

She recommends blocking out some time in your diary each week for one (or more) of these "me date" ideas. Choose the ones that suit your lifestyle – the idea is to make it easy and achievable.

- *Get up early* As the weather warms up, "create" an hour before your day officially starts (or before bedtime) and savour a hot drink on your own.
- *Find lunchtime solitude* Forgo the midday catch-ups and spend that time going window shopping, listening to a podcast or sitting in a park.
- *Do a mini road trip* Block out an afternoon, hop in your car or on your bicycle and go. Don't call anyone or invite a friend, just enjoy the freedom of your own thoughts.
- *Visit an art gallery* Studies have shown that looking at art can induce a feeling of calmness. Find half an hour to see a new exhibition solo.
- *Choose an easy hike*

If you live near a national park or the coast, lace up and set off on a trek. You'll also get the proven health benefits of spending time out in nature.

- *Write about it* A huge number of studies show that gratitude journaling can help calm the nervous system, reduce the effects of pain and increase empathy.
- *Walk a pooch* It doesn't have to be your dog (though asking the owner is recommended!), but spending a good hour in your trainers with a furry companion is a wonderful way to clear your mind.

Don't be put off if you don't warm to being alone straight away. Dr Lishman recommends trying little things at first until you can get comfortable; then bigger trips such as holidays can come when you are feeling a little braver and more self-sufficient.

It will often be uncomfortable when you try to create a new habit, she says, but stick with it, as the benefits are definitely worthwhile.

It is important to have moments to sit in stillness so you are not driven by emotion or a frantic mind

## WHEN IS SPENDING TIME ALONE A BAD IDEA?

Even though numerous studies have proven the benefits of solitude, sometimes kicking around all by yourself isn't actually the best thing for your mental health.

According to naturopath and fitness therapist Melinda Carbis-Reilly, being alone should never feel scary or confronting.

"Being alone is just a state of being," she explains, "whereas being lonely is an emotional and internal feeling of disconnection. It's an isolating feeling, and is essentially a loss of connection with the world."

While Carbis-Reilly admits that this feeling of loneliness can happen with or without people around you, it's important that if you feel your thoughts are taking you "down a dark path", you should avoid spending time alone.

"If you feel afraid of your own thoughts and your emotions have become overpowering, spend time with a good support person," she advises. "It doesn't matter who you choose – it could be a friend, family member or professional – the important thing is that it's someone who can offer you a calm and comforting perspective. Someone who can help you out of your own head."

Don't feel like talking to someone? Chat online with them instead. **Beyondblue** ([beyondblue.org.au](http://beyondblue.org.au)) offers both online chats with professionals and an online peer forum.



Fitbit

Garmin



# SMART FITNESS

Whether you're a pro athlete or a weekend walker, a smart watch can help you get on top of your health

You can record calorie burning, monitor your heartbeat and, of course, tell the time, but did you know that smart watches now offer a bunch of innovative additional functions? Here are a few of the best features to look out for when you're shopping around for your next one.

## PAY FOR YOUR COFFEE

There is nothing more annoying than being out running with a bunch of coins in your pocket. Instead, rely on your Apple Watch, Fitbit or Garmin Forerunner 645 to handle the payment for your coffee. Just sync your bank details to the app, swipe and you're good to go!

## GET SPORT READY

The Base Tide watch from Nixon can track surf conditions so you'll know whether it's worth getting out of bed and, for snow bunnies, Apple Watch Series 3 can now track your snowboarding or skiing activities. It can even sense when you're on a ski lift and tell you how high and fast you're going.

## LISTEN TO MUSIC

For runners, gym junkies or outdoor yoga lovers, the stylish Touchscreen Smartwatch from Marc Jacobs allows you to connect to your music library (and it has a 24-hour battery-charge life), while the Garmin Forerunner 645 smart watch offers built-in storage for up to 500 songs. Invest in some wireless earphones and hit the tracks.

## TRACK YOUR PERIOD

Forget having a hundred different health apps. Instead, combine the data that your smart watch tracks (such as heart rate, sleeping quality and activity levels) with tracking your cycle using the new Fitbit Versa. It's especially useful for women who want to get pregnant and also those who are looking for a complete health overview.

## HAVE A PERSONAL TRAINER

Don't have the coin to pay for a personal trainer? Both Apple Watch Series 3 and Fitbit Versa have video apps available that take you through intense workouts in under 10 minutes (including Kayla Itsines' Sweat app for Apple). The Fitbit Versa also offers a 2- and 5-minute mindful breathing function, which is great to do on a busy day or right before bed.



Marc Jacobs



Nixon



Apple Watch



PHOTOGRAPHY BY KEVIN CREMENS, COURTESY OF FITBIT, MARC JACOBS, APPLE, NIXON AND GARMIN. TEXT BY LUCY E. COUSINS.



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Ally



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1. ACA Research, Jan 2017, n=257

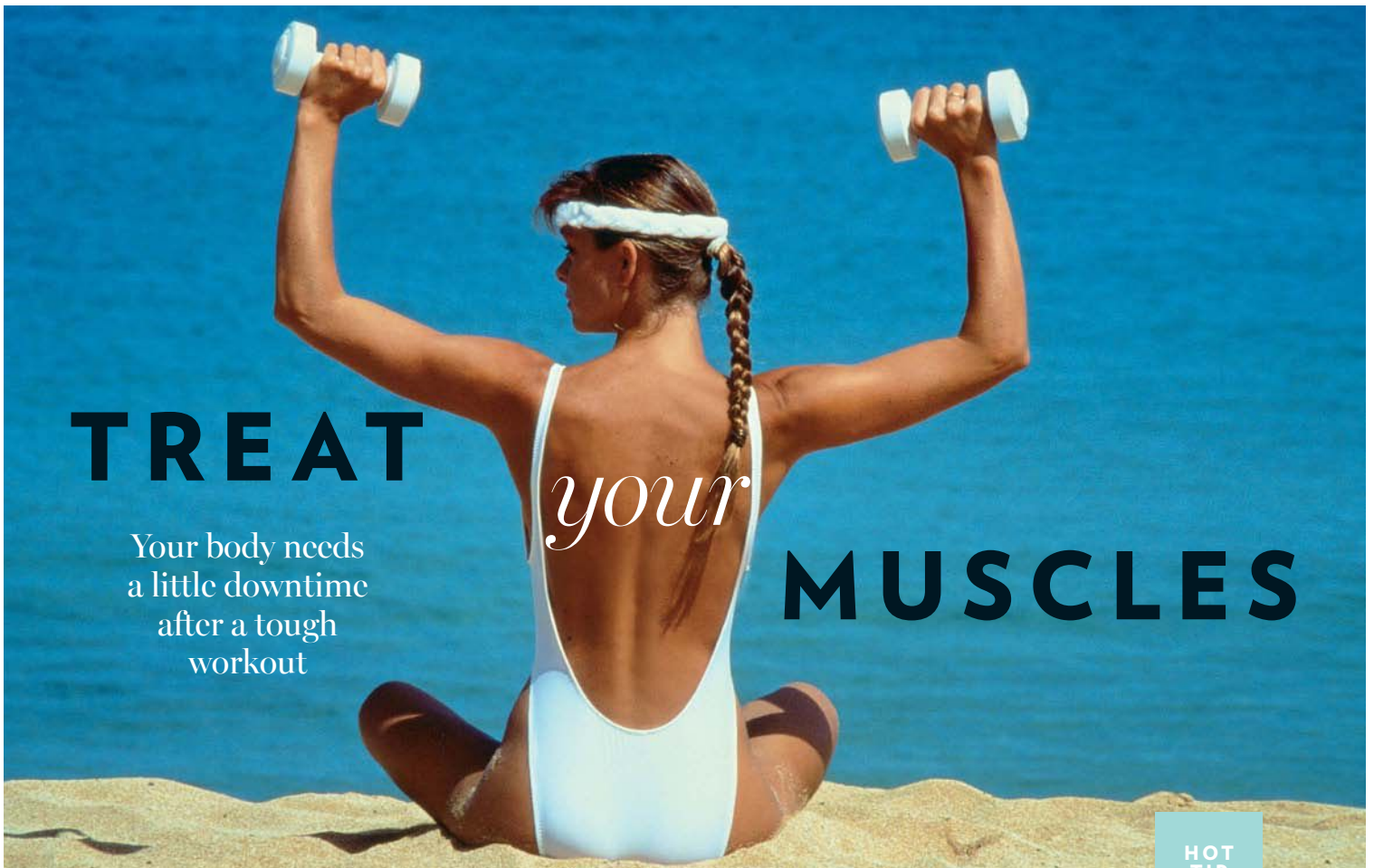
2. proDERM Institute for Applied Dermatological Research, Hamburg, Germany, 2010, n=38  
MEDUNSA, Photobiology Laboratory, Pigmentation Study US/SL, South Africa, 2005, n=30

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# TREAT

Your body needs a little downtime after a tough workout

*your*

# MUSCLES

HOT TIP

If you're training hard, doing back-to-back workouts or have just completed a long run, your muscles will be calling out for a little attention.

According to nutritionist and long-distance runner Stephen Eddey, that's the perfect time to book in a recovery session.

"After a fitness event or training session, your muscles have essentially been mildly damaged," he explains. "You've also depleted muscle glycogen, valuable nutrients and your immune system."

From a nutritional point of view, Eddey suggests a post-exercise routine of consuming proteins, carbohydrates and essential fats (studies have found krill oil reduces inflammation and joint pain) with a multivitamin and mineral supplement.

Apart from refuelling your muscles, consider one of these recovery methods to help you bounce back in no time.

## INFRA-RED SAUNAS

Like a traditional sauna except without the steam, infra-red saunas use infra-red light rays to heat your body up. It takes a little longer for your body to warm up this way, but after a session you'll be sweating like a waterfall. Studies show that these kinds of saunas are great for enhancing recovery after strength and endurance training, plus they may lower blood pressure, reduce anxiety and even help us swerve sickness by boosting the immune system.

## FLOAT TANKS

Not one for the claustrophobics, float tanks are individual pods filled with magnesium-infused water that allow you to float in darkness. This enforced sensory deprivation can, according to various studies, induce a deep relaxation associated with pain relief and reductions in stress, anxiety and depression, as well as increased circulation. Float tanks are also known for being like "meditation training wheels" for those who find meditation challenging.

## CRYOTHERAPY

Cryotherapy, in the form of ice baths, has been used for years to reduce heat stress and inflammation. Now whole-body cryotherapy is taking centre stage with cryotherapy studios popping up all over the country. Basically, you'll only be in the cryotherapy booth for three to five minutes, but as the temperatures drop to or near freezing point, you won't want to spend any longer there. Benefits are said to include improving muscle pain, reducing inflammation and boosting recovery from injuries.

## ASSISTED STRETCHING

The new kid on the block, assisted stretching is making waves in recovery. The central idea is that a specialist "assists" you in doing a range of dynamic stretches. These stretches not only help with flexibility and mobility, but there is some evidence that they can help with recovery and performance in athletes. Some studios liken active stretching to a yoga or Pilates class in terms of benefits.

STUDIES SHOW THAT BEING HYDRATED IS ALSO IMPORTANT FOR A QUICK RECOVERY FROM STRENUOUS EXERCISE





**TO A TEA**

Looking to go caffeine free? Cacao tea (made from the husks of the cacao bean) is trending right now due to its high levels of antioxidants, vitamins and minerals. Try this Cacao Rose Tea Blend, naturally caffeine free, for a hint of Turkish delight. \$30 for 160g, [thehuskmill.com.au](http://thehuskmill.com.au).



**HEALTHY BASE**

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**SILENCE, PLEASE**

If you can't find a quiet spot to listen to your favourite meditation app, grab a pair of these QuietComfort 35 wireless headphones II from Bose. They use world-class noise-cancellation technology, so you could sit in a Rihanna concert and hear next to nothing. \$499.95, [bose.com.au](http://bose.com.au)



... this Fierce tank from Lorna Jane. \$49.99, [lornajane.com.au](http://lornajane.com.au)

*the* edit

**STYLED PERFORMANCE**

Give your feet a treat this month and work out in the new Power Trainers from Rydwear. Not only are they breathable, lightweight and flexible, but they also look great with your favourite jeans.

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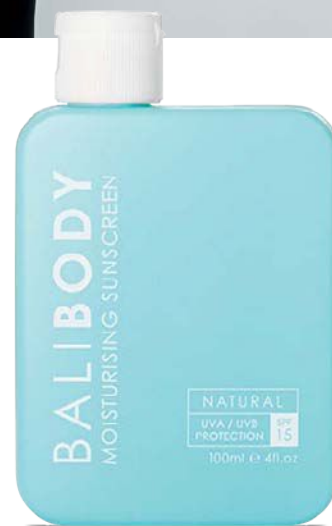


\$24.95 each, at [davidjones.com](http://davidjones.com)

**HIP WATER**

The reusable Hip bottle is free of BPA, PVC and phthalates, and buying one will help Water For People ([waterforpeople.org](http://waterforpeople.org)) give two days' worth of safe drinking water to those in need.

**SPRING SCREEN**  
Protect your skin as the weather gets warmer with Bali Body Moisturising Sunscreen SPF15. While covering you against UVA and UVB rays, it will also keep your skin moisturised thanks to an infusion of natural oils, such as rosehip oil. The handy bottle fits nicely into your gym bag, so there's no excuse to skip it. \$25.95, [au.balibodyco.com](http://au.balibodyco.com).



TEXT BY LUCY COUSINS.

**MC LOVES** Grab a green juice and celebrate Women's Health Week from September 3-7. [womenshealthweek.com.au](http://womenshealthweek.com.au)



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marie claire

# Lifestyle

## CHECK IN

There's something about staying in a grand old city landmark to make you feel as if you belong. Le Bristol in Paris is a French institution with *je ne sais quoi* in spades.

It was the stomping ground for Rita Hayworth and Kim Novak back in the '50s, but these days, come September, it's the hotel of choice for fashion week's front row.

For more chic quarters for fashion month, turn to page 190.

PHOTOGRAPHY COURTESY OF LE BRISTOL PARIS

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# SPRING CLEAN EATING

Blogger and all-round healthy- living influencer  
Leah Itsines shares some of her favourite recipes

Prawn and Veggie Pad Thai

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## LOADED SWEET POTATO SKINS

### SERVES 4

50g quinoa, rinsed  
 2 sweet potatoes  
 olive oil, for drizzling  
 100g roasted chicken, shredded  
 5 semi-dried tomatoes, cut into strips  
 2 spring onions, finely chopped  
 10 pitted Kalamata olives, halved  
 45g fetta, crumbled

**1** Preheat oven to 200°C. Line a baking tray with baking paper. **2** Cook the quinoa according to the packet instructions. **3** Using a fork, pierce the sweet potatoes all over and place on the lined tray. Drizzle over a small amount of olive oil and roast in the oven for 1 hour, or until you can easily insert a skewer into the centre of each.

**4** Cut each sweet potato in half lengthways and scoop out the flesh, leaving a thin layer around the edge. **5** Place the sweet potato flesh in a bowl, mash and mix in the quinoa, chicken, semi-dried tomatoes, spring onions, olives and salt and pepper. Spoon the mixture back into the sweet potato skins, top with the fetta, and serve.





## FENNEL SALAD

**SERVES 4**

1 large fennel bulb, finely sliced  
1 orange, peeled and finely sliced  
crossways into rounds  
1 large handful of flat-leaf parsley,  
roughly chopped  
fennel fronds, to serve (optional)

### **DRESSING**

juice of ½ orange  
juice of ½ lemon  
¼ tsp salt flakes  
2 tpsps extra virgin olive oil

**1** To make the dressing, in a small bowl combine the orange and lemon juices, salt and olive oil and whisk well. **2** Place the fennel, orange slices and parsley in a large bowl and mix well. Add half the dressing and gently toss. If you want more dressing, add as you wish. If you don't use the rest of the dressing, store in an airtight container in the fridge for up to a week. **3** Scatter over the fennel fronds (if using) and serve.





## PRAWN AND VEGIE PAD THAI

**SERVES 4**

3 tps soy sauce  
 2 tbsps fish sauce  
 2 tbsps peanut oil  
 2 tbsps tomato paste  
 1 tsp grated ginger  
 1 mild long red chilli, deseeded and finely chopped  
 2 garlic cloves, crushed  
 1 head of broccoli, cut into florets  
 100g snow peas, topped and tailed  
 200g bean sprouts  
 200g raw prawns, shelled and deveined with tails intact  
 4 spring onions, finely sliced, plus extra to serve  
 2 eggs, whisked  
 250g dry rice stick noodles, cooked according to packet instructions  
 1 handful coriander leaves, roughly chopped  
 90g roasted peanuts, crushed

**1** Combine the soy and fish sauces, 1 tablespoon of the peanut oil and the tomato paste in a small bowl and stir. Set aside. **2** Heat the remaining peanut oil in a wok over medium heat and add the ginger, chilli and garlic and stir-fry for 1 minute. **3** Add the broccoli, snow peas and bean sprouts to the wok and stir-fry for another 5 minutes. Stir in the prawns and spring onions and cook until the prawns just change colour, about 2 minutes. **4** Tip the eggs into the wok and stir. Add the noodles and sauce mixture and stir-fry for 3 minutes, or until fragrant. Sprinkle over the coriander and toss. Serve with the peanuts and the extra spring onion scattered over the top.



This is an edited extract from  
*The Nourishing Cook* by  
 Leah Itsines (Pan Macmillan  
 Australia, \$34.99), out now.



## BASIL AND CHERRY TOMATO OMELETTE

**SERVES 1**

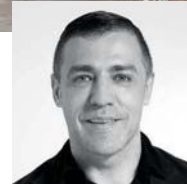
1 tbsp olive oil  
 6 cherry tomatoes, halved  
 3 basil leaves, plus extra to serve  
 3 eggs, whisked  
 1 slice of rye bread, toasted  
 ¼ avocado, finely sliced

**1** Heat the olive oil in a frypan over a medium heat, add the tomatoes and cook for 4 minutes, or until the tomatoes begin to burst.

**2** Scatter over the basil leaves and sprinkle salt and pepper on the tomatoes. **3** Pour the eggs into the pan and cook for 2 minutes, or until the eggs are set on the underside. Flip and cook for a further minute, or until the eggs are just set. **4** Serve the omelette with the rye toast and avocado and scatter over some extra basil leaves.



The quirky Crosby Street Hotel.



### STAY

"The Crosby Street Hotel in SoHo [firmdalehotels.com] is a favourite – not least because it's right beside Bloomingdale's," says Jon Pulitano (right), the creative director of Sydney's Headcase Hair who's worked at shows from Dion Lee to Marc Jacobs. The boutique hotel designed by Kit Kemp is filled with endless kitsch and even boasts a private cinema.

# DESTINATION FASHION

Where the front row dines, drinks, stays and plays during fashion week in the world's style capitals



ZIMMERMANN A/W 2019

MICHAEL KORS A/W 2019



### EAT & DRINK

Housed behind an old pawnshop, Beauty & Essex (beautyandessex.com) is a moody speakeasy on the Lower East Side. "I love to order a little selection of appetisers," Pulitano says. Favourites include tuna poke, wonton tacos and shrimp cocktails.

## New York

### BEAUTIFY

The bubblegum-pink Wild Oleander Beauty Bar (wildoleander.com) has to be the most Instagrammable salon in the city. Pop in for some custom nail art to flaunt for the fashion paparazzi.



**DRINK**

The Principe Bar at the Hotel Principe di Savoia ([dorchestercollection.com](http://dorchestercollection.com)) is frequented by celebrities including Gwyneth Paltrow and Sophia Loren. Order the Milanese Caipirinha, the classic Brazilian cocktail with a saffron twist.



**STAY**

*marie claire's* fashion director Jana Pokorny (right) has made the Spadari Al Duomo ([spadarihotel.com](http://spadarihotel.com)) her home away from home every year since she began attending fashion week in Milan. "It's nothing fancy, but the staff are like family," she says.

*Also try:* For a touch of luxury that will centre you in the fashion orbit from the moment you land, it has to be the Armani Hotel ([armanihotelmilano.com](http://armanihotelmilano.com)) or the Bulgari Hotel ([bulgarihotels.com/en\\_US/milan](http://bulgarihotels.com/en_US/milan)), which are both styled in keeping with the brands behind their names.



**SHOP**

"We call it the Golden Triangle. The streets of Via Montenapoleone and Via Della Spiga and everything in between is shopping heaven," says Pokorny of the area containing Milan's flagship stores. "The best shopping in the world happens here. Service and quality is everything and the experience is second to none."

**TOP TIP**

"A fun thing to do is to pop into the Four Seasons Hotel for a glass of champagne," says Pokorny. "The people-watching is super entertaining."

[fourseasons.com/milan](http://fourseasons.com/milan)



MARNI A/W 2019

TODS A/W 2019

Milan

The chic Armani Hotel.





## STAY

No hotel in the French capital has finer fashion pedigree than the discreet and debonair Le Bristol Paris. Since it opened in 1925, it has consistently attracted the A-list's most celebrated names, from Marilyn Monroe and Princess Grace of Monaco to Jennifer Lawrence and Miranda Kerr. Today the hotel holds regular "Fashion Saturday" salons where guests can sip champagne while viewing collections from designers such as Herve Leger and Jenny Packham.



## EAT

Australian make-up artist Max May (right) says any Paris trip must include Restaurant Costes for lunch inside Hotel Costes on Rue Saint-Honoré ([hotelcostes.com](http://hotelcostes.com)). "I love their shoestring fries and cos salad so much I can't even begin," he says.

# Paris

Le Bristol, Paris



LOUIS VUITTON AW 2019

LOEWE AW 2019

## INDULGE

"I'm a diehard fan of Darphin Vendôme Institute [[comite-vendome.fr/en/boutiques/darphin](http://comite-vendome.fr/en/boutiques/darphin)]," says May of one of Paris' best-kept secrets. "There is something about their product range [and] the history of the brand that takes your experience to a whole new level of Parisian chic." Try the 90-minute facial and leg massage to relieve bloating and tiredness after traipsing the shows.



*Also try:* Les Grands Verres restaurant, one of the many stylish places to eat and drink inside the cavernous art space of the Palais de Tokyo ([palaisdetokyo.com](http://palaisdetokyo.com)). It's the place to people-watch thanks to the many designers showing inside its walls during fashion week.







**SHOP**

“[Visit] Redchurch Street in Shoreditch [left] and Liberty for those heavenly fabrics,” says Lizzie Renkert (above), co-founder and director of We Are Kindred, who travelled to London Fashion Week earlier this year.

London



**STAY**

The Ned (thened.com) is a favourite of Brooklyn Beckham and Daisy Lowe – and you’re automatically admitted as a member of its private clubs, spas and gym for the duration of your stay. “They just get it right,” says Renkert, “plus their spa is amazing.” She recommends the Moroccan Hammam treatment, which combines a foot and hair cleanse, fragrant oils and a massage.

PHOTOGRAPHY BY ROMEO BALANCOURT/LE BRISTOL PARIS; GUILLAUME LEBRUN/ATELIER D'OPTIK; SIMON BROWN/THE NED; ALICE MAHMAN; GO RUNWAY/SNAPPER MEDIA; GETTY IMAGES; TEXT BY ALEXANDRA CARLTON

**EAT**

Renkert was blown away by the pescetarian Peruvian menu at Chicama (chicamalondon.com). “Awesome pink and gold fit-out, and the ceviches are absolute flavour bombs,” she says.

REJINA PYO A/W 2019



ERDEM A/W 2019

# UNDISCLOSED CANADA

This congenial beauty has a secret wild side

**S**o you think you know Canada? With its pristine beauty and liberal ideals, the Western world's Miss Congeniality is, well, a bit like Australia - but colder and bilingual. But do you really, truly, know the country like a local? The real Canada is not all hockey, Trudeau worship and *Degrassi Junior High* but rather a blend of cosmopolitan utopias and untouched natural gems. Scratch the surface and the Great White North gets cooler, quirkier and more rapturous by the minute. You just have to get to the heart of the place.

## BUCKET-LIST MUSIC FESTIVALS

The city of Vancouver loves a party. The world-class music scene crescendos in the summer and autumn when Breakout Festival rolls into the Vancouver Folk Music Festival and the action peaks with Skookum. This new outdoor celebration in Stanley Park offers epic headliners (this year includes The Killers and Florence + the Machine), multimedia art installations and long-table gourmet lunches prepped by top chefs.



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





### BOUTIQUE LIQUOR IN NOVA SCOTIA

The artisan booze movement is huge in Canada. The best way to sample the delights is to hit the Good Cheer Trail – a vineyard, craft brewery and distillery route linking more than 50 producers from Cape Breton Island to Yarmouth.



### ULTIMATE POUTINE

This holy trinity of squeaky cheese curds, French fries and gravy is a Canadian treasure. The late-night comfort cuisine – fabled as a hangover preventative – hails from Quebec, where traditionalists get their fix from cult fast food chain Chez Ashton. In Montreal, the dish is a launching-point for new ideas. Try it with foie gras at Au Pied de Cochon, with lobster chunks at Garde Manger, or choose from about 30 fabulous variations at La Banquise.



### URBAN CYCLING

Clean and green, Canada's cities are bicycle-friendly meccas with wide bike paths. In British Columbia's capital, Victoria, the restaurant Dobosala Cantina & Ride-Thru even features a takeaway window for cyclists.

### COVERT BAR HOPPING

Canada's bar flies cluster underground at night. Guilt & Co., a cosy subterranean den, is the place to be in Gastown, Vancouver. In Montreal, start with Big in Japan, a speakeasy with a huge selection of whiskeys, sakes, wine and umeshu. Then head to the neon-yellow pineapple that signposts Le Mal Nécessaire, a Tiki basement bar in Chinatown. In Toronto, The Drake Hotel's Underground is *the* place for secret gigs.

### AURORA BOREALIS, BABY

Churchill, in Canada's central province of Manitoba, is one of the world's top places to watch "the dance". The Northern Lights can be viewed 300 nights a year here, due to its position directly under the aurora oval. Borealis hunters can head out on a Northern Lights and Winter Nights tour in a pimped-out sleeper van (a tundra buggy). Or you can snuggle up in one of three luxury eco-lodges.



### DINE ON ICE

Embrace the cold and get in touch with your inner Canadian. In January, annual pop-up Raw Almond brings together some of North America's finest chefs to serve a multi-course feast in a tent perched on a frozen river (pictured left) in Winnipeg. We've got chills just thinking about it.

VISIT [AU-KEEEXPLORING.CANADA.TRAVEL](http://AU-KEEEXPLORING.CANADA.TRAVEL), [#EXPLORECANADA](https://twitter.com/EXPLORECANADA), [@EXPLORECANADA](https://www.instagram.com/EXPLORECANADA), [@EXPLORECANADA](https://www.facebook.com/EXPLORECANADA)



**BEST ON SHOW**  
Good shelving is the difference between clutter and a collection.

This piece from Montana's Free Shelving range is museum-worthy. From \$1150, [cultdesign.com.au](http://cultdesign.com.au).



**NEW CLASSIC**  
With woven, tanned leather and an oiled oak frame, the Cuba stool by Melbourne's Beeline Design puts a new spin on a mid-century aesthetic. From \$550, [melbournetableco.com](http://melbournetableco.com).

# the edit



Furniture designer Marcel Wanders has turned his affinity for beauty to the world of home fragrance for Alessi. There's five scents in the collection, but we're taken by Shhh – a transcendental scent that fills the room with wafts of eucalyptus, rose and patchouli. Small candle, \$125, [alessiaustralia.com](http://alessiaustralia.com).

**HOLD IT**  
You've got to love a vase that looks this good with or without flowers. Haus vases, from \$24, [marmosetfound.com.au](http://marmosetfound.com.au).



## MATERIAL CRUSH



Timber meets terrazzo  
Arte Terrazzo side table, from \$2622, [jardan.com.au](http://jardan.com.au)



**FIVE A DAY**  
Nutritious and naughty, plant-based cocktails are having a moment. Our favourite is the Beetroot Beatbox at Sydney's Alibi Bar – the ultimate retox/detox concoction of dark rum, Belgium dark chocolate and freeze-dried beetroot with aquafaba and walnut oil. Visit [alibibar.com.au](http://alibibar.com.au).



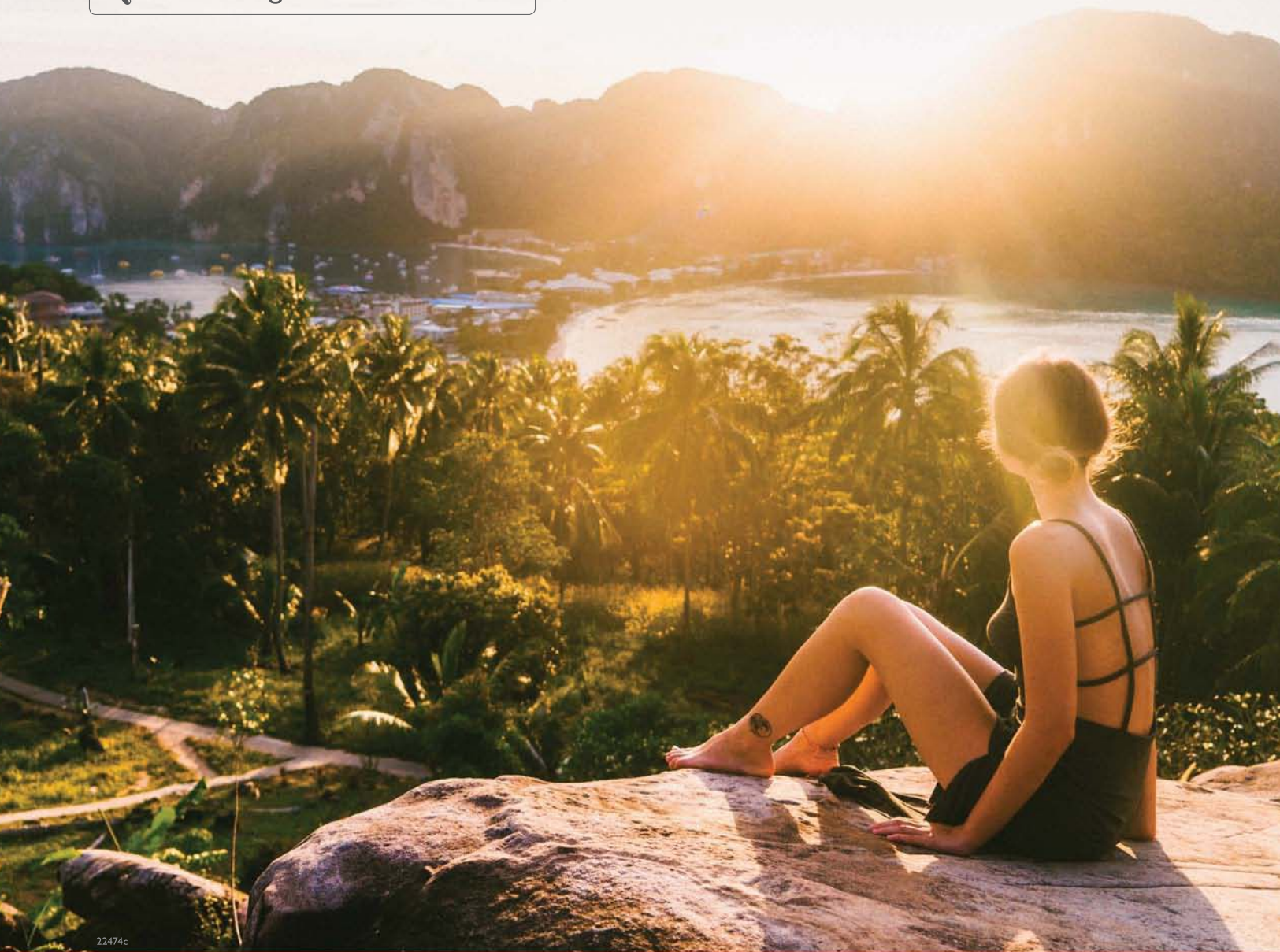
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# on the road

GO THE DISTANCE WITH OUR COOL-GIRL CAR GUIDE



## ALFA ROMEO STELVIO

A car company has done something about the blight of the ugly SUV by building one so pretty, curvaceous and alluring that it could only have been born in Italy.

Meet the new Alfa Romeo Stelvio, a car that carries the sporting spirit of Italy's proudest motoring icon – Ferrari – and yet none of its OTT price tags. The two companies put their heads and their crayons together to create this new foray into what is now Australia's biggest premium segment – mid-sized SUVs – and the result is predictably lovely, and ever-so-slightly muscular.

**THE BOTTOM LINE** Here is an SUV you would be happy to park in front of your house, rather than hiding away in the garage. The Stelvio embodies the rarest mix – practicality and beauty in one package.

# 8.5/10

**TRUE VALUE** Incredibly, for something that looks this good, particularly in red, you can have a new Stelvio from as little as \$69,900. Alfa says this is a car that sets out to “break through the grey” of the alternatives, a slightly catty swipe at its German competitors, which tend to be offered in thin, dull colours ranging from silver to grey to charcoal to white.

**NUTS AND BOLTS** The Stelvio isn't just racy because it's red. With a range of engines on offer that provide genuine excitement and effortless overtaking, it's perfect for those times when other big, lumbering SUVs are really annoying you.

**CABIN FEVER** Best of all, the interior is infused with Italian style, from its beautiful, supportive and sporty seats to its lithe leather steering wheel and shiny metal highlights.

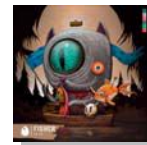


## my PERFECT PLAYLIST

MasterChef celebrity and Jeep lover Hayden Quinn reveals his top musical roadies



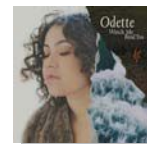
**“OTHERSIDE”**  
by Red Hot Chili Peppers  
It's not a roadtrip without some Red Hot Chili Peppers!



**“STOP IT”**  
by Fisher  
I've been fortunate to spend time with this maniac ... this is the best way to get pumped.



**“FAT LIP”**  
by Sum 41  
Take it back to growing up as a little wannabe punk surfer grommie! It's the sort of song your girlfriend asks you to turn down!



**“WATCH ME READ YOU”**  
by Odette  
This Aussie is a goddess and I could listen to her tunes all day – just perfect for the way home when you want to chill.

LIFE STORIES

# Madonna

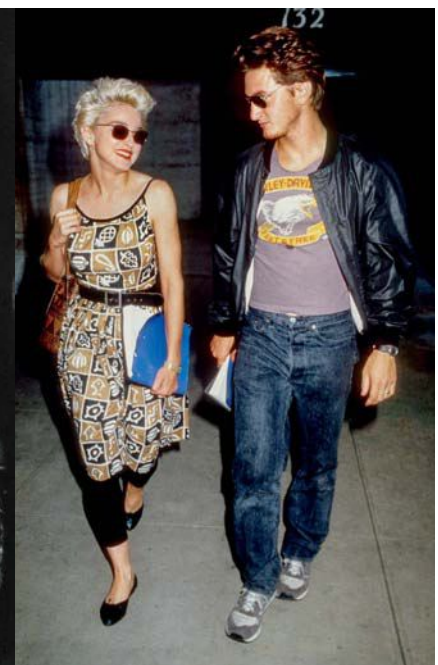
She's the rule breaker and scandal-maker who transcended from pop star to cultural icon. And after turning 60 last month, Madonna shows no sign of suppressing her rebellious side

New York was gripped by one of those balmy spring afternoons that teased summer's imminent arrival. But inside the stuffy offices of 75 Rockefeller Plaza, nobody noticed the weather. Instead, the small room in Sire Records twitched as journalists grew impatient waiting for the bleached blonde to open her pouty scarlet lips.

"People don't know how good I am yet," announced the self-assured 25-year-old, who was introduced as Madonna. "But they will soon. In a couple of years, everyone will know. Actually, I plan on being one of this century's biggest stars."

It was 1983 and Madonna was about to prove that there was substance behind such tremendous claims. In less than a year, with the release of her third single, "Holiday", she would be well on the way to superstardom. It was a golden path that saw her shift 300 million albums, win 295 awards and amass >





Clockwise from below:  
portraits from 1982;  
Madonna performing  
in 1990; with former  
lover Warren Beatty in  
1990; with ex-husband  
Sean Penn in 1986.



an incredible \$560 million fortune – and become the biggest-selling female recording artist of all time.

And it would soon entitle the recently signed female artist hailing from Bay City, Michigan, to a level of fame and celebrity that could justify the diva behaviour she owned in that small, stuffy press conference.

Born Madonna Louise Ciccone on August 16, 1958, she was the third of six children to Chrysler engineer Tony Ciccone and his wife, Madonna Fortin. It was a busy household fuelled by the fire that blows naturally from those with Italian descent. She often described her home life, with three brothers and two sisters all fighting for their parents' attention, as "chaotic".

But in 1963, Madonna's world was unequivocally turned upside down when her mother, aged 30, died of breast cancer. Madonna was five at the time. "I am entirely a product of my childhood – I have dealt with a lot of my demons, but the biggest one is still to do with my mother dying when I was young," she told British journalist Louise Gannon in 2008.

Madonna used the huge loss as a character gain; she became fiercely independent, strong-willed and resilient. And she admits that in part this was down to a testing relationship with

her strict Catholic father, Tony, and his decision to marry their housekeeper, Joan Gustafson. "Like all young girls, I was in love with my father, and I didn't want to lose him. I lost my mother, but then I was the mother; my father was mine," Madonna explained to *Rolling Stone* magazine in 1989.

Throughout her time at Rochester Adams High School in Michigan, Madonna was a straight-A student. She graduated a semester early due to exceptional studies, going on to secure a scholarship to the University of Michigan. She also excelled as a dancer at the Christopher Flynn Dance School.

But every so often a young Madonna would satisfy an itch to buck against the super-strict religious environment she found herself in. Aged 11, she donned a skimpy bikini and smeared herself with green paint to imitate a go-go dancing Goldie Hawn for the school talent show, grinding in front of a horrified audience that included her furious father. A few years later, when Madonna joined her school cheerleading squad, she backflipped from the top of a human pyramid, her skirt flying up, eliciting a stunned gasp from the crowd.

It was this complex relationship between fierce determination and rule breaking that saw her quit college at 20 – igniting further grievances with her

father – and head to the Big Apple with just \$35 in her pocket and dreams of making it as a dancer. But it was a troublesome trajectory to the top. Not long after arriving in NYC, Madonna was raped at knifepoint by an unidentified man. She has only ever spoken about the horror a few times, admitting it quickly made her street smart and savvy, but in no way "was I going back home". Instead, she kept on pushing and hustling, living the life of a starving artist – literally. "At one point I was eating out of garbage cans," she said in an interview with *Spin* in 2014. But the bin-rummaging ended in the early '80s, when Madonna started singing on the New York club scene. It didn't take long for her to be signed to Sire Records and release her first few singles.

When "Holiday" hit the airwaves in 1983 it was Madonna's first international top 10. And when her second studio album, *Like a Virgin*, was released the following year, it cemented her as an international star, hitting number one worldwide.

It wasn't just her catchy disco-feel music and high-energy performances that fans fell for, it was that unique Madonna image. The bleach-blonde hair, the power brows and the distinguished mole just above her lips, which perpetually seemed to be painted red. She would arrive on stage in tiny bra tops and fishnet tights, adorned with crucifixes and bracelets stacked high up her arms. She unapologetically exuded a sexual energy that equally revved males and enthralled women.

Madonna has never had a problem with sex. Not even as a 15-year-old virgin in the back of a 1966 Cadillac with her first boyfriend, Russell Long. He later



Below: Madonna's erotic and controversial book *Sex* generated a wave of backlash. It was a huge success, however, and is the fastest-selling coffee-table book in history.



told reporters that she said, "Are we going to do it or not?" as she took off her bra.

Throughout her career she continued to crisscross images of sex and religion, plucked from her strict Catholic upbringing, to create controversy. In 1989, Pepsi revoked a \$5 million deal after the Vatican condemned the "Like a Prayer" video for depicting burning crosses. Then in 1992, she released *Sex*, a radical coffee-table book filled with explicit images of herself and others shot by fashion photographer Steven Meisel. It sold 1.5 million copies and is still regarded as the most daring chapter of Madonna's career.

It was this overt sexual energy that also attracted the attention of actor Sean Penn, who was introduced to Madonna as he passed the set of her "Material Girl" video. They moved quickly, marrying within a year, in 1985. But rather than love's young dream, it was a relationship plagued by alleged violence and toxic passion, and ended soon after Penn was accused of domestic assault in 1988. As the tale goes, claims were reported at the time that he allegedly tied her to a chair for nine hours and attacked her. But no charges were ever pursued and in 2015 Madonna swore an affidavit that Penn "never struck me, 'tied me up,' or physically assaulted me". The two are still friends to this day. "Ah, I love my first wife very much," the actor said on *The Late Show with Stephen Colbert* this March.

The entertainer has never shied away from dating famous men, and through the '90s she accumulated a list of high-profile lovers including Warren



Clockwise from above: with ex-husband Guy Ritchie and children Rocco and Lourdes in 2007; onstage in 2017; with son David in 2014.

Beatty, Vanilla Ice and Tupac. But in September 1994, Madonna, then 37, met Carlos Leon, a Cuban-born personal trainer, while jogging in Central Park. The pair fell in love and had a daughter, Lourdes, in 1996. Within a year they had split, Madonna declaring they were "better off as best friends".

Meanwhile, the entertainer was making a name for herself on the big screen, scoring a Golden Globe Award for Best Actress in 1997 for her role in the musical *Evita*. It was in 1999, however, that Madonna's life took a sudden left turn. After falling for Brit director Guy Ritchie, she relocated to England and welcomed a son, Rocco, in 2000, before marrying in a lavish and fiercely private £1.5 million ceremony in Scotland later that year.

Not that love got in the way of her music – in 2001 Madonna toured for the first time in eight years. The master of reinvention, she owned the early noughties in her Juicy Couture tracksuits and rhinestone-encrusted cowboy hats, dropping a string of chart-toppers including "American Pie", "Music" and "Don't Tell Me". In 2005, "Hung Up" became her most commercially successful release yet, hitting number one in more countries than any other song in history.

But while the pop icon's career was soaring, her second marriage was breaking down. "She's obsessed with her own public image, obsessed with being



seen as some kind of global soothsayer," Ritchie told the UK tabloids in 2012, four years after the couple divorced. "I just wanted a regular husband-and-wife thing – not least for the sake of the kids."

The past decade has seen Madonna date a steady rotation of toy boys, and she has added further to her brood, adopting David Banda in 2006, Mercy James in 2009 and twins Estere and Stella in 2017, all from Malawi.

But she hasn't hung up her lace and pearls yet. Later this year, the ever-hungry showwoman – who to date holds a record 157 number one Billboard hits – will release her 14th studio album. While that magnificent pull to courting life as a global star might dull every so often, it never completely extinguishes in Madonna.

It's something her brother Christopher once remarked on: "I think that ultimately she's a lonely person, and unfortunately it truly is lonely at the top."

Yet as Madonna turned 60 last month, it seems unlikely that the most self-disciplined rebel of all time will be lamenting. After all, as she put it herself, "There's something defiant about what I do. I'm challenging the mores and ripping open the taboos and turning up the underbelly of our society."

"I'm challenging the mores and ripping open the taboos"





THE WOMEN WHO MADE ME

# SUSIE PORTER

The acclaimed actress applauds these game-changing women



## LYN WHITE

I've always loved animals. When I was a kid, I was constantly bringing home strays. We looked after kangaroos, lizards and possums. I've had a connection to animals since I was born and, as an adult, I've become a passionate

advocate for them. I'm a member of the animal protection organisation Animals Australia, where Lyn White is the director of strategy. To me, she is just the most inspirational woman.

Lyn was a police officer in South Australia for 20 years before she became an animal cruelty investigator and advocate. She's exposed the cruelty of the live animal export trade, puppy farms and the greyhound industry. Lyn is a maverick; she's really on the frontline fighting for change.

What I love most about this woman is that she has the

balls – and the compassion – to shine a light on this issue, which is so dear to my heart. Lyn has the bravery to stand up for the voiceless and she'll never give up the fight.



## JESSICA LANGE

I first saw Jessica Lange on screen in the 1982 film *Frances*, where she portrayed Frances Farmer – a famous American actress who struggled with alcoholism and mental health issues. Jessica's bravery in that role inspired me to be an actor. Literally, when I saw that movie, I thought, "Oh my God this is incredible." She showed me the power of vulnerability.

Jessica started out as the damsel in distress in *King Kong*, but she is so much more than that. In her 40-year film career, she has fought really hard to be taken seriously and to be more than just a beautiful movie star. She has played a lot of female characters on the brink and found the empathy in them.

Jessica is now in her late 60s and is amazing in *American Horror Story*. As I get older, I hope to have the same career longevity and respect from my peers. Not that I'd ever compare myself to Jessica Lange, and I'm not just being faux-humble when I say that!

Susie currently stars in *The Second* on Stan and *Wentworth* on Foxtel.



## AMELIA EARHART

I first learnt about Amelia Earhart at school and was immediately struck by the fact she was the first woman to fly solo across the Atlantic in 1932. Doing something like that back then, in such a male-dominated industry, is quite amazing. Most of us are frightened if we hit turbulence in a plane now – but she had the guts to learn how to fly a plane by herself in the '30s, when aviation was relatively new. She wasn't afraid to break down barriers and do what no other woman had dared.

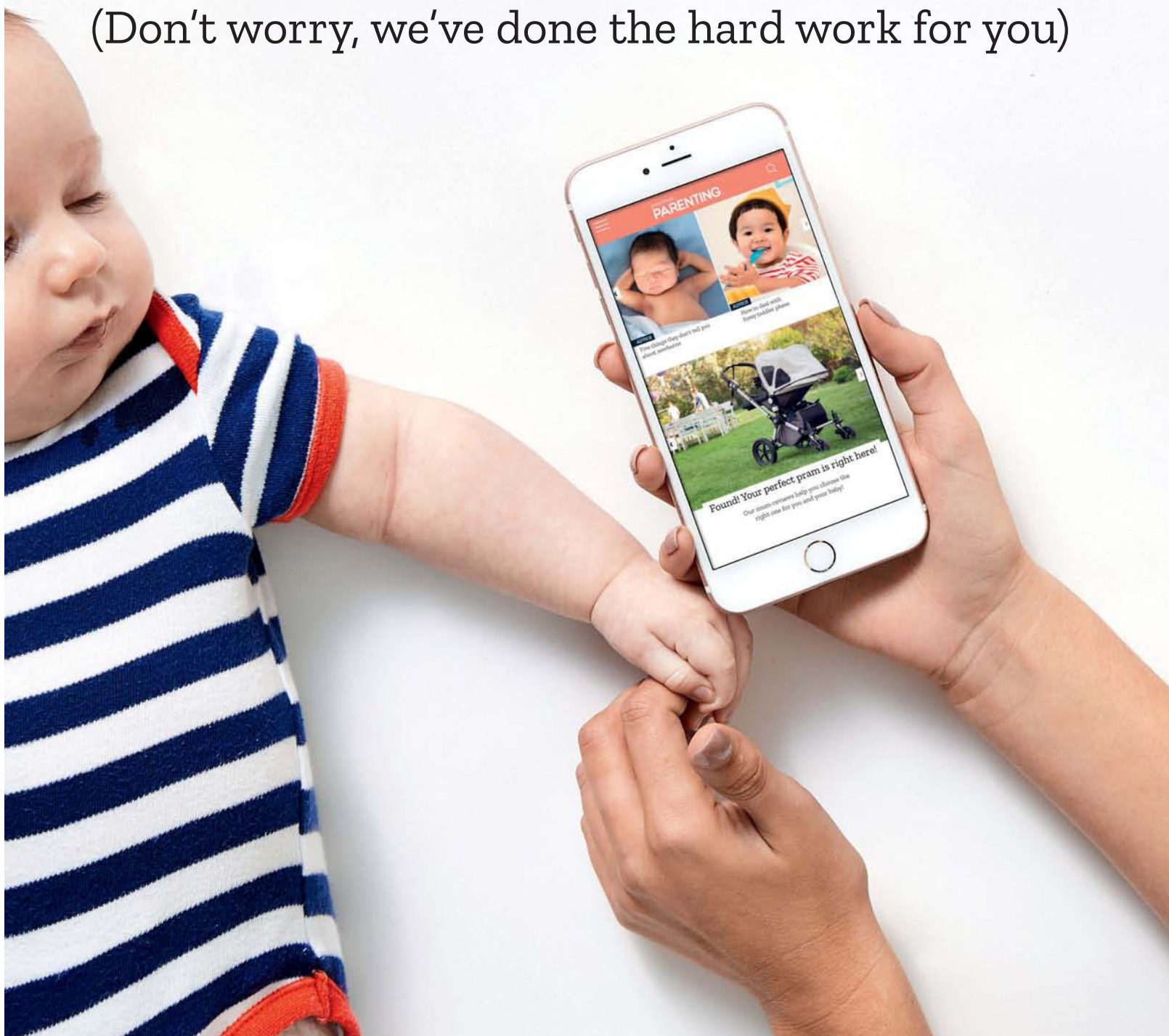
Amelia was also a bestselling author and the president of a group called The Ninety-Nines, which is an organisation for female pilots that provides mentoring and scholarship opportunities for women. She is one of the many great women who have come before us and shown us that we can be different. We need examples of women who do extraordinary things.

“Amelia Earhart is one of the many great women who have come before us and shown us that we can be different. We need examples of women who do extraordinary things”



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