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TAKING OVER MY LIFE!**

self respect  
REALITY CHECK

Leighton was picked on at school for being a "four-eyes dark". Look at her now!

**HOT POSTERS!** JUSTIN BIEBER » LUKE MITCHELL »  
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GIRLFRIEND *pretty girl*



# SUCH A TWEEZE

PLUCKING HAIR FROM OUR FACE AIN'T EXACTLY TOPPING OUR FUN LIST. BUT, SINCE WE ALSO DON'T WANT OUR BROWS MISTAKEN FOR HAIRY CATERpillARS, IT'S KINDA NECESSARY. SO, IT SURE HELPS WHEN YOU CAN LOOK CUTE DOING SUCH A CHORE - WHICH IS WHERE THE NEW TWEEZERMAN IN THE GARDEN MINI SLANT TWEEZERS (\$26.95, DATELINECITY.COM) COME IN. THEY'VE GOT ALL THE FEATURES THAT MADE THEM TWEEZING MUST-HAVES (BUT DRESSED UP REAL PRETTY LIKE) AND SO SMALL YOU CAN STASH THEM IN YOUR PENCIL CASE. IT ALMOST - ALMOST - MAKES PLUCKING FUN.

# PROACTIV'S NEW DIGS

You know the brand - it's like a sister to you all. Well, that very sister has undergone a makeover. It's now gentler\*, plus the benzoyl peroxide (key to fighting zits) has even been swankified with new microcrystal technology which helps them get right to the source of the pimples to beat 'em before the breakout. Yay!



New Proactiv 3-Step System (30 day supply) \$29.95 + \$9.95 postage and handling. [newproactiv.com.au](http://newproactiv.com.au)

Talysa wears Lash TLC in blackest black and lash inserts to add fullness

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# STRAND UP!

This month, we hit up Pantene expert hairstylist, Barney Martin, to answer a hairy dilemma...

**Q** My hair is really dry and rough and I always see other girls with nice, smooth, silky hair. How can I get hair like theirs? ANNIE, 17

**A** The secret to major mane gloss is moisture. And of course, this comes down to the products. "It's important to have regular deep-conditioning treatments," says Barney. "I'd recommend treating your hair once a week and making sure you use shampoos specific for your hair type." Which means not just sneaking a squirt of whatever your mum uses. If you're unsure of your hair type, ask your hairdresser next time you go. Barney also suggests trying a lightweight serum or cream (Pantene All Day Smooth Light Weight Crème, \$6.99, 1800 028 280), which can be applied on wet or dry hair and will protect it from damaging external factors.



# TAKE A BROW

*Getting to know your arches.*

'TIS A FUNNY THING ABOUT BROWS. FOR YEARS THEY KINDA JUST GROW ACROSS YOUR FACE IN AN INOFFENSIVE MANNER, THEN ONE DAY YOU LOOK IN THE MIRROR AND BAM! THEY'RE ALL HAIRY-CATERPILLAR-LIKE. BUT, BEFORE YOU ATTEMPT SOME DIY DEFORESTATION, LISTEN UP TO THE WORDS OF GENIUS BROW EXPERT, STEVE SUPPLE, OF BROWS BY STEVE, (02) 9231 4411, WHO KNOWS A THING OR 10 ABOUT OUR FURRY FRIENDS.

## THE PRO JOB

If you're new to the brow biz, it's always a good idea to seek a professional opinion for your first shape. This will lay the foundation of great brows, so that you'll only have to maintain the shape they've created, rather than create your own. Steve says a good brow expert will use your facial features (brow bone, cheekbones, eyes and nose) to open up your eyes and highlight the angles of your cheek bones and jaw-line.

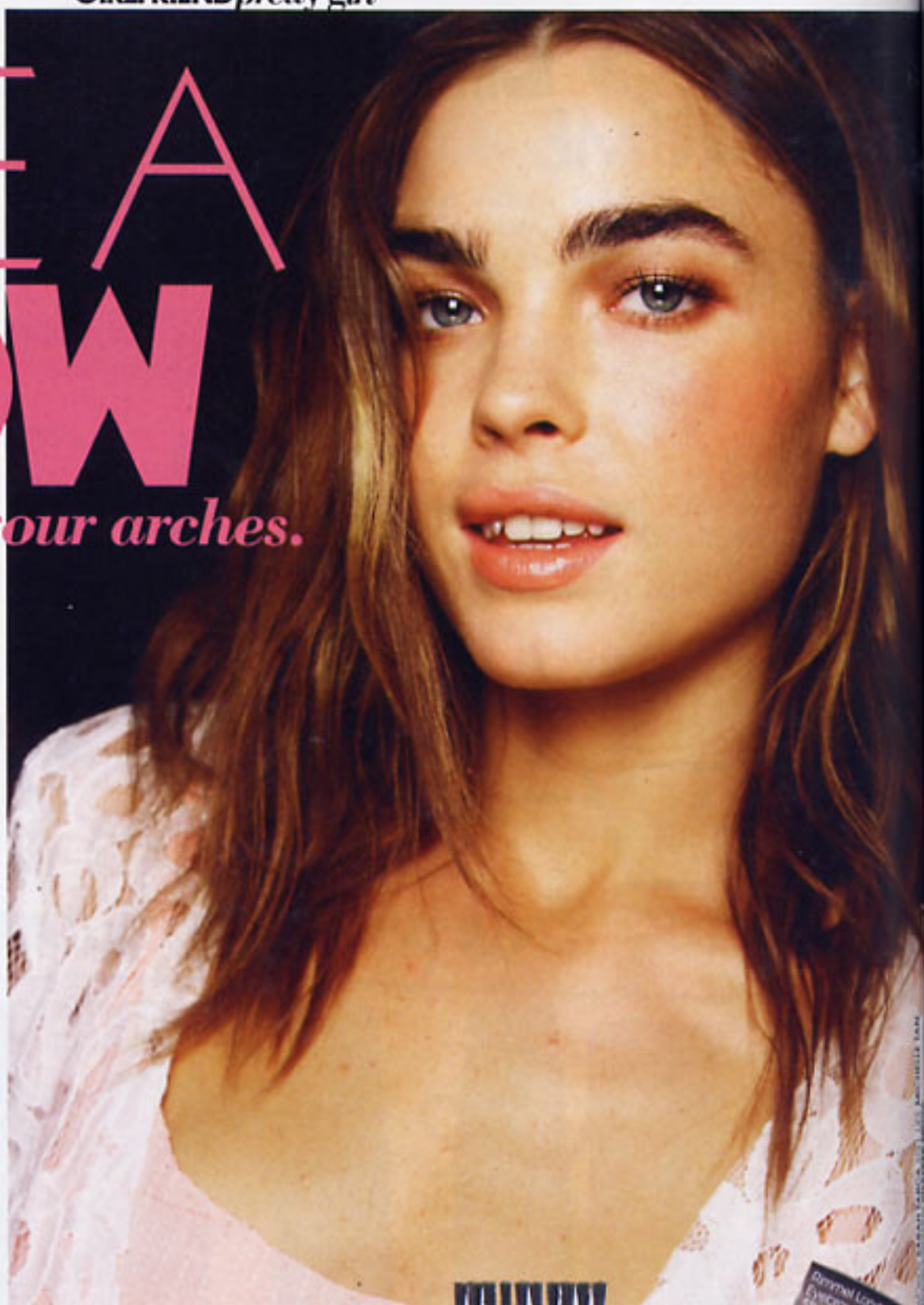
## THE DIY

After the initial shape, most of your brow homework should be maintenance. This means checking every few days for any strays that may need to be plucked. It's when we get all lazy and leave them for ages that the frantic over-plucked nightmares happen. You've been warned. Ready for the show? Follow Steve's cues for pain-free pluckage:

- Hair should always be removed from cleansed skin and is easier after a shower when the skin is softer and the pores more relaxed. This makes it easier – and less painful – to extract the hairs.
- Always pull the hair in the direction of its growth using a good quality set of tweezers. That way, it'll slide out easier and not damage the follicle (which can cause things like ingrown hairs).
- Follow the shape that has been created for you. Don't go too high up into the arch or try to change it – otherwise you'll spend months growing them back!

## ABOUT SHAPE

There are a couple of golden rules when it comes to wow brows. And one is to always follow your natural shape. Obviously the first place to start is in the middle, checking that a) you don't have a monobrow and then b) removing any hairs between – quuuuicck! "A good way to find your brow start point, is to use a pencil and line it up with the outer edge of your nostril, through to the inside corner of your eye. Where it passes through your brow is where your brow should start," says Steve. The same trick applies to your brow end point: just run the line from your nostril through the outer corner of the eye to the tail end of your brow.



## Steve says...

You don't get to be a master browman without knowing a thing or two about the art. We've plucked the best tips from Steve to bring to you.

- Avoid putting circles or curves into your shape: it adds roundness to your face.
- Say no to tadpoles (that'd be the block and tail look): it just makes you look aggressive.
- Less is always more: remember hair can take months to grow back, so pluck lightly.
- So, I plucked up – now what? It's back to the pro you go. Leave them for two or three months to grow back and start again. In the interim you can use a brow stencil to help fill in any gaps.

In your kit you should have: a set of tweezers preferably with a slanted or pointy edge to help catch fine hairs; eyebrow brush/comb for grooming; and a double-ended blonde/brown pencil to suit your hair and skin tone.



Clinique Instant Lift for Brows, \$38, 1800 556 948

# BEAUTY SCHOOL:

## *fake lashes*

### FLUTTER THEM FALSIES.

THERE'S NOTHING LIKE A PAIR OF FALSIES TO MAKE YOU FEEL EXTRA FAB. BUT THEY TAKE SOME SKILL – EVEN FOR THE PROS. SO, THIS MONTH WE TEACH YOU HOW TO GET THEM JUST RIGHT.

#### Step One:

All eyes are different shapes, so not all lash strips will fit your eyes. To check the length, senior artist at MAC Australia, Nicole Thompson, says place a strip on your entire lid and if it's too long, cut off the excess lashes.

#### Step Two:

Now that you've got the length perfect, draw a thin line of the lash adhesive along the base of the fake lashes. Never apply this straight onto your lids, otherwise you'll risk gluing them together. Wait about 20 seconds for the glue to get tacky before applying, as they'll stick faster to your lids. If it's easier, you can hold the strips with tweezers instead of fingers.

#### Step Three:

The trick to the application is to look downwards into a mirror. You'll see better, and the strip will land right on your lash line. To apply, start from the outer corner of your eye and work inwards. Make sure you apply them as close to your lash line as possible, to keep them looking natural. Then, place some pressure on the inner and outer corners so they stick properly. Once they've completely dried, curl them with an eyelash curler to blend the fake ones with your real lashes. And there you go, fake lashes that look totally natural.

#### More tips? Coming up!

**BEFORE YOU GET YOUR PAWS ANYWHERE NEAR A FALSIE,** apply all your eye makeup first. Otherwise, you'll risk your fake lashes falling off when you're fiddling around your eyes.

**ONCE YOU'VE PEELED THE STRIPS FROM THE PACKET,** use your fingers to turn them into a "U" shape. This'll make them fit your peepers better.

**NICOLE SAYS YOU CAN CUT UP YOUR LASH STRIP** into three pieces as smaller pieces are easier to apply.

**TO REMOVE THEM,** soak a cotton ball in eye makeup remover, place them on your lids and gently slide down whilst pulling the falsies off.

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