

InStyle

AUSTRALIA

YOUR PERSONAL STYLIST

Amanda Seyfried

On nude scenes, dating actors & her very odd hobby

chic WORK buys!

175 PIECES
TO MAKE YOU
LOOK POLISHED,
PROFESSIONAL
AND AMAZING

**YOUR
ULTIMATE
WARDROBE
EDIT**
WHAT TO KEEP,
THROW & BUY

5
LIPSTICKS
EVERY
WOMAN
SHOULD
OWN

FOUND!
THE PERFECT
PENCIL SKIRT

INSTYLEMAG.COM.AU



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R759.20 (incl. GST)

HANDS & FEET

OVER-EXPOSED HANDS The backs of your hands are as prone to sun exposure and pigmentation as your face—perhaps even more so because they are often on display when your face is in the shade (such as when you're driving). Get in the habit of applying an SPF hand cream daily to halt sun spots before they develop. Also, look to a natural hand soaps like Natural Instinct Natural Hand Wash (\$7.95, 1800 010 226). While its shelf life might be shorter than of those that contain preservatives, it's free of parabens, sulphates and harsh detergents that can strip the moisture from your mitts, leaving them feeling dry and weathered. To soften palms, use a sugar scrub like L'Occitane's (below) once a week.

DRY, CRACKED FEET Wearing sandals all summer long exposes your feet to the elements, resulting in cracked heels and rough spots. First, remove any calluses with a pedi-paddle (OPI Feet Callus File, \$37.95, 1800 358 999). Then, give your feet an intense moisture hit by soaking them in a bowl of olive oil. Bursting with antioxidants, carotenoids and vitamin E, it will give skin much-needed hydration. At night, use a lightweight lotion such as Burt's Bees or Grown (below)—both contain cooling peppermint and your feet will be soft and supple in the morning. Once tootsies are in tip-top condition, paint on a nude nail polish like Essie's (below)—Kate Middleton is a fan.

++ Your repair kit ++

Kate's pick
Essie Nail Polish in Allure,
\$18.95, 1800 811 611.



L'Occitane Shea Ultra Rich
Minute Hand Scrub, \$29,
02-8972 3000, au.loccitane.com.

Burt's Bees
Peppermint
Foot Lotion,
\$14.95,
burtsbees.com.



Grown Body Exfoliant with
Peppermint & Yang Yang,
\$35.95, grown.com.



IN-SALON TREATS

Summer got you all hot and bothered? Keep your cool with these professional treatments.

PRIORI WOW FACTOR FACIAL

The buzz After too much fun in the sun, this facial aims to restore the skin in just one treatment. It uses products from premium anti-ageing range Priori to improve skin's clarity, tone and texture, which are often damaged due to UV exposure. Offering the ultimate in relaxation, you even get a scalp, arm and foot massage while the face moisturiser, Idebnone, which harnesses powerful antioxidants, works to rejuvenate texture and elasticity.
Cost \$60/60 minutes; 1800 808 993.

VENUSTUS ETHEREAL BEAUTY TREATMENT

The buzz This is top-to-toe pampering that leaves both the body and face revitalised after a day at the beach. First, there's a full-body exfoliation to get rid of dry skin, then a massage with an uplifting spearmint-scented body butter to restore moisture. The treatment finishes with a mini facial, which includes a 15-minute thermal-clay mask and organic jasmine-infused serum and moisturiser, leaving skin glowing.
Cost \$99/60 minutes; 02-9361 4014, venustus.com.au.

MALIBU C MAKEOVER TREATMENT

The buzz Restore even the most sun-damaged locks with this potent treatment. To start, hair is cleansed and rinsed, then a hydrating mask is left on under a heated pod for up to 45 minutes, depending on the level of damage. Hair is shampooed again, before a second treatment is applied. Rich in quinoa proteins and vitamin B5, it deeply penetrates into the hair shaft, replenishing vital moisture levels lost over summer.
Cost From \$50/25 minutes, 1800 251 251.

Kate
Middleton

