

july 20, 2014

The Sunday Telegraph

body + soul

bodyandsoul.com.au

60

**SECONDS
TO STRONG**

Work out while
watching the
Commonwealth
Games

ELLE MACPHERSON

Why she credits an alkaline diet for feeling fabulous at 50

"I had more vitality, my skin wasn't dry,
I stopped craving sugar, my mood stabilised,
and I lost weight around my middle"

+

What
sleep will
be like
in 2030

5:2

Is this fasting
trend good
for you?





THE BEST BROWS FOR EVERY DECADE

Do your arches suit your age? Their shape and shade can make a big difference to how good you look throughout the years

20s BOLDLY GO

In our 20s, we tend to be more experimental with make-up and hair colour so it's important to keep the brows fairly heavy to maintain balance of the facial features. Australian brow-consultant-to-the-stars Sharon-Lee Clarke explains. "The biggest mistakes women make at this age is going too thin or round [think Marlene Dietrich]," she says. "There are few faces that can pull off a round brow – this is caused by continually chipping away under the brow and it can create a perpetually surprised look." Forget the old wives' tale that you shouldn't remove hair from above the brow line. Clarke says that to get the best shape, you should pluck from above and below the brow, but never trim with scissors.

30s ARCH UP

When your skin starts to lose elasticity, Clarke recommends a more pronounced arch. This will reveal a bit more brow bone and give the eye a lifted look. Clarke suggests opting for a lighter colour for the brow, but also advises drawing more attention to the eyes at this age by pumping up the colour of the eyelashes. "It's important to make the focus the eye, not the brow," she says. To add extra oomph to the eyes, she recommends getting an eyelash perm, which will give the appearance of longer lashes. When getting this treatment, go to a therapist who specialises in lashes and brows.

40s EYES IN FOCUS

A few renegade grey hairs may start to appear. As grey hair isn't very porous it doesn't hold colour well, so Clarke's trick is to completely bleach the brow and then add a stain. Again, she recommends creating a lighter colour brow and balancing this with lots of colour and drama for the lashes. Now is also the time to make sure the brows stay healthy and lustrous. To do this, Clarke suggests regularly brushing the brows with a baby toothbrush and applying a light layer of Vaseline.

50s MIND THE GAPS

"We usually recommend that women in their 50s keep the brow lighter in colour and lower the arch so it doesn't look too harsh," Clarke says. "It's best to keep the look softer, so throw away

the liquid liners." If you've plucked your brows to near extinction or they're looking a bit thin, try a technique called "feathering" – this virtually painless tattoo-like process costs between \$900 and \$1900 and creates the impression of restored brows; results last for about two years. "You can't tell the difference between the hair and tattoo," Clarke says. "It looks like hair because it's done with individual strokes. A big difference is the colour – they used to be based on blue or green pigments, whereas the colours we use today are yellow-based."

60s WAX LYRICAL

"Throw away the brow pencil – it can look too harsh – and try a brow gel," Clarke says. Pencils are wax-based so can pull the skin, whereas a waterproof gel glides on. And instead of tweezing, try waxing brows for a nice clean line.

70s OUTSOURCE

If your eyesight isn't as good as it once was, it's time to treat yourself to having your brows done by a therapist.

LOOK STUNNING –
ALL THE WAY
DOWN TO YOUR
MITOCHONDRIA.

Beauty is shifting: wellness is now the true measure. Discover Elle Macpherson's personal alkalising greens supplement, developed by her renowned nutritional doctor. A daily drink made from premium wholefood and organic ingredients to beautify the whole you.

THE SUPER ELIXIR™.
The new future of beauty.
From \$49

Learn more and shop at welleco.com

TOOLS OF THE TRADE



1. Ardell Brow Sculpting Gel (\$6.99, available from Priceline).
2. Tweezerman Point Tweezer (\$29.95, 1800 251 215).
3. Priori Lash Recovery Serum (\$130, 1800 808 993).
4. Veet Face Precision Wax & Care (\$15.99, 1800 226 766).
5. Clinique Superfine Liner for Brows (\$32, 1800 556 948).