

# VOGUE

AUSTRALIA

NEW  
SEASON  
DRAMA

Cover girl  
*Abbey  
Lee*

Beauty  
*overhaul*  
Cutting-edge  
discoveries

Runway  
*review*

BEST  
IN SHOW

YOU 2.0

## A 40+ FIRST-TIMER TAKES THE PLUNGE

*Vogue fashion director and busy mum Naomi Smith may be two steps ahead when it comes to the collections, but had never crossed the line to flirt with cosmetic injectables, fillers or procedures. Until now.*

**M**y focus is fashion, so if the outfit looks good, I tend to pop on a bit of make-up with a great Chanel dress or new

Balenciaga jacket and I'm done! By the time I reached my mid-40s, however, after all those years of looking at gorgeous faces coming down the catwalk, the pretty girls in *Vogue's* fashion department and the incredibly groomed editors and stylists at the Paris collections, I found myself constantly being reminded how nice it is to have that gorgeous glow and to look your best. The bar is already raised super-high, and upon turning 47, I started seeing a lot of gravity's changes and life lines appear in the space of two or three years.

Talking to friends and colleagues, I was amazed by how many women are already trying procedures, even in their early 30s. Where have I been? How have I missed this? I decided to jump in, but didn't want the obvious ping-pong-ball cheeks or that telltale lip thing. Dr Steven Liew's Shape Clinic came highly recommended, and they seemed to get my working-girl lifestyle, and that I was not one of those every-other-month women wanting more, more, more (although, God knows, I could turn into a raging addict at any moment, given my history with seasonal shoes).

During my consultation, I decided to defer to their opinion – let the experts give me feedback. For my face, the two specialist cosmetic nurses, Kimberley and Bernice, prescribed a little Botox on my forehead to smooth out the lines that were still visible even when I wasn't speaking or moving. They injected a little around the outside of the eye area to lift the eyebrows, and the skin hanging over the top noticeably moved up; you can't get rid of that droop completely without surgery, but it did markedly improve.

They also applied a very conservative amount into the cupid's bow, sides and bottom of the lip. It wasn't about totally changing volume, just looking refreshed and better defined around the mouth, as I did when I was younger. My cheeks were left alone, as I have enough bone definition, but they used Juvéderm Ultra Plus to soften out my marionette lines, the nasal labial folds that had become etched onto each side of my mouth.

It was interesting to lie there while they were in deep discussion and applying the needles. It was gentle and painless, because the needles were so much finer than the jumbo ones I'd expected.

I then went for a follow-up visit for microdermabrasion to exfoliate and suck away the layers of dead skin on my face, which had piled on because I can't be bothered with scrubs and exfoliators. And on the third visit, an IPL was applied to even out sunspots and imperfections and, at a different frequency, target sluggish collagen production, a needed boost after busy years of neglect and a slapdash skincare routine. That one was more of an "ouch", like two hardcore waxing jobs rolled into one.

Shape Clinic also armed me with a new at-home regimen from Jan Marini Skin Research. The Bioglycolic Face Cleanser is a resurfacing agent that doesn't foam up and strip the skin of its oils; the

*By your mid-40s, you are constantly being reminded how nice it is to have that glow and to look your best*

retinol-based cream is designed to strengthen cells and improve cellular turnover; the Age Intervention Enlighten continues the brightening work of evening out skin tone; and they were quite strict about applying Antioxidant Daily Face Protectant SPF30, endorsing sunscreen as the first anti-ageing essential.

**VERDICT:** I have been quite blown away: it feels like my whole life has been refreshed. I was amazingly naïve about how far anti-ageing has come, which is such a long way. When you look in the mirror and it does all start to go, I think it's good not to get too hot and bothered, and I certainly don't want to look fake. But I definitely felt an unbelievable excitement that my whole face could just be so much softer and done so gently. I couldn't believe you can make that much difference in a lunch hour. I'm really glad that I explored what's possible. Visit [www.shapeclinic.com.au](http://www.shapeclinic.com.au).

ANTI-AGEING CLINIC AT HOME

*A crop of next-level products raises the bar on what a beauty routine chez vous can really do.*



### SQOOM

German skin specialist Dr Helmut Christ's invention marries formulated medicated gels with a delivery system far more sophisticated than your finger. "It's the first handheld device that allows you to put fillers and muscle relaxants into your own face," says Perth-based importer and cosmetic practitioner Dr Serene Lim. Ionisation and ultrasound open pores and spaces between cells to deliver products into the skin's

lower layers. The gels contain ingredients such as bio-hyaluronate and hyaluronic acid designed to tighten, deep clean and reduce wrinkles in skin. The round metal transducer produces a million vibrations a second, triggering the production of collagen and elastin, the structural proteins in the connective tissue that gives youthful skin its plump, dewy appearance. *Sqoom device with one cleanser and one hyagel, \$895. Visit [www.drserene.com](http://www.drserene.com).*

### THALGO BOOSTER COLLAGÈNE

A drinkable collagen combining hyaluronic acid, marine collagen hydrolysate and antioxidants.

### SKIN PHYSICS LED PHOTON PHOTO-REJUVENATION SYSTEM

This handheld system uses photon light energy and cosmeceutical preparations to soften and rejuvenate skin. Light receptors in the mitochondria of our skin cells absorb this specific wavelength of red light, boosting cellular turnover, a mechanism first discovered during research into methods of growing plants in space with LED instead of sunlight. *LED Photon device and three cosmeceuticals, \$299. Visit [www.skinphysics.com.au](http://www.skinphysics.com.au).*



GUY BAILEY  
ALL PRICES APPROXIMATE DETAILS LAST PAGES