

# BEAUTY BEAT

Stephanie Darling tries some eyebrow-raising tactics and tracks down small, perfectly formed travel kits.



**Trend Travelling Light** *Hallelujah, holidays are almost here – it's time to update the travel tote. Check out these irresistible cool minis: delectable pint-sized lipsticks (I want one in every shade); strategically selected haircare and hand cream; and the perfect travel polish pack.*



## luxe to less

Tom Ford Lips & Boys Collection, \$48 each.  
The Ritualist Essential Travel Kit, \$40.  
O.P.I Hello Kitty mini pack, \$30.



## road test

This week I try...  
*an ultrasound brow-lift*

**The lowdown** I am trying ultratherapy to lift and tighten my brow area. This non-invasive procedure delivers high-frequency soundwaves to heat skin tissue at depths of 3-4.5mm. This activates the skin's regenerative response, which in turn stimulates the growth of new collagen and elastin. Over two to three months, the skin gradually lifts and firms. My face is cleansed, the target areas are marked up with a pen, the ultrasound gel is applied and then the wand is worked over the area for 30 minutes.

**Pain factor** I've had this treatment before on my face and neck and the pain was excruciating. It has since been discovered that a dialled-down intensity can deliver the same results, so the pain this time is much more tolerable. A couple of painkillers 30 minutes before starting also helped.

**Downtime** About 40 minutes. I experienced a little swelling and tenderness which subsided by day two.

**Results** After a month, my forehead feels firmer and my brows look lifted, which has opened up my eye area.

**Where to get it** Sydney: All Saints Cosmedical Clinic, [allsaintscosmedical.com.au](http://allsaintscosmedical.com.au). Cost: from \$700. Melbourne: Skin Temple, [skintemple.com.au](http://skintemple.com.au). Cost: from \$660.

**At home** Keep brows looking well groomed with the Tweezerman Mini Brow Kit, \$44, [datelinecity.com](http://datelinecity.com).

Follow Stephanie Darling on Instagram @mrssdarling

## cult FOLLOWING



Chubby sticks are a cult category all on their own, and Clinique's highlighting version is no exception. Its pearly sheen is very user-friendly: dab it on the forehead, cheekbones, the bridge of the nose and the centre of the chin, then blend to create a flattering highlight. Clinique Chubby Stick Sculpting Highlight, \$42, [clinique.com.au](http://clinique.com.au)

## ASK STEPHANIE

*I have large pores on my nose and cheeks. How do I get rid of them?*

Pore size is predetermined so you can't get rid of them entirely, but chemical peels and fractional lasers can help refine their appearance. Or try cosmetic cover-ups, like BeneFit The POREfessional, \$53, [myer.com.au](http://myer.com.au).

*If you have any beauty questions, write to [stephanie@darlingbeauty.com.au](mailto:stephanie@darlingbeauty.com.au).*