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COMMUNITY · CULTURE · HEALTH · BEAUTY · STYLE · DÉCOR · TRAVEL · FOOD · DRINK

BEAUTY

Have your manicured finger on the pulse with the latest beauty products to help you and your mum nourish the skin, smell irresistible, and have fabulous lashes and a radiant complexion.

FINE LINES

A revolutionary jaw-sculpting treatment has arrived.

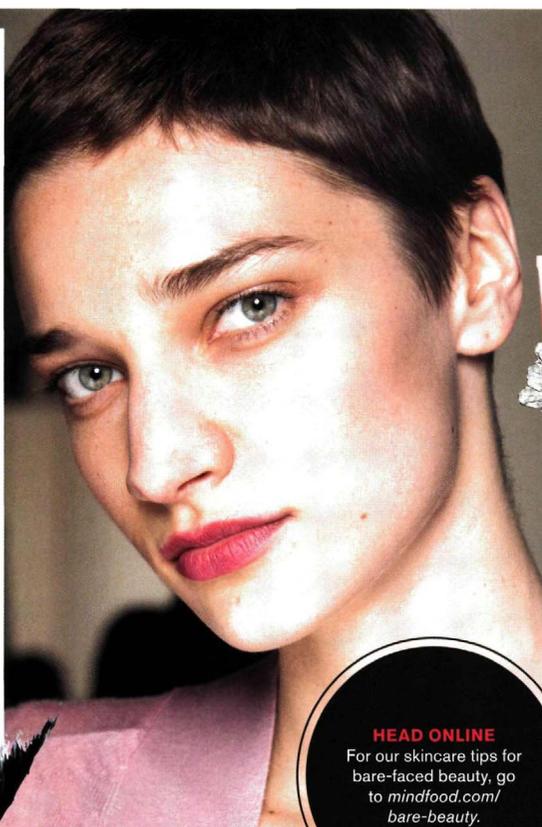
Targeting bothersome fat stored around the jawline hasn't always been easy. A double chin isn't a simple equation of weight gain or weight loss, explains Dr Sarah Hart, cosmetic medicine doctor at Skin Institute.

"Having a double chin can be caused by being overweight, or you might develop a double chin as you age, even if you don't gain weight, because your fat distribution changes," she says. "Some people genetically store fat under their chin and have a double chin even when they're young and normal weight. It often runs in families."

Until recently, liposuction – an invasive procedure that involves downtime – has been used to treat the area, but a new fat-melting injectable, recently released in New Zealand, is set to change things.

Belkyra destroys fat cells, explains Dr Hart. "It's made from a synthetic form of deoxycholic acid identical to the bile acid your body releases to digest a fatty meal." According to Dr Hart the ideal Belkyra candidate also has no other cause of their double chin, such as strong jaw or neck muscle, fat sitting deep in the neck, or a low hyoid bone in the neck.

Visit skininstitute.co.nz for more.



GIFT GUIDE

BEAUTY FOR MUM

Treat her for Mother's Day with these beauty buys.



ABOUT FACE

The *Weleda Pomegranate Face Care Set* (\$69) will help her have nourished, healthy skin.



HAIR HEAVEN

There's nothing like luscious, radiant locks and the *Joico Colour Endure Pack* (\$98) covers all the bases.



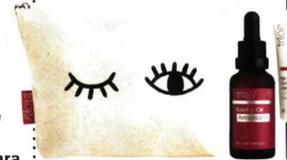
MASCARA

GREAT LENGTHS

Ditch the false lashes, our mascara picks will stay put and add definition, length and sparkle.

Not all mascaras are created equal. Whether it's volume, definition or a little sparkle you're after, these four favourites tick all the boxes. Natural favourite *Dr. Hauschka Defining Mascara* (\$48) enhances and defines individual lashes with mineral pigments and natural ingredients. No matter what life throws at you – be it a high-intensity workout session or a mid-autumn downpour – *CliniqueFIT Workout 24-Hour Mascara* (\$46) stays put when you need it to. Cult *YSL Mascara Vinyl Couture* (\$66) has finally reached our shores. While there's electric blue, hot pink and emerald shades for the bold beauty enthusiasts, we're currently coveting *I'm The Storm*, an inky black with a hint of glitter. With its innovative brush and fibre-infused formulation, there's no need for fiddly false lashes with the *Elizabeth Arden Standing Ovation Mascara* (\$60).

HEAD ONLINE
For our skincare tips for bare-faced beauty, go to mindfood.com/bare-beauty.



EYE TO EYE

Eye spy with my little eye the *Trilogy Eye-Love-You Gift Pack* (\$44.99). It keeps the delicate eye area cared for.



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SCENT UPDATE

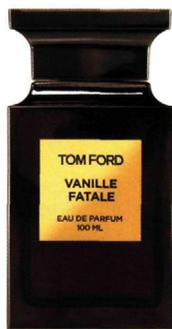
SPRITZ THIS

Fall for these new fragrances. Whether you're drawn to vanilla, coffee, woody-floral notes or musk, there's a scent here for you.



POWER PERSONALITY

Fragrance icon *Chanel Paris Coco Mademoiselle* has a new sister with *Intense* (EDP 50ml, \$208).
• Why we love it: It's as irresistible as the original – orange and bergamot – but packs a punch with patchouli, tonka bean and Madagascar vanilla absolutes.



VANILLA DREAM

A little sweet and very seductive, *Tom Ford Vanille Fatale* (EDP 100ml, \$520) is one fragrance you won't forget in a hurry.
• Why we love it: Trust Mr Ford to make vanilla the new epitome of sexy with a hint of roasted coffee, narcissus and suede.



RAY OF LIGHT

Lily of the valley and cassis buds are at the heart of *Miu Miu's* latest scent, *L'eau Rosée* (EDT 100ml, \$190).
• Why we love it: While undoubtedly a floral fragrance, fruity mid notes and a musk drydown give it a modern edge. And, of course, the bottle is just as enchanting as its contents.



BIG AND BOLD

The top notes of *Ralph Lauren Woman* (EDP 100ml, \$218) might be sweet and decidedly juicy, but this is a woody-floral perfume that means business.
• Why we love it: Just like the modern-day woman *Ralph Lauren's* new scent has been created for, it's bold, fearless and unforgettable.

GLOW-GETTERS

With aircon blasting as autumn arrives, a radiant complexion with an almost ethereal glow is something often reserved for the warmer months.

Keep your skin glowing all year round with these luminous must-haves. Pop *Lancôme Click & Glow* (\$60) on your cheekbones, brow bones, bridge of the nose and you're ready to glow. Available in five shades, *Hourglass Vanish Flash Highlighting Stick* (\$67, from Mecca Maxima and Mecca Cosmetics) blends seamlessly into skin for natural-looking luminosity. Add *Shiseido Synchro Skin Illuminator* (\$50) to your go-to foundation for all-over serious glow.



TWICE AS NICE

For every two lipsticks sold *Karen Murrell* is donating one to *Look Good Feel Better*, an international charity helping women with cancer.

Any lipstick enthusiast knows that a simple swipe of your favourite lip colour has the power to uplift, which is why *Karen Murrell* has teamed up with *Look Good Feel Better*.

Up until May 31, for each lipstick sold in-store and online, *Karen Murrell* will donate one to *Look Good Feel Better*, the international charity that provides free *Feel Better* classes to cancer patients. "The work that they do for people living with cancer is quite overwhelming," says *Murrell*. "The programme has hundreds of amazing volunteers that help to run classes and help these women feel better. I am proud that our lipsticks will go some way to enabling them."



BEAUTY CLUB
Want to find out what beauty must-haves the MiNDFOOD team are trying and loving? Each month we'll put new fragrance, skincare and make-up to the test and share the results with you. First up: *LiLash Eyelash Serum* – because who doesn't want long, voluminous lashes? Go to style.co.nz/beauty.