

MAGAZINE OF THE YEAR

AUSTRALIA

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## Dream HAIR

Your *TOTAL*  
cut, colour  
& style guide

RAVERS  
WITH RIFLES  
UKRAINE'S  
YOUTH  
FIGHT BACK

FORNICATION  
NATION  
OUR SEX  
ADDICTION  
CRISIS

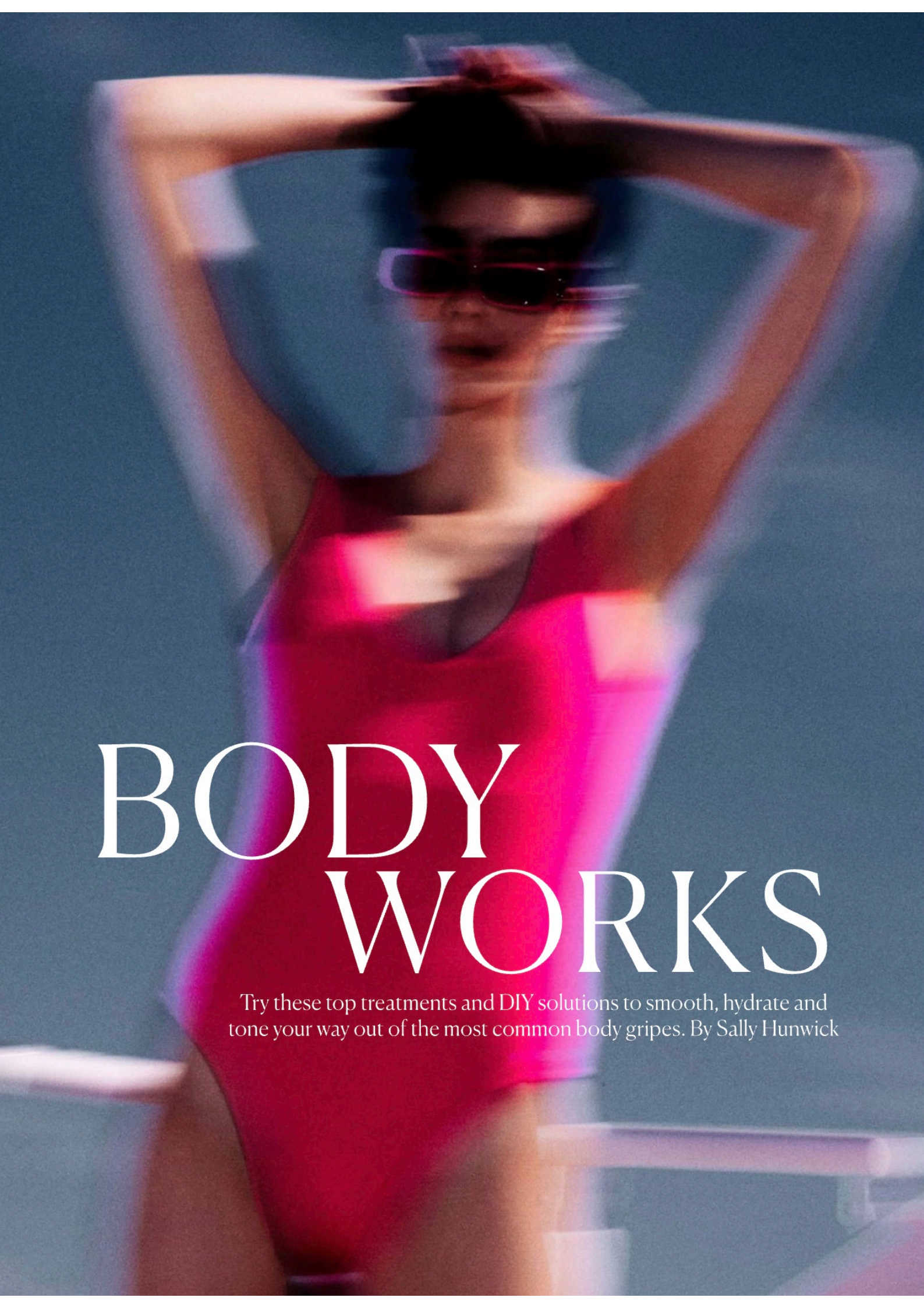
HOUSE  
OF MOUSE  
SECRET LIVES  
OF DISNEY  
ADULTS

DAISY  
*Edgar-Jones*

Meet Hollywood's  
next big thing

50 PAGES OF  
*Luxe*  
LOOKS

275 buys for work & play

A woman in a red swimsuit and goggles, posing with her arms raised in a pool. The background is a blurred blue pool setting.

# BODY WORKS

Try these top treatments and DIY solutions to smooth, hydrate and tone your way out of the most common body gripes. By Sally Hunwick



1 QED SKINCARE Ultra Sensitive Body Balm in wild vanilla + ylang ylang, \$39. 2 MAMA & BIRD SKINCARE Belly Oil, \$35. 3 LANOLIPS Lano 101 Dry Skin Super Cream, \$18.95. 4 MINENSSEY Body Lotion, \$42. 5 TROPICOLOGY Pure Avocado Body Oil, \$79.95.

**THE ISSUE**

**CELLULITE**

**TREATMENT** NuEra Tight

**WHAT IT DOES** Using radio frequency, this non-invasive body-sculpting treatment targets deep tissue by heating the superficial layers of the skin. With a fast treatment time (about 20 minutes per body area) it smooths and tightens regions such as the stomach, thighs, upper arms, bottom and back. A mechanical massage built into the treatment helps manipulate connective tissue, making this tech a great downtime-free option for improving the look of dimpling on the body.

**PAIN LEVEL** Minimal.

**PRICE** \$400–\$500 per treatment. 4–6 treatments are usually required with an annual follow-up treatment.

**GET IT HERE** Beauty Medix Melbourne; [beautymedix.com.au](http://beautymedix.com.au).

**THE ISSUE**

**FLUID RETENTION AND TOXICITY**

**TREATMENT** Infrared sauna

**WHAT IT DOES** Designed to heat the body from the inside, infrared saunas are said to heal a number of body complaints, from post-workout soreness to fluid retention, and help with stress and sleep issues. “Research shows that using an infrared sauna on a regular basis may improve your blood vessels’ ability to expand and adapt to changes in blood pressure,” says Simon Anderson at SOMA Collection in Sydney, who recommends it to his clients to help with cardiovascular health. The differences between infrared and traditional saunas come down to the heat. “A traditional sauna usually gets a lot hotter, and therefore we can’t stay inside for as long,” says Anderson. “In contrast, infrared saunas provide a dry, comfortable, relaxing heat that you can enjoy for 40 minutes or more.”

**PRICE** \$46 for a single casual visit.

**GET IT HERE** SOMA Collection; [somacollection.com.au](http://somacollection.com.au).

BEST FOR STRETCH MARKS

BEST FOR CHAPPED, DRY SKIN

BEST FOR MORNING PREP

BEST FOR DEEP HYDRATION

BEST FOR SENSITIVE SKIN

**HYDRATION STATION**

A good dose of hydration will keep away dryness, flakiness and tightness.



**DIY DETOX**

DOSED WITH MILK THISTLE, TURMERIC AND INOSITOL, THIS SUPPLEMENT HELPS SUPPORT THE LIVER AND DETOX THE BODY.

**BYHEALTH** Milk Thistle dietary supplement, \$32.99.

**THE ISSUE**

**OVERALL WELLNESS**

**TREATMENT** MyDNA

**WHAT IT IS** An easy cheek swab at home is sent off to the lab for analysis. What you get back is a full rundown of your fitness and health, as well as your body’s potential. From strength and endurance to your immunity, risk of injury and how your body processes fats, this kit gives you valuable insight into what’s going on inside. You can also opt for personalised meal plans and home or gym workouts to get the most out of your body.

**PRICE** \$69 for the collection kit.

**GET IT HERE** MyDNA, [mydna.life](http://mydna.life).

**THE ISSUE**

**PIGMENTATION AND ACNE**

**TREATMENT** Laser Genesis

**WHAT IT DOES** This virtually no-downtime, non-invasive laser gets skin glowing by tackling issues such as acne, scarring and pigmentation. You’ll be in and out in 30–45 minutes, meaning you can book it in during your lunch break. Safe for all skin types, this laser can be used on any part of the body.

**PAIN LEVEL** None, actually it’s bliss!

**NUMBER OF TREATMENTS** 2–6, two to four weeks apart.

**PRICE** From \$300 per treatment.

**GET IT HERE** All Saint Clinic, [allsaintskin.com.au](http://allsaintskin.com.au).

**THE ISSUE**

**DRY SKIN**

**THE TREATMENT** Body slugging

**WHAT IT DOES** Starting as a TikTok phenomenon, where a thick layer of petroleum jelly is applied to the face to ward off dryness and flakiness, body slugging is the adaptation for the rest of our skin, says Shoshana Eisner, pharmacist and founder of QED Skincare. Her natural swap is a jojoba, shea butter and cocoa-butter dosed body balm. Post exfoliation, add a layer of balm onto dry areas such as feet, knees, elbows and hands and let it sink in while you sleep. For very dry hands, Eisner suggests wearing cotton gloves to speed up absorption.