



Five simple ways you can look younger

West Australian, Perth



FLEISHMANHILLARD

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It's normal not to like it when signs of ageing appear and it's helpful to know there are anti-ageing options that aren't too invasive

Katie Hampson



1 Have a hair makeover

As we get older, our hair becomes thinner and more limp.

According to Bo Blonde Dalkeith manager Ellen Cundy, you can give yourself an instant face lift with a stunning cut and colour.

Her go-to youthful style is the classic bob.

Trusted by stars including Cate Blanchett, Miranda Kerr and Lara Worthington, this style can have a serious anti-ageing effect on your features.

It lengthens your neck, draws attention to your cheekbones, frames the jaw and lifts your face, albeit in the illusionary sense.

"This style can take five to 10 years off your face and is super in right now," says Ms Cundy, who suggests adding in some texture for an even softer, more youthful look. You can also style any sort of bob with textured waves and this will give you that undone, effortless look, which will look gorgeous day or night.

"And, no matter what depth your hair colour is, a glossing technique will insinuate natural shine and give a more healthier look to any hair."

Ms Cundy recommends Kevin Murphy products for boosting volume — and your number of good hair days. boblond.com

2 Perfect your brows

Brow shaping is a secret weapon for anyone wanting to instantly take years off their face.

As we advance in age, our brows often become sparser and can even start to dip and gate-crash our eyelids.

So it pays to know that when done correctly, a pair of perfect brows can bring structure and lift to your face again.

Sienna Cary, one of Perth's premier brow specialists, recommends paying close attention to shape. A soft arch is flattering for most people, she explains, but high arches and tails can instantly age you.

"Some shapes can really risk ageing the look of your face," she explains.

"For instance, pencil thin, over-plucked brows can appear quite harsh.

"Also, brows that are way too dark or thick can take away attention from your other defining features so balance is the key to achieving the most youthful look."

Mrs Cary says people perceive faces with more contrast and definition as being younger and brows play a major role here.

"I believe it is a natural-looking shape that can make tired brows appear fuller and more shapely . . . and having your eyebrows done professionally can do amazing things for your face, such as lifting the look of your eyes, reducing the prominence of puffy or sagging eyelids and even help to straighten or narrow the look of your nose," she says.

Brows can be whipped into shape in all sorts of ways including with waxing, tinting, sculpting, lamination and even tweezing. Mrs Cary says Feather Touch Brows, a very fine form of cosmetic tattooing, are popular and her technique guarantees a beautiful, natural and realistic looking result every time.

siennacary.com



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3 Religiously cover up

If you ever wondered why Nigella Lawson still looks so fresh-faced at 60, her secret is a simple one.

She covers up, wears hats and avoids sunbathing.

She was even pictured on Bondi Beach in a burkini-style head-to-toe swimsuit and once said: "I am so sun-phobic, I need to wear a factor-50 sunblock even in winter."

Still the most effective anti-ageing treatment we have, sun protection should be a part of your everyday routine.

A recent study showed that just 18 months of regular sunscreen use resulted in fewer skin spots and improved uniformity of skin colour compared to people who did not use it.

Overexposure to the UV in sunlight accelerates the breakdown of the elastic structure of the skin and affects its collagen, which leads to wrinkles, thickening and uneven skin tone.

It also damages the DNA in our skin cells, putting you at risk of ugly skin cancers. Even when they are removed, it can cause unsightly scarring.

"Sun damage to skin even has its own name — photoaging," explains Cancer Council WA SunSmart manager Mark Strickland, who says all of this can be avoided with good sun protection.

"A seriously effective beauty routine should include daily sunscreen use for the face, hands and any exposed skin.

"Long clothing, a hat, shade and sunglasses add the finishing touches for younger looking skin."

Also look at the UV Index. If you are outside when it's 3 or higher, your unprotected skin will be ageing.

The higher the index number — and Perth gets up to 14 — the faster the ageing is happening.

myuv.com.au.

4 Freshen up your smile

A bright, white smile is associated with youth and vitality.

Full disclosure, though: teeth whitening can cause some people temporary discomfort, and, if you're really unlucky, a series of 'zingers' in the first 72 hours, which are sudden sharp pains in a tooth that can last a few seconds at a time.

Still, there is no shortage of people willing to risk a little suffering for the sake of beauty and in this instance, fresh pearly whites.

Dr Vicky Ho, from Dr Vicky's Smile Design Studio, in Mosman Park, says teeth whitening is so popular that she sees an average of three clients a day at her clinic alone.

She has tried and tested many treatments over the years and recommends Philips Zoom whitening, which can be done in-chair or at home. It uses blue LED light-accelerated technology and can whiten teeth up to eight shades in 45 minutes.

"Teeth whitening can help us appear younger because generally as we age naturally, the teeth get yellower and yellower," explains Dr Vicky.

"It is a very good option for people who want a simple and effective way to lift and enhance the smile without any invasive treatment.

"A very common side effect to teeth whitening is teeth sensitivity but this often lasts only for 24 hours, and not long term."

Expect to pay \$800 for the in-chair treatment (Dr Vicky has a deal on for \$599) or \$275 for the take-home trays, so you can do it yourself.

Dr Vicky strongly cautions against over-the-counter or beautician products because of the risks to your gums, including burns. Dental professionals will take great care to protect your gums and soft tissues, she explains.

"Only dentists have access to the stronger products that are actually more effective," says Dr Vicky, adding a dentist will work to find out how sensitive you are and adapt the treatment accordingly.
SmileDesignStudio.com.au



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5 Have regular facials

Blessed with natural beauty and a team of talented make-up artists, Beyonce always manages to look fresh and radiant.

As it turns out, she has another trick up her sleeve when it comes to maintaining her flawless and glowy complexion — regular facials.

She is among a string of celebrities who rely on the hydrafacial, which Dr Kate Jameson, from Youth Lab, also swears by.

To get good skin, you need to stimulate it and this gently exfoliates, extracts, infuses and hydrates the skin in a single treatment and requires no downtime.

“The hydrafacial treatment replaces more abrasive, traditional methods of microdermabrasion,” explains Dr Jameson.

“Although microdermabrasion and the hydrafacial will make your skin feel smooth and brightened immediately and stimulate cell turnover in the top layers of the skin, only the hydrafacial will add long-term benefits by detoxifying, hydrating and stimulating collagen remodelling and rejuvenation.”

To keep your skin looking its best, she recommends monthly hydrafacials in conjunction with LED light therapy but if your budget won't allow it, just before an event is perfect.

For the home routine, Jameson says it's important to include products with Vitamin A and recommends Cosmedix Serum 16 as a fantastic entry-level product, which also suits sensitive skin.

She is also huge a fan of PCA Hyaluronic Acid Boosting Serum.

“This is the sort of product that when you run out, you actually feel the difference in your skin within days and then madly run into the clinic to get more,” she says.

“It offers deep hydration and an instant hydrated, smoothing effect on the surface of the skin.”

youthlab.com.au

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