VOGUE

VOGUE BEAUTY

MEAN GIRLS

For those not bowled over by this season's ladylike look, the bad girls were out in force at Karl Lagerfeld, Chloé, Emanuel Ungaro and Balenciaga.

IN THE BAG

Creating this season's essential look has never been easier

- Create ra-ra-vroom lashes that go on and on with Revlon 3D Extreme mascara, $20.
- Get the ultimate red lip, thanks to the moisturising, colour-drenched Estée Lauder Signature lipstick, $40.
- Sultry, grown-up fragrance doesn't get any better than Yves Saint Laurent's Opium, 15ml for $335, which is celebrating its 30th birthday in October.
- Carry an ultra-feminine evening bag like the limited-edition Fleur Wood for Shiseido beauty bag, available as a promotional gift at David Jones beauty counters this month.

THE ESSENTIAL: KOHL EYELINER

Benefit BAD gel style pencil, $34.

BAD gal

HAVE YOU TAKEN YOUR VITAMINS?

In school it was easy. Vitamin C came from oranges, vitamin A from milk, eggs and cheese, and vitamin D from the sun. Navigating the labels of the latest anti-ageing moisturisers jam-packed with supplements is not as simple, at least not without medical intervention.

According to plastic surgeon Dr Warwick Nettle of Sydney's Silkwood Medical clinic, vitamins are vital in skincare and "the two biggies are vitamins A and C".

Vitamin A helps delay the ageing process by thickening the skin, increasing collagen and blood supply, and normalising sebum production, he explains. For him vitamin C is king of the antioxidants, as it stimulates the production of collagen and elastin, regulates melanin and helps to neutralise free radicals.

The important thing is concentration, Nettle says: "The minimum concentration of vitamin C you need in a product is about 10 per cent, while [levels of] vitamin A are person-dependent."

His prescription is simple. While he says many of the mass-market brands are getting close, "there are three which, from the medical point of view, are really good: Ultraceuticals, Environ and CosMedix".

PATCH IT UP

Mother always said there's nothing a good night's sleep can't cure, but she probably wasn't thinking of cellulite. Applied overnight, Biotherm's Celluli Night Patches infuse troubled areas with caffeine while the body rests and rejuvenates, giving us hope for a smoother, firmer morning after.

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