



## Lash out

Before trying out lash extensions, we're scared of looking like we belong on a Mardi Gras float (which would be fabulous, but maybe not appropriate for a Monday boardroom meeting), scared that our real lashes will fall out, and scared that the fake ones will plop into a lunchtime laksa. We needn't have worried because, as a busy Business Chick, professional lash extensions are a godsend. You don't have to apply mascara! They last for weeks! Done right, they beautifully frame your eyes, so you barely have to apply makeup! And they fall out with your natural lash cycle every few weeks.

**TOP TIP:** To make them last, avoid oil-based products around the eyes and don't get them wet for 24 hours. We got ours done with the lash expert of all lash experts, Sophia Tzakis, at Sydney's **LASH OUT BEAUTY**, who used Xtreme Lashes (for nationwide stockists, check out [xtremelashes.com.au](http://xtremelashes.com.au)). Standard Eyelash Extensions, \$250, [lashoutbeauty.com.au](http://lashoutbeauty.com.au).

## We love...

... Being engulfed in sub-freezing liquid nitrogen. Okay, hear us out: if you haven't tried cryotherapy, it's a rejuvenating treatment where your body is briefly enveloped in a fine nitrogen mist and safely cooled to up to -140 degrees in a state-of-the-art cryotherapy chamber. Increasing blood flow, it promises to boost muscle recovery and your metabolism, reduce cellulite and rejuvenate skin, with each treatment leaving you energised, like you've just had a triple-shot flat white. It's only three minutes long, so you'll barely have time to get goose bumps. \$90 per session (or \$50 per session when you buy 20). [cryo.com.au](http://cryo.com.au).

