

Jennifer Aniston is a fan of cold therapy's anti-ageing benefits.

NEW
Beauty

Fresh trends and treatments to help you wind back the clock

Here's the low-down on the latest salon offerings designed to refresh your skin and body.

Treatment: Dermablading is a manual form of exfoliation, removing fine facial hair from around the neck and chin. Patients see immediate results in skin texture, appearance and circulation.

What to expect: A thorough cleanse by a trained nurse, followed by stroking across the skin with a sterile scalpel in a motion similar to shaving. You'll need about 40 minutes.

Downtime: None. And despite common misconceptions, regrowth of dark or thicker hair is not a risk as Dermablading targets only the fine hair fibres known as the vellus.

Cost: \$220 per treatment. Lisa Sullivan is co-director at The Clinic. Visit theclinic.net.au.

Treatment: Dermal rolling, which is also known as skin needling, is used in the treatment of acne scarring, stretch marks, fine lines, enlarged pores and pigmentation.

What to expect: A small roller made of surgical needles is applied to the surface of the skin.

The needling stimulates the skin's supportive structure, encouraging a natural collagen renewal. It's ideal for people who cannot use laser therapy.

Downtime: Minimal to none with this 30-60 minute treatment.

Cost: From \$349 for face per treatment. For details, visit laserclinics.com.au.

Tried and tested



Cryotherapy is a non-invasive, hyper-cooling treatment where your body is briefly – and safely – cooled to -140C for three minutes in a fine nitrogen-misted chamber.

Why: For cellulite reduction, skin rejuvenation, muscle recovery and repair.

What it feels like: Cold! Keep moving and the few minutes literally fly by. I felt more energetic for the rest of the day, I slept better that night and my skin felt tighter after three sessions.

Cost: \$90 a treatment. Visit cryo.com.au for details.

NEW & NOTABLE

BEAUTY ED'S FAVE

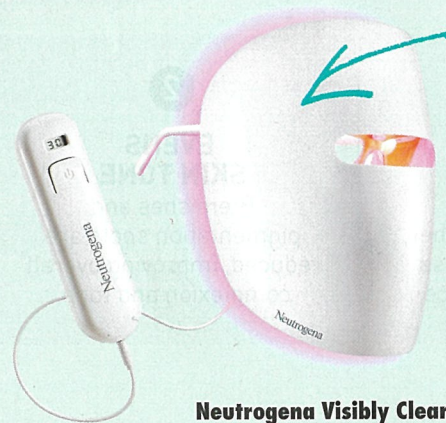


My new scent du jour is Kate Spade's Live Colorfully. This citrus, floral fragrance is fresh, light and perfect for sunny spring days. Let's face it, everything is better in colour!

Kate Spade Live Colorfully Eau de Parfum, \$85 (30ml), available at David Jones and selected Myer stores.

DIY: FIGHT SPOTS

Want to win the war on acne? Neutrogena's new wearable LED mask transmits red and blue light wavelengths into the skin, breaking down the acne cycle. The red light reduces inflammation and the blue light kills bacteria. Use it for 10 minutes daily to achieve noticeable, salon-worthy results in one week.



Neutrogena Visibly Clear Light Therapy Acne Mask, \$69.99, available from Priceline, Chemist Warehouse and selected pharmacies.