



BOTTEGA VENETA S/S '18

THE BRIGHT STUFF

A daily dose of vitamin C is the secret to glowing skin

Vitamin A may get all the anti-ageing glory, but vitamin C is actually skincare's overachiever. It helps tighten skin, neutralises free-radical damage, fades dark spots, reduces inflammation and boosts collagen. End result? A clearer, more luminous complexion.

"Vitamin C is one of the most potent antioxidants," explains Danette Elliott, Australian head of training for L'Occitane. There are numerous types of vitamin C on the market (ascorbic acid, also known as L-ascorbic, is the most effective), as well as various concentrations.

A word of warning, though: like other antioxidants, vitamin C is unstable and degrades when exposed to oxygen, water (found in most skincare) or sunlight. To ensure it remains active, look for single-use products or those packaged in opaque, airtight containers, and store out of direct sunlight. Also, keep an eye on any colour changes in the product, a sign it's no longer effective.

And, finally, as Elliott notes, "If you've made the effort to even out your skin tone, always follow up your morning vitamin C routine with some SPF... otherwise the sun will bring back those spots quick smart." ★



(clockwise from top left) **PAULA'S CHOICE** Resist C15 Super Booster, \$62, paulaschoice.com.au; **THE ORDINARY** Vitamin C Suspension 30% in Silicone, \$12.80, theordinary.com; **OLE HENRIKSEN** The Clean Truth Foaming Cleanser, \$14, sephora.com.au; **LOCCITANE** Reine Blanche Brightening Cream, \$85, au.loccitane.com; **TATCHA** Violet-C Radiance Mask, \$99, mecca.com.au

THE STELLAR TRIAL

Cryotherapy



This high-tech take on icing down injuries is intriguing. After stripping down to underwear, clients stand in a chamber while a liquid nitrogen mist cools the body to sub-zero temperatures (between -130°C and -140°C) for up to three minutes. Post-session, body temperature rapidly readjusts, and a fresh supply of oxygenated blood floods back into the skin and muscle tissues.

Benefits - asserted for now - include reduced joint pain, inflammation and recovery time, and a spike in endorphins, collagen production and metabolism. To state the obvious, it's *really* cold, but the session is over before you can think about it too much. Athletes, dedicated exercisers or those undergoing specific medical treatments stand to benefit the most from cryotherapy, but for the everywoman, it can soothe muscles and will definitely put pep in your step.

★ **WHERE TO GO...**

MELBOURNE Ritual Cryotherapy, 418 Bay Street, Port Melbourne, 0408 657 600, ritualcryo.com.au, \$75

BRISBANE The Float Space, 4/394 Montague Road, West End, (07) 3844 4676, thefloatspace.com.au, \$79

SYDNEY Cryo, 226 New South Head Road, Edgecliff, 1300 332 796, cryo.com.au, \$90

IN STORE NOW

Hair texturiser

- 1. AVEDA** Texture Tonic, \$39, aveda.com.au
- 2. MATRIX** Style Link Texture Builder Messy Finish Spray, \$23.95, matrixprofessional.com.au
- 3. BATISTE** Stylist Texturizing Spray, \$12.95, priceline.com.au