

COLOUR POP

Brighten up your make-up with these new limited-edition collections.



Dr Hauschka's 100% natural Deep Infinity collection features bright turquoise, midnight blue and delicate pink. Mascara (\$54).



Have some fun with **Mavala's** formaldehyde-free bold Bubble Gum nail colours, from Lemon Drop to Orange Sherbet (\$8.50 each).



Karen Murrell's Natural Lip Pencil in True Love (\$24.95) is made from natural and nourishing ingredients, including jojoba seed oil, candelilla, carnauba wax and vitamin E.



The **Yves Saint Laurent** Couture Palette (\$105) is the perfect combination of intense matte, satin and shimmer eye shades.



SCIENCE OF BEAUTY

Skincare companies are looking to science to develop potent products and treatments for some heavy-duty help.

BABOR SKINOVAGE

German scientific skincare specialist Babor has relaunched its Skinovage range with the new Epigen Tech Power Peptide that works to support skin regeneration. The Skinovage Vitalizing Cream (\$133) is a protective, firming cream with the added benefit of the new peptide. au.babor.com

JUST LANDED



WELLBEING SUPPORT

Altearah Bio offers a range from the south of France, including organic sprays, body oils and scrubs designed to relieve stress and lift your mood. Use these inspiring colour blends every day as part of your morning routine and keep a spray with you to support your wellbeing throughout the day. For spring, Altearah recommends Green for freshness and White for purity. Together, they uplift, cleanse and prepare you to make the most of the new season. altearah.com.au



REDUCE REDNESS AND SPOTS

Avène's Cleanance Expert Tinted emulsion (\$26.95) is formulated for acne-prone skin, however it can be used by anyone to minimise imperfections and to even out the complexion.

RADIANT COMPLEXION

Environ's newly launched Focus Care Radiance+ range targets the root causes of skin discoloration, dark spots and uneven skin tone, to reveal a more even-toned and radiant complexion. The Vita-Botanical Mela-Fade Serum System (\$156) within the range comprises two serums that provide a blend of vitamins and botanicals to reduce the appearance of dark spots and discoloration. sensaskincare.com.au

NEW TREATMENT

ADULT ACNE

According to the Australian College of Dermatologists, acne is the most common of skin diseases. Research published in the *Medical Journal of Australia* states that scarring occurring from acne, particularly severe acne, can persist a lifetime and have long-lasting psychosocial effects, such as depression and social isolation. Current guidelines for the treatment of acne include a combination of topical agents, such as retinoids in mild to moderate cases, and systemic therapies (including oral antibiotics) for moderate to severe cases of acne. There are concerns that the bacteria linked to acne is increasingly becoming resistant to topical and oral antibiotics, so investigations are under way for alternate solutions. New research published in the *British Journal of Dermatology* reveals that trifarotene, a fourth-generation retinoid, may have an improved efficacy and safety compared with other retinoids, and be particularly useful for the treatment of large skin-surface areas, including the back and chest.

Dr Douglas Grose, of the Cosmetic Physicians College of Australasia, is particularly passionate about treating acne, not just via medical means but through diet and lifestyle as well. "Acne is a disease among Western society and is noticeably absent in those that consume Palaeolithic diets that don't consist of refined sugars, grains, milk and dairy products," says Dr Grose. While he says the first stage in reducing acne is minimising carbohydrates and animal-based milk products, there are also additional treatment options that can assist, including topical/skincare products as well as LED light phototherapy, IPL, laser, microdermabrasions, AHA/BHA masks and chemical peels.

