



health  
handbook

**beautyq&a**

BY KATE LOVELACE



**Q Is there anything I can use on my pregnant stomach to stop stretch marks?**

There are a myriad of different products available, but I would recommend Bio-Oil, \$24.95. This special oil blend contains PurCellin Oil (which is a laboratory re-creation of the preen gland oil of ducks), as well as vitamin oil, lavender oil, calendula oil and chamomile extract. It has been shown to work well for preventing stretch marks from forming, and even diminishing stretch marks that have already appeared.



**beauty watch**

**LIQUID LIPO**

**What is it?** A new form of liposuction that's less painful with less down time.

**How does it work?** The Liquid Lipo machine uses a high-pressure water jet to break down fat cells.

**Are there any side effects?** Some minor bruising and swelling may occur, but most people return to work the day after treatment.

**How long do the results last?** Indefinitely – fat cells are permanently removed.

**How much does it cost?** Prices start from \$4400.

**Where can I get it?** Call 1300 138 797 or visit [www.cosmosclinic.com.au](http://www.cosmosclinic.com.au).



**WHAT'S NEW  
WHAT WORKS**

**Lancôme Paris Nutrix Royal Mains Intense Nourishing & Restoring Hand Cream, \$56.** This hand cream's secret lies in hazelnut peptides and royal jelly. It's non-greasy and leaves hands feeling soft in an instant.



**Q My eyelashes are quite frail and are always breaking and falling out. What can I do to fix this problem?**

Dermaquest Skin Therapy DermaLash, \$150, have released a new lash conditioner that contains all-natural ingredients, and has been shown to help eyelashes grow. For more information, call 1300 799 709 or visit [www.cliniccare.com.au](http://www.cliniccare.com.au).

**4 OF THE BEST**  
waterproof  
mascaras

**Benefit Bad Gal Waterproof Mascara, \$36.** Its slimline wand gives maximum eyelash coverage, creating dramatic lashes that last all day long. It also boasts a smudge-proof formula.



**L'Oréal Paris Waterproof Telescopic Mascara, \$26.95.** It separates and gives up to 50 per cent longer lashes, and lasts for up to 12 hours without flaking or smudging.



**Cargo Better-Than-Waterproof Mascara, \$29.** Creates tiny 'tubes' around each lash that won't smudge or run. Removing it is simple, too – it just glides off with warm water.



**Érè Perez Natural Cosmetics Natural Waterproof Mascara, \$26.95.** This is an excellent, all-natural formula that's based on wax. It contains nourishing goodies like avocado and sweet almond oil.



**TIP STRENGTHEN WEAK NAILS BY MASSAGING THE CUTICLE WITH FOUR DROPS OF LEMON ESSENTIAL OIL MIXED WITH 10MLS OF JOJOBA OIL.**