

SPECIAL HOLIDAY ISSUE

2023
Year in
review

December 25, 2023

WHO



BEST & WORST of 2023

- News • Weddings
- Babies • Feuds • Deaths



PLUS!

SHOCKS & SCANDALS



AUST \$5.99 NZ \$6.50

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JESSICA SIMPSON

FOR SOME SERIOUS SCULPTING

EMFACE

Tighten, hone and tone! No, they're not the promises of a gruelling workout routine but rather the results of Hollywood favourite EmFace, a high-tech sculpting treatment that promises discreet but effective definition. Top models like Irina Shayk and reality star Chrishell Stause are already huge fans, and an appointment involves electrical stimulation and radiofrequency to "exercise" your facial muscles. Expect to be hooked up to an electrical current delivered by face pads that contract muscles and tighten skin, improving its volume (be warned: involuntary twitching and intense buzzing is unavoidable). For best results you'll need four treatments, one week apart. Downtime? No such thing.

Available at Shape Clinic,
shapeclinic.com.au

From \$1000 per treatment



CHRISHELL STAUSE

\$46.95

The Jojoba Company
Ultimate Youth Potion
thejojobacompany.com.au

Massage a rich oil in at night to not only nourish your skin, but to depuff and improve circulation at the same time.



\$125

CosMedi Repair
cosmedirepair.com

This new cream has been especially formulated to relieve the symptoms of soft tissue trauma, support wound healing and soothe.

\$899

TheraFace Mask
therabody.com/anz



This mask is exy, yes, but also a great investment for general anti-ageing to improve fine lines, pigmentation and pores. It has a whopping 648 medical-grade red, red and infrared, and blue LED lights, providing full-face coverage with added vibration therapy to soothe skin.

FOR A RED CARPET-WORTHY GLOW

CLEAR + BRILLIANT

OK, so you're probably not going to be waltzing down the red carpet anytime soon, but even those of us who are staying in watching re-runs of *Gossip Girl* deserve a little skin zhuzhing from time to time. Fractional laser is the go-to for A-listers such as Drew Barrymore for pre-event prep, and it works wonders when it comes to adding glow to the greyest of complexions. The laser triggers the body to ramp up collagen and elastin production and to replace damaged skin with healthy tissue. The end result is skin that is softer, supple, clear and glowing – in a fraction of the time (sessions last 20 minutes). Post-treatment dryness is normal for a few days and four to six sessions are recommended for best results, although you can certainly see a difference after just one.

Go to clearandbrilliant.com.au to find your local provider

Priced from \$350 for one area (face, neck or décolletage).



DREW BARRYMORE