

BODY

Overhaul

From sparkly teeth and dimple-free skin, to perfect “falsies” and healthy No.2s, we’ve gathered all the info you need to do a full service on your mode of transport.

We talk a lot about “me time”, but besides flopping down to watch *Grey’s Anatomy*, do you ever really put a moment aside to focus entirely on yourself? After months of late nights, over-indulgence, fun in the sun and slackened skincare routines, your body may seem a little frayed around the edges. This month, detox, revive your body and enjoy a shinier, sexier version of you.

2 Buy an eye primer. It’s like concealer for the eye and, when applied lightly to the lid, will instantly eliminate redness along the lash rim, disguise small veins, brighten the eye area and make the rest of your make-up look fresh. I like the Elizabeth Arden Advanced Eye-Fix Primer, \$42.

3 Find a mascara that goes the distance. Blinc Mascara, \$48, has a clever formula that creates “tubes” around each lash so you don’t experience any fibrous fallout.

EXPERT TRICK: “NOTICE ME” LASHES

For special occasions, don’t forget the power of a false lash. Whenever I wear them, I feel unstoppable. If you have trouble putting them on, the gals at the Benefit and Napoleon Perdis concept stores will apply them for you (providing you buy their brand, of course!). To make a statement, have your choice of lashes custom-fit at the Shu Uemura lash bar at the David Jones Sydney City store.

Face first

Skin prep is a must if you want to look your best. A slew of sneaky little complexion enhancers recently arrived on my desk and I feel it’d be a crime not to share. When you’re in a make-up rut, a few new products can make you look and feel dewy again.

PERKY PICK-ME-UPS

1 For a perfectly peachy glow, buy a warm-toned blush in a creamy texture and apply it to the apples of your cheeks on the days you’re feeling tired or stressed out. If the colour you like only comes in a powder formula, dust it over cheeks, then smooth on a light moisturising lotion to hands and gently press over skin for a satin-like sheen.

DAZZLE ME, DEMI-STYLE

Don’t underestimate the beauty of a pearly white smile. What’s the first appointment an up-and-coming Hollywood actress makes? The cosmetic dentist, always! If you’ve ever seen “before” shots of Demi Moore, Hilary Duff, and Brittany Murphy, the most noticeable difference between then and now is their teeth.

At Sydney Dental Professionals (sydneydentalprofessionals.com.au; (02) 9233 2577), the newest and coolest fix-it for teeth is their exclusive veneers – definitely worth considering if every photo of you shows your hands covering your fangs. And since natural teeth vary in colour, yellowish at the gum and translucent at the biting edge, you’re free to pick your desired shade.

The benefits of this new type of porcelain veneer include:

- They make teeth look straighter and whiter almost immediately.
- There’s no need to drill away a healthy tooth structure, as with traditional veneers.
- Patients are able to choose the shade of their veneers.
- You can try the veneers in your mouth prior to having them cemented, and send them back for adjustments if necessary.
- They cost about one-third of the price of traditional veneers.