

# VOGUE AUSTRALIA January 2009



Pilates  
Physique's  
Sonia Darbey.

## HOT ADDRESSES PILATES POWER

Bigger, brighter and better than ever, Sydney's best-kept secret has a new home. Pilates Physique's new Edgecliff studio offers a range of waist-whittling, thigh-tightening, tummy-toning pilates classes for everyone from beginners to connoisseurs. It is also the only studio in Australia to offer tower/Cadillac group classes, for pilates pros who want the power of reformer classes in a group environment. Those who want to tone up without sweating can indulge in Power Plate sessions, and there is even a creche for busy mothers. **Pilates Physique, 156-158 New South Head Road, Edgecliff, NSW, tel (02) 9363 3387; www.pilatesphysique.com.au.**

### beauty



Gwyneth Paltrow

**Greenwell's everyday must-have:** "Lip balm, that's the one thing I couldn't do without. The Sisey one is the one I have with me all the time, on the plane, beside my bed. I wake up in the middle of the night [and] put some more lip balm on."

**Her favourite face:** *Greenwell says Cate Blanchett's face is very versatile: "You can do anything from an absolutely wifed-out mawk, made, nude, to a bright red mouth-her face is incredible. It is all about her bone structure, it's also about her incredible smile and the texture of her skin."*

## AGELESS BEAUTY

In beauty circles, she's as legendary as the faces she has transformed. Charmingly chatty English make-up artist Mary Greenwell has waved her wand over Diana, Princess of Wales as well as Gwyneth Paltrow, Uma Thurman, Cate Blanchett and the original supermodels: Christy Turlington, Stephanie Seymour, Linda Evangelista and Cindy Crawford. Here she shares her advice on changes to make as the years advance.

- "You can't wear red lipstick between the ages of 45 and 60, because it is incredibly ageing. Until the age of about 45 it looks amazing—you look: really cool, gorgeous, sexy, glamorous, in control, and then suddenly at 45 you look old! From 60 onwards, you can start wearing red lipstick like Chanel's Rouge Hydrabase in Fire again. Then it becomes eccentric and it becomes part of a personality. But there's a gap of 15 years where you shouldn't touch it."
- "Dark eyebrows are such a no-no as you get older; they are very unbecoming, they are very hard. They are something that are so good on youth, but not so good on older people. Terribly hard and quite owl-like, and can really draw the face in."
- "Maybe you need a bit more fawn shadow, not a dark shadow, in the crease of your eye, to lift your eye a bit more. In the eye socket where the colour

**What to look for in a foundation:** "Great texture, perfect colour, something that really suits your skin and blends well with it. It's hard for anyone else to judge, but go for an expensive brand."

is slightly fading, you need to fill that in a bit more."

- "Wearing finely milled powder is very important: it will soften any lines, wrinkles, bumps and lumps that appear with age."
- "Use the serum from the Olay Definity range as a primer to boost radiance, because it has mica in it."
- "Anything that has a bit of shimmer will be more youth-enhancing. The only thing that would need to be opaque is concealer, of course, and, if you have bad skin, the right foundation for you."

**Her greatest indulgence:** "Lipstick is the other thing I spend money on, because there is something about the quality and the texture of a good lipstick that makes all the difference. When you put a good lipstick on your lips you really do feel the difference and, for some reason, it will make your mouth look more expensive."

Chanel Rouge Hydrabase in Fire, \$46.

Olay Definity Tone Correcting Anti-aging Serum, 50ml for \$40.

Guarnish Milkbeories Butterfly Mazi Pearls, \$127.

**That extra inch**  
Some have it, some fake it. Not all celebrities have movie-star manes; instead they make up for it with extensions and hairpieces. Now Hair Lingerie gives the rest of us that extra oomph. The range of extension strips, which are made with real, unprocessed hair, was developed by Hollywood hairstylist Kiara Bailey to add volume, length and colour. Because the strips are applied in sections, they sit comfortably flat to the head without pulling and stressing the hair. Forget spending hours in the salon—it only takes about 45 minutes to apply a full set. The strips are easy to wash and style, and the "permanent" version lasts about six weeks before it needs to be reapplied. Like cleverly designed underwear, they are undetectable and are perfect for taking long short hair to short long hair.  
**Available exclusively at Brad Ngata Hair Direction at Ivy, Shop 2, Palings Lane, Sydney, tel (02) 9235 2723 or 273 Goulburn Street, Surry Hills, NSW, tel (02) 9281 1220.**



## HOT ADDRESSES PILATES POWER

Bigger, brighter and better than ever, Sydney's best-kept secret has a new home. Pilates Physique's new Edgecliff studio offers a range of waist-whittling, thigh-tightening, tummy-toning pilates classes for everyone from beginners to connoisseurs. It is also the only studio in Australia to offer tower/Cadillac group classes, for pilates pros who want the power of reformer classes in a group environment. Those who want to tone up without sweating can indulge in Power Plate sessions, and there is even a creche for busy mothers. **Pilates Physique, 156-158 New South Head Road, Edgecliff, NSW, tel (02) 9363 3387; www.pilatesphysique.com.au.**