



BEAUTY BEAT

STEPHANIE DARLING TAKES HER TEETH TO THE PEARLY GATES, FINDS SOME VERSATILE BLUSHES AND REVEALS A FACE-LIFTING MAKE-UP TIP.



TREND SOFT BLUSH We love the freshness of the make-up at the See by Chloé Resort 2016 runway show in Paris. The blush is worked over the entire cheek as a soft wash of colour. It's the perfect fix for pallid skin. Try these easy-to-apply sticks to give your complexion a much-needed winter wake up.

LUXE TO LESS



try these...

- Chanel Les Beiges Healthy Glow Sheer Colour Stick in Blush No 20, \$71.
- Clinique Chubby Stick Sculpting Contour, \$42.
- Smashbox L.A. Lights Blendable Lip & Cheek Colour in Venice Beach Bronze, \$37.

road test

This week I try...
Teeth whitening

The lowdown My son, Harrison, and I have been bemoaning our less than snow-white teeth, so we're having the new Philips Zoom! WhiteSpeed treatment, which uses a high-octane brightening gel and LED light technology. The treatment is broken up into four 15-minute slots, interspersed with an application of fresh gel. The therapist, Chris, places a dental guard in my mouth – to keep it open – and gum protectors. She dries my teeth with gauze, applies the whitening gel, attaches the LED light fitting to the dental guard, and away we go.

Pain factor By the end of the third slot, Harrison is having what is known as "shooters": shooting pain due to increased sensitivity. The shooters are gone by the next morning. Fortunately, I experience no sensitivity. It might help to take some painkillers an hour before your treatment to minimise any discomfort.

Downtime Ninety minutes.

Results Our teeth looked fresh and about 13 shades lighter. A friend was so impressed with Harrison's teeth he said he felt compelled to race home and clean his.

Where to get it Sydney: Pitt Street Dental Centre, from \$695, pittsdentalcentre.com.au. Melbourne: Freedom Dental, \$495, freedomdental.com.au

At home try Philips Zoom! DayWhite and NiteWhite, \$450, pittsdentalcentre.com.au.

Follow Stephanie Darling on Instagram @mrssdarling.com.au.

cult FOLLOWING



This monster weighs in at two kilograms and follows Ecoya's original Celebration candle. The Grand Celebration candle, a blend of mossy florals, sandalwood, vanilla, balsam and musk, will light up your mood and room. Ecoya Grand Celebration candle, \$90, ecoya.com.au.

WE ASK AN EXPERT

MAKE-UP ARTIST CHARLOTTE TILBURY

What's the next most important thing to attend to after foundation?

"The brows because they are the pillars of the face. Eyebrows help to structure the face and lift up the eyes, disguising a sagging eye contour. With eyebrow grooming, you get an instant facelift." Try Charlotte Tilbury Brow Lift, \$45, charlottetilbury.com/au.