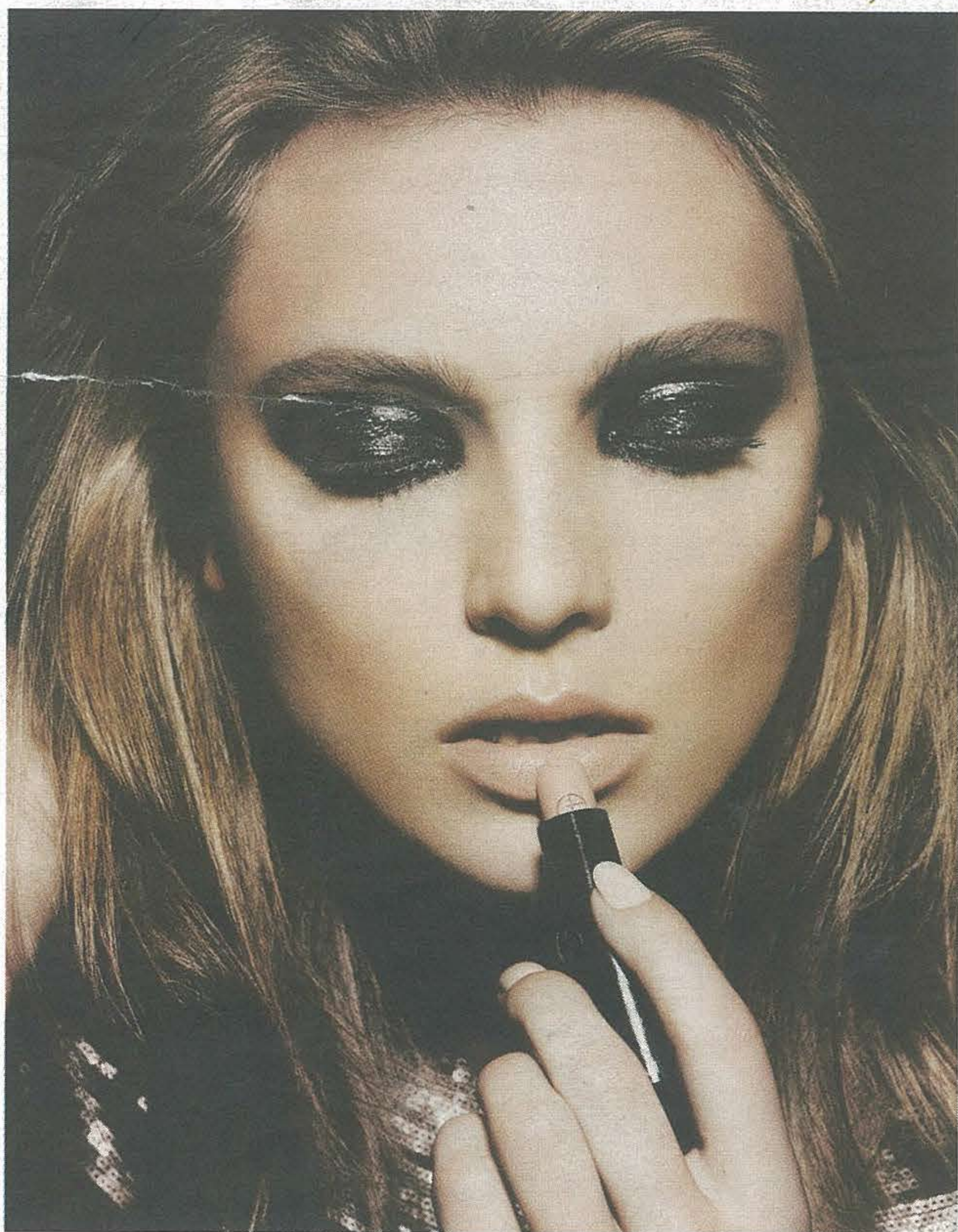




BEAUTY BEAT

A new twist on the smoky eye is well worth a try, advises Stephanie Darling. Plus, she road-tests a pain-free, teeth-whitening treatment that has her all smiles.



TREND SMOKY EYES This timeless look has made a comeback on the catwalk recently, but a bit of shine has added a glamorous new twist. Use an easy-to-apply chubby cream eye-stick, opt for all-forgiving brown or charcoal for night and blend over the lids and into the sockets. Finish with lash-lengthening mascara and a touch of kohl. Not subtle, but so sexy!

LUXE TO LESS



\$35



\$22



\$18

All set for smoky eyes
(From top) Clinique Chubby Stick Shadow Tint For Eyes, \$35, clinique.com.au. Max Factor Smoky Eye Effect Eye Shadow, \$22, maxfactor.com.au. Revlon ColorStay Smoky Shadow Stick, \$18, revlon.com.au.

ROAD-TEST

This week, I try ...
teeth whitening

THE LOWDOWN Philips Zoom! WhiteSpeed uses LED light to activate a whitening gel that is applied to the teeth over four 15-minute sessions. First, an impression is taken of my teeth to create bleaching trays for home use, to keep teeth looking whiter longer. A layer of gauze is applied to my gums, along with a tongue barrier, then the gel is applied. The lights are dimmed and the treatment begins. The mouth restraint feels a little odd at the start, but by the end of the first session I'm almost dozing off. After 10 minutes, a beep goes off to break up the time. Before I know it, my sessions are over – the entire treatment taking just 90 minutes.

PAIN FACTOR The advice is to take paracetamol and ibuprofen tablets to reduce any sensitivity. My pain threshold is quite high and I am quietly confident that pain won't be a problem. I am proved right.

DOWNTIME No coloured foods for 48 hours, as teeth are susceptible to staining post-treatment. So steer clear of tomato sauce, berries, coffee, red wine and tea. The list of pale things you can ingest does include "sauvignon blanc"; love it.

RESULTS My teeth look sparkling and fresh and several shades whiter.

WHERE TO GET IT Enhance Dental, (03) 9533 8488; Pitt Street Dental Centre, 1300 722 665.

COST From \$665.

AT-HOME TREATMENT For touch-ups there is a nifty Zoom! Whitening Pen, \$100, zoompens.net.

Follow Stephanie Darling at mrsddarling.wordpress.com.

CULT PRODUCT

LAURA MERCIER
FOUNDATION PRIMER PROTECT

The original Laura Mercier Foundation Primer has been around forever (well, since 1995) and revolutionised foundation application, as it provided the perfect silky base for flawless, longer-lasting make-up. Just when you thought it couldn't get any better, here is Foundation Primer Protect SPF30 (50ml), \$45, (02) 9663 4277, the essential protective undercoat.



We ask an expert

Emma Hobson
Education manager at the
International Dermal
Institute

How do I reduce enlarged pores?

The more active your oil flow, the larger your pores. Control oil flow by using a product containing enantia chlorantha bark, which reduces sebum flow and skin shine. Try Dermalogica Oil Control Lotion, \$60.50, dermalogica.com.au.