

SIMPLY YOU

Beauty

- Best anti-ageing treatments
- Hair colour tips and styling tricks
- Natural skincare decoded

TRAVEL

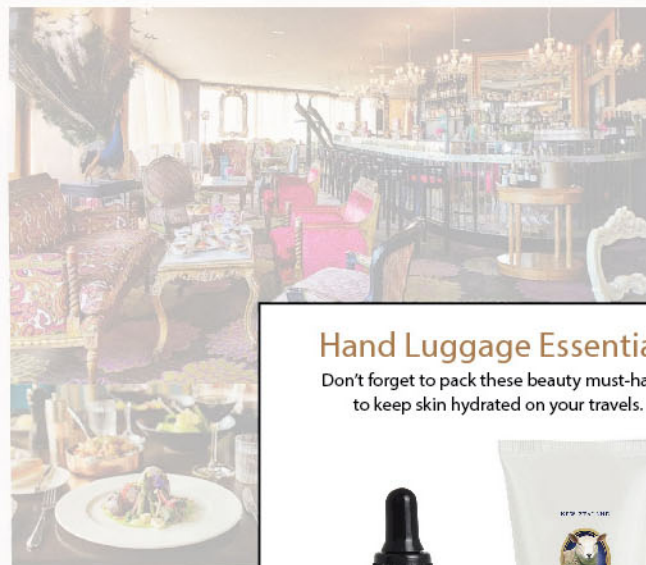
INSIDER'S GUIDE TO SOUTH AFRICA

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MILLION DOLLAR QT MUSEUM MAKEOVER

The QT Museum Wellington hotel, formerly Museum Art Hotel, is ready to surprise and inspire guests after a \$12 million renovation to match its new name. Its impressive art collection, including Rozi Demant's Lilies and Grant Hanna's I Dream of Fishes, has been re-imagined behind large angled frames projected from the walls. Furnishings have been updated in keeping with the hotel's signature brand of luxury quirk, featuring timber, brass, black glass and various chandelier styles. The favoured French Hippopotamus Restaurant & Bar is still on the third floor, and a new Japanese and Korean-inspired eatery, Hot Sauce, is planned. Emergency bow ties and other quirky amenities have been added to the guest services list. qthotelsandresorts.com/wellington

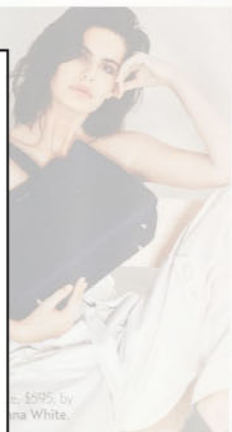
CARRY-ON WITH ANNA WHITE
Inspired by the modern women she met while living overseas, Anna White started her eponymous leather goods line in her hometown of Christchurch last year. Her signature autumn/winter 2017 leather tote is perfect for travel. "I walked around with this design for over six months before I was confident it was ready," says White. "It had to perform in a practical way, and still be beautiful." annawhite.co

Hand Luggage Essentials

Don't forget to pack these beauty must-haves to keep skin hydrated on your travels.



- Nature's Beauty Bee Venom Eye Serum \$47
- Nature's Beauty Lanolux Hand Lotion \$9



ished hotel, top essentials.

HAND LUGGAGE ESSENTIALS

Don't forget to pack these beauty must-haves to keep skin hydrated and lips smooth on your travels.

1. Weleda Pomegranate Firming Face Serum, \$49
2. Trilogy Mineral Radiance Mask, \$38
3. Nature's Beauty Bee Venom Eye Serum, \$47
4. Lancôme Absolue Precious Cells Intense Revitalising Emulsion, \$350
5. Antipodes Kiwi Seed Oil Lip Conditioner, \$25
6. Nature's Beauty Lanolux Hand Lotion, \$9



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THE FILLER UP

Most people associate fillers with tackling deep-set wrinkles, but thanks to new expert techniques, filler can also help to lift and firm the face and jawline. At The Face Place, Dr Stone offers a procedure called The 8 Point Lift – a technique for volume in eight strategic areas, giving maximum lift and support while using a relatively small amount of dermal filler for a natural look. “This technique is perfect for anyone who is starting to notice skin laxity,” she says. “This could be skin sagging or face ‘dropping’, a looking under-eye area, or jowls along the jawline.”

The procedure involves filler injected into eight areas, including cheekbones to subtly plump the midface to reduce the appearance of hollows under the eyes, the nasolabial folds, and the corners of the mouth with a ‘down frown’ that can make us look sad or bitter,” says Dr Stone. “Creating support with dermal filler not only lifts the face, but it makes you look happy.”

As we age, we lose the square angle of the jaw, which helps to support the lower face, so the face starts to fall forward, contributing to jowls and sagging. “Replacing volume in the hollow along the jawline can reduce or improve jowls,” says Dr Stone. “Finally, treating the buccal area below the cheekbones helps improve the natural curve and structure of the cheek and avoid a gaunt look.”

COST: Prices vary depending on how much lifting you need, but expect to pay between \$950 and \$2,400. Results are instant with minimal discomfort and downtime and can last up to two years.



1. Osmosis Catalyst AC-II, \$242. This multi-action serum helps to reduce pigmentation, decrease scar tissue, boost collagen and elastin and even out skin tone and texture for a more youthful appearance.
2. Lancôme Absolue Night Precious Cells, \$395. This night cream contains a powerful combination of ingredients including Pro-Xylane, a patented scientific innovation shown to hydrate skin so it feels denser.

Home Improvement

Give your face and jawline a helping hand with these skincare products and tools designed to help to boost collagen production and improve texture and tone.



Nature's Beauty Placenta Serum, \$37.

Enriched with elastin, collagen, manuka extract and vitamins A and E, this serum derived from sheep's placenta is a super tonic for skin.

halgo MCEUTIC Essential Hydrating Mask, \$35 per mask or \$10 for six.

For re-lavishing skin after a treatment, mask is loaded with 'marine meso lift', incorporates 36 minerals and amino acids plus hyaluronic acid to intensely hydrate and lift for a youthful-looking skin.

otulin Supreme Skin Gel, \$109. To avoid the effect of a Botox injection but like to avoid needles, try this natural active based on herbal and organic plants for smoother, tighter skin.

arins Super Restorative Décolleté Neck Concentrate, \$150. Organic harungana and organic cellular rock rose extracts, this cream erases signs of ageing in mature skin.

ature's Beauty Placenta Serum, \$37. Enriched with elastin, collagen, manuka extract and vitamins A and E, this serum derived from sheep's placenta is a super tonic for skin.

nique Sonic System Purifying Cleansing Brush, \$165, and Massaging Treatment Applicator, \$37. Ideal for a DIY lymphatic massage on your face, this tool will deliver a pleasing temporary lifting and de-puffing effect.

bonne RE9 Advanced Age-Defying Cream, \$148.

Applied twice daily, this cream visibly firms and tightens the décolletage and neck, and helps to smooth the appearance of fine lines and wrinkles.

9. Cane + Austin 10% Retexture Pad, \$95. If reducing the appearance of age spots and fine lines is your main concern, these daily treatment pads contain 10 per cent pharmaceutical grade glycolic acid to deliver ultimate anti-ageing results.

