

Annalise Braakensiek



What is your beauty routine?

I use all DMK Danné Montague-King products on my face and religiously get a DMK facial every 3-4 weeks as well as an "infra sauna" (an infra red sauna) which is extremely beneficial to detoxify and heal any injuries. I swear by it! Their natural and herbal supplements are great too and their EFA (essential fatty acids) and skin clear tablets are remarkable. I love the way they treat your skin holistically not just topically. My skin has never been healthier. I also have my brow shaped once a month with Nathan at Parlour B. And for Makeup, I'm a MAC girl through and through! There's quite a lot of maintenance to be lingerie shoot ready isn't there?! ha ha

I also love Weleda and Dr Hauschka body products and O&M hair products are incredible; their Seven Day Miracle Moisture Masque can detangle even the most gnarly back-combed hair-sprayed-to-death 'do' after a shoot, or salt water and surf messed-up locks! I love that they are all natural, organic, sulphate free and smell divine but actually work. With all the torture my hair goes through for work it's a blessing...and regular visits to my kinesiologist Peter Bablis keep me balanced in body, mind and soul...