



## "You have to shake it if you want to make it..."

If you thought the fancy pulley-machines at pilates were revolutionary, the current workout of choice: Power Plates, will knock your socks off. These types of machines have been available to buy for a while now but they're fast spreading to gyms across Australia. And it's got women all over hanging up their yoga mats for good. The workout is based on a 30-minute session of high-speed vibration training incorporating low-impact exercises like squats, lunges, and bicep curls performed on a vibrating platform for up to 60 seconds each. Sure, it feels a little odd and awkward to begin with (imagine doing a plié on a lazy Susan and you get the picture), but the good news for couch potatoes is that it's the platform that does all the hard work. "The intensity of the vibrations means that your body is using all of its muscle fibres to contract at a much faster rate whilst strengthening your core muscles," says Sonia Darbey from Power Plate studio Pilates Physique in Sydney. "The other reason people love it is because it's quick and you don't work up a sweat so you're free to head back to work without being inconvenienced," explains Darbey. If you're already a gym-junkie, you probably won't get much out of it but it's definitely a saving grace for the average lazy girl in need of a little toning up. If you're tempted to join up, Darbey is practically Australian Power Plate royalty and her classes book up fast, so you need to move quickly. Sessions at Pilates Physique start from \$35. For more information or to find a studio near you, call (02) 9363 3387.

## "Do it with the lights on..."

More and more women are giving up the regular steam-and-clean kind of facials in favour of something more high-tech. Aside from the skin benefits, the sensory overload of those rich creamy products and dimmed lighting (minus the whale music) is a big chunk of the reason why facials are such a hit. One treatment that offers the best of both worlds is the Omnilux lamp facial. This one mixes the best in science (the fancy lamp) with the other stuff you love about a facial (a thorough cleanse and luxe products). The treatment starts off with a facial using Priori products, which are famous for being rich in anti-oxidants, but the lamp is where the magic really happens. The machine uses photodynamic red-light therapy, without damaging UV rays, to beam the skin with a wavelength of light which stimulates collagen production and circulation and boosts skin cell renewal. Take our word for it, 30 minutes under this lamp will leave you feeling more relaxed than a summer vacation and your skin looks *instantly* better for it. "For maximum results, clients are advised to use the lamp in conjunction with a session of peels and facials for eight sessions over one month and, because the results are cumulative, most clients come back once or twice a month for a top-up treatment," explains Sarah Shephard, beauty therapist from True Solutions. If peels aren't your thing, don't stress. "The lamp is just as effective on its own at revitalising the skin," explains Shephard. Omnilux lamp treatments start from around \$100 per hour. For more information, call 1800 808 993.

## "Your sister, your mum and your nanna have them..."

Yes, tinting does give lashes definition and it's still as convenient and effective as ever, but if you're serious about maintenance and big, batty lashes then extensions are the way to go. Once reserved for the rich and famous, these days extensions are so common the checkout chick scanning your groceries probably has them. "Fine clusters of hand-cut synthetic lashes are attached one by one amongst your natural lashes to add fullness or length," says brow and eyelash stylist, Nathan Williams from Sydney's Parlour B. Unlike falsies that only have a few hours in them (if you're lucky), extensions last an average of four weeks before they need to be reattached closer to the lash line. "We're seeing lots of more mature women coming in to have their lashes done on a regular basis just to give them an extra lift, whereas the twenty-somethings tend to book in for a quick, non-permanent enhancement," explains Williams. So it might be the perfect lunchtime procedure - quick and pain free, all in just one hour. But it's not all smooth sailing - if you've got sensitive eyes or have a tendency to be a bit rough-and-tumble with your eye make-up, you might be best to steer clear. As any proud owner of lash extensions will tell you, synthetics need to be handled with extra care - especially when removing eye make-up, as there's always the risk of infection and eye irritation. Sydneysiders swear by Williams at Parlour B where extensions start from \$220 for a full set and \$75 for follow-up appointments. For more information, call (02) 9331 0728.