



press clip

beauty

Beauty spot

All the tips, trends, tricks and products you need to know about this month

“I haven’t had a haircut in over two decades”

Body+Soul’s lifestyle & beauty editor **Bree Player** discovers that a haircut is the first step to shaking off the past two years... Actually, make that 23 years

I recently had the life-changing experience of getting a fresh haircut. This wasn’t just any haircut; it wasn’t even just a “first time since lockdown lifted” haircut – although it also was that. This was a total transformation haircut. I’ve watched trends come and go for more than 20 years and not succumbed to a single one. I’m just old enough to have lived through The Rachel the first time around, I cheered on a brave friend who copied Victoria Beckham’s asymmetrical bob, I stayed true to my roots (and my natural ends) when every girl in my gang sported noughties

balayage, and I even swept through the past few years without giving in to The Lob, aka the long bob, despite everyone from Chrissy Teigen to Delta Goodrem making a strong case for the It-girl style. The truth is, I actually haven’t had a proper haircut in more than two decades. It all started in 1998 when I fell hard for Sandra Bullock’s witchy long locks in the cult film *Practical Magic*. Like sunglasses are to Anna Wintour, waist-long dark tresses became my signature look. My long-suffering hairstylist has greeted me with “just a trim?” for 23 years.



CHOP & CHANGE (left) Actor Hailee Steinfeld was a style inspiration for Bree Player’s new look (below); (right) Sandra Bullock in 1998’s *Practical Magic*.

actors and pop stars sporting my future do, and sent them to my best friend, mum and sister. I forgive them for thinking I’d never go through with it, but I stuck to my guns, and last week the brilliant Taylor James Redman, the Saunders & Co stylist-in-residence at Sydney salon Eyre by Rory Rice, transformed me from spooky to sophisticated with a few perfectly executed snips of his scissors.

The first reaction came from *Body+Soul* editor-in-chief Sarah Le Marquand, who exclaimed that I looked 22, which is reason alone to commit to this new style for life. It also struck me that if I actually were 22, I would’ve been born after *Practical Magic* was released in cinemas. Deputy editor Nicholas Fonseca said I was giving him Lana Del Rey vibes (isn’t that the dream?) and my best friend said she’d be taking a photo of me to the hairdressers when she goes next.

As well as helping me realise that I have the most supportive colleagues and friends ever, my haircut has given me a new-found confidence, and also made me feel more optimistic and excited about the future. It’s the kind of lift we all need after the past two years.

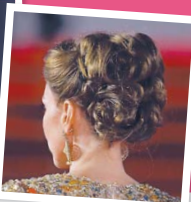
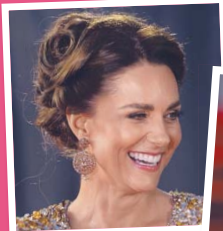
So, if you’re stuck in a hair rut or have seen a style you like but aren’t sure you can pull off – whether it’s curtain bangs, pink hair or a throwback to The Rachel (it’s trending on TikTok again!) – I’m here to tell you to make that appointment now and treat yourself to a transformation. You’ll never look back... I know I won’t. Well, aside from Halloween next Sunday when I may long for my witchy locks. ●



She knows I’m more committed to that style than I’ve ever been to a boyfriend.

But something happened during Sydney’s lockdown. Maybe it’s because it was longer than my hair, but one day, completely out of the blue, I decided I wanted layers and curtain bangs – and I wanted them *now*.

I scrolled Pinterest for references of chic Parisian women and 20-something



GET THE LOOK

Saunders & Co hairstylist Taylor James Redman shares his step-by-step guide to achieving Kate Middleton’s Bond-girl up-do for party season

The Duchess of Cambridge really brought the glamour to the recent red-carpet premiere of the new *Bond* film with an elegant up-do. Here’s how to achieve the look at home:
1 Generously coat your hair with your favourite volumising product, applying predominantly

to the roots. Turn your head upside-down to get as much volume as possible.
2 Use medium-size curling tongs to loosely curl your hair, creating volume and texture.
3 Section hair into smaller, manageable ponytails to create a base for the pins. Use your fingers to curl

hair inwards and pin in place with bobby pins.
Hot tip: spray hairspray onto a soft-bristle brush and brush through hair to create a refined shape.
4 Finish with hairspray all over to keep your do in place. Don’t worry if pieces fall out – it will add to the look.

PHOTOGRAPHY: GETTY IMAGES, INSTAGRAM/ @HAILEESTEINFELD, @ZENAYIA, @EMRATA, @HAILEYBIEBER, @PHOEBENYOR; WORDS: BREE PLAYER, CASSANDRA GREEN & FRANCESCA PARSON



Sunday Times (Perth)

Sunday 24/10/2021

Page: 10
Section: Body and Soul
Region: Perth, AU
Circulation: 168008
Type: Capital City Daily
Size: 1,750.00 sq.cms.



slice

CUT STRAIGHT TO YOUR NEWS

press clip



TRENDING RIGHT NOW BRUSHED-UP BROWS

Designed to replicate the lifted, feathery look of laminated brows, brushed-up brows are our current beauty obsession, modelled to great effect by Zendaya, Emily Ratajkowski, Hailey Bieber and *Bridgerton* star Phoebe Dynevor.

Slightly different to a brow perm, the laminated brow involves using a chemical solution to straighten hairs in an upward direction. However, you can create a temporary version with a strong-hold brow gel, some household soaps, make-up soaps such as Revolution Soap Styler (\$12, priceline.com.au) or a wax such as Anastasia Beverly Hills Brow Freeze Brow Styling Wax (\$39, sephora.com.au).

To get the look, use a spoolie brush loaded with the waxy product and brush the brow hairs upwards. Pushing down with the spoolie to stick the brow hairs to your skin will create a longer hold. If you have any really long hairs, you can snip them with some beauty scissors or use the same spoolie along the top edge of the brow to smooth the flyaways.

THE LOWDOWN:

BOVINE vs MARINE COLLAGEN

Ingestible beauty is big business right now, with the market seeing an influx of collagen supplements aimed at creating a plumped, glowing complexion. The most popular of these comes in either marine or bovine collagen, but what does that mean? The simple answer is that marine collagen is made from fish skin, while bovine collagen comes from cow hides. The marine variety has less impact on the environment and is suitable for pescatarian diets.

JSHealth Vitality X + Collagen Powder (marine collagen), \$69.99, jshealthvitamins.com.au



Learn all about the skin-boosting antioxidant that's 65 times stronger than vitamin C at BOB.com.au

BOB.com.au

BODY+soul

WE TRIED THIS... Emsculpt Neo

Deputy editor Nicholas Fonseca
In a previous life (OK, when I was 25), I had abs that were, in flattering light, essentially a six-pack. Youth was on my side, working in tandem with my naturally slender build. But as I push my mid-40s, they're gone – I work out regularly, but I also love my food and wine.

Keen to find out if I might somehow bring them back, I book four sessions of Emsculpt Neo, a non-surgical, non-invasive treatment that involves lying still for 30 minutes as two pads placed upon my abdomen heat up my muscles and proceed to emit synchronised RF (radiofrequency) and HIFEM+ (high-intensity focused electromagnetic) energy waves into them. (It can also be used on biceps, triceps, buttocks, thighs, saddlebags or calves.)

In essence, my abs feel as if they're being lightly "beaten" with pulsations – it doesn't hurt, although it is uncomfortable – and as

if I'm experiencing stomach cramps. (The technician tells me, to little surprise, that female patients who've given birth barely register this sensation.) The stress on my muscles – said to be the equivalent of 20,000 crunches over half an hour – forces them to adapt, ideally accelerating the demise of fat cells while also increasing my core strength.

Three months after my final treatment, I'm shown the results via before-and-after photos. I haven't miraculously resurrected that six-pack, but I'm happy with the change that I can see: there's a notable decrease in bulbousness around my waist, and my tummy looks tighter and leaner.

+\$1100 per treatment (three or four are recommended); Platinum Dermatology, level 2, 173-179 Broadway, Ultimo, Sydney; to book, call (02) 8014 6500 or visit platinumdermatology.com.au.



HAVING A MOMENT: Pumpkin spice

Halloween is upon us so (trick and) treat yourself to these scented goodies



Glasshouse Fragrances Trick Or Treat Pumpkin Pie Soy Candle, \$54.95, glasshousefragrances.com



Skin Juice Facial In A Jar Plumping Pumpkin, \$65, nourishedlife.com.au



The Body Shop Vanilla Pumpkin Shower Cream, \$12, thebodyshop.com



Sephora Collection Pumpkin Body Butter, \$12, sephora.com.au



Lush Pumpkin Spice Soap, \$9.95, lush.com



Andalou Brightening Pumpkin Honey Glycolic Mask, \$24.99, nourishedlife.com.au