



Body+Soul
Dec 2020

the nail edit

Nailed it

Everything you need from the inside out to keep those talons in tiptop condition



Gently does it
A low-toxicity remover that's free from acetone, this gently removes polish while hydrating, nourishing and soothing delicate nails with calendula, aloe vera, castor seed oil and vitamin E. Life Basics Nail Polish Remover, \$19.95, nourishedlife.com.au



Hemp hero
This supercharged plant protein powder combines cold-pressed Australian hemp seeds that are rich in essential fatty acids and amino acids with calcium, potassium, zinc and vitamins E, C and A for healthy repair and growth. Bear Repair Essential Daily Superpowder, \$60, sephora.com.au

The good oil
Harnessing the powers of medicinal plant extracts, this fortifying oil works to repair dry and damaged nails and cuticles. Dr Hauschka Neem Nail & Cuticle Oil, \$40, drhauschka.com.au



HARD AS NAILS
Working to improve the cohesion of the keratin fibres, this formaldehyde-free formula hardens the nail to avoid flaking, splitting and breaking. Mavala Scientific K+ Nail Hardener, \$30.95, mavala.com.au



GLOW-GETTER
A blend of vitamins and minerals including B5, riboflavin and zinc helps nourish and fortify weak nails, and boost skin and hair growth. Endota Glow Hair, Skin & Nails Supplement, \$55, endotaspa.com.au

A VANITY STAPLE

Silica, vitamin C and biotin help support healthy growth and strengthen brittle nails, to reduce breakage and splitting. Always read the label. Use only as directed. Swisse Ultiboost Hair Skin Nails+, \$26.95, swisse.com.au



Smoothie supercharger
Not only does this hydrolysed collagen powder help support healthy skin and gut function, it also works to support nail growth and repair with zinc, protein, vitamin C and amino acids. Nutra Organics Collagen Beauty, \$31.95, nutraorganics.com.au



TRIPLE THREAT
This pharmacy staple has a three-pronged approach to supporting nail growth with biotin, zinc and vitamin C. Always read the label. Use only as directed. Blackmores Nails, Hair & Skin, \$21.95, chemistwarehouse.com.au



Old faithful
Biotin assists in promoting cell growth and helps metabolise the protein-building amino acids responsible for healthy nails. It's long been linked to strengthening weak, dry and brittle nails that are prone to breakage. Natrol Biotin Maximum Strength, \$15.67, au.1herb.com

Liquid Strength
This potent berry-Banana! vegan liquid blends organic alicia, black rice and cactus flower extracts, potassium, zinc and vitamin C to help improve hair growth patterns and support skin and nail health. Edible Beauty Beauty Dew, \$30, ediblebeauty.com.au

ADD TO CART

How to scan a QR Code: Open the camera on your phone. Hold your device over the QR Code so that it's clearly visible within your smartphone's screen. The phone will automatically scan the code. Click the link that pops up on your home screen to take you direct to hassle-free shopping.





Green your routine

What you choose to use, and how you dispose of it, has a bigger impact on the Earth than you might think. Juliette Winter explains how to ensure your beauty choices are good for both your skin and the planet.

Raging fires, devastating floods and then a global pandemic have defined 2020 as the year our collective focus turned to the health of our planet and its people. "We're at a crunch point," says Willemine Scott, Nature Campaign Manager at Suzanne Milne. "What people need to realise is that they actually have huge power to improve Australia's environment, both as consumers and voters."

According to skincare company Ecoscience, 19 tonnes of plastic are dumped in the ocean every minute, 80 per cent of which comes from land. The statistics highlight the urgent need to clean up our act, and industry sources say Aussies are embracing the challenge with renewed enthusiasm.

"It's not all doom and gloom," says Tim Szaky, CEO and founder of recycling business TerraCycle and Loop. "We have a personal responsibility to become conscious consumers... we are seeing a rise in consumer demand for recycling programs and brands are listening."

Recycling 101

As a general rule, most shampoo bottles and face cream containers are recyclable. But you need to make sure they've gone through the following steps first:

- Rinse the container and let it dry.
- If the container is crushable, remove lid and squeeze it to get the air out to help it fit in the bin. It's important to do this before recycling.
- Check to make sure the product is made of the same material. If not, separate each material before you recycle. For example, pump tops usually have a metal spring in them so they need to be separated.
- If you can't connect the lid or pump to the bottle again, just recycle the bottom section as well.

consumers to purchase brands in durable, refillable containers. Loop will launch in Australia next year through a partnership with Woolworths. Consumers pay a small deposit when purchasing the item and, when it's empty, the packaging can be picked up at your door or dropped back in-store to be cleaned and refilled (and the deposit is returned).

"The largest impact is changing mindsets," says Ruth Andral, Regenerative Impact, Earth Care & Giving at Lush. "All the plastic that we're avoiding by using plastic-free has a measurable difference to plastic waste but hopefully it sends people to reflect on reducing packaging use in other areas of their lives. Changing the culture benefits the earth most."

The dark side: Compared to dry shampoos, electric toothbrushes and cigarette butts, cosmetic product packaging is actually less complex to recycle, but often ends up in landfill due to processing problems. "The machinery can't easily sort dark coloured plastic bottles during the recycling process, so they

Beauty

means the ingredients are certified plastic-free. You can check if the brand you use has plastic-free products by searching beathemicrobead.org/product-lists/

Reef-friendly sunscreen

An estimated 14,000 tonnes of sunscreen washes into the ocean each year. Studies have linked two chemical sunscreen ingredients (octinoxate and oxybenzone) to damaging coral reefs, prompting Hawaii to ban their use as of next year. Look for physical sunblocks that use titanium dioxide or zinc.

Disposables

According to Pure Planet Club, plastic toothbrushes take as much as 400 years to decompose. You can either recycle toothbrushes through TerraCycle, or purchase a toothbrush made from biodegradable bamboo or cornstarch. Gillette and Venus have partnered with TerraCycle to recycle disposable razors and blades.

Using washable microfibre face cloths instead of disposable cleansing wipes or cotton balls is another easy swap to help reduce your eco footprint. "Wipes are definitely one of these modern conveniences whose negative impacts are greater than the convenience they bring," says Ruth. "We know wipes can make their way into the ocean and, since most wipes are made from plastic, it adds to the plastic pollution littering our oceans and creating danger for marine animals."

Clean beauty

There's been a surge in clean make-up brands which offer more earth-friendly options by minimising packing and using organic ingredients. Colour cosmetics are generally made of petroleum-derived artificial colours. It's no secret that, depending on how well the raw materials are purified, these colour additives may contain heavy metals, including lead. If you're concerned, check out ewg.org, which rates the ingredients by toxicity in more than 80,000 products. **AWW**

Planet-friendly products

Pick one of these to keep your skin and the Earth beautiful.



Paired with recycling info, Bar's Buty Glimpse nail polish remover sounds like an impossible challenge, but Bar's Buty Glimpse nail polish remover is made from 100% recycled plastic. **\$19.95**



Creating an eco-friendly, biodegradable nail polish remover sounds like an impossible challenge, but Bar's Buty Glimpse nail polish remover is made from 100% recycled plastic. **\$19.95**



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Using zinc, a reef-friendly mineral filter, to protect skin from harmful UV rays, Muddi Physical Sunscreen Broad Spectrum SPF50+ is 100% biodegradable. **\$19.95**



Step into a lush place to find plenty of geocaching. Free products like this Pipit Glow Stick Solid Highlighter in Rose Gold, \$24, which adds a shimmer to your skin. **\$24**



Part of the TerraCycle program, Venus's new Venus Shave Cream is 100% biodegradable. **\$19.95**



Reusing plastic, waste in any way is a bad idea. Bar's Buty Glimpse nail polish remover is made from 100% recycled plastic. **\$19.95**



The Face Halo X, \$36, is a sustainable make-up remover that only needs water to use up to 200 times and saves a big bundle of wipes or cotton pads from landfill. **\$36**



Free from plastic: Olay's new Olay Vitamin C Pure Perfecting Serum with Hyaluronic Acid is 100% biodegradable. **\$19.95**

Australian Women's Weekly

Dec 2020



ER PRESENTS

the beauty of giving

You can make the woman or man in your life feel their pampered best with a gift just for them



for her...

- 1 Keep her beauty stash chilled, Beauty Fridge, \$129.99, Beauty Fridge.
- 2 Add lightness and brightness to her world, Pin de Sibérie and Rose de Dadès candle, \$75, Libertine Parfumerie.
- 3 Gift her the scent of summer, Donna Pink Marina EDT, 100ml, \$160, Trussardi.

- 4 Sweeten her dreams, Rose Quartz Crystal Sleep Eyemask, \$49.95, CAW.
- 5 Introduce her to the amazing benefits of natural goodness, Sanctuary Essential Oil Box, \$69.95, Natio.
- 6 Empower her to create her own waves, Hair Waver Mini 25mm, \$89, Mermaid Hair.

- 7 Celebrate her beautiful body, The Fan Fave Gift Pack, \$99.95, Bali Body.
- 8 Give her the pleasure of using great skin care, Let It Glow Kit, \$45, Alpha Hi.
- 9 Draw attention to her eyes, Coral Seas Rose Eyeshadow and Mascara Duo, \$34.95, Nude by Nature.

- 10 Spoil her with a beautiful fragrance, Dylan Turquoise EDT, 100ml, \$165, Versace Pour Femme.
- 11 Pamper her skin with the beauty of roses, Essential Rose Gift Set, \$94, Jurlique.
- 12 Add a few lip glosses to her makeup arsenal, Hello Lover High Shine Mineral Lip

- Glosses, \$20 each, Mary Grace.
- 13 Give a lovely lady a lush soap, Triple-Milled Marshmallow Soap, \$22.95, MOR.
- 14 Treat her hands and lips to the care they deserve, Magic Tree Kit, \$29.95, Mavala Switzerland.
- 15 Help her work on her skin and improve

its condition, without leaving home, LED Rejuvenation Wand, \$80, LUX SKIN.

FOR SHOPPING DETAILS, SEE OUR STOCKISTS PAGE

134 BHG CHRISTMAS 2020

134 BHG CHRISTMAS 2020

Better Homes & Gardens
Dec 2020

SEE OUR STOCKISTS PAGE FOR SHOPPING DETAILS

SEE OUR STOCKISTS PAGE FOR SHOPPING DETAILS

DOT & RIBBON



Manicure a PediPro Callus Remover, \$24.99, available at chemistwarehouse.com.au and priceline.com.au

How good does a smooth foot look and feel? Buffing the dead skin off your soles means you can confidently wear those sandals you've been eyeing off. This PediPro uses 240 micro blades to gently remove calluses and dry skin.

Miss Frankie NOURISH ME - Repairing Cuticle Oil, \$22, missfrankie.com.au

Cuticles around our nails get dry and sometimes peel. Nourishing them with a coconut oil will fix and prevent this. Brush this beautiful formula onto cuticles and nails daily, making sure to massage in completely.

Manicare Travel Rotary Nail Clipper, \$19.99, available at chemistwarehouse.com.au and priceline.com.au

Not all nail clippers are created the same. This particular tool can actually twist and trim at different angles so you can clip like a pro at home. Oh, and it has an inbuilt nail file, so no need to find that missing emery board.

Lano Minty Lanolin Foot & Leg Balm, \$18.95, available at lanolips.com.au, adorebeauty.com.au and mecca.com.au

For the times your feet need a quick fix, look to a balm. This lanolin-infused, one-step wonder repairs, protects and hydrates dry skin on the legs and feet, and continues to moisturise.

BeautyPRO Precision Implements Cuticle Pusher, \$12.95, ozhairandbeauty.com

For nails that look as though they've been graced by a pro's touch, it's imperative you push back those cuticles! Warm your feet in water first to soften the skin, then use this tool to gently push cuticles back off the nail bed.

Pathology Best Foot Forward Softening Lotion and Foot Mask, \$16, mecca.com.au

For those times when you're just feeling extra boujee, reach for this. A treatment for your tootsies, it contains layers of nourishing and calming shea butter and coconut oil. Japanese evergreen plant extracts help to smooth and provide antioxidant properties.

Du'it Roll-on Foot & Heel Balm, \$12.95, available at duit.com.au, priceline.com.au and chemistwarehouse.com.au

For an everyday, no-mess cure to unattractive feet, try this podiatrist-recommended product. Containing 10 per cent urea, vitamin E and no nasties, it's super-hydrating, non-greasy and fast-acting with visible results in just one day.

SOFT SPOT

LOOK, TRENDS COME AND GO, BUT PASTEL NAILS WILL ALWAYS BE PERFECT FOR SUMMER

OPI Infinite
Shine 2 in Baby
Take a Vow,
\$22.95, available
at myer.com.au

**Essie Nail
Lacquer in
Bikini So Teeny,
\$14.95, priceline.
com.au**

Miss Frankie
First Impressions,
\$22, missfrankie.com.au

Essie Nail
Lacquer in
Mint Candy
Apple, \$14.95,
priceline.com.au

Sally Hansen
Color Therapy in
Romantic Rose,
\$16.95, chemist
warehouse.
com.au

Mavola Delicate
Collection Mini
Color in Iris Orchid
\$8.50, mavola-
com.au

GO THE EXTRA MILE

LET'S FACE IT, GREAT-LOOKING LEGS ARE THE PERFECT ACCESSORY TO GREAT-LOOKING FEET. STEP UP YOUR SELF-CARE DAYS WITH A NICE LEG SCRUB AND SOME FAUX TAN. HERE'S OUR PICK OF THE NEWEST...

La Beach Express Tan Foam, \$39,
labeachbeauty.com

Whether you choose to leave it on for one hour or overnight, this fragrance-free, natural, vegan formula will leave no streaks and zero orange tones. After a trial of this new foam, you'll be asking, "Where has this been all my life?"



Body Blendz Body Coffee Scrub
Coco Luxe, \$9.99, available at
chemistwarehouse.com.au

A new find for us, we've tried this one and it's on par with the more expensive types. Tired skin is refreshed with arabica coffee and hydrated with nourishing coconut oil. Oh, and the scent will whisk you away to a tropical holiday. Win!



ASK AN EXPERT

YOUR EVERYDAY PROBLEMS
OUR EXPERT SOLUTIONS

FREELANCE MANICURIST

BERNADETTE
LEVA

A.

Q. EVERY TIME
I PAINT MY
NAILS AT
HOME, THE
POLISH CHIPS
AFTER TWO
DAYS. WHAT
AM I DOING
WRONG?

Both preparation and finish are essential for a manicure that actually goes the distance.

To start, I apply a quality adhesive base coat like Mavala 002 Protective Base Coat which is literally like a 'velcro' for your nail polish shade. The nail should be perfectly clean before starting the manicure. In particular any oily residue (i.e. from a hand cream or cuticle oil) must be thoroughly removed from the nail before starting – you can do this with nail polish remover, even if you're not wearing any nail polish.

Then, apply your polish of choice before completing the manicure with a high shine, flexible top coat – this will form a shield of protection over the nail and helps to prevent minor nail damage. To finish, cap the nail by applying a small amount of topcoat underneath the tip of the nail.



Gritty Pretty
Dec 2020

FOR SMALL HUMANS

a single coat gives
good colour –
important for fidgety
fingers and toes

non-toxic
+ vegan

porous formula allows
little nails to breathe



gloss.etc • Following

...



gloss.etc Mavala Nail Color Cream is the nail polish I use on my nieces (I'm the fun Auntie). Here's why:

1. They're 12-free, non-toxic and vegan.
2. Most polishes have a synthetic resin base, but these have a wood-based resin so they don't occlude the nail, which means oxygen and water can pass through the polish and to the nail plate. This is important because if nails can't "breathe", they can get softer (think of what happens to skin under a waterproof band aid).
3. The polish is pigment-rich, so one coat is plenty for impatient hands and feet, and the mini bottles are both budget-friendly (just \$8.50) and



Liked by mavalaaustralia and 86 others

DECEMBER 22, 2020



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Post

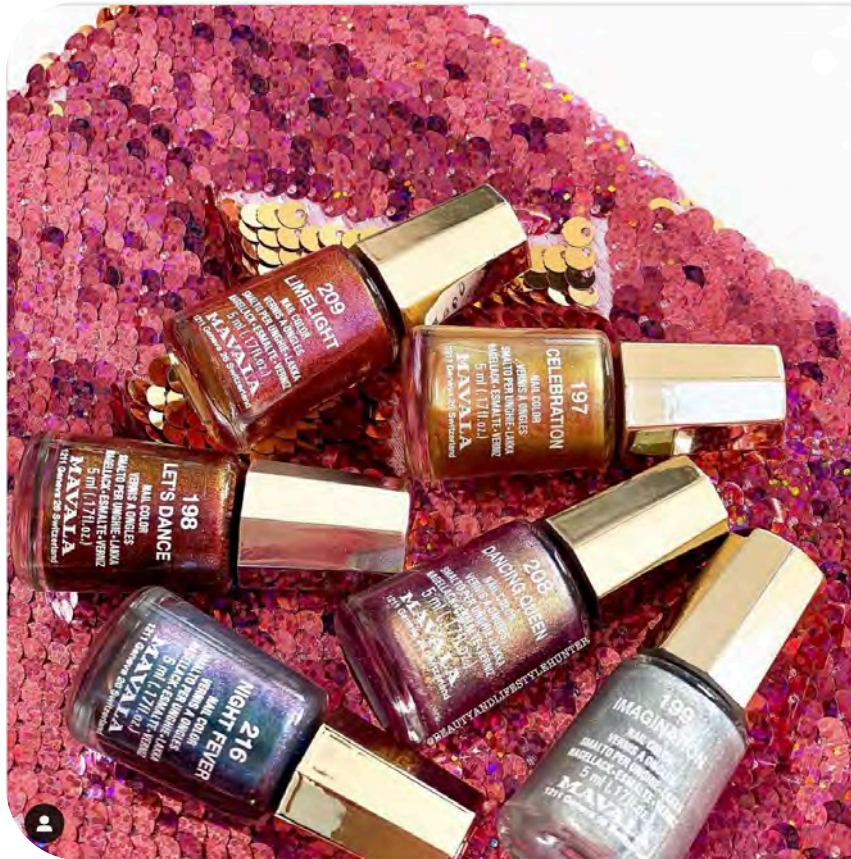
DECEMBER 22, 2020



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Gloss etc.

Dec 2020



beautyandlifestylehu • Following ...



beautyandlifestylehunter The festive season is well and truly upon us... and what better to spruce up your nails than with these festive colours from the @mavalaaustralia DISCO collection. There are six stunning shades, all with a polychrome effects from the special pigments and tiny glitters that glistens when moving in the light, creating that amazing pearlescence. And all with cool names such as Dancing Queen, Let's Dance, Celebration, Night Fever... 🎄

With my right arm in a sling following surgery, it'll sadly be a bit before I'll attempt painting my nails again... wonder how hubby would go... 🤔



Liked by mavalaaustralia and 89 others

DECEMBER 10, 2020



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DECEMBER 10, 2020

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Beautyandlifestylehunter

Dec 2020



livingwithshelly • Following

Sydney, Australia



livingwithshelly The other night with a little copper and sparkle ✨💎💖

Wearing nail colour 'Just Dance' by

@mavalaaustralia

Copper bodysuit by

@scanlantheodore



#mavalaaus #mavalaaustralia

#brandcollaboration #beautynails

#beautyobsessed #nailtrends

#nails2inspire #beautyaddict

#beautylover #makeupaddict

#mystyle #mamastyle #mamafashion

#sydneyumm #currentlywearing

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21h



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21 HOURS AGO

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Livingwithshelley

Dec 2020

DOT & RIBBON



Prevention

Dec 2020



TRUSSARDI DONNA PINK MARINA EAU DE TOILETTE
A fruity-fresh fragrance bursting with notes of pink grapefruit, melon sorbet and lemon. **From \$110.** David Jones and Myer

TRINNY LONDON LIP2CHEEK LIP AND CHEEK COLOUR IN FREDDIE + MADDIE
Give your cheeks and lips a healthy flush of colour with these creamy duo pots. **\$43.** trinnylondon.com

Sunny side up

Glow throughout the festive season with these hot beauty buys.

The breathable texture of BB creams is ideal in the humidity, so you can ditch the moisturiser and foundation. Add a layer of SPF 50+ sunscreen and you're good to go!

BALI BODY BB CREAM
This silky smooth BB cream evens out your complexion with a dewy summer glow. **\$29.95.** au.balibodyco.com



MAVALA NAIL POLISH IN 209 LIMELIGHT
Get all glittery for Christmas with this dazzling fuchsia pink shade that is both cruelty and toxic free. **\$8.50.** mavala.com.au



REVLON SKIN LIGHTS FACE GLOW ILLUMINATOR
Apply to high points, such as cheekbones and under eyebrows, or mix with foundation for an illuminating radiance. **\$24.95.** Priceline

JURLIQUE ROSE ESSENTIALS SET This rose-scented duo of Rosewater Balancing Mist and Rare Rose Lotion will soften, refresh and hydrate your face. **\$94.** jurlique.com/au



LUX SKIN IPL LASER HAIR REMOVAL HANDSET Keep your whole body smooth and stubble free with this super-handly tool. **\$79.** au.luxskin.co



NAIR SENSITIVE LARGE WAX STRIPS Enjoy silky summer legs with these easy-to-use wax strips formulated for sensitive skin. **\$15.99.** Chemist Warehouse



BEAUTY

PARTY POINTERS

Right now, the very best beauty moments are mood-boosters. When we're talking polish, that means combining vivid reds with blushing pinks. While this combo has been seen on recent runways, it's actually a new spin on two classic shades you most likely already have in your beauty cabinet. Whether you opt for complementary tips and toes, or stacking colours in a tonal French mani, what's not to love about attention-grabbing reds playing nicely with the prettiest pinks on the block?

FROM TOP: JINSOON Nail Lacquer in Coquette, \$29. DIOR Vernis in Tra-la-la, \$41. MAVALA Nail Color Cream in Portofino, \$8.50. CHANEL Le Vernis Longwear Nail Colour in Citane, \$41. OPI Infinite Shine Long-Wear Lacquer in Indefinitely Baby, \$22.95. ESSIE Nail Polish in Fifth Avenue, \$14.95. HANAMI Nail Polish in Crave You, \$19.95.



Take 5!
October 2020

You
Beauty!

With make-up queen Elise Wilson

Spring make-up MUST-HAVES

The latest cosmetics to have fun with!

St. Tropez Purity Vitamins Bronzing Water Serum \$22
Okay, so it's not technically make-up but we think it's a great pre-make-up step you should try. This serum isn't just a tan, it's a hydrating skincare serum with some added bronze to give you a natural glow under your make-up. Use it just like a self-tan by applying carefully with your fingers or even a synthetic make-up brush and allow to develop over 4-6 hours. We like to add it to our night moisturiser and apply it before bed so you look and feel alive come morning.

MORPHE x Madison Beer Chanel Surfing Artistry Palette \$32
Fast becoming a staple in the modern woman's make-up kit, Morphe keeps getting better and better. Their latest collaboration is with singer Madison Beer and we couldn't recommend the hero palette more. First up, it's super affordable for a 20-shade, shimmer and matte palette and the pigment pay-off is indescribable. A great start for someone looking to experiment with some soft glam shades this spring.

TOP TIP!
If you're just after a wash of colour over the lid, use a fluffy eyeshadow brush and blend! For a bolder look, use your fingertip and press into the lid.

Max Factor Miracle Second Skin Foundation \$31.95
Warmer weather should indicate a few changes in your routine, like a lighter moisturiser and perhaps foundation, too. This new hybrid foundation is halfway between a tinted moisturiser and a foundation, offering lightweight coverage that still blurs imperfections and uneven skin tone – the perfect summer switch-up. It's packed full of hydrating, protecting and renewing ingredients for an extra skincare hit throughout the day, including prebiotics and probiotics, a powerful antioxidant complex as well as a physical sunscreen SPF20.

Mavala Switzerland Disco Nail Colour Collection \$8.50 Each
Add to your bold new look with the latest disco queen nail colours from Mavala. Night life and Dance Fever are our favourite mood-boosting hues. Get dancing!

BEAUTY

"I've been wearing it every single day." 20 beauty products we're loving sick this month.

MamaMia

READ ▾

LISTEN

WATCH

Mavala Nail Colour in Blue Siesta, \$8.50.

"I've had so many compliments on my toenail colour since I started using this - it's the perfect summery shade that's not pink or red, and the cool denim blue surprisingly looks cute with everything. Especially if you rarely wear colour in your outfits, like me!" - [Tamara Davis](#), Lifestyle and Parenting Editor.



Mamamia

October 2020



Country Style October 2020

PHOTOGRAPHY ALANA LANDSEBERRY, WILL HORNER

MADE TO MEASURE

WITH PERSONALISED PRODUCTS DELIVERED RIGHT INTO OUR HANDS, JULIETTE WINTER LOOKS AT WHAT'S NEW IN CUSTOM BEAUTY.

WE'VE PRETTY MUCH known this forever: every human is unique. Individuality is more than skin-deep – it filters down to our preferences and quirks – but the rising inclusivity movement has shone a bright light on embracing our visible differences. No two skins are the same, and few of us fit into the demographics imposed by off-the-shelf products.

"Everyone's cosmetic needs are different," says Guive Balooch, Global Vice President and head of L'Oréal's Technology Incubator, and spokesperson for SkinCeuticals. "Personalisation is moving toward inclusivity and it's a trend that will stay and sustain. Mass personalisation provides a way to reach new levels of performance for everyone."

Hyper-personalised formulas allow professionals to tweak ingredient dosages after taking into account not just your skin type, but your complexion's predisposition to things like ageing, blemishes or sensitivities.

Take SkinCeuticals Custom D.O.S.E., a diagnostic service available through dermatologists and aestheticians. It analyses 250 skin-trait combinations before pumping out a tailor-made formula while you wait. "In the hands of a medical practitioner, the percentages of specific ingredients can be made much higher in order

to treat specific conditions," says Dr Joseph Hkeik, an aesthetic physician and founder of All Saints Skin Clinic.

Melbourne-based skincare company Rationale has taken the make-it-mine approach to a whole new level by using DNA testing. A quick cheek swab is all it takes to analyse your skin's genetic make up and susceptibilities, allowing Rationale to customise treatments.

Bespoke beauty is becoming a global movement. In London, Harrods offers hair DNA testing to revive lacklustre locks. In Japan, Shiseido has launched a subscription iPhone app, Optune, which uses the phone's camera to analyse everything from your sleep pattern and hormones to humidity in order to create a personalised formula.

On the cosmetics front, Lancôme invented Le Teint Particulier, a beauty counter service that uses colour-matching technology to sort through

22,000 skin tones in order to blend your custom foundation on the spot.

"Given that 50 per cent of women say they can't find the right shade of foundation, this technology truly met a deep consumer need," says Guive.

Customised solutions can even be delivered to your door via brands such as Hop & Cotton, an Aussie skincare company that creates a three-step regimen based on answers to an online quiz. Similarly, a quiz at Function of Beauty results in shampoo and conditioner tailored to your tresses.

"Personalisation touches all beauty categories and we're using technology to put it into the hands of consumers," says Guive. "It's a new lever to understanding the skin and hair better so that people can seek out products that satisfy their concerns."

Satisfy is an apt word because driving the tailor-made trend is the growing disquiet that we've outgrown a one-size-fits-all beauty solution. There are also hidden benefits to connecting directly with skin professionals. "It translates into correct diagnoses and management," says Dr Hkeik. "Not only is it possible that clients are less likely to struggle because their skin condition has been treated appropriately, but certain conditions, such as melanoma, may be diagnosed earlier. Lives could be saved."



BESPOKE BRANDS

Create a skincare routine that's perfectly tailored to you.

- When cosmetic chemist Ee Ting couldn't find the right skincare, she created her own, and Hop & Cotton was born. Just fill out the online test and Ee will create skincare that's exactly what your skin needs now. Try Hop & Cotton The Brilliant (\$108 for 40ml), a moisturiser and serum in one.
- Need a fun gift idea? Engrave directly onto fragrances and make-up at yslbeauty.com.au. Add a name, message or sweet symbol with this cute complimentary service.
- A serum that is created in just 10 minutes, SkinCeuticals

Custom D.O.S.E. (price on application) is formulated after your skin is matched with over 250 skin types and issues.

- Get a bespoke routine via Universkin, where doctors decide what your skin needs. Product prices start at \$160.
- If you want custom skincare without leaving your couch, try Qe8 MediSkin. An in-depth questionnaire, along with photos of your skin, is reviewed by a doctor in a telehealth consultation. Product prices start at around \$130.
- Jocelyn Petroni's Custom-Blend Manicure (\$80) uses two Mavala nail polishes to create a hue just for you. Mavala Nail Colour Cream in Wichita and Reno (\$8.50 each for 5ml).



charisseo_ • Following



charisseo_ light it up like dynamite ✨
the @mavalaaustralia disco colours collection is finally here and I'm loving their shimmery finish #mavala #mavalaaus

2d



itsc_hristy In love with the post



2d 1 like Reply

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eihtacxnoms OoOooo very nice !



Liked by mavalaaustralia and 346 others

2 DAYS AGO

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Post



charisseo_
October 2020

Post

3 DAYS AGO



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MINDFOOD

#SMARTTHINKING

BRAIN HACKING
THE REAL COST OF
BIOCOMPATIBILITY

BEST-EVER RECIPES
AUTUMN FLAVOURS
THE ULTIMATE
GLUTEN-FREE
CARROT CAKE

12

HOT CROSS
BUN INSPIRED
DESSERTS
GIMBLETT
GRAVELS
WINES

THE FUNNIEST
PEOPLE IN
THE COUNTRY
NEW BEAUTY
MUST-HAVES

It's not enough
to just eat good
food. You need
the right
ingredients.

ANNE
HATHAWAY
LEARNING
TO NAVIGATE
LIFE ON HER
OWN TERMS

Celebrate

**SPECIAL 15TH BIRTHDAY EDITION
& YOU'RE INVITED TO THE PARTY!**

YOU'VE BEEN INVITED TO THE PARTY!
SPECIAL 15TH BIRTHDAY EDITION

HOW TO MAKE
THE BEST
CAKES
THE COOKING
BOOKS
IN THE COUNTRY

MINDFOOD
September 2020



BEAUTY NEWS

*Exfoliating lip treatments, sparkling nail
colours, rejuvenating oils and a handy hair tool.*

WORDS BY DONNA DUGGAN

PUCKER UP

If the cold weather has left your lips chapped and peeling, the new **Karen Murrell Sugar Scrub** may be just what you need. Made from exfoliating sugar particles mixed with beautiful natural waxes, the lip treatment removes dead skin and provides hydration and nourishment with every application.
karenmurrell.com



THE GOOD OIL

Australian made, grown and owned skincare brand **POMM** has recently launched **POMM Oil**, made from 100 per cent naturally cold-pressed pomifera oil, extracted from the seeds of the hedge apple, and mixed with jojoba oil. The oil is rich in omega 6 and antioxidants and deeply penetrates the skin leaving it hydrated and rejuvenated. Anti-inflammatory properties help to reduce blemishes, soothe irritation and minimise fine lines while also working to strengthen the skin's barrier, improve elasticity and rebuild collagen. pomm.com.au



ALL THAT GLITTERS

It's a return to the halcyon days of the disco dance floor with the new nail range from Mavala.

Lift your spirits out of the heaviness of 2020 with a bit of sparkle. **Mavala** has just released its fabulous new Disco nail-colour collection – six polychromatic shades with special pigments and tiny glitters that create an amazing pearlescence when moving in the light. Colours include **Celebration** in pink gold, **Night Fever** in a purplish-blue and **Imagination** in platinum. mavala.com.au



HELPING HAND

If you have washed and sanitised your hands more in 2020 than you have in your entire life, they may be feeling and looking a little dry and damaged. But it's not only frequent washing that can damage the skin barrier, it can also be weakened by environmental aggressors, stress and ageing. Hand cream is one way you can boost your skin's moisture levels and improve the skin barrier function. The new **Hand Immune Booster** from **Sensori+** contains vegan keratin to stimulate cell growth and reinforce skin-barrier function, as well as a dose of multivitamins and probiotics to promote the skin healing and repair process. sensoriplus.com



FARM-TO-BOTTLE BEAUTY

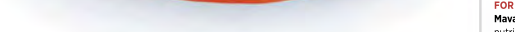
Now available in Australia, **Uma's** beauty and wellness oils are all created by ingredients that are farmed, harvested and formulated on a family estate in India according to Ayurvedic traditions. Every treatment is handcrafted in small batches using essential oils, such as sandalwood, frankincense and rose, which have been proven scientifically, and by the test of time, to improve skin health. umaoils.com



PHOTOGRAPHY: NICOLAI GROBEK / GALLERY STOCK / SHAPPEY IMAGES

Drop
ADD
POSSIBLY
STILL

FAST, EASY WAYS TO LOOK AS GOOD AS YOU FEEL.



If you thought a swipe of polish is all you need for happy nails, think again. Your nails need some extra TLC after the age of 40 as nail growth starts to slow and they become drier and more brittle. Vertical ridges can appear as the skin under the nail plate loses structural integrity. The solution? Opt for a combination of good nutrition and nourishing treatments (see right), says wellness expert and nutritionist Fiona Tuck.

"As you age, your body absorbs nutrients less effectively, which often presents itself

in the nails," she explains. "However, if we 'feed' the nail with the correct nutrients, they'll grow stronger and be more resistant to breakage and deterioration."

So fuel up on good-quality protein such as oily fish, brown rice, oats and leafy green vegies. Your nails can tell you a lot about your internal health, so if you notice any serious or sudden changes, such as discolouration or shape, speak to your doctor.

Meanwhile, add some of these nourishing nail-care products to your self-care routine.

FOR GENERAL HEALTH:
Mavala Nailactan This nutrient-rich cream restores elasticity to the nail plate and helps it resist splitting. **\$31.95, mavala.com.au**

FOR HIDING RIDGES:
OPI Ridge Filler Containing natural silk, this base coat smoothes ridges with or without a top coat. **\$19.95, adorebeauty.com.au**

FOR ADDING COLOUR:
Sally Hansen Color Therapy An argan oil-fortified nail polish that nourishes using glorious colour. **\$16.95, Chemist Warehouse**

OCTOBER/NOVEMBER 2020 PREVENTION 33

Apply an eyelid primer before using eyeshadow to ensure your make-up lasts longer. We like Manalá Eye Base, \$21.95, manala.com.au

**SISLEY PARIS LE PHYTO
ROUGE LIPSTICK
IN BEIGE JAIPUR**
It looks like a lipstick, but
feels like a lip balm and
delivers long-lasting,
hydrating colour. \$70,
sisley-paris.com.au

SISLEY PARIS PHYTO HYDRA TEINT This SPF 15 tinted moisturiser hydrates the skin and gives your face a natural radiance. **\$145**
sisley-paris.com.au

Natural resource

Exude timeless style with barely there
make-up that enhances your natural
beauty, from lips to eyes to nails.

CHARLOTTE TILBURY
LUXURY EYE PALETTE IN
DESERT HAZE Achieve the
perfect smoky eye with
these velvety eyeshadows
in four flattering hues. \$80,
charlottetilbury.com/au

**MCO BEAUTY DOUBLE
ENDED LIPSTICK &
LINER IN NUDE RUSH**
This two-in-one contains
nourishing shea butter
for a smooth, creamy
smudge-proof finish.
\$12. mcobeauty.com

MCO BEAUTY PEACHY GLOSS HYDRATING LIP OIL This silky-smooth gloss contains natural fruit oils to hydrate your lips. \$14. mcobeauty.com

**MORPHE
GLAMABRONZE
FACE & BODY
BRONZER**
This powder
glides easily
over the skin to
contour, add
warmth and
enhance a
natural glow. \$29
gu.morphe.com

MAVALA NAIL POLISH IN SAND ROSE Swipe this on your nails for a barely there mani that looks effortlessly polished. **\$8.50. mavala.com.au**

OCTOBER/NOVEMBER 2020 PREVENTION 35

Prevention

September 2020

DOT & RIBBON



Beauty! **The nail FILES**

Answers and solutions to all your common nail concerns

How to care with colour

It's important to consider what nail colour you choose to slick on your fingers as some can help the nail "breathe". "Nails, even if they are composed of dead epidermal cells, need to breathe. Synthetic nail treatments and products have an occlusive effect on the nails, causing the nail to soften and even putrefy much like the effect of a band-aid," says Tracey. Her advice is to seek products that have natural resins or formulas that are water-based. "Nitrocellulose, a natural resin product, is safe for nails. It is an excellent film-forming polymer providing a flexible and porous finish that still allows oxygen and water vapour to pass through the nail plate," she adds.

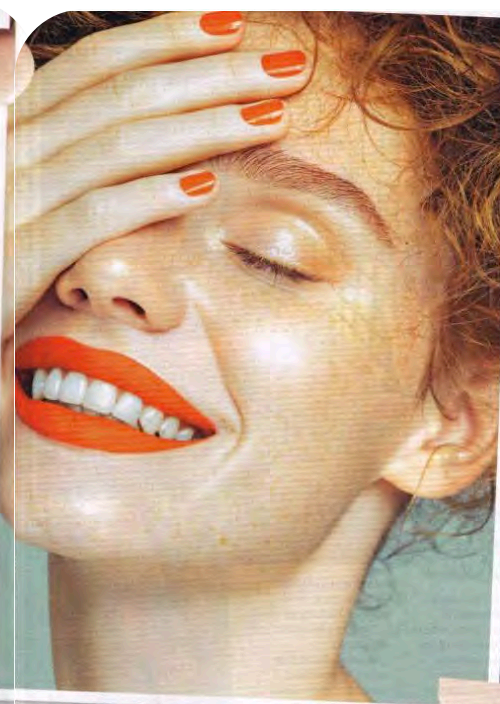
- 1 Mavala Nail Polish in Amber \$8.50
- 2 Sally Hansen Good, Kind, Pure Collection Nail Polish in Pink Cardamom \$16.95

TOP TIP! "All Mavala nail polishes are 12-free, non-toxic formulas," says Tracey.

How to ditch unwanted ridges

Diet can be to blame for these unsightly irregularities in the nail. "Diet plays such an important factor with healthy nail growth. Ridges often indicate a lack of the mineral sulfur in your diet," says Tracey, who recommends amping up protein-rich foods such as meat, poultry, eggs and milk (vegans, turn to garlic, onions, cabbage, cucumbers, Brussels sprouts, turnips, kale, lettuce, kelp and raspberries). Don't forget to gently buff your nails to help smooth the surface and follow with a ridge filler.

- 1 Revlon Crazy Shine Nail Buffing Tool \$7.95
- 2 Mavala Ridge-Filler \$16.95



How to hydrate cuticles

Weather, heating, excessive washing of hands and swimming can all contribute to dry and split cuticles. The best way to minimise this condition is to get into a routine of nourishing them regularly. If you're lost on how to maintain nails pre-polish, follow Tracey's cuticle maintenance program:

- 1 Condition the cuticles – apply a hand mask or cream to exfoliate and soften cuticles, while taking away excess dry debris.
- 2 Apply a cuticle specific oil or serum rich in ingredients like sunflower oil, sweet almond oil and olive oil to keep cuticles supple and hydrated. Massage it in with a firm rotating motion, allowing the product to penetrate.
- 3 For hands that have seen better days and are very dry and flaky, try an intensive overnight treatment like a rich cream and wear to bed with cotton gloves.
- 4 Stay hydrated on the go with a handbag-friendly cuticle oil or balm.
- 5 And finally, avoid cutting overgrown cuticles. Instead use a cuticle remover to soften and help lift them off the nail plate. Roll them back with a manicure stick wrapped in cotton wool and then trim any excess.

- 1 Natio Moisture Rich Hand & Nail Cream \$10.95
- 2 Lush Salted Coconut hand Scrub \$19.94
- 3 Revital nail Cuticle Remover Gel, \$15.95

How to battle brittle nails

Age isn't solely to blame when it comes to brittle nails, but Tracey admits: "After age 40, nail growth slows down to 1mm per month from 2-3mm per month before then. Plus, nails become more fragile along the free edge." Never fear, to prevent nails from becoming brittle, keep nails short to protect them against further damage and have a file handy at all times to round off any rough edges. If your pet peeve is nails that peel, break or split easily, then Tracey recommends trying a nail hardener. "A nail hardener adds moisture, while maintaining strength and flexibility in the nail plate."

- 1 Mavala Scientifique K+ \$30.95
- 2 Revlon Gold Series Nail File \$9.95



Take 5
September 2020



Marie Claire
August 2020

BEAUTY

BRANDON HANWELL ©S 2020

the edit

CLOCKWISE FROM BOTTOM LEFT
MAVALA Mini Color in Green Zen, Beige Chili, Brown Break, Blue Sirena, Pink Relax and Rose Nap, \$6.50 each.

PRETTY PASTELS
Spring is the perfect time to dip your fingertips in wearable colour – think muted pinks, sage and duck-egg blue. Go with one shade or mix and match to embrace the gradient manicure trend.

GLEAM ON
Wake up dull skin in seconds with a highlighter that combines pearlescent shimmer and a creamy texture. For a glossy finish, warm Gucci's Gel Face Gloss or Fenty Beauty's Skinstick into skin, or opt for Chanel and Guerlain's champagne-fused liquids for soft luminosity.

LIGHT TOUCH
The latest moisturisers plump and refresh skin all day without the weight of a traditional cream. Dosed with hyaluronic acid and rose extract, Lancôme's lotion soothes; Clinique's vitamin-packed formula absorbs quickly and makes skin bouncy, while Charlotte Tilbury's lightweight cream protects from blue light and preps skin for make-up.

UNPLUGGED
There's nothing more gratifying than completely clean pores. Enter Peace Out's nose strips, which nestle into pores to dislodge blackheads and minimise pores. They live up to the satisfaction of their adhesive predecessors, minus the ouch factor.

1 CLINIQUE Moisture Surge 72-Hour Auto-Replenishing Hydrator, \$65. **2** CHARLOTTE TILBURY Magic Cream Light, \$125. **3** LANCÔME Hydra Zen Glow Liquid Moisturizer, \$92.

4 CHANEL Silver Healthy Glow Highlighting Fluid in Pearly Glow, \$91. **5** FENTY BEAUTY Match Stix Glow Skinstick in Purr!, \$39. **6** GUCCI Éclat De Beauté Effet Lumière Gel Face Gloss, \$48.

PEACE OUT PORES

marieclaire.com.au | 151



Cate Blanchett



Julia Roberts

It's been a while between manicures and pedicures for nails are probably sitting a little neglected in the aftermath of isolation. We asked nail expert and Mavala national trainer, Tracey Winder, for her tips on how to get the best set of digits in town.

HOW TO CARE WITH COLOUR
Is it impossible to keep your nails at their tip shape when they are under cover? Yes, according to Tracey, you just need to look for the right products, ones that essentially will help your nails to breathe. "Nails even if they are composed of dead epidermal cells, need to breathe. Synthetic nail treatments and products have an occlusive effect on the nails, causing the nail to soften and even putrefy much like the effect of a bandaid," she says.

Her advice is to seek products that have natural resins or formulas that are water-based. "Nitrocellulose, a natural resin product extracted from wood, is safe for nails. It is an excellent film-forming polymer providing a flexible and porous film that still allows oxygen and water vapour to pass through the nail polish to the nail plate," Tracey adds. "All Mavala nail polishes are non-toxic, vegan and halal

Revlon Crazy Shine Nail Buffing Tool, \$7.95, revlonanz.com

REVLON CRAZYSHINE



Sally Hansen Complete Care 7-in-1 Nail Treatment, \$19.95, au.sallyhansen.com



Revlon Crazy Shine Ridge Filler, \$15.95, Available in pharmacies nationwide



Mavala Scientific K+, \$30.95, mavala.com.au



Revlon Cuticle Remover Gel, \$15.95, Available in pharmacies nationwide



Mavala Ridge Filler, \$16.95, mavala.com.au



The Body Shop Almond Milk & Honey Calming & Protecting Hand Cream, \$10, thebodyshop.com.au



Sally Hansen Vitamin E Nail and Cuticle Oil, \$17.45, au.sallyhansen.com

friendly formulas," says Tracey.

HOW TO BATTLE BRITTLE NAILS

Is age solely to blame when it comes to brittle, easy-to-chip nails? Well, maybe.

"Nail growth and condition varies from age to age and after 40 years, nail growth slows down to 1mm per month from 2-3mm per month before then," says Tracey.

Nail consistency also seems to be affected by age. "They become fragile and brittle with a tendency to form cracks along the free edge," adds Tracey.

An easy fix is to keep nails short to protect them against further damage and make them less prone to wear and tear.

If your peeve is nails that peel, break or split easily, Tracey recommends using a nail hardener. "However nails that snap or split because they are excessively hard and dry in general need to be treated with a product that adds moisture back to the nail, like Mavala-Flex a nutritive serum to moisturise and fortify nails and maintain flexibility to the nail plate."

HOW TO HYDRATE CUTICLES

"Dry cuticles are a common concern that can detract from the neat outline of the nail and can harden and split to form unsightly and often painful

hangnails," says Tracey. There are several reasons for this.

Tracey says the weather, actions that sap the moisture from your skin (such as excessive washing or swimming) and a lack of care can all result in dry cuticles.

The best way to minimise this condition and prepare for the perfect nail contour is to adopt Tracey's cuticle maintenance program:

Condition the cuticles: Apply a specific hand mask to exfoliate and soften your cuticles, while removing excess dry debris.

Apply a specific treatment product for cuticles: A nutritive cream or oil with rich ingredients such as sunflower oil, sweet almond oil and olive oil keeps cuticles supple and well hydrated. It's best to massage cuticles with a firm rotating motion, allowing the product to penetrate.

Intensive overnight treatment: Your cuticles will thank you for an intensive overnight rescue treatment, with hands soaked in a rich cream while wearing gloves.

On-the-go hydration: Keep a portable product in your handbag that can assist with daily dry conditions and serve as an on-the-go spot treatment.

Avoid cutting overgrown cuticles: This only makes them grow thicker. Instead, use a cuticle

remover to soften them and help lift them off the nail plate. Roll them back with a manicure stick wrapped in cotton wool.

HOW TO DITCH UNWANTED RIDGES

"Diet plays such an important factor with healthy nail growth. Ridges often indicate a lack of the mineral sulphur in your diet," says Tracey, who recommends amping up your protein-rich foods such as meat, poultry, eggs and milk. (Vegans, turn to garlic, onions, cabbage, leeks, lentils, chickpeas, sprouts, turnips, nuts, kale, and raspberries.) Don't forget to gently buff your nails and follow with a ridge filler product.

Revlon Gold Swiss Nail File, \$9.95, revlonanz.com

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Revlon Gold Swiss Nail File, \$9.95, revlonanz.com



Victoria Beckham

SOLUTIONS TO ALL YOUR COMMON NAIL CONCERNS

NAIL HEALTH & BEAUTY

CONCEALING NAIL COMMON TO ALL

New Idea August 2020

DOT & RIBBON

BEAUTY HOWTO

Eat your way to better nails and never go back to Shellac

Including the nail-friendly snack you can grab for \$1.



Kelsey Ferencak

[@KelseyKFerencak](#)

Bodyandsoul.com.au

August 2020

Nutritionist Fiona Tuck shares the seven simple food steps to follow to boost the look, feel and growth of your nails.

We all know the hassle keeping up with gel nail appointments can be. But lockdown really thrust it into the spotlight when we were all trying to [remove our old manicures at home](#) without destroying our nails. Luckily, we had handy guides to DIY, and this [helpful how-to of post-picking care](#).

Unless you ran straight back to your manicurist the minute salons we're allowed to reopen, you're likely trying to stick it out as long as possible without going back to Shellac (which is good, considering [The Clean Beauty Manicure is the no-makeup-makeup trend for nails](#) this year).

But, there's always room for nail improvement and thankfully your diet has a huge play to part. Nutritionist and friend of [Mavala](#) [Fiona Tuck](#) shares how eating the right foods can help improve both the strength and shine of your nails, but the rate at which they grow, too.

Here's seven simple ways to 'feed' your nails with the correct nutrients, so they grow stronger and be more resistant to breakage and deterioration.



peplumandprosecco • Following
Perth, Western Australia



peplumandprosecco // COLOURS //
The colours of winter courtesy of
[@mavalaaustralia](#) 🍷 What's your
colour? I've been loving Tunis and Abu
Dhabi ☁️ #mavala #nailpolish *gifted

14w



beautystyleloveau Stunning. I love
reds ❤️

14w Reply



dotandribbon LOVE 🙌 xx

14w Reply



Liked by [mavalaaustralia](#) and 714 others

AUGUST 29

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August 29



peplumandprosecco



August 2020



SHARE



Vacation-inspired beauty buys to embrace until we can holiday again



Beautycrew
July 2020

BEAUTYcrew



Mavala Switzerland Nail Colour Cream in Waikiki Orange

A mini polish is a must on any beauty junkie's packing list, so we're living vicariously through this vacation-sized (and Waikiki-inspired) vibrant coral colour until we can swipe it on in its namesake neighbourhood.

MILLION DOLLAR MURDERS PLEA FOR COLD CASE CLUES

Who Dec 21, 2020

TAYLOR'S SECRET WEDDING!

SHE SAID YES!

From heartache to happiness - how she finally found true love

Royal rift
CHRISTMAS IN CRISIS

Miley tells
MY BRUSH WITH DEATH

Blake & Ryan
HOW WE MAKE IT WORK

From heartache to happiness - how she finally found true love

TAYLOR'S SECRET WEDDING!

From heartache to happiness - how she finally found true love

TAYLOR'S SECRET WEDDING!

WHO
July 2020

BEAUTY

SHAPE AND GROOM

First, wash your hands and let your nails dry completely (avoid soaking, which can soften nails and cause polish to chip easily). Then, file your nails in one direction. Next, massage a gritty scrub (see recipe below) or cuticle remover into your cuticles and push them back with an orangewood stick. Buff away any remaining skin with a file and carefully trim hangnails.



\$16
Patchology Perfect Ten Self-Warming Hand & Cuticle Mask
mecca.com.au

\$10
Mecca Max Tip Off Nail Polish Remover Wipes
mecca.com.au



@CHRISSE TEIGEN

MANICURES MADE EASY

Celebrity nail artist Kimmie Kyees shares her secrets for a salon-worthy finish

As we continue to social distance for now, some salons have started to reopen, but if you are still uneasy about booking your monthly mani, here are some expert tips to take matters into your own hands ...

SIT TIGHT

Let your manicure 'rest' for three minutes before you use any quick dry. The polish will be tacky for at least 30 minutes, so resist the urge to send a text or use the bathroom (the two biggest mani killers) until nails are totally dry.

\$8
Mavola Nail Color Cream in Windsor
mavola.com.au



@CIARA

\$22.95
O.P.I Infinite Shine Gel Effects Top Coat
davidjones.com



\$8
Sephora Collection Color Hit Nail Polish in Late Night Out
sephora.com.au

LACQUER UP

Wipe off any residue on your nails with a cotton pad soaked in polish remover or rubbing alcohol. Then - this is very important to keep natural oils at bay - apply a base coat, followed by two layers of polish and a top coat. The key is to keep each layer as thin and even as possible. Finish your two layers of polish and your top coat by running the brush along the tip of each nail to seal everything in.

\$19.95
HAND Have A Nice Day Scented Sanitiser
haveanicedaygoods.co



EXTRA TLC

Skin feeling dry from cleaning and hand washing? Try these tips from Nadine Abramcyk, co-founder of celebrity nail salon Tenoverten.

- **Exfoliate** - Make a scrub by mixing 1 tsp of brown sugar with 1 tbsp of olive oil. Use it a few times a week to smooth skin. "This will help lock in hydration later," says Abramcyk.
- **Nourish** - Soften ragged cuticles by rubbing an oil on them twice a day.
- **Moisturise** - Apply a rich cream after you wash your hands, "ideally while they are still damp," and at bedtime to "hydrate deeply while the cells are regenerating," adds Abramcyk.

GETTY IMAGES



HOME BEAUTY

These Are The Premium Nail Trends Set To Reign Supreme In Spring/Summer 2020

Celebrity manicurist Jocelyn Petroni weighs in on everything from shapes to shades - by Delaney Loane



27 JUL 2020



Time has moved extremely uniquely this year; every day in March

Time has moved extremely uniquely this year; every day in March

Marieclaire.com.au
July 2020



marie claire



27 JUL 2020

Are there any unexpected colours we should stock up on for spring/summer?

"Brown shades are making a comeback with some beautiful burgundy blends," Petroni tells *Marie Claire*. Don't underestimate the brown colour family, either; it spans from the berry-bronze mixes all the way to deeper, cooler and warm, rich cinnamon shades.

overglowedit

[View Post on Instagram](#)

Me reaching for the sunshine that's been nowhere to be seen - but the @cirquecolors Terracotta collection* on my nails cloudy days ☁️. Also, Halloween is tomorrow!! My sugar c...
📸, *gifted #OverglowEditNails



27 JUL 2020

marie claire

Mavala Chill & Relax Collection Nail Colour Cream in Brown Break



\$8.50 at mavala.com.au

Main image credit: [@overglowedit](#)

As for exact polish recommendations, Petroni has a few. "I love Chanel's new Le Vernis Interdit, a reddish brown colour that reinvents Rouge Noir, for a softer everyday wearable hue that is comfortable and relaxed. The new Brown Break in Mavala's spring collection is also a gorgeous option for this trend," she shares.

For those opting for this trend, she shares: relaxed. The new Brown Break in Mavala's spring collection is also a gorgeous option for a softer everyday wearable hue that is comfortable and Chanel's new Le Vernis Interdit, a reddish brown colour that reinvents As for exact polish recommendations, Petroni has a few. "I love