

6 BEAUTY TIPS FROM MUM YOU SHOULD LISTEN TO

From sunscreen to sleek hair, this expert-approved advice reveals that mother really does know best

Most women not only ignored what their mothers told their teenage selves about beauty – they did the total opposite. “Don’t over-pluck your eyebrows” she warned, but it didn’t stop us from disappearing with a pair of tweezers, emerging an hour later looking less Brooke Shields and more Steggles chook.

Isn’t it ironic that it’s during those tender, insecurity-riddled years of adolescence, when you need mum’s advice most, that it falls on deaf ears? So, in tribute to mothers everywhere, we give credence to their advice by asking the experts to chime in. Mums, leave this evidence where your daughter can see it. Or better still, hide it from her and, chances are, she’ll look for it.

DON’T OVER-PLUCK BROWS

“If you over-pluck in your formative years you run the risk of stunting brow growth for life,” celebrity brow stylist Amy-Jean Linnehan of Amy Jean Eye Couture salons says. “As we age, the brows become more sparse, so we need to nurture them in our younger years. Brows regenerate at a much slower rate than other hair on our body.”

Damage already done? In the short-term, shape them with a Benefit Brow Zings kit (see box, right); in the long-term, consider Feather Touch brow tattooing (from \$895). “We design a suitable brow shape, taking into account colour and thickness, then etch intricate micro-strokes into the skin with a plant-based pigment to mimic real hair,” Linnehan says.



WORDS: SIGOURNEY CANTELO; PHOTOGRAPHY: GETTY IMAGES

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2 EAT YOUR GREENS

Research shows that green, leafy veg are the best beauty foods of all. Not only do they boost skin lipids, elasticity and hydration, they also help to protect from sun damage. Karen Fischer, author of *Younger Skin in 28 Days* (Exisle Publishing), says: "Your skin levels of antioxidants at the time of UV exposure determine whether you end up with premature skin ageing or not. Leafy greens supply unique antioxidants called lutein and zeaxanthin, which have a sunscreen effect within the skin. They also filter blue light in the retina of your eyes, protecting against sun-induced eye damage."

3 DON'T CHEW YOUR NAILS

It's not only the fastest way to transport germs into the body, but chewing nails when you're young can also damage them for life, warns manicurist Jocelyn Petroni. "When the nail plate is bitten into the bed it can cause the cellular bond and connective tissue to break," she says. "If this doesn't re-seal, the nail regrows without reconnecting to the skin underneath. This results in short nail beds that look bitten and a little odd."

A paint-on preventer will help you stop and you can encourage nail growth by slathering hands with cream and wearing cotton gloves to bed. "The glove forms an occlusive barrier which forces cream deep into skin and nails, preventing trans-epidermal water loss and locking in essential moisture," Petroni says.

4 DON'T PICK AND SQUEEZE

"Our hands and nails carry millions of bugs – some good, some bad," dermatologist Dr Nina Wines of Northern Sydney Dermatology says. "When the skin is touched, scratched or picked constantly, these are transmitted to the face and usually make acne worse." Mum was also right about not squeezing as it will cause scarring. "Squeezing causes the debris in the already inflamed follicle to penetrate even deeper into the dermis," Wines says. "This can lead to scarring of the collagen, which is permanent."

5 DON'T GO TO SLEEP WITH A WET PONYTAIL

"Never sleep in wet hair that has been tied back," specialist trichologist Tony Pearce says. "As it dries, its length contracts and can cause traction alopecia and result in a thinning of the hair around the front."

6 WEAR SUNSCREEN EVERY DAY, EVEN INSIDE

Mum was right to be fanatical about this. "Skin cancer and sun damage are due to cumulative insults," Wines says. "SPF in make-up or moisturiser isn't enough. Wear a sunscreen beneath your make-up that has an SPF factor." And don't forget that UVA rays penetrate glass (such as in the car) and sunscreen loses its protection after two hours, so that morning application won't protect you by lunchtime.

THE GOOD DAUGHTER KIT

Show her you listened with these beauty essentials

- Tame your wayward brows with **(1) Benefit Brow Zings Brow Shaping Kit (\$55, from Myer)**.
- Stop nail nibbling by painting on **(2) Sally Hansen Nail Biter, (\$12.45, 1800 812 663)**.
- Target pimples overnight with **(3) Clearasil Ultra Rapid Action Pimple Cream (\$13.99, 1800 226 766)**.
- Protect your skin from the sun every day with **(4) SkinDoctors Supermoist SPF 30+ Accelerator (\$44.95, skindoctors.com.au)**.
- The gel-lined **(5) Talika Hand Therapy Gloves (\$129, meccacosmetica.com.au)** progressively release moisturiser.
- Don't tie up wet hair to smooth it. Use the **(6) Tangle Teezer Compact Styler (\$34.95, tangle-teezer.com.au)**.

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