



Sigourney Cantelo, one of Australia's best-loved beauty experts, joins us from *Vogue* magazine. She believes beauty is not just about cosmetics but is inextricably linked to health and fitness.

Sigourney Cantelo is one of Australia's best-known and most highly regarded beauty journalists. A multi-award winning writer with over a decade in the industry, she was most recently the Beauty and Health Director at *Vogue* Australia for five years, and has also worked on *Glamour* and *New Woman* magazine.

Sigourney believes that now, more than ever, beauty, health and fitness are innately intertwined. Everything we eat, drink and apply to our skin has a direct impact on how we look and feel about ourselves. She insists that exercise is one of the most beautifying pastimes around – that weekly or daily date we have with ourselves is so important for our self-confidence, to get our body in optimum balance and even just to get that enviable glow.

In each issue of *Fitness First* magazine Sigourney will be writing a column about the latest and greatest in the beauty world, calling on her expertise to help you navigate the aisles and salons with confidence. For the *Preen and Groom* section, she highlights her favourite gym bag-worthy beauty and grooming finds while for *The Face*, she interviews well-known personalities about their beauty and health routines.

On our iPad edition, we'll bring you video tutorials by Sigourney on how to look great.

You can also follow Sigourney at her beauty website, beauticate.com. Devoted to the Whos and How-tos of beauty, it gives readers a sneak peek into the homes and bathroom cabinets of some of Australia's most high profile beauties. On her site and YouTube channel, Sigourney has more easy-to-follow beauty tutorial videos that demystify the world of beauty.

OUR NEW BEAUTY EXPERT

Winter is a great time to do some beauty housekeeping, says Sigourney in her first column for Fitness First magazine.

Okay, so I've thought of a reason why winter doesn't suck completely when it comes to beauty. Yes, I know, on the surface it looks bad. What could possibly be good about dermal dehydration from biting winds and schizophrenic heating, scaly shins and the frostbitten fingernails? But – bear with me here – winter actually provides the perfect opportunity to address all those skin gripes that have been bugging you throughout the year. The lack of sunlight and social engagements allows us to really take stock and look at our skin, and to implement a course of action, whether it's trying out those more extreme treatments that you wouldn't (and shouldn't) go near during the summer months, or just introducing more active skincare into your regime.

Laser is a prime example. The colder months are the perfect time to blitz unwanted hair or start a course of IPL (intense pulsed light) treatments to tackle stubborn sun spots. Mainly because you can't have any kind of tan before treatment or the laser will be attracted to pigment in the skin, which can alter your results, or worse, burn you. You also need to be vigilant after IPL treatments to prevent pigmentation returning.

When it comes to any kind of laser treatment, always make sure you visit a reputable laser specialist – ideally someone who specialises in the type of treatment you're getting. Don't be tempted to sign up for cheap packages at the local beautician. We're

talking serious machinery here – medical grade lasers can be terrifying in the wrong hands. In fact, for any kind of skin rehab involving peels, microdermabrasion or active skincare, I would recommend going to a skin clinic that is overseen by a doctor or registered nurse, and have them analyse your skin. You'll be surprised at just how effective the appropriate skincare can be when you've had it prescribed especially for you.

One great dermal perk-me-up I swear by in winter is the Clear + Brilliant (I tried it at Clear Complexions Clinic in Sydney's Balmain). It was designed to fit between manual skin brighteners like peels and microdermabrasion, and the more aggressive Fraxel laser treatments (which require you take a few days out of your schedule for downtime). It's great for getting your glow back and minimising large pores. After an application of numbing cream, your therapist runs the laser over the skin in small sections. It feels hot and a bit bitey, but nothing unmanageable.

If you suffer from redness or acne scarring you could consider a course of Laser Genesis. Known as the "Laser Facial", this treatment heats the skin and tricks it into thinking it's been damaged, so it creates new collagen, plumping the dermis and evening out skintone. It's not cheap, as you need between four and six treatments, but it's great for tackling that diffused redness that can be hard to target. You can find this at Face Plus Medispa.

Finally, if acne or monthly breakouts are getting you down, look into Sebaceous Gland Ablation (SGA), available from Clear Skincare Clinics. This is where a super fine needle is inserted into a



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blemish and a shock of heat is sent into it to stop it from producing too much oil. I was seriously impressed with my results and have heard great things from acne sufferers.

If you're not ready for a high tech treatment, consider introducing skincare which is more active into your regime. Look for serums containing AHAs and vitamin C to help freshen the complexion and dial back any pigmentation, but when it comes to wrinkles nothing beats retinol. This miracle worker also blitzes blemishes, brightens and fades pigment. For the strong stuff, ask your doctor for a prescription for Retinieve Tretinoin – but only apply it every other day until you build up a tolerance, as it can cause sensitivity. Or, try one of the over-the-counter options – no derm appointment necessary.

1 ULTRACEUTICALS ULTRA A SKIN PERFECTING SERUM

The retinol is stabilised to keep it fresh and microencapsulated to help it absorb to deeper layers of the skin. \$118.

2 VERSO SUPER FACIAL SERUM

Contains a super strength retinol that claims to be eight times more powerful than normal. \$159 from Mecca Cosmetics.

3 LA ROCHE POSAY REDERMIC R

Formulated for sensitive skin, this lightweight cream also contains lipo-hydroxy acid (LHA) to smooth skin. \$59.95.

FOR FURTHER INFORMATION

To see the beauty and grooming rituals of more beauty and health industry sophisticates like Sigourney, check out her website: www.beauticate.com.