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body+ soul

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LIFE LIST**
WRITE IT,
LIVE IT,
LOVE IT



**OFFICE
AFFAIRS**

ARE THEY
EVER OK?

8

**MOOD
FOODS**

SNACK
YOURSELF
HAPPY
(OR SAD)



MEDICAL CANNABIS

WHAT YOU NEED TO KNOW ABOUT AUSTRALIA'S POT TRIALS



WITH DONNA DUGGAN

GLITZ AND GLAMOUR

From glitter eyeshadow to shimmering hairspray, these party products will add just the right amount of sparkle



LESS IS MORE
This is a good rule to follow with glitter - unless you're going for the disco ball look! If you find the shimmer hard to remove post-party, use a small amount of coconut oil on a cotton pad.

Party season is the ideal time to be a little more playful with your look, and nothing says festive fun like a bit of glitter. But if that's too far out of your comfort zone, try using a discreet shimmer or soft luminiser to lighten your look and give you a healthy glow.

Make-up artist Tonia Stubbs is a big fan of products that provide sparkle. "They're fun to use and make you look fresh," she says. "You can also keep your make-up natural and apply just a hint of shimmer to give it something special," she says, adding that it's important you don't use them everywhere. "Choose one area to add some sparkle, whether it's with a tinted body oil or a glitter eyeliner, and focus on that."

LUMINOUS SKIN

There's an array of products that can give your skin a hint of shimmer, including bronzers, highlighters and illuminators.

Bronzers with a hint of shimmer can be applied just under your cheekbones and along the bridge of your nose to add a glow. Opt for a product that's one or two shades darker than your skin tone.

Highlighters such as (1) Napoleon Perdis Reflective Refiner Bright Light Highlight Powder (\$50, 1800 814 572) have light-refracting ingredients that help brighten your complexion. Apply to the tops of cheekbones, under the brow bone and above the lips' cupid's bow.

Illuminators, meanwhile, can be used all over your face to give your skin a radiant appearance.

BRIGHT EYES

The eyes are the perfect place to add a bit of sparkle. (8) Bobbi Brown Sequin Eye Shadow in Star Beam (\$52, 1800 304 283) is a shimmering colour that can be worn alone or layered. To keep the sparkle in place, first prep the area by either applying an eye primer or some foundation and a translucent powder before your eyeshadow.

"The powder removes the grease so the eyeshadow doesn't slip off as you apply it," Stubbs says.

For a bolder look, apply a glitter liner to both the upper and lower lash line to add an iridescent effect. (2) Revlon PhotoReady Eye Art Lid + Line + Lash (\$21.95, 1800 025 488) has a handy creamy metallic shadow on one end, and glitter with a slim brush at the other end.

PLUMPED-UP LIPS

Matt lipsticks might be popular but they don't work if your lips are dry, cracked, thin or lined. To create a glossy, plumper-looking lip, apply a product such as (7) L'Oréal Paris Infallible Lip Gloss in My Sky Is the Limit (\$21.95, 1300 659 359) over your matt lipstick. Or just dab it on the middle of your upper and lower lips to add shine.

HIGHLIGHTED HAIR

Yes, the shimmer can even extend to your tresses, and is especially effective when you want to quickly spruce up your office 'do for a night out. (6) Joico Gold Dust Shimmer Finishing Spray (\$9.95, 1300 764 437) is a light hairspray with a gold shimmer, so you can add body to your hair and also a touch of glitz.

ALL-OVER GLOW

For an all-over sparkle, apply (4) ModelCo Shimmer Airbrush Illuminiser (\$24, (02) 8354 6700) to your face, body and hair to give you a golden, shimmering glow. A light spritz looks particularly good over a fake tan.

NIGHT-TIME NAILS

For high-gloss gel nails that last, try (3) OPI Infinite Shine Gel Effects Lacquer System, which stays put for up to 10 days. The DIY system involves using a base coat, lacquer and gloss top coat (\$22.95 each, 1800 812 663), which cures in natural light. Alternatively, take your polish from day to night with a shimmery layer of (5) Lancôme Top Coat in Golden (\$35, 1300 651 991).



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