

beauty beat

Stephanie Darling has a tummy-tightening treatment and finds an essential take-everywhere highlighting stick.



ROAD TEST

I'm always up for tummy action so am at Platinum Dermatology for the latest Emsculpt Neo treatment.

The lowdown Emsculpt Neo is a non-invasive contouring treatment that uses high-intensity focused electromagnetic energy to build muscle, and radio frequencies to heat and destroy fat cells. Amazingly, one treatment equals 20,000 abdominal crunches, according to my dermatology nurse Ella. I lie on the bed while she straps two paddles onto my stomach and hits the start button. The first burst of energy is intense and I count 25 bursts before the second phase of electrical tapping kicks in to help disperse the built-up lactic acid. Each of the four phases is 7½ minutes long and after the half-way mark it gets easier.

Pain factor For my second session I take Panadol to help take the edge off.

Downtime The sessions take 30 minutes with four in total, spaced a week apart; and there is no downtime.

Results At four weeks, my core strength has improved, my waist size is reduced and my tummy is toned. The optimum results will kick in around the three-month mark. If I add an exercise routine, this will hasten results.

Where to get it Sydney: Dr Ritu Gupta, platinumdermatology.com.au. Cost: \$4000 for four treatments. Melbourne: Eastern Plastic Surgery, easternplasticsurgery.com.au. Cost: \$4499 for four treatments.

At home Try Fermio Nutritional Cleanse: a fibre-rich, probiotic blend of 88 wholefoods to de-bloat your gut.

Follow Stephanie Darling on Instagram @mrssdarling.



TREND: ADDED VALUE

Supplements are burgeoning so we're fine-tuning a few. Our list includes protein – full of antioxidants, vitamins and minerals; marine collagen to plump skin, thicken hair and strengthen nails; and a liver cleanse with fibre from banana and artichokes.



\$94



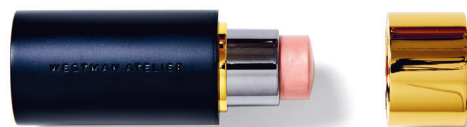
\$75



\$65

luxe to less

Honne Super Protein Cacao Green, \$94.
Vida Glow Natural Marine Collagen in Peach, \$75.
The Beauty Chef Cleanse, \$65.



add to cart

From the beauty arsenal of make-up artist Gucci Westman comes her vegan Atelier Lit Up Highlight Stick in Nectar (mecca.com.au, \$73) It brings light to cheekbones, cupid's bow and the inner corner of the eyelids. Keep it handy to perk up your complexion.

ASK STEPH

What's the best way to deal with pimples?

As tempting as it might be, try to refrain from popping them. On cleansed skin, apply Peace Out Acne Healing Dots (sephora.com.au, \$33), which contain salicylic acid to rid pores of acne-causing dirt and bacteria; aloe vera to reduce redness; and a retinyl acetate to help even out skin tone. Send questions to stephanie@darlingbeauty.com.au.