

# COSMOPOLITAN

OCTOBER 2013

*Rachel  
Wilson*

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# Decode the BEAUTY MENU

Choosing a treatment can be so confusing  
the options might as well be in French

**GREEN PEEL** Don't let the "green" fool you; this is still an intensive treatment. "It's a plant-based peel used to exfoliate the skin and, at times, peel away the upper layers," explains Natalie Abouchar, cosmetic nurse at Privee Cosmetic Clinic. It can be used to treat acne scarring, age spots and sagging, wrinkled skin. "It's good for people of any age who have a specific skin concern, or even those who just want to improve their luminosity."

**CHEMICAL PEEL** This in-salon treatment works on the same principle as a green peel, but the active ingredients are chemical-based as opposed to natural. "A chemical solution is applied to the skin to exfoliate and slough off any dead cells to reveal a more luminous and glowing complexion," explains Abouchar.

**IPL** "Intense Pulsed Light, or IPL, is a light-based treatment used for treating sun damage, pigmentation, redness and capillaries," says Abouchar. "It uses a light beam with a broad range of wavelengths, which are attracted to the dark pigment and redness in the skin. The light destroys the dark area and over the following week the pigment sheds and a more even complexion is revealed."

**FRAXEL** This is the brand name for a fractionated laser. "Fraxel uses a specific wavelength of light to stimulate the production of collagen and elastin, which corrects pigmentation," Abouchar explains. "It can also treat conditions such as acne scarring, uneven skin tone, and fine lines and wrinkles." Expect a week of downtime for skin shedding and redness with this procedure – so don't line it up the day before a date.

**MICRO-DERMABRASION** "This superficial skin treatment uses tiny, rough grains (often diamond crystals or salt) to buff and exfoliate the skin," says Abouchar. "It unblocks pores and sloughs off dead skin cells, resulting in a more glowing complexion. It can also be used for the treatment fine lines, wrinkles and acne."

**LIGHT THERAPY** "This kind of LED light therapy utilises a narrow wavelength of blue or red light to stimulate the skin into producing elastin and collagen," says Abouchar. The blue light is used to kill acne bacteria, and the red is aimed at anti-ageing. "The procedure has no downtime and is great for hydrating and plumping up the skin." A common brand name is Omnilux. Leigh Campbell **COSMO**