



Brighten up your look with shades of coral, this season's hottest colour, says Sarah Brooks-Wilson. Photography/Jennifer Soo

1. Rimmel London 60 Seconds Nail Polish in Coralicious, \$7.95. A quick-drying polish that adds a dash of colour in no time.

2. Dior Extreme Wear Nail Lacquer in Psychedelic Orange, \$39. This striking shade for fingers and toes is not for the faint-hearted.

3. Kit Cosmetics Duo Cheek and Lip Crème in Turn It On, \$34.95. The perfect two-in-one for on-the-go touch-ups.

4. MAC Eye Shadow in Paradisco Frost, \$33. Just dust over eyelids for an everyday wash of colour.

5. YSL Pure Colour Satiny Radiance Lipstick in Le Orange, \$50. Team with lashings of bronzer for the ultimate summer look.

6. Chanel Blush Duo Tweed Effect in Tweed Corail, \$77. Makes even the most lacklustre complexions radiate with health.

7. Bloom Lip Duo in You & Me, \$28. A long-lasting lipstick with a gloss to match.

8. Lancôme Multi-Color Powder Blusher in Rose Melba, \$72. Add a healthy glow to all complexions with this shimmery powder.

9. Benefit Cha Cha Tint, \$55. Brighten lips and cheeks with this long-lasting stain.

Stockists

Benefit 8353 5000
Bloom (03) 9421 0200
Chanel 9900 2944
Dior 9695 4800
Kit Cosmetics 1800 705 800
Lancôme 9931 8888
MAC 1800 613 828
Rimmel London 1800 812 663
YSL 9931 8888

Luxury Facials

Carita Vitalising Pro Lift Facial

This "non-surgical facelift" doesn't disappoint. The Pro Lift machine massages the face and transmits a harmless current to enhance the action of the products and stimulate the muscles. Used with the Carita Progressif Anti-Age Pearl cream, it leaves the skin plumped up and younger looking. Cost From \$350. Time: One hour, 45 minutes. Phone: 1800 808 993. Our rating 9/10. A good alternative to injectables.

Pevonia Myoxy Caviar and Pearl Facial

The Myoxy Caviar used in this facial helps boost skin elasticity and firmness, while the pearl powder extract improves hydration. The highlight was the Caviar Mask, which heated up gradually. Afterwards, the skin looked relaxed and vital, and eye creases were less prominent. Cost \$180. Time: One hour, 15 minutes. Phone: 1800 069 116. Our rating: 7/10. More affordable but it lacked the "wow" factor.

La Prairie Pure Gold Radiance Treatment

If you're looking for a special-occasion facial, this is it. It left the skin radiant and fine lines were smoothed out. Cellular Radiance Concentrate Pure Gold is massaged into the skin and infused for 20 minutes with a warm mask. The skin was left glowing. Cost \$300. Time: One hour, 30 minutes. Phone: 1800 649 849. Our rating 10/10. Worth the cost - the results lasted a week.

These facials are available Sydneywide. Call the above numbers for your nearest salon.



Polyphenols
What's all the fuss about...?

Eat these superfoods every day for health and longevity, says Sarah Brooks-Wilson.

First there were omega-3 fatty acids. Now the new buzz in health revolves around "polyphenols". Polyphenol antioxidants found in plant foods have been dubbed "lifespan essentials". It's not hard to see why, given that they help remove molecules that attack healthy cells in the body, preventing disease and, research suggests, combating the effects of ageing. The easiest way to get your fill of these antioxidant-rich polyphenols is to ensure your diet includes richly-hued fruits and vegetables such as blueberries, pomegranates, red grapes, cranberries and red or purple sweet potatoes. High-quality extra virgin olive oil also packs a powerful polyphenol punch, as it helps to reduce cholesterol (thus combating the risk of heart disease and some cancers). White, green and black tea - all high in polyphenol - will also give you a boost. Last year, scientists found the polyphenols in red wine and green tea inhibit cancer growth, particularly prostate cancer.

Zoe Bingley-Pullin, nutritionist and author of *Eat Taste Nourish*, says that to get the greatest benefit from polyphenols, you need to keep them in your bloodstream for as long as you can throughout the day. "Blood levels of polyphenols peak soon after eating and rapidly decrease when they are metabolised in the body," Bingley-Pullin says.

Bingley-Pullin recommends eating them as snacks and adds that it's important to avoid deep-fried and refined foods, as these contain free radicals and destroy polyphenols in a flash.

Many supermarkets now list certain polyphenols in the produce section but it pays to do your research before you go shopping.

Make sure you relax, as your body will use up polyphenols faster if you're stressed.

What would you like to see on the beauty page? Email your thoughts to thesydney@smh.com.au