



TAKE NOTES

Get fresh with the new wave of summer scents, writes *Victoria Meppem*.

Photography/Jennifer Soo

1. Dior J'Adore eau de toilette 50ml, \$115. Fresh citrus notes lend a zesty twist to an old favourite.

2. Chanel No. 19 Poudré eau de parfum 100ml, \$234. Preserves the crisp character of the original but adds a softer musk and iris edge.

3. Givenchy Dahlia Noir eau de parfum 75ml, \$149. So, so feminine, this woody oriental is laced with rose, iris and Indian sandalwood.

4. Tom Ford Private Blend Jasmin Rouge eau de parfum 50ml, \$290. A heady mix of sambac jasmine, ylang ylang and neroli.

5. Elie Saab Le Parfum eau de parfum 50ml, \$138. Long-lasting notes of orange blossom and jasmine make this a great choice for day or night.

6. Narciso Rodriguez For Her in Color limited-edition eau de parfum 50ml, \$138. Warm, sensual amber notes and a hint of vanilla skim the skin as softly as silk.

7. Prada Candy eau de parfum 50ml, \$105. Be tempted by notes of creamy caramel and vanilla.

8. Ralph Lauren Romance Summer Romance eau de parfum 50ml, \$99. Tropical notes enhance this classic scent for the perfect summer holiday spritz.

9. Balenciaga Paris L'Essence eau de parfum 50ml, \$145. Shimmers with lush green notes of crushed violet leaves and fresh vetiver.

Stockists
 Balenciaga 1800 812 663
 Chanel 1300 242 635
 Dior 9695 4800
 Elie Saab 9695 5678
 Givenchy 9695 4800
 Narciso Rodriguez 9695 5678
 Prada 9663 4277
 Ralph Lauren 9931 8888
 Tom Ford 1800 061 326

The Vampire Facial

What is it?
 Platelet-rich plasma (PRP) therapy used in combination with the resurfacing pearl laser.

What does it do?
 Combined, these two treatments help diminish sun damage, pigmentation, wrinkles and scars, as well as reduce pores, to give a fresh appearance to skin. It's effective on notoriously hard-to-treat neck and décolletage areas.

How does it work?
 PRP therapy has been used in sports medicine to help repair ligaments and muscles and is now being used to rejuvenate ageing skin. Blood is taken from the client and then spun in a centrifuge to separate platelet-rich cells, which contain growth factors that help the skin regenerate. The activated platelet-laden plasma is then injected back into the skin.

Who is it good for?
 Anyone looking for an anti-ageing skin treatment but who has reservations about injecting foreign substances into their body. Because it's your body's own plasma, it's also non-allergenic.

What about the downtime?
 Expect redness and flakiness. It will be about five days before you can wear make-up.

How much does it cost?
 Reversing 30 years of damage doesn't come cheaply, but it is a one-off, long-lasting treatment. The eye area can cost \$900; for neck and décolletage expect to pay \$3000.

Where to find it?
 All Saints Cosmedical, Darlinghurst.
 Phone: 9357 7557.
allsaintsocosmedical.com.au

Cardiolates

What's all the fuss about ...?

This combination of rebounding and Pilates works to the core, writes *Victoria Meppem*.



A fusion of rebounding – think a mini trampoline but stronger – with the alignment principles of Pilates, cardiolates activates core muscles as well as giving a cardiovascular workout.

Hailing from New York's Pilates on Fifth studio, it was created to cater for clients who felt they needed to do cardio to lose the layer of "softness" (fat!) that was concealing their newly toned muscles.

Australian representative Julia Balaz, from Well Centred in North Sydney, says rebounding's benefits are plentiful, and all reaped while you're having fun – remember jumping on the bed?

"Rebounding helps you become more balanced and agile," says Balaz.

Bouncing on a rebounder has long been used by NASA to improve the bone and muscle density of its astronauts.

"It's a great [way] to stabilise your pelvic floor – no more Kegel exercises – and because you're not

working on a hard surface, it's very soft on the joints, up to 90 per cent of the impact is absorbed," says Balaz.

"If you have a joint issue or a niggles that prevents you from running, especially as you get older, you can still rebound."

Each session starts with a 15-minute warm-up doing traditional Pilates mat exercises, followed by at least 30 minutes of rebounding in an upright, neutral position. Small hand-held weights are also used for upper-body work.

"The first time you do it, it might seem like a bit of a mental overload," says Balaz, "but even if you just bounce up and down, staying in a nice upright position, keeping up that heart rate, you'll reap the benefits."

+ Two sessions a week are needed to produce results if you're not doing other regular exercise such as running or cycling.