



by Sherine Youssef



THE STELLAR TRIAL

Sebaceous gland ablation



Getting the same spot in the same spot is both comforting (it's consistent) and exasperating (why is it consistent?). Dr McCaffery's Acne Treatment aims to banish stubborn blemishes via sebaceous gland ablation. A needle is injected in the spot and blasts it with heat to destroy the overactive gland - which is probably producing too much sebum or skin cells - and stop the acne cycle from starting up again.

You may require more than one injection (our large blemish required three needles to adequately cover the surface area), but it's over pretty quickly. The pain factor is low to medium, and the treatment ends with an LED light session to heal and calm the skin. There's no downtime, but it is suggested you stick to mineral make-up for at least 24 hours. Six to 10 monthly sessions are recommended for mild breakouts, and there have been claims of a 95 per cent success rate.

It's been eight months since we last spotted our friend.

★ WHERE TO GO...

clearskincareclinics.com.au, from \$59

MAKING WAVES

How to achieve glossy, wavy hair for a perfect party look

Beachy, textured hair is a summer staple, and taking it into the evening for a festive celebration requires only a little extra effort. Start with super-clean, extra-smooth hair. "Shampoo your hair twice - scrub for one minute the first round, then for two minutes during the second shampoo - and condition just the mid-lengths and ends," explains stylist and salon owner Paloma Garcia. "Then blow-dry straight and once hair is completely dry and sleek, switch the hairdryer to the cool setting and blast the entire head to help close the cuticle and make hair shiny."

Work a texturising cream through the hair (sparingly at the roots), then grab a curling wand. "Hold the wand vertically and wrap hair around the

tong twice, leaving the last inch of ends free. Repeat all the way around the head, alternating the direction - toward the face and away from the face - for an undone effect," says Garcia. Don't tong or create waves above your eyebrows as "this makes hair look curly, not bendy", she notes. But if you do find your strands are more coiled than curvy, "Hold the section of hair straight and run the tong over it swiftly, allowing the heat of the tongs to quickly soften it."

When finished, use a wide-toothed comb to gently rake and brush out hair until the bends look soft and natural, and finish with a dry texturising spray through the roots for lift, avoiding mid-lengths and ends to keep them polished. ★

(clockwise from top left) KORRES Pure Greek Olive Shine Shampoo, \$25, mecca.com.au; ORIBE Matte Waves Texture Lotion, \$64, davidjones.com; IGK Beach Club Texture Spray, \$21, sephora.com.au; KEVIN.MURPHY Texture.Comb, \$19.95, adorebeauty.com.au; CLOUD NINE The Waving Wand, \$335, cloudninehair.com.au

IN STORE NOW Christmas baubles

1. FENTY BEAUTY Two Lil Mattemoiselles Plush Matte Lipstick Duo: Chill Owt Edition, \$28, sephora.com.au
2. DIPTYQUE Do Son & Tubereuse Surprise Pocket, \$69, mecca.com.au
3. KORA ORGANICS Calming Lavender Mist Ornament, \$19.95, koraorganics.com



PHOTOGRAPHY: GETTY IMAGES