

AUSTRALIA • MARCH 2017

SPECIAL
COSMO PRIDE
ISSUE

SEXY!

HAIR IN SECONDS

Late for life?
Get out of the
door fast, p94

HOW TO
HIDE A
HANGOVER
AT WORK

2017

COSMO RAINBOW LIST

50 of the most
influential lesbian,
gay, bisexual, trans,
intersex, queer +
allied Australians

STARRING

RUBY ROSE

AND HER BADASS GUIDE TO
LIVING LIFE BY YOUR OWN RULES

FIT!

FIERCE! STRONG!

Your 20-minute
full-body workout
by Emily Skye

100
STYLE
BUYS
FOR
YOUR
9-5



OILY SKIN?

DRAW OUT

DIRT

Experience the cleansing power of Charcoal with our **Deep Pore Charcoal Cleanser** to draw out deep-down dirt, oil and impurities. Use daily for tingling-smooth skin and pores that are twice as clean after just one use.



Can't wait?

Our **Self Heating One Minute Mask** gives you purified pores in just one minute!

**Use 2-3 times
a week**

COMBO SKIN?

EXFOLIATE

GENTLY

Our **Baking Soda Pore Cleanser** loosens and dissolves dirt and oil to give you a deep clean and gently exfoliated skin. Use daily for clean pores and soft, smooth skin.



In a hurry?
Our **Baking Soda
Cleansing Scrub** leaves
your skin visibly smoother
in just one week!
**Use 2-3 times
a week**



Biore

free your pores!

CONTENTS

MARCH 2017

COVER STORIES

24 **Cosmo special pride issue:** Starring Ruby Rose and her badass guide to living life by your own rules

71 **Fit! Fierce! Strong!** Your 20-minute full-body workout by Emily Skye

88 **Style buys for your 9-5**

94 **Sexy hair in seconds** Late for life? Tips to get out of the door fast

104 **How to hide a hangover at work**

109 **2017 Cosmo Rainbow List:** 50 of the most influential lesbian, gay, bisexual, trans, intersex, queer + allied Australians

THIS MONTH

- 8 From the editor
- 160 Horoscopes
- 162 This is me

THE BUZZ

- 11 What everyone's talking about
- 22 Weddings for all

STYLE

- 31 Midas touch
- 33 How to wear

- 36 Rainbow attitude
- 38 Pink ladies
- 41 The 2017 need-to-know style trends

BEAUTY

- 51 Mask time and chill
- 54 The truth behind your dry shampoo
- 58 How to wear rainbow makeup in real life
- 64 The 10 beauty buys you need

- 67 Beauty under \$20
- 68 Beauty Q&A

BODY

- 78 Supercharge your workout
- 81 5 things I do every day

WORK

- 83 Sleepworking
- 84 Work like a billionaire
- 86 Stand out & deliver

FEATURES

- 96 What happens when the filter fades
- 102 7 toxic people you should avoid like the plague

- 104 Cosmo conversation starters

- 124 You are not alone

THE LOOK

- 128 Stand proud
- 136 Shiny pretty things

LOVE & LUST

- 143 Next-level sex
- 146 Test tube romance
- 150 Ask him anything
- 152 Sex Q&A

LIFESTYLIST

- 155 Beds you'll never want to leave



GET RUBY'S FIERCE LOOK

Revlon Insta-Blush in Rose Gold Kiss, \$26.95; Ulta3 Volume & Length Mascara, \$6.95; Rimmel London BB Cream Radiance, \$12.95; W7 Kabrow Brow Thickener in Brunette from Chemist Warehouse, \$4.99.

18

'He introduced me... to his parents'

CONFESSIONS AND WORST DATES EVER (18)

PRIVACY NOTICE This issue of *Cosmo* is published by Hearst/Bauer Media (Bauer). Bauer may use and disclose your information in accordance with our Privacy Policy, including to provide you with your requested products or services and to keep you informed of other Bauer publications, products, services and events. Our Privacy Policy is located at bauer-media.com.au/privacy/. It also sets out how you can access or correct your personal information and lodge a complaint. Bauer may disclose your personal information offshore to its owners, joint venture partners, service providers and agents located throughout the world, including in New Zealand, USA, the Philippines and the European Union. In addition, this issue may contain Reader Offers, being offers, competitions or surveys. Reader Offers may require you to provide personal information to enter or to take part. Personal information collected for Reader Offers may be disclosed by us to service providers assisting Bauer in the conduct of the Reader Offer and to other organisations providing special prizes or offers that are part of the Reader Offer. An opt-out choice is provided with a Reader Offer. Unless you exercise that opt-out choice, personal information collected for Reader Offers may also be disclosed by us to other organisations for use by them to inform you about other products, services or events or to give to other organisations that may use this information for this purpose. If you require further information, please contact Bauer's Privacy Officer by email at privacyofficer@bauer-media.com.au or mail at Privacy Officer Bauer Media Pty Ltd, 54 Park St, Sydney NSW 2000.

PUBLISHED BY HEARST/BAUER MEDIA ABN 76 309 301177, A JOINT VENTURE BETWEEN HMI AUSTRALIA, LLC, AND BAUER MEDIA PTY LIMITED, 54 PARK ST, SYDNEY, NSW 2000, BY PERMISSION OF HEARST COMMUNICATIONS INC, NY 10019, USA © COPYRIGHT 2014 HEARST/BAUER MEDIA. ALL RIGHTS RESERVED. COVER AND TEXT PRINTED BY HANNANPRINT SYDNEY, 8 PRIDDLE ST, WARWICK FARM, NSW 2170.

36

Zoella^{beauty}

SWEET INSPIRATIONS

LIMITED EDITION



Available at **Target**

and Selected Pharmacies Nationwide

@ZoellaBeauty

COSMOPOLITAN

Editor

CLAIRE ASKEW

CREATIVE DIRECTOR **Leisa Maait**

CHIEF SUBEDITOR **Kelsey Garlick**

FEATURES

FEATURES DIRECTOR **Shari Nementzik**

NEWS & ENTERTAINMENT EDITOR **Mel Evans**

EDITORIAL COORDINATOR **Joshua Joynes (02 9282 8039)**

ART

DEPUTY ART DIRECTOR **Hannah Lidbury**

BEAUTY & LIFESTYLE

BEAUTY & LIFESTYLE DIRECTOR **Alexis Teasdale** (maternity)

ACTING BEAUTY & LIFESTYLE DIRECTOR **Sally Hunwick**

BEAUTY & LIFESTYLE EDITOR **Cassidy Loane**

FASHION

FASHION DIRECTOR **Charlotta Backlund** (maternity)

ACTING FASHION DIRECTOR **Emma Read**

MARKET EDITOR **Cassandra Longworth**

STYLE EDITOR **Denis Todorovic**

FASHION OFFICE COORDINATOR **Ana Zupanoska**

INTERNS **Harriet McKendrick, Kaiya Johnson, Remi Dooley, Billie Gurr, Molly Gay, Natalie Palmer, Antonia Mangos, Seana Henry, Elyse Popplewell, Monica Hourigan, Emily Schepis, Taylah Miller**

COSMOPOLITAN.COM.AU

CONTENT DIRECTOR **Emily Kerr** MANAGING EDITOR **Alison Izzo** ACTING NEWS & ENTERTAINMENT EDITOR

Jessica Chandra NEWS & ENTERTAINMENT WRITERS **Samantha Stewart, Mahalia Chang**

FASHION EDITOR **Nikki Kinstlinger** (MATERNITY) FASHION WRITERS **Natasha Harding, Grace O'Neil**

BEAUTY & LIFESTYLE EDITOR **Meg Bellemore** BEAUTY & LIFESTYLE WRITER **Erin Cook**

ADVERTISING & PRODUCTION

DIRECTOR OF BRANDS AND CATEGORIES **Jane**

Serember (02) 9282 8904 GROUP BRAND

MANAGER **Jessica Lay** (02) 8267 9512

GENERAL MANAGER – COMMERCIAL FINANCE

Michelle Champ COMMERCIAL MANAGER

Anastasia Sheshukova HEAD OF DIRECT SALES

Brigitte Guerin (02) 9282 8249 SALES

DIRECTOR VIC **Jaclyn Clements** (03) 9823

6341 HEAD OF SALES QLD **Judy Taylor**

(07) 3101 6636 GROUP BUSINESS MANAGER

SA/WA **Jo Moroney** (08) 8267 5032 TITLE

CONTROLLER **Sally Jefferys** ADVERTISING

PRODUCTION CONTROLLER **Dominic Roy**

SENIOR EVENT MANAGER **Cate Gazal**

BAUER MEDIA

CHIEF EXECUTIVE OFFICER **Nick Chan** CHIEF

FINANCIAL OFFICER **Andrew Stedwell** GENERAL

MANAGER – FASHION, BEAUTY & HEALTH **Fiona**

Legdin MANAGING DIRECTOR – BAUER XCEL

Christian Fricke DIRECTOR OF SALES **Fiorella**

Di Santo NSW SALES DIRECTOR **Joanne Clasby**

DIRECTOR OF MEDIA SOLUTIONS **Warwick Taylor**

MARKETING DIRECTOR FOR BAUER'S FASHION,

BEAUTY & HEALTH BRANDS **Zenna Katsikaris**

ASSISTANT BRAND MANAGER **Alicia Raiti** GROUP

SUBSCRIPTIONS MARKETING MANAGER **Kit Wilson**

SUBSCRIPTIONS CAMPAIGN MANAGER **Lauren Flinn**

RESEARCH DIRECTOR **Justin Stone** (02) 9282 8283

SYNDICATION DEPARTMENT (COMMERCIAL ENQUIRIES

ONLY): syndication@bauer-media.com.au

HEARST MAGAZINES INTERNATIONAL Senior Vice President/CFO and General Manager Simon Horne

Senior Vice President/International Publishing Director **Jeannette Chang** Senior Vice President/Editorial Director

Kim St. Clair Bodden Fashion/Entertainment Director **Kristen Ingersoll** International Editions Editor **Jacquelyn**

Galgey Editor-in-Chief, *Cosmopolitan* (1965-1997) **Helen Gurley Brown** Editor, *Argentina* **Maria José Grillo** Editor,

Brazil **Cristina Naumovs** Editor, *Britain* **Farrah Storr** *Bulgaria* Editor, *Chile* **Ignacia Uribe** Editor, *China* **Yvonne Liu**

Editor, *Croatia* **Aleksandra Orlic** Editor, *Czech Republic* **Sabrina Karasova** Editor, *Finland* **Stina Mantyniemi** Editor,

France **Marie La Fonta** Editor, *Germany* **Anja Delastik** *Greece* Editor, *Hong Kong* **Ruqiyah Law Kam Y'ing** Editor,

Hungary **Johanna Sabján** Editor, *India* **Nandini Bhalla** Editor, *Indonesia* **Filisy Thungggawan** Editor, *Italy* **Francesca**

Delogu Editor, *Kazakhstan* **Aziza Yesmaganbetova** Editor, *Korea* **Hyun Joo Kim** *Latin America* **Latvia** Editor,

Lithuania **Violeta Kalikauskiene** *Malaysia* Editor, *Middle East* **Brooke Dallow** *Mongolia* Editor, *Netherlands* **Anne**

Marije de Vries *Lentsch* Editor, *Philippines* **Maria Miniano** Editor, *Poland* **Hanna Wolska** Editor, *Portugal* **Sandra**

Mauricio Editor, *Romania* **Diana Colcer** Editor, *Russia* **Polina Sokhranova** Editor, *Serbia* **Nasja Veljkovic** Editor,

Slovenia **Manca Cempa Pavlin** *South Africa* Editor, *Spain* **Ana Ureña** Editor, *Sri Lanka* **Trevina Abeyesundere** Editor,

Turkey **Ozlem Kotan** Editor, *Ukraine* **Oleksandra Burynska** Editor, *USA* **Michele Proumalayko**



MEDIA GROUP

ANEW RETROACTIVE

YOUTH EXTENDING



PRE ANTI-AGEING SKIN CARE
WITH THE POWER OF OCEAN EXTRACTS

Learn more at anew.avon.com.au

EXCLUSIVE INTRODUCTORY OFFER
BUY THE SET FOR \$50*

AVON

Shop online at shop.avon.com.au
or contact your Avon Representative

*available until 1 March, 2017

but first...



FROM THE EDITOR

As *Cosmo* editor I hear many powerful, moving stories, which is rewarding, humbling and, occasionally, heartbreaking. Just a couple of days ago, our style editor Denis told me his coming out story (read it on page 126).

There are about two and a half million people living in Australia who have their very own coming out story. Whether they came out as lesbian, gay, bi, trans, queer... or any variation thereof. And many Australians have their own connection to these stories as well, whether they are the family, friends or workmates of an LGBTQI person.

Finding your inner brave to stand up and say you are gay is a remarkable thing to go through, often at a young age, and I have so much admiration for the 19-year-old Denis and for his family, who I know are now his biggest cheerleaders.

After the initial emotion on hearing Denis's story, what struck me was the absurdity of it all. Being heterosexual and cisgender (a term I have learnt this month – look it up on page 123), I have never had to explain my sexuality. I have never had to correct other people's assumptions of me, or 'come out' each time I meet a new work colleague. Or indeed hide it to begin with, as 39% of people do in a work scenario. It's hard to comprehend that people in 2017 are still being

discriminated against simply because of their sexual preference. I don't fully understand how it feels, but that doesn't mean I feel any less passionately about the issues the LGBTQI community faces. And I know I speak for the *Cosmo* team (who have been so passionate putting this issue together) and for our readers, too. Recently we asked you what political issues you care most about and marriage equality was number one.

That's why, in honour of the Australian LGBTQI community, we have put together this special *Cosmo* Pride issue (just in time for Sydney Gay and Lesbian Mardi Gras), containing our first ever *Cosmo* Rainbow List. Chosen with the help of an incredibly inspiring panel, it celebrates the passionate advocacy and role model status of 50 of the most influential LGBTQI people in Australia.

In Australia's recent history, LGBTQI rights have come a long way. The next step is marriage equality. Because it's a basic human right. I am proud to call myself and *Cosmopolitan* magazine allies to the LGBTQI community. We truly believe that love is love. End of story.

Claire
X

Claire Askew, EDITOR
@claireaskew

TRESemmé®
USED BY PROFESSIONALS

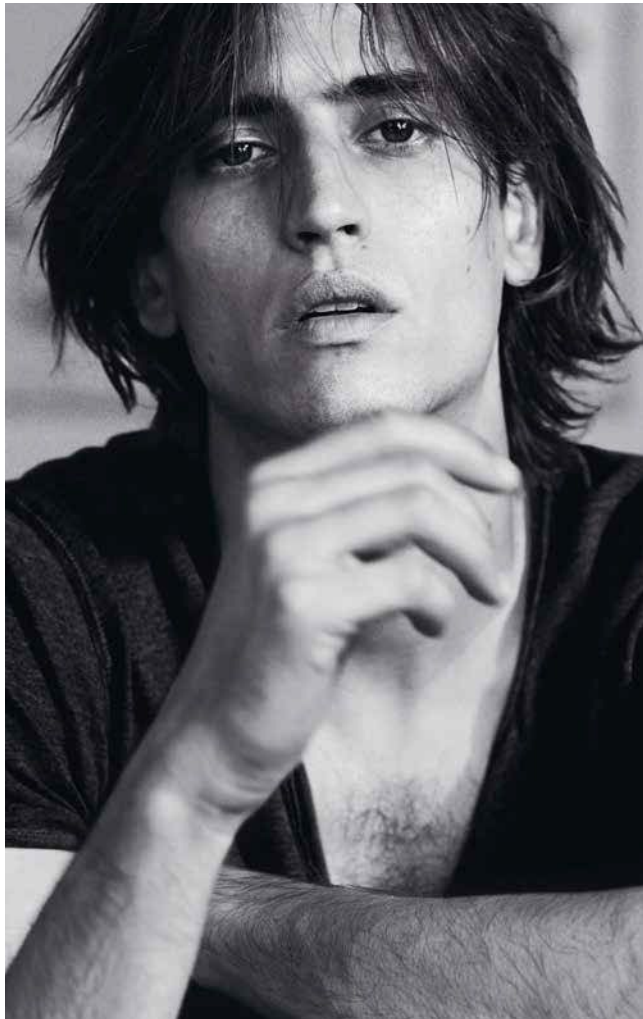
BOTANIQUE

WITH COCONUT MILK & ALOE VERA



0%
DYES OR
PARABENS

RESTORES SHINE FOR STUNNING,
HEALTHY-LOOKING HAIR



THIS IS HER! THIS IS HIM!



#THISISZADIG

THE NEW FRAGRANCES



ZADIG & VOLTAIRE

B THE BUZZ

WHAT
EVERYONE'S
TALKING
ABOUT



#SAYYESTOLOVE

Shower in glitter, pull out the show tunes and paint the town rainbow because, you guessed it, the month of Mardi Gras is upon us. For one massive night the nation comes together to celebrate our colourful and diverse population in the Sydney Gay and Lesbian Mardi Gras Parade (Saturday, March 4). But even though we've come a long way when it comes to LGBTIQ rights (it was once deemed 'illegal'), same-sex couples are still not allowed to legally marry. It's 2017, people! They're allowed to marry in New Zealand, Canada, Spain, South Africa, Ireland, the US – the list is long – and it's time Australia embraces the rainbow too. Luckily, you *Cosmo* ladies rank gay marriage as the political issue you care most about and 62 per cent of Australians believe in it. So, keep flying that flag with pride and make your voice heard. After all, love is a basic human right. To get involved, head to Australianmarriageequality.org. Not in Sydney for the action? Don't worry, you can catch it on SBS on Sunday, March 5 at 8.30pm. ➡

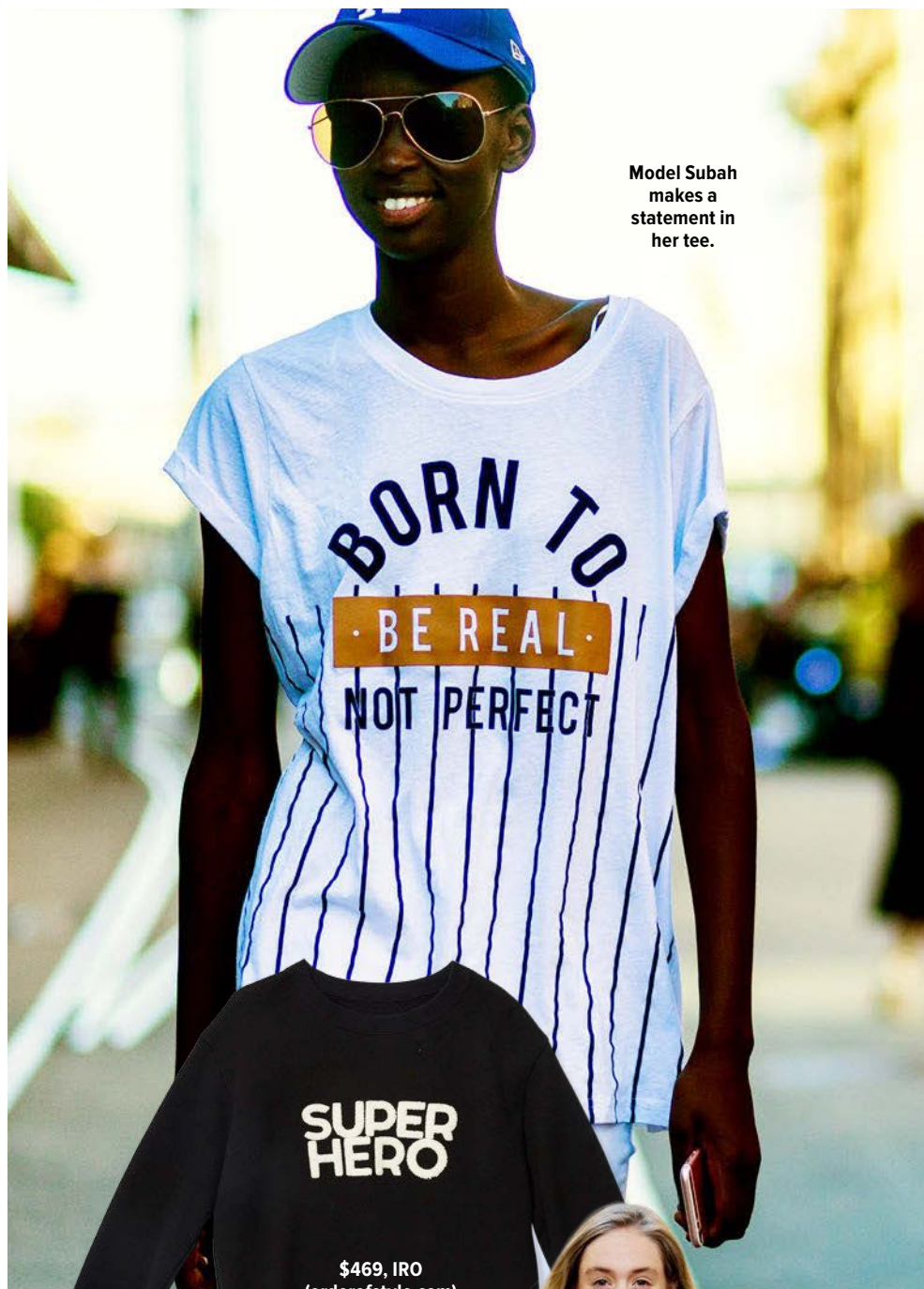
WEAR YOUR SLOGAN ON YOUR SLEEVE

Got something to say?
Spell it out on a tee

WHILE PLASTERING A WORD, phrase or brand name on a tee or a sweater may not seem revolutionary, it's never been more apt to wear your heart on your sleeve. In a year of uncertainty, political unrest and debates on equality in all its forms, it's no wonder people have embraced slogans once again. During the US election everyone from Rihanna to Lena Dunham showed support for Hillary Clinton with campaign tees.

It seems Australian model Ollie Henderson was ahead of the curve when in 2014 she started House of Riot, a Sydney-based not-for-profit aimed at getting young people more engaged with political issues by selling hand-painted T-shirts with messages that focused on equality, unity and freedom. Whether you want to speak on politics or simply put a motivational message out into the world, it's time to put fashion to good use and spread a little love.

Model Subah makes a statement in her tee.



\$469, IRO
(orderofstyle.com)



\$19.95, Factorie
(factorie.com.au)



WORDS BY MEL EVANS; DENIS TODOROVIC; SALLY HUNWICK; STYLING BY DENIS TODOROVIC; STILL-LIFE PHOTOGRAPHY BY RODNEY MACULYBAUER; JASON LLOYD EVANS; GETTY IMAGES; WIREIMAGE; SPLASH NEWS; JASON LLOYD EVANS

The Cosmo zeitgeist-o-meter

THE LATEST IN THE WORLD OF POP CULTURE IN ONE HANDY COLUMN



Joe Wicks

The UK guy is infiltrating our world and everything we eat in it. Joe Wicks is 'The Body Coach' and he's on every billboard, newspaper and TV ad in England – and now his books have crossed the ocean to our shores. Get prepared for six-pack infiltration of mass distraction.

Genderless nipples

Have taken over Instagram. Uproar started when ladies' nipples were banned from the 'gram, but dudes could parade theirs fancy-free. Clever rascals created the hashtag #genderlessnipples to challenge moderators with close-up images of both M and F nips. It's got male ones reported, which is a win for nipple equality.

Voluntold

The latest career buzzword is 'voluntold'. You know, the moment when you're told to do something but it's passed off like you chose it? Pah! Next time you're told to stay back late to help finish that group report you did the bulk of work on anyway, just think of it as being 'voluntold' and get to it.

This Is Us

It's been around a few months, but cult obsession is reaching peak fanfare. Nutshell: it's based on a bunch of people who share the same birthday. Plus it stars Mandy Moore.

Bella Hadid has an edgy T-shirt vibe.



\$79.95, Tommy Hilfiger
TOMMYxGIGI
Collection
(1300 348 885)



\$70, House of Riot
(thehouseofriot.com)

EDITOR'S PICK



\$129.95, Minkpink
(minkpink.com)



\$69.95,
213 Apparel
(213apparel.com.au)



FEARLESS MAKEUP

Caitlyn Jenner's transition has been an inspiration across the globe. Just as inspiring: her collaboration with MAC. Joining other celebrity MAC spokesmodels such as Lady Gaga and Miley Cyrus, the partnership sees Jenner become one of a very few transgender people to bag a major beauty contract. In the name of equality, the collection promises to suit all ages, races and sexes. You go girl!

1. MAC Caitlyn Jenner Lipstick in Rockit!, \$40.
2. MAC Caitlyn Jenner Eyeshadow in Glowing Gold, \$36.
3. MAC Caitlyn Jenner Lip Pencil in Soar, \$30.



1

THIS IS NOT OVER HOLLY BROWN

2

THE GIRL BEFORE JP DELANEY

3

ROTH **CARVE THE MARK**

4

CHRIS BOHJALIAN



The SLEEPWALKER

COSMO READS

All the suspense you need to get you through autumn. Seats: prepare to be on the edge of them

1. THIS IS NOT OVER

by Holly Brown

A nasty review on a vacation rental website sparks a crazy war between host and renter. Both women won't stop until the book's explosive finale.

2. THE GIRL BEFORE

by JP Delaney

Get hooked on this hair-raiser about a woman who scores what seems like her dream home... until she finds out the mysterious fate of the previous tenant. Gripping 'til the very last page.

3. CARVE THE MARK

by Veronica Roth

The *Divergent* author is back in a big way with this much-anticipated sci-fi tale about the role of human destiny in a galaxy far, far away...

4. THE SLEEPWALKER

by Chris Bohjalian

After a chronic sleepwalker goes missing, the general consensus is accidental death. But nothing is what it seems in this gripping mystery. Intrigued yet? So are we...



THE BOOK THAT'S ON EVERYONE'S LIPS

Good Me, Bad Me by Ali Land (\$32.99)

- This thriller has got *The Girl on the Train* hype. Ali Land's debut centres on protagonist
- Annie, whose mother is a serial killer. Standard. The only way to stop her is to hand her in to the police, but you know what they say: blood is thicker than water.

The *Celeb*-ration Files

GET GLAM WITH YOUR GIRLS

An awesome night out calls for your favourite girls! Chloe Chapman always hits the town with her besties Ellidy and Emma by her side.

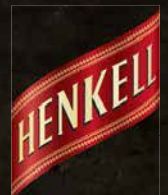
FRIENDS WITH SPARK

Nothing beats a night out celebrating with your friends, especially when you pump the music and get your glam on together. Chloe Chapman knows better than anyone that prepping for a party is so much more fun with her girl squad.

TRIO OF FUN

Grab your favourite LBD, a stand-out red lip and you're ready to hit the town. Make an entrance with your best girls and a chic piccolo of Henkell to toast to a night filled with sparkling moments you'll never forget.

Celebrate life's sparkling moments with your girls by your side. Sip on a chic piccolo bottle and channel your glam inner celeb.



@/HenkellAu f /HenkellAu

HENKELL ENCOURAGES RESPONSIBLE DRINKING.

AND YOUR
COSMO
X
tinder
**BACHELOR
OF THE
YEAR 2017**
IS...

Ryan
Anderson!

LADIES, YOUR VOTES HAVE BEEN
COUNTED AND THE WINNER DECLARED:
IT'S RSPCA INSPECTOR RYAN (TURNS OUT
WE CAN'T RESIST A MAN WITH A DOG)



WITH SPECIAL THANKS TO

novo





First there were thousands (not one word of a lie, we literally had to go through thousands of Tinder profiles – tough job, but someone's got to do it, right?), then there were a few hundred, then 30 and finally, thanks to you, we have found 'The One'.

Proving that nice guys do in fact come out on top and that dogs are truly a man's – and woman's – best friend, Ryan Anderson has taken the crown. Ryan has managed to woo you (and *Cosmo*) – with his giant heart (he rescues abused and homeless dogs for a living), killer smile and... well, have you seen those abs? He even managed to woo fellow finalist and actor Ishak Issa, who urged everyone to vote for

Anderson over him: 'I have a lot of respect for the work the RSPCA does, plus he's a top bloke.' Need we say more? P.S. He's on Tinder!

You've made it your mission to meet every breed of dog around the world. If you were a dog, what would you be? I'd definitely be a greyhound because they have short bursts of energy followed by sloth-like activities. It's the best of both worlds really – they can be active and social, yet know how to relax when the time calls for it.

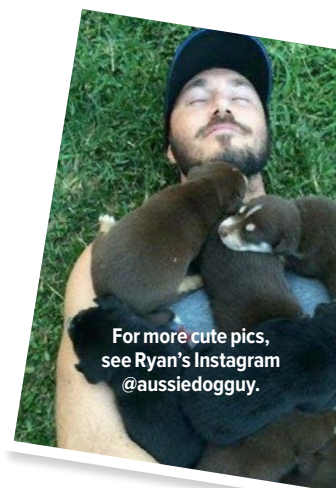
If you could take *Cosmo* on a date, where would you take us?

First of all, it would be an early start. We'd put the surfboards and the dogs in the car and head to a secluded beach, stopping for coffee. Then we'd spend the day surfing, swimming, snorkelling and hanging out. I think surfing is a good ice-breaker, and who doesn't love dogs and the beach?

What are your dating deal-breakers? Dishonest, selfish or pessimistic people. I'm looking for a caring, thoughtful and outgoing person, who sees the best in people and life. It's probably best if they're not allergic to dogs.

If you could have a hall pass for any celebrity, who would it be?

Anna Kendrick is the cat's pyjamas. She's beautiful, funny and doesn't take herself too seriously. She's also an amazing actress and singer to boot.



'THE TINDER PROFILE I'D DEFINITELY SWIPE RIGHT FOR...'

'Candid photos are a win, as are photos with their pets and action shots. I swipe left on any profile that has sedated animals in the photos.'

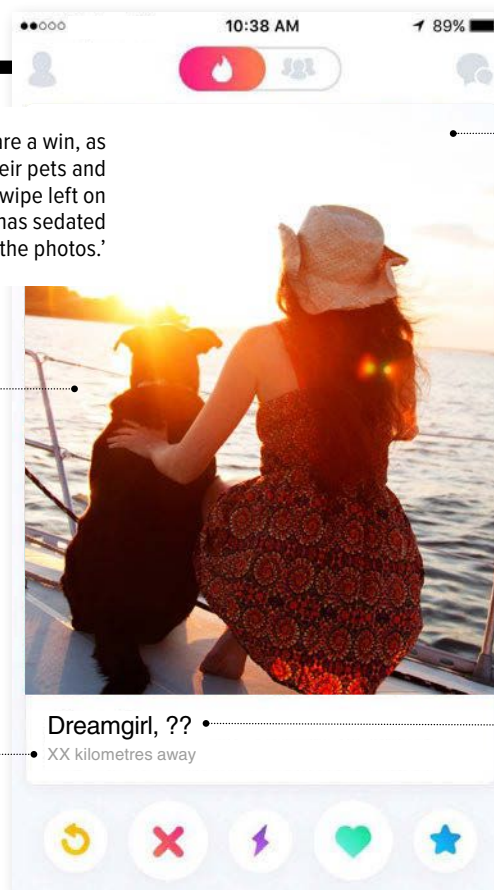
'I like driven women who also know how to have fun and let their hair down; someone who enjoys the outdoors, camping, hiking, exploring; someone not afraid to leave their comfort zone.'

'A perfect distance doesn't exist. It just depends on how much you like the person and what effort you're willing to make.'

'I usually invite someone out for a coffee and chat straight away, after a few messages. I like getting to know people face-to-face.'

Hi! 🐾

'I love it when a girl makes the first move; it shows they are eager to get to know you – instant brownie points in my book.'



'The most attractive quality in a girl, looks-wise, for me is definitely her smile. However, personality will always trump looks.'

'Age is just a number, it's not an influencing factor when it comes to relationships for me.'

'I very rarely even pay attention to profiles that have no bio. A few short sentences to describe yourself in a nutshell does the trick. I do like the funny one-liners people put up!'

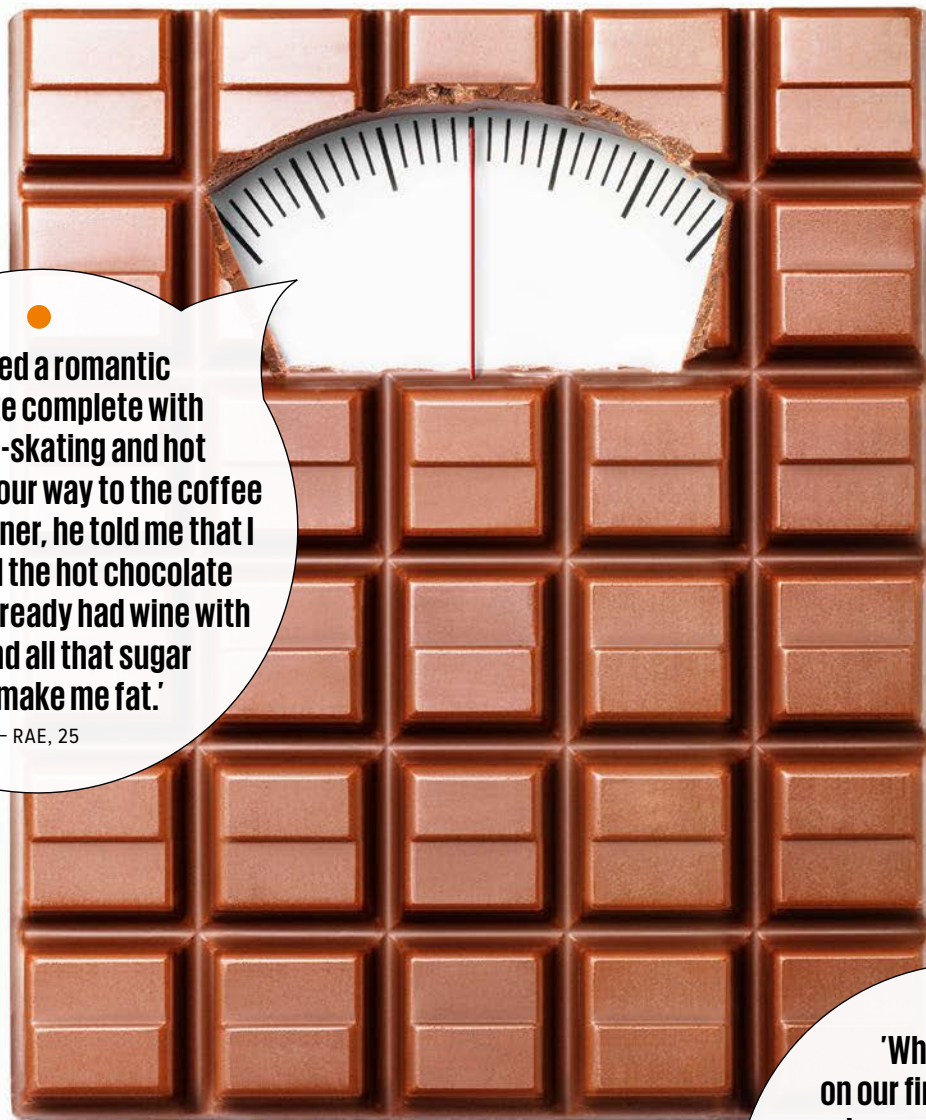
'I'm attracted to anyone with a connection to the ocean and animals.'

How's your day going?

'My biggest pet peeve is when someone doesn't reply with a question and engage in conversation. Why match in the first place if you aren't interested in getting to know me?'

THIS MONTH'S WORST DATES

Count yourself lucky you didn't run into these Prince Charmings



'I planned a romantic winter date complete with dinner, ice-skating and hot chocolate. On our way to the coffee shop after dinner, he told me that I should avoid the hot chocolate because I'd already had wine with dinner and all that sugar would make me fat.'

— RAE, 25

'On our first date, this guy took me to a steakhouse — despite knowing I'm a vegetarian. When I reminded him, he told me, "Oh, you'll drink a few beers and snap out of it." That's... not how that works.'

— SAVANNAH, 21

'He'd booked us a fancy dinner date and a room at a five-star hotel. As we were driving to the hotel, I was using his tablet to check my course-work site for school, when messages started popping up. They were naked videos from some chick. I looked, and they'd been messaging all day. He'd called her babe. That killed the mood.'

— MALERIE, 24

'He took me to a fancy restaurant and told me not to order too much since we were going to a party at his parents' after. By the time we got there, the food was gone and everyone had left.'

— HANNAH, 19

'On our first date, he told me to meet him at Beach Burrito. I showed up and saw him sitting with two other people. When I got to the table, he introduced me... to his parents.'

— SARAH, 22

'While we were on our first date, he took my phone, made a video saying "I'm her boyfriend, so all you boys watching this better back off," and posted it to my Snapchat story. He wasn't — and still isn't — my boyfriend.'

— ROSE, 21

DOUCHE-O-METER





0.05 MM TIP



**"THE ONLY
LIQUID LINER
YOU'LL
EVER NEED!"**

junejenny, beautyheaven member

*master
precise*
LIQUID EYELINER

- The most defined line, every time
- Smudge-proof
- Waterproof



©2017 Maybelline LLC.

*IRI Market Edge AU Grocery Scan & Pharmacy, Unit & Value Sales, MAT To 30/10/16.

MAYBELLINE®
MAKE IT HAPPEN™ NEW YORK

CONFESSIONS



YOU REVEAL YOUR MOST EMBARRASSING, RIDICULOUS, WHAT-WAS-I- THINKING MOMENTS

1

‘I liked a guy and saved pictures of him on my phone so that I could show Dana.’ – FIONA, 18

2

‘And then the first time she talked to him at a party, she was showing him pics of her dog...’ – DANA, 25

‘And he saw the pictures I had of him! We ended up hooking up – he must have been flattered.’ – FIONA, 18

3 'I was returning something and the salesgirl was shocked. I had forgotten that when I unexpectedly had company, I'd shoved my vibrator in the bag.' — AUDRA, 26

4 'Recently one morning after I'd slept over, my boyfriend told me, as he went to tenderly brush the hair out of my face, that I farted in my sleep.' — ZSALYN, 21

5 GUY CONFESSION

'A cop caught me having sex with a girl in my car and said, "there's a bathhouse down the street, you should go there." It was so weird.'

— COLE, 21

6 'I thought it would be sexy to put Nutella on his junk. I got it everywhere, even in my hair. It was bad.' — WHITNEY, 22

7

'One time when I was drunk, I offered to trade my best friend for tacos.' — CORI, 21

8

'I'm an engineering student, and our class had an engineer come to talk to us about postgrad opportunities. It was very clear that he didn't think women were as qualified for the field as the guys. So when he went to shake our hands after class, I licked mine beforehand. So gratifying.'

— TAYLOR, 21

9

'I once left my vibrator on my nightstand when my parents came over. I panicked and pretended it was a piece of art.'

— JULIA, 27

10

'I am a karaoke fiend. "Hit Me Baby One More Time" is my favourite and I do dances with it and have perfected my choreography. All my friends make fun of me.'

— UNKNOWN

11

'I tried to send my BF a dirty Snapchat, and I accidentally made it a story — everyone could see it.'

— SIERA, 23

12

'The first time I cuddled with the guy I'm dating, he fell asleep scratching my ear because he thought I was his dog.'

— KATY, 21

13

'I was having sex with this cute guy, and we were both intoxicated. We fell out of his loft bed. I landed on his leg and literally broke it. I felt awful.'

— MADISON, 20

14



15



'I was trying to be sexy at the bar to get a hot guy's attention and just spilled beer down my mouth! But we spent all night together. He thought the beer thing was hot!' — JOLIE, 23

'I'm an interior designer, and I can't tell with the naked eye if something is straight. Clients ask me, and I will put on the best act and later run around with rulers.' — SASHA, 23

16 'I USED TO WORK IN RETAIL. WHENEVER I HANDLED THE CLOSING SHIFT, IF I DIDN'T KNOW WHERE A PIECE OF CLOTHING BELONGED, I WOULD JUST SHOVE IT BEHIND THE SHELVES AND NOT TELL ANYONE.' — KINSLEY, 21

GUY CONFESSIONS



17 'My girlfriend was giving me my birthday gift at midnight when her parents walked in with a birthday cake for me. They cancelled the party. I wasn't allowed back.' — MICHAEL, 27

18 'My 20-year-old stepsister has the same first name as a girl I was interested in, and I ended up drunk-dialling my stepsister for a booty call. We all laughed, but still.' — GAVIN, 27

'I hate doing laundry. It's my least favourite thing. I've definitely done the sniff test on my undies and reworn them.' — BEN, 27



Come on guys,
look how in love
they are!

So get this: in March, it will become legal for same-sex couples to marry in Finland – a country with a population not so much bigger than Sydney or Melbourne. They join an impressive list of nations like Belgium, Canada, Spain, South Africa, Norway, Sweden, Argentina, The Netherlands, Iceland, Portugal, Denmark, Brazil, England, Wales, France, Uruguay, Scotland, Ireland, New Zealand, Luxembourg and the United States, in which you can do the exact same thing. That's right – we are even Trumped by America! Which is saying something. You may have correctly anticipated I have a few thoughts on this...

To start with...

I think a truth bomb is in order. And here's one I prepared earlier: in this fine country, you can legally marry your first cousin. Just to clarify... WE'RE COOL IF YOU WANT TO SHACK UP WITH YOUR OWN COUSIN. Not an episode of *The Bold and the Beautiful*, not a drill; an actual real thing. And, you know what, if that's what blows your hair back, that's just peachy – it's perfectly legal. But it does seem just a tad bit ridiculous when you can be legally wed to your cousin,

Weddings FOR ALL

**EMMA MARKEZIC WANTS TO KNOW WHY ALL AUSTRALIANS
AREN'T JUST MARRYING EACH OTHER WILLY NILLY?**

ask someone to insert a cucumber into your rectum or have a portrait of the Biebs tattooed on your left breast... but you can't marry the person you love if they happen to have the same genitalia as you.

Good point... why can't you?

A lot of opposition to the seemingly exceptional idea of letting people marry whoever they damn well want is religious – and I am by no means an expert on anything pious, but most theologies extol a respect for your fellow human, the importance of community and the sanctity of family. Three things we could all achieve in spades should we be given the freedom to do so with those we choose to do it with. After all, no one claims marriage is easy – it's like two people trying to dance a duet and two solos at the same time – LGBTQI people aren't trying to get in on it because it's going to somehow simplify their relationship. But entering into one is a decision everyone should be able to make for their own self with their grown-up brains. This is why plants can't get married, 12-year-old girls shouldn't be forced to, and consenting adults ought to be able to hitch themselves to whoever floats their goddamn boat down the river of love.

Agreed! So who made these daft rules?!

I'm glad you asked. The fact that marriage has to be a 'union between a man and a woman' was legally determined back in 1961. Aka a time when women were banned from pubs and before man landed on the moon. A really long time ago, is what I'm saying. But this is 2017 – an era when

a woman can hold any job in the land and nerds are inventing stuff like pocket-sized printers and cars that drive themselves. The 1961 rule book simply does not apply anymore. I mean, it's hard enough trying to find someone you *want* to marry, let alone having people tell you it's an abomination once you do. I can't even begin to imagine what that's like, but I'd say it's a feeling uglier than that scene in *Keeping Up with the Kardashians* where Kourtney finally finds out Scott slept with Kendall. OK, I don't know if that actually happened but I have my suspicions. And UGLY IT WOULD BE.

So what's my genius plan here?

Put simply, we have to change the law. You may think, 'Sure, Marky – change the law... I'll just add that to my to-do list in between bleach chocolate stain on my pillowcase and buy more mayonnaise.' But we do live in a democracy, flawed as it is, and this is something most of us want. We want it like gelato on a hot day. Polls show 75 per cent of us believe that reform is

inevitable. So what's the hold-up? To say who should be united to whom is not only borderline ridiculous, it's flat-out heartbreaking. So I want you to get onto Equalitycampaign.org.au – donate, get involved or just sign the petition. Because love IS love. And besides, who doesn't want to see the sizzle reel from Ruby Rose and Jess Origliasso's wedding reception?! Food for thought, lovers.



Follow Emma's witty opinions on Twitter and Instagram @markyknowsbest.

75%
OF US BELIEVE THAT REFORM IS INEVITABLE. SO WHAT'S THE HOLD-UP?

OTHER RIDICULOUS, OUTDATED AND PLAIN OL' WTF LAWS OF AUSTRALIA

These weird laws of present and past don't make us feel better about not being allowed to marry someone of the same gender, but it's a start

► **Melburnians are breaking the law if they engage in a little Hoovering of their carpets (literally, no innuendo here) between the hours of 10pm and 7am weekdays and 10pm and 9am on the weekends. Well, if you have a loud vacuum cleaner, heard by the neighbours, that is.**

► **Next time you hail a taxi in Queensland, ask if they have a bale of hay in the boot. Because, legally, they were once required to. #knowyourrights.**

► **In Western Australia, it's illegal to possess more than 50kg of potatoes. You can thank the Great Depression for that one.**

► **If there isn't access to a footpath, you must not walk on the side of the road going with the traffic – you must *face* the traffic.**

► **It's illegal in the sunshine state to publish a false birth, marriage, death or job. What a joke! Literally. Better change your Facey relationship status from 'married to [best friend]' to 'single'.**

► **In Victoria, some say (probably electricians...) it's illegal to change your own lightbulb and you must call in the pros. How many laws does it take to prove this? None. It's a lie.**

► **The Summary Offences Act 1953 states that in South Australia it's illegal to sell a fridge that has a compartment larger than 42.5 litres. Not cool, SA.**

► **In Victoria, it's illegal to tie your goat to your vehicle and drive it. This is still a law. We shit you not.**





A local household name who's replacing
Hollywood's cookie-cutter VIPs with her own
brand of superstar: smart, bold and completely
unfiltered. Allow us to reintroduce you to **RUBY ROSE** ➡



uby Rose doesn't know what time it is. 'It's definitely not 10.30am,' she says with a laugh, looking at her watch. 'That must be from wherever I was last.' The 30-year-old LA-based Aussie actress has been in such high demand lately, she's barely been in one time zone long enough to reset her body clock. Today, she's chatting with me over vegan burgers at

LA hotspot Crossroads. This Hollywood institution is the epitome of cosiness, all moody lighting and leather booths where you're as likely to find Gwyneth Paltrow on a dinner date as you are Danny DeVito tucking into a vegan meatball sub.

Tomorrow, Ruby's off to New York to be on a panel with Gigi Hadid, Lena Dunham, Zöe Kravitz and Olympic gymnast Aly Raisman for Reebok's #PerfectNever campaign. By the time you read this, she'll be all over the place promoting her star turns in *xXx: Return of Xander Cage*, *Resident Evil: The Final Chapter* and *John Wick: Chapter 2*.

Even among the Hollywood crowds at Crossroads, Ruby is an eye magnet – sharp cheekbones, blazing blue eyes and cropped raven hair. She says she always knew that she was different. Ruby had what she describes as a bohemian upbringing, surfing from couch to caravan to house.

She identified as male long before Caitlyn Jenner pushed transgender rights further up the agenda. 'When I realised I was going to develop breasts, I started saving coins in a piggy bank for a sex change,' she says. 'I thought I would save five cents a week to turn into a boy. Clearly, I didn't know how intense the process

would be. I was too young to know the ramifications.' These days Ruby, who came out as a lesbian aged 12, identifies as gender fluid, and has said, 'I feel more like I wake up every day sort of gender neutral.'

While she says she wasn't bullied in primary school ('In fact I was really accepted'), strangers did find it hard to place her. 'One time, [some] people came up to my mum and I and were like, "So sorry, we can't work out if your child is a really beautiful girl or a really handsome boy,"' she recalls. 'My mum was great. She was like, "What do you think?"' I said, "I'm a handsome boy but I can be a pretty girl if I want to be."

High school was a different story. 'People started having an opinion on how I dressed and what I did with my life,' she tells me. 'I was definitely an outcast.' A group of girls thought Ruby was trying to steal their boyfriends. But in reality, she just wanted to play football with them. When word got out that I was a lesbian ('I

told just one friend and it just spread'), she was actually somewhat relieved. She thought it would eliminate the notion that she was boy-crazy. But 'instead, girls started saying, "You're obsessed with us."'

It was at a Pink concert that Ruby's life changed. A model agent approached her and asked for a photo. 'I was such a rebel,' she remembers. 'I was like "No, I'm here to see Pink!" But the woman was persistent.'

Ruby went on to model, DJ and work as a presenter and host for MTV Australia. In 2014, she released the short film *Break Free* – which she produced and starred in – on YouTube. The five-minute video exploring gender fluidity sees her transition from a woman with long hair and heavy makeup to a masculine character with Ruby's short

hair and tattoos. It went viral (to date, it's been viewed 24 million times) and caught the eyes of the casting agents for *Orange Is the New Black*. Ruby's part as inmate Stella in the third series of the hit show blew up her fan base.

The attention has been great, except when it comes to her love life. Her engagement to designer Phoebe Dahl ended in 2015. 'The hardest thing is to go through a public break-up,' she tells me. She initially wanted to keep her current relationship with The Veronicas singer Jessica Origliasso quiet. The two fell in love last year after reconnecting on the set of the steamy video for the pop band's single "On Your Side", which Ruby wrote and directed. They'd previously dated in 2009. 'I wasn't going to ask Jess to lie about it [in interviews],' she says. 'I wanted her to do what felt natural. Then I got the phone calls and was like, "What have I done?"'

Ruby finds it far easier to talk about her famous friends than her love life. She says that she and Gigi Hadid connected via Twitter when the model tweeted about her. Taylor Swift reached out after Ruby was quoted saying she loved the singer's

new album *1989*. She recalls, 'She was like, "I can't believe you listen to my album." [And] we've become good friends. Now I have this network of badass women by my side.' It takes one to know one. If you'd like some lessons in living life on your terms, read on. ➤

I'm a handsome boy but I can be a pretty girl if I want to be'





1 Don't be afraid to rebel

'When I booked a job presenting for MTV, I had long hair, which I hated. I only had it to get my foot in the door. I asked if I could cut it off. They said no but I did it anyway. If they'd had real reasons for asking me not to cut it I would have said, "OK." But they were saying things like, "What are other people going to think?" And, "Will you look butch?" That made me feel an even bigger urge to cut it off. When I got to work, there was a slow clap, a few laughs, and, "You're lucky it

looks good. Now go to set." If you really know who you are, what you stand for and what you want to do with your life, no one can take that away from you. That's why the hair thing, which wouldn't mean anything to anyone else, meant so much to me.'

2 Be open to new (and old) loves

'I wasn't dating Jess when I did our music video. It happened as we were shooting. I've known her for 10 years. We dated in 2009 and we've been best friends for a long time. It was the last thing I expected to happen but when you're involved in something you're both passionate about it's not unusual to become attracted. We're now the people we wish we were back then.'

3 Don't worry about your competition

'If I get shortlisted for a part, I don't look at the list and think, "Who are these people? She's been doing this longer and knows the director. She's prettier." I think, "She'd be great. She's interesting." In my twenties, if I didn't get a role, I'd find all of my flaws instead of realising the part was better suited to the person who got it.'

4 Stress less about social media

'There are things that I'm always going to be very vocal about, like LGBTQI and animal rights. I have a platform and I can open up a dialogue, but I know I'm just an actor. I'm another person with an opinion, no better than any-



one else's. I don't over-analyse. I write from the heart, post it, and hope for the best. Then I move on.'

5 Know what you want in bed

'I'm very confident and in tune with my sexuality and sex. I feel blessed for that because in many places around the world people can't be. I'm lucky I can explore. I have a healthy sex life and there's something empowering, strong and feminist about being open and comfortable in that world. I'm not a huge PDA person – but I'm not against it either. I'm more likely to hold hands and have a snuggle than I am to put my tongue down someone's throat.'

6 Defy the norms

'There is a softness and geekiness to me. Hollywood goes, "OK, lesbian, tattoos, short hair, we know the role for her."

They're not going to see me as the girl next door or girlfriend. You have to disarm people. So many times people say, "You're adorable! You're not scary at all!" I'm like, "Scary? Who said I was scary?"'

7 Crusade for love

'According to tabloids, I've been engaged five times. For me, marriage is more about equal rights than the act of getting married. I'm more interested in having a loving, healthy, long-term

relationship with someone I might have kids with some day. The idea of family is more important to me than the idea of paperwork and a big party to celebrate love, though that also sounds fun!'

8 Don't be defensive

'I was a panellist on a news show and they received complaints about my tattoos so I started wearing sleeves. I wasn't offended. I was happy to say, "We're talking about the news. If my tattoos are distracting it makes sense."'

9 Be good to your mind and body

'I've worked out the kind of life I need to live: I don't drink, I eat organic and vegan, I exercise, I see my childhood friends, I speak to my mum every day.'

10

Never stop learning

'When Donald Trump was elected, I went through a couple of hours of terror, anger and confusion. Then I spent time researching why. Trump was promising work to people struggling to put food on the table. I thought, *These people don't have a bad heart...* They're asking, "Who's going to help me provide for my family?" And they believe that it's him. So I understood how he [got] that many people on his side.' *For more on Ruby's advocacy for LGBTQI rights, see p117.*

★ 1998 ★



Comes out as a lesbian aged 12 with the support of her mother Katia Langenheim (right).

★ 2007 ★



Lands a job on MTV after competing against 2000 other applicants.

★ 2014 ★



Releases her self-starring *Break Free* video on YouTube, a short film 'about gender roles, trans, and identity'. It goes viral.

★ 2015 ★



Lands the role of Stella in *Orange Is the New Black*. People call her 'the woman who turns other women [gay].'

★ 2016 ★



Is recognised for her work promoting equality; presented with a top honour at the 27th annual GLAAD Awards*.

 virgin australia

**MELBOURNE
FASHION
FESTIVAL®**

01

19

MARCH 2017

**TICKETS
ON SALE
NOW**

VAMFF.COM.AU



CREATIVE VICTORIA

STYLE

MIDAS TOUCH

Escape to another place
with something a little
out of the ordinary

\$399, Spell & The Gypsy
Collective (spelldesigns.com.au)



AUSTRALIA'S
BIGGEST
BEAUTY REVIEW
DATABASE

Access over
200,000
beauty & health
PRODUCT REVIEWS

PLUS THE VERY BEST EXPERT
TIPS AND ADVICE!

beautyheaven.com.au

REVIEWS AND REWARDS

 /beautyheaven.com.au

 /beautyheaven

 /beautyheaven

 /beautyheavenHQ

 /beautyheaven

HOW TO WEAR...

The leather skirt

Where there's leather, there's a risk of looking kinky or cheap. Here's how to wear it with class

SILHOUETTE IS KEY

Think about your body when buying a leather skirt. From your height to your frame, pairing the right silhouette and length is the key to mastering this look. (More on that over the page.)

SHOE IN

Team patent, suede or metallic shoes with your leather skirt, but avoid mixing leathers unless you're coordinating with a detail in the skirt like Rosie is here. Use your footwear to dress the look up or down: flats and sneakers for casual vibes, heels and ankle boots for a dressier look.

KEEP IT CHIC

Luxe fabrics on top (think silks, crisp cottons and cashmere in the winter) keep a leather skirt from looking cheap, add an element of polish to the outfit and make it work-appropriate, too.

SIZE MATTERS

Leather, like denim, gives and stretches with wear. When you're in the fitting room, go for a size that's nice and snug – even buy a whole size down.

WEAR AND TEAR

If you've invested in a quality leather skirt, you want to make sure it stands the test of time. Keep some baby powder close by – a sprinkle of talcum powder over a grease spot will fix any stains. Smooth moisturiser over scratches for a quick repair.

Rosie Huntington Whiteley



KATE BOSWORTH

An A-line is great for pear shapes, highlighting the waist and flaring over hips.

\$19.99, MRP
(mrp.com)



\$119,
Le Specs
Luxe
(lespecs.com)



\$160, Oasis
(oasis-stores.com)*



\$575, Meli Melo
(melimelo.com)

150, Boden
(bodenclothing.com.au)



HAILEY BALDWIN

A high-waisted leather mini looks fantastic on apple shapes.



Jacket: \$159.95, Insight (general
pants.com.au); shirt: \$68, Everlane
(everlane.com)



\$499,
Country Road
(countryroad.com.au)*



\$69,
Mon Purse
(monpurse.com)



\$229.95,
Nude Footwear
(nudefootwear.com)

WEAR
IT
LIKE...



SHAY MITCHELL

A pencil midi skirt accentuates hourglass curves and smooths out thighs.

\$15, Supré
(supre.com.au)



\$179,
Country Road
(countryroad.com.au)



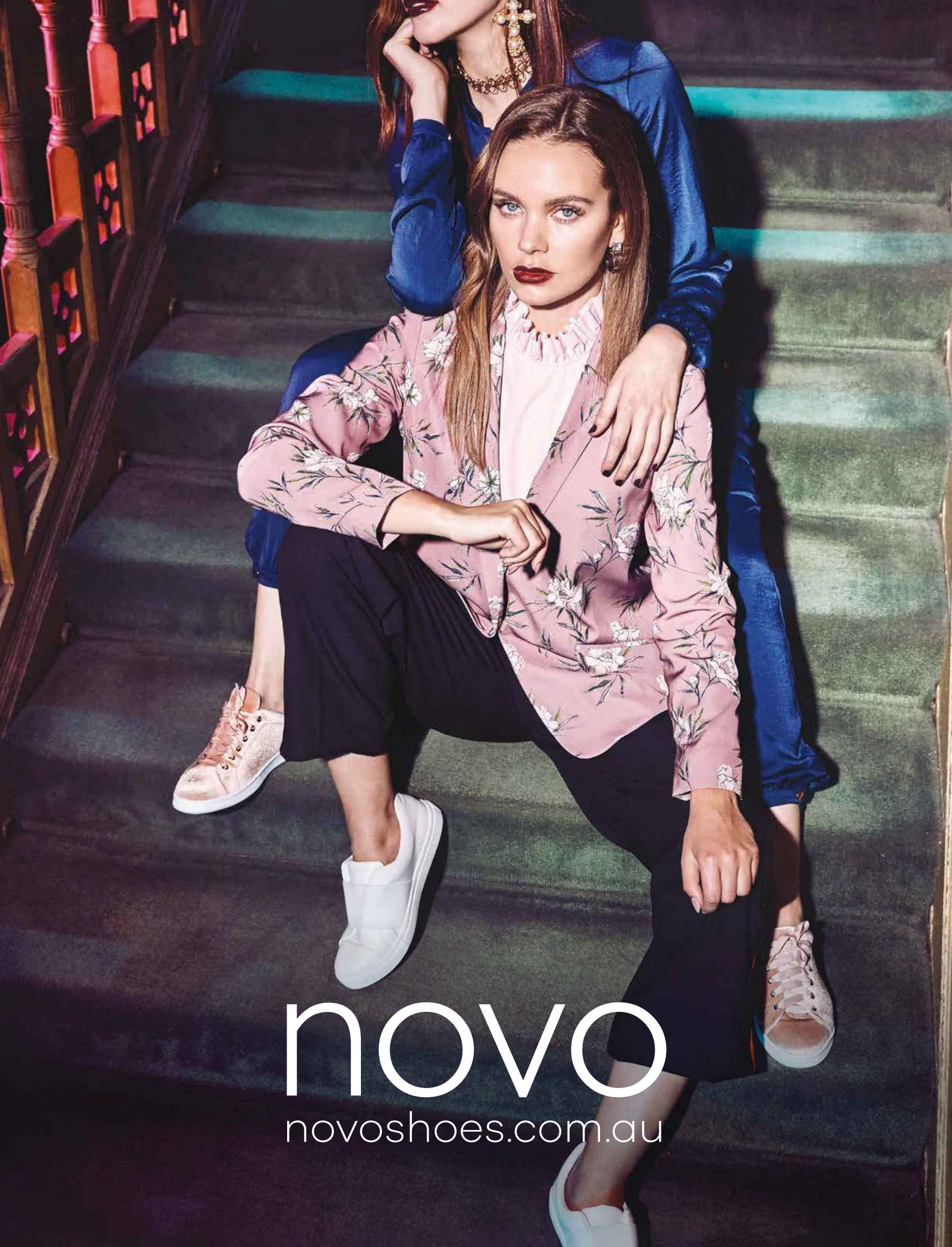
\$449,
R.M. Williams
(rmwilliams.com.au)*



\$19.95,
Sportsgirl
(sportsgirl.com.au)



\$39.95,
Rubi Shoes
(rubishoes.com)



novo
novoshoes.com.au



Live a bright, bold and brilliant kind of
one-night special for Mardi Gras.

life, whether it's your everyday look or a
More colour, more attitude, more fun

COSMOPOLITAN March 2017 37

PINK LADIES

OK they're not Rizzo's jam, but you can add her kick-ass style to a girly colour with ruffles and statement shoulders



\$489, Rodeo Show
(rodeoshow.com.au)



\$189.95, Cooper St
(cooperst.com.au)



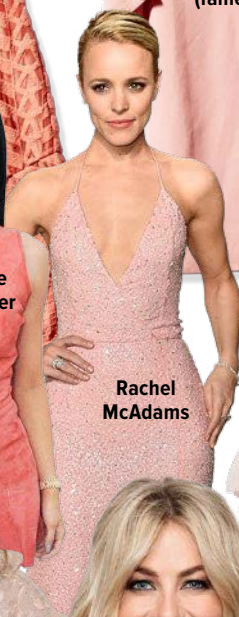
\$249, Fame & Partners
(fameandpartners.com.au)



\$280, Bec & Bridge
(becandbridge.com.au)



Kylie Jenner



Rachel McAdams



Ciara



\$240, Talulah
(talulah.com.au)



\$279.95, Keepsake
(keepsakethe label.com.au)



Miranda Kerr



Julianne Hough



STYLE TIP

'Think opposite shades: for pale skin go darker pink, and for tanned or dark skin go pale. This stops you from looking washed out.'

— **CASSIE**, market editor
(@cassielongworth1)

100% natural EUROPEAN PEA PROTEIN

LOW CALORIE, LOW CARB, FAT BURNING PROTEIN

ASSISTS IN MUSCLE RECOVERY AFTER EXERCISE

NON BULKING & HIGH PROTEIN PER SERVE



✓ DAIRY FREE ✓ GLUTEN FREE ✓ VEGAN ✓ SOY FREE

Vital Protein is extracted from superior European grown Golden Peas using a unique patented enzyme process that isolates out an amazing 88% protein content.

Vital Protein is a complete source of protein, containing good levels of all the 9 essential amino acids naturally & a high level of protein per serve. Vital Protein is free from dairy, gluten & lactose, is easily digested, is all natural and has a great smooth taste.



AVAILABLE FROM:



COMPARE THE TASTE

REGISTER FOR YOUR FREE SAMPLE AT VITALPROTEIN.COM.AU

Available in 100% natural flavours; Vanilla, Chocolate, Strawberry and Unflavoured, 500g & 1kg

**Follow us on
Snapchat!**



Cosmo Australia
cosmoaustralia

Elie Saab

YOUR

NEED-TO-KNOW

2017 STYLE TRENDS

Don't let bold new trends scare you away from the everyday runway (aka the footpath). Embrace your new style and strut your stuff ➡



\$75, Asos
(asos.com/au)



\$58.57, Asos
(asos.com/au)



\$490, Jimmy Choo
(02 9540 0500)



\$69.95, Stussy
(stussy.com.au)



\$330, Sandro
(02 9327 3377)



\$25.99, MRP
(mrp.com)



\$40, Boohoo
(boohoo.com)

1

GUCCI GIRL

Think clashing prints, embroidery, embellishment, metallic shoes and street style combined with a slightly 'geek chic' look

Gucci

FOR EASY ECCENTRICITY, TRY SOME METALLIC MULES.

2

BIG
BLING

*In 2017, more is more.
The only rule? The bigger
the better!*

\$179, Samantha Wills
(samanthawills.com)

\$19.99, Colette by
Colette Hayman
(colettehayman.
com.au)

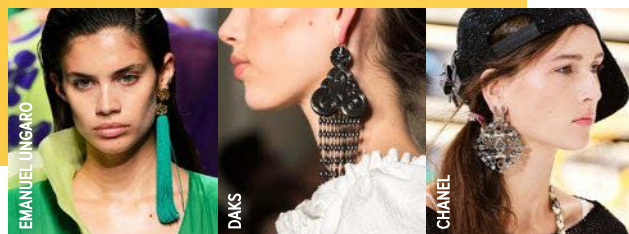
\$165 each (sold
separately), JY Jewels
(jyjewels.com)

\$89, Sollis
(sollisjewellery.com)

STYLE TIP:

DON'T BE AFRAID
TO MIX THINGS UP.
MISMATCHED
EARRINGS WERE
ALL OVER THE
RUNWAY THIS
SEASON AND
MAKE A FABULOUS
STATEMENT.

\$199, Peter Lang
(peterlang.com.au)



EMANUEL LINGARO

DAKS

CHANEL

3

SILVER SHOES

Silver footwear is having a big moment

\$169.95, Skin
(skin-foot
wear.com)

\$219, Sol Sana
(sol-sana.com.au)

\$249,
Sol Sana
(sol-sana.
com.au)

\$39.95,
Rubi Shoes
(rubishoes.
com)

\$519,
Ted Baker
(tedbaker.
com/au)



OSMAN

4 STARS

Designers everywhere are looking to the stars, putting star prints and spots on everything



\$180, By Johnny (byjohnny.com.au)

\$329, Rebecca Vallance (rebeccavallance.com)

ADD STAR PRINT ACCESSORIES FOR SOME SUBTLE SPARKLE.

\$60, Prettylittlething (prettylittlething.com.au)



Elie Saab

\$10, Minimalist Jewellery (minimalistjewellery.com.au)



GIAMBATTISTA VALLI

5 THE BRALETTE

The very daring of us are swapping crop tops for bralettes this season



\$149, Wild Horses (wildhorseslabel.com.au)



\$20, Supré (supre.com.au)



\$37, Asos (asos.com/au)



\$200, By Johnny (byjohnny.com.au)

6

THE '80s

Shoulder pads, ruffles, metallics and exaggerated silhouettes have stepped out of the time machine

\$349, Carla Zampatti (carla zampatti.com.au)



\$375, Lucy Folk (lucyfolk.com)



\$149, Sollis (sollisjewellery.com)



\$589, Rebecca Vallance (rebecca vallance.com)



\$229, Mesop (mesop.com)



\$129.95, Ruby Sees All (rubyseesall.com)



KEEP THE LOOK MODERN BY TEAMING IT WITH PARED-BACK PIECES.

\$219.95, Skin (skin-footwear.com)



\$450, By Johnny (byjohnny.com.au)



Saint Laurent



7

STREET LUXE

Not to be confused with sports luxe, this vibe is slightly grittier and a lot more urban

TO MAKE THIS LOOK SEXIER, TEAM YOUR PIECES WITH A KILLER ANKLE BOOT.

Vetements



\$347, Kaliver (kaliver.com)



\$9.99 for set, Colette by Colette Hayman (colettehayman.com.au)



\$269.95, Whistles (theiconic.com.au)



\$48.40, Missguided (missguidedau.com)



\$700, Fenty Puma (theiconic.com.au)



\$36, Asos (asos.com.au)

\$12, Supré (supre.com.au)





STYLE TIP:

TREAT LEOPARD LIKE A NEUTRAL. IT WORKS WELL WITH DENIM, BLACK AND GREY BUT ALSO POPS WITH BOLDS.



\$24, Asos
(asos.com/au)

\$299, Mon Purse
(monpurse.com)

\$79.95, Sportsgirl
(sportsgirl.com.au)

\$249.95, Wittner
(wittner.com.au)

8

LEOPARD PRINT

There'll be no fading into the pack with the trusty leopard print: it's sexy, classy, confident, dangerous...

9

TROPHY JACKETS

The must-have outerwear piece this season. Think a little bit Sgt Pepper, a little bit military

ANDREAS KRONTHALER

\$795, Sass & Bide
(sassandbide.com)

TEAM
YOUR
LOOK WITH
BASICS SO THE
JACKET IS THE
FOCAL
POINT.

TOMMY HILFGER

**\$929, Carla
Zampatti**
(carlazampatti.
com.au)

\$299.95, Witchery
(witchery.com.au)

\$89.99, H&M
(hm.com/au)

10 BIG BAGS

*Carry everything from
work to drinks to a
cheeky overnight visit*

\$1645, Jerome Dreyfuss
(jerome-dreyfuss.com/int_en/)

\$139, H&M
(hm.com/au)

\$69.99, Zara
(02 9376 7600)

\$269.95, Witchery
(witchery.com.au)



\$59.99, Ksubi
(generalpants.
com.au)



\$179.95,
Wittner
(wittner.
com.au)



\$180, Bec
& Bridge
(becandbridge.
com.au)

11 VELVET

Truly the hero fabric of 2017, get ready to start seeing this rich texture everywhere. A slip dress is the perfect nod to the '90s, while a velvet blazer feels instantly chic



\$69.95, Stussy
(stussy.com.au)



\$98 (sold with
choker), Sabo Luxe
(saboskirt.com)

LOOK FOR
VELVET
CHOKERS AND
SHOES TO
ADD A LITTLE
LUXURY.



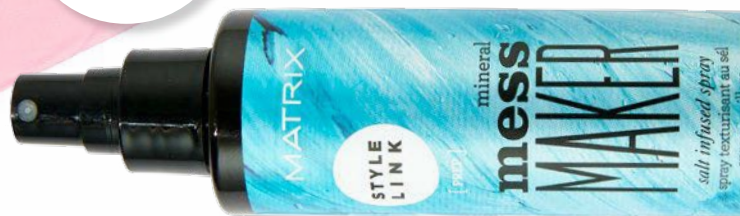
\$19.95, Minkpink
(minkpinkworld.com)



\$229, Sol Sana
(sol-sana.com.au)

SUBSCRIBE TO COSMOPOLITAN

+ RECEIVE A **MATRIX HAIRCARE PACK**



Subscribe or renew your subscription via automatic renewal for just **\$4 an issue**, saving **49%**

THE GIFT PACK INCLUDES:

- Total Results Rock It Texture Shampoo
- Total Results Rock It Texture Conditioner
- Total Results Miracle Creator
- Style Link Mess Maker Salt Infused Spray

Create enviable body and structure for fresh-from-the-beach texture with a touchable finish, while the ultimate multi-tasking, leave-in spray delivers 20 beautifying benefits for your hair.

MATRIX



Follow us!
@matrixaustralia

SUBSCRIBE NOW! MAGSHOP.COM.AU/COSMO703
OR CALL 136 116 AND QUOTE M1703COS

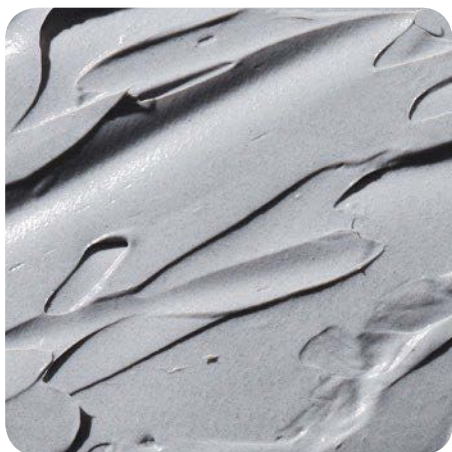
SAVINGS BASED ON COVER PRICE OF \$7.95. OFFER VALID FROM FEBRUARY 9, 2017 UNTIL MARCH 8, 2017 TO AUSTRALIAN RESIDENTS ONLY AND NOT AVAILABLE IN CONJUNCTION WITH ANY OTHER OFFER INVOLVING COSMOPOLITAN MAGAZINE. FOR BAUER MEDIA GROUP'S PRIVACY NOTICE OR FOR TERMS AND CONDITIONS, VISIT WWW.MAGSHOP.COM.AU/COSMO703. IF YOU DO NOT WANT YOUR INFORMATION PROVIDED TO ANY ORGANISATION NOT ASSOCIATED WITH THIS PROMOTION, PLEASE INDICATE THIS CLEARLY AT THE TIME OF SUBSCRIPTION. SUBSCRIPTION COPIES DO NOT RECEIVE GIFTS OFFERED AT RETAIL. ONE GIFT PACK PER SUBSCRIPTION. SUBSCRIPTION AUTOMATICALLY RENEWS UNLESS CANCELLED.

BEAUTY



MASK TIME AND CHILL

No longer just for slumber parties, slap on a face mask any old day to hydrate, detoxify, plump or brighten (or all four, #multimasking) ➡



Endota Spa Charcoal Detox Mask, \$15.
The charcoal formula draws out impurities and nourishes the skin.



ONNE Coconut and Kaolin Moisturising Mask, \$49. *Tones and tightens while deeply hydrating dry skin.*



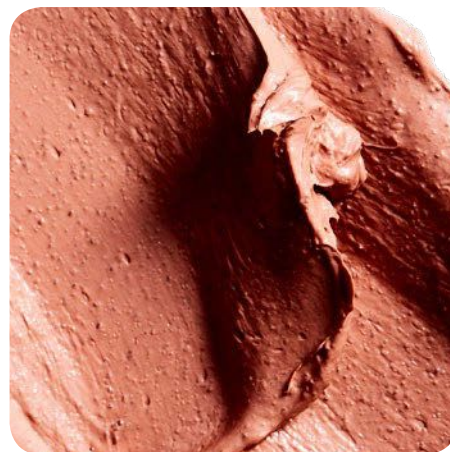
Charlotte Tilbury Multi-Miracle Glow Cleanser, Mask & Balm, \$80. *Delivers a refreshed, glowing complexion.*



Dr. Jart Derma Clear Trans-foam Clay, \$35. *A moisturising and purifying clay mask that doubles as a cleanser.*



Kiehl's Cilantro & Orange Extract Pollutant Defending Masque, \$58. *Defends against pollution damage.*



L'Oréal Paris Pure Clay Mask Exfoliating & Smoothing Mask, \$19.99. *Red algae exfoliates for softer, smoother skin.*



Algenist Splash Absolute Hydration Replenishing Sleeping Pack from Sephora, \$54. *Targets lines and wrinkles.*



Clarins Pure and Radiant Mask with Pink Clay, \$45. *A mattifying formula that cleanses and reduces pores.*



Philosophy The Microdelivery Resurfacing Peel, \$95. *A two-step peel that refreshes and brightens sun-damaged skin.*



XOXO



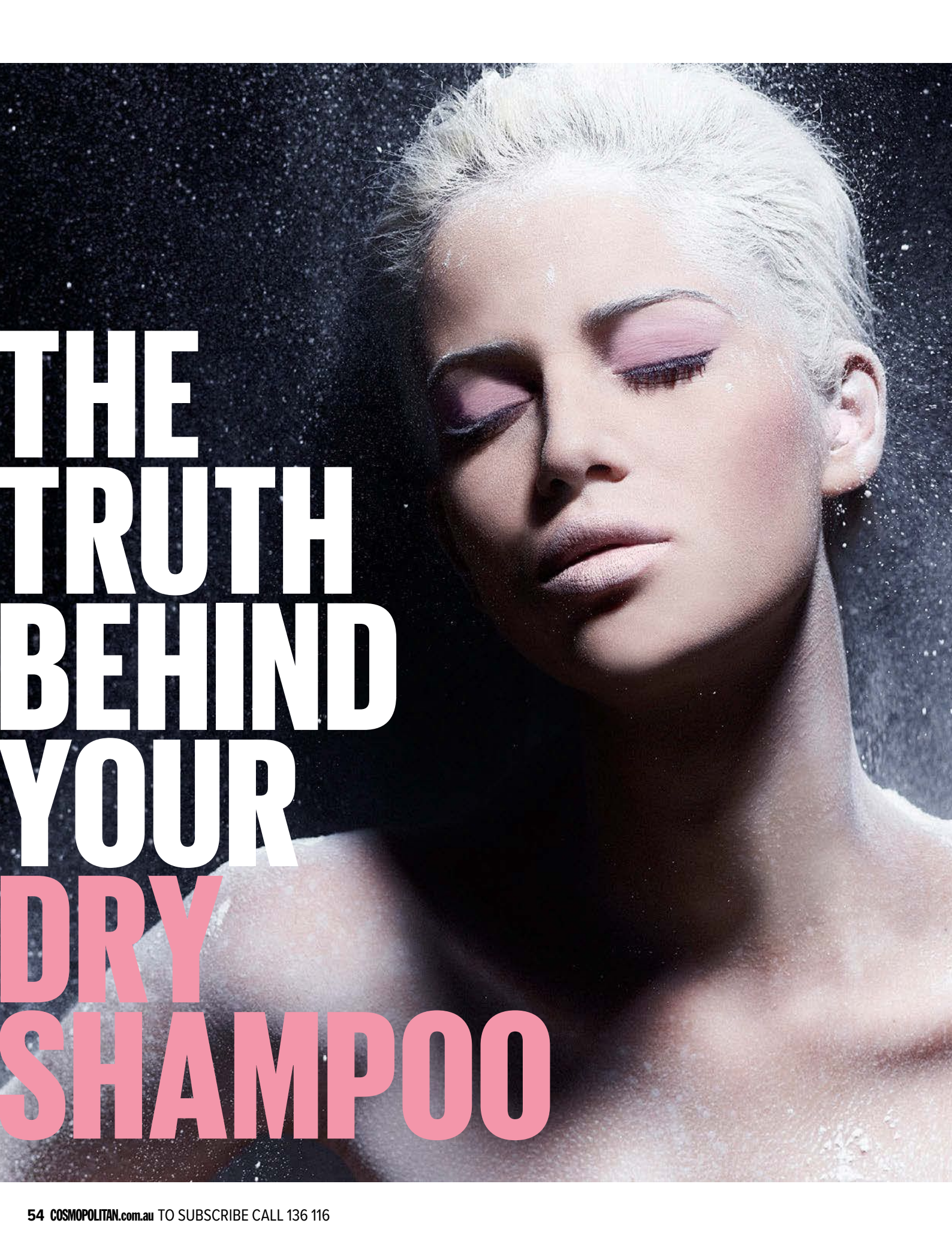
touch
in SOL

Discover the secrets of
Korean beauty

AVAILABLE AT



touchinsol.com.au



THE TRUTH BEHIND YOUR DRY SHAMPOO

It's the beauty staple that's given women across the land second-day sexy hair and 30 minutes extra in bed. But is it too good to be true? **Fiona Embleton** discovers some hair-raising truths

FEEL THAT NIP IN THE AIR? That'll be hell freezing over as *Cosmo's* beauty team breaks its dry-shampoo addiction. Last month you couldn't prise a can of dry shampoo from our hands. Like elephants enjoying a dust bath, we blasted layer after powdery layer onto our unwashed hair to guarantee lived-in cool-girl texture. But that all hanged when we got wind of the dangers of over-using this oil-busting saviour.

Dry shampoo has actually been around for decades (since the 18th century, if you count the arrowroot powder that nobles sprinkled on their wigs). These days, many of us rely on modern versions when there's no time to wash and blow. Little wonder, when a quick blast at the roots gives limp, stringy strands almost as much oomph as a profesh blow-dry and you can eke a few more days out of your hair style.

But it seems there are downsides, too. Our laziness could be damaging hair by increasing breakage and, in extreme cases, causing acne, sore patches and hair loss. Scary, right? So should we toss away the dry stuff? We've grilled the experts.

WHAT'S THE DAMAGE?

THIS IS WHAT YOU COULD BE DEALING WITH...

► Sore, itchy scalp

Replacing 'real shampoo' with a powdery one for more than three days in a row can lead to irritation, making your scalp itchy and flaky. This can affect hair growth.

'Repeatedly scratching can weaken hair, causing it to shed more than normal,' says Anabel Kingsley, trichologist at Philip Kingsley. Step that discomfort up to 'stinging code red' if you have a sensitive skin condition, as ingredients like alcohol and perfume can trigger a reaction.

► Straw-like strands

Dry shampoo doesn't actually cleanse the scalp. Nor does it do much conditioning. But what excessive use does is dehydrate strands. 'The scalp's natural oils are rich in nourishing fatty acids,' says Leonora Doclis, a trichologist at the Belgravia Centre, London. 'By binding alcohol and starchy powders to these oils, they can no longer travel or moisturise from root to tip.' Well hello, split ends!

► Breakage

Like hairspray, dry shampoo can tangle the hair, so you risk snapping strands when you brush. 'This can be noticeable

at the temples and hairline where strands are weaker, especially if your hair is fine or over-processed from lots of colouring and chemical straightening,' says Kingsley.

► Acne

Think of what would happen to your face if you caked it in powder and only cleansed every couple of days. 'The same thing can happen to your scalp as dead skin cells, oils and dirt build up and create a soft plug, which blocks pores,' explains Doclis. 'Throw in bacteria and you can expect everything from a spotty hairline to folliculitis, which causes painful boils on the scalp and can even lead to baldness.' Terrifying much?

► Slower hair growth

Using dry shampoo won't make you go bald overnight. (Cue massive exhale of relief.) But a healthy scalp is key to getting the type of long, luscious hair that deserves its own mermaid emoji. 'If there's a lot of product build-up and you don't wash your hair regularly, it could affect the delicate balance of micro-organisms on the scalp responsible for healthy hair growth,' says Kingsley. ➡

HOW TO STYLE LESS-THAN-FRESH HAIR

PRICELINE PHARMACY HAIR DIRECTOR KENNETH STODDART'S TOP TIPS ON DRY SHAMPOO – AND HOW TO MASK THREE-DAY-OLD HAIR WITH ONE OF THE SEASON'S HOTTEST LOOKS

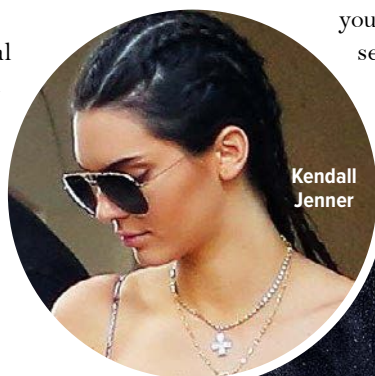
Dry shampoo is pretty much the hair essential to get us through the week. What's the best way to use it? 'The best way is to lift sections of hair and, holding the can about 25 centimetres away from hair, spray the dry shampoo into roots and mid-lengths. Let it sit for a couple of minutes to soak up all the dirt and natural oil, then rake through with your fingers or brush through, depending on your desired look.'

Realistically, how many days in a row can we use dry shampoo before we need to use regular shampoo? 'I would say you could use dry shampoo for about two days as it tends to build up and make the hair quite dull.'

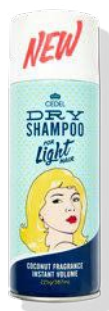
Do you see women over-using dry shampoo? 'Yes, I do see women overuse dry shampoo – their hair can look dull and lifeless.'

If we do have three-day hair we need to disguise, what is the best style to enlist? 'When it comes to the three-day-old hair that has been dry-shampooed, a great way to disguise how tired it looks is braiding. There are many options around at the moment, ranging

from the double cornrow braid as seen on Kendall Jenner, to the single side-braided ponytail, or the single fishtail braid. Another great style to disguise hair in need of a wet shampoo is a ponytail. Spray dirty hair with dry shampoo, rake it all back off your face with your fingers and then secure it in a mid-height ponytail at the back of your head.'



Kendall Jenner



Cedel Dry Shampoo for Light Hair, \$14.99



Six kind-to-hair dry shampoos

Because going 'cold turkey' isn't an option for some of you (OK, and us)

1 A'kin Dry Shampoo, \$14.95. This vegan-friendly formula uses a blend of natural bamboo and rice powder to add volume and texture minus the build-up or white powdery marks.



2 R+Co Death Valley Dry Shampoo, \$44. Dosed with vitamin E and pro-vitamin B5, this sulphate and paraben-free dry shampoo will give hair instant volume, leaving it shining as though it's just had a good double wash.



3 De Lorenzo Et Absorb Dry Shampoo, \$19.90. Boasting a natural blend of organic rosehip and bamboo extract, this pH-balanced formula gently gets oily locks back to clean and bouncy with no tell-tale white.



4 Evo Water Killer Dry Shampoo, \$35.95. Enlisting oat meal and rice starch to mop up any two-day hair grease, this no-nasties dry shampoo leaves hair smelling just-washed fresh.



5 Klorane Dry Shampoo with Oat Milk Gentle Formula, \$14.95 for 150ml. This is ideal if dry shampoos usually irritate your scalp or make your hair feel stiffer than cardboard. The oat milk, powdered corn and rich starches are gentle and softening.



6 Aveda Shampure Dry Shampoo, \$30. Contains 99.8 per cent naturally derived ingredients including cassava and oat powders, so there's no risk of causing chemical damage to hair. Gotta love that au naturel.



Lipstick
matched to
dry shampoo?
Tick.

THE DOs AND DON'Ts OF SKIPPING THE SUDS

RELAX: YOU DON'T HAVE TO BE PERPETUALLY PONYTAILED. HERE ARE THE RULES

DO Rotate between dry and wet shampoo every other day. 'It's fine if it's used *alongside* rather than *instead of* proper washing,' says Kingsley.

DO Spray at least 20-30cm away from your roots, keeping the can moving in circles for light and even distribution. 'Using dry shampoo any closer to your scalp will deliver a concentrated dose to a smaller area, meaning you use more product to get enough coverage,' says hairstylist Ben Cooke.

DON'T Leave the powder to sit on your head too long. Let it absorb the oil for a minute, then brush your roots on blast with cold air to prevent you looking like someone tipped an ashtray over your head.

DO Choose aerosol over a loose-powder dry shampoo, as it will be less sticky.

DO Use a scalp scrub to remove flakes and stimulate cell turnover on the scalp. Try massaging Kiehl's Deep Micro-Exfoliating Scalp Treatment, \$33, once a week before shampooing. Also try a hydrating hair mask, like Percy & Reed Totally TLC Hydrating Mask, \$40, which nourishes parched hair.

DON'T Use dry shampoo the day after you blowdry. 'Park it until your roots actually look greasy – say, on day three,' says Cooke.

DO Use dry shampoo as a styling aid to boost volume if your hair is fine.

DO 'Wash your hair twice in between dry shampoos if you've left it for more than two days: the first shampoo loosens product residue, and the second washes it away,' says Jen Atkin, hairstylist to the Kardashians.

HOW TO WASH YOUR HAIR RIGHT

Lax lathering leaves locks lacklustre. Here's how to up your game...

IT'S OK TO SHAMPOO EVERY DAY

One misconception is that washing your hair every day damages it. 'This started in the '30s when shampoos wreaked havoc on hair and scalps,' says Kingsley. But today's formulas encourage healthy hair growth. So how often should you shampoo? 'Daily or every second day for fine hair; wait two days for normal hair; for thick or afro hair, twice weekly is fine,' says Doclis.

CONSIDER GOING SULPHATE-FREE

Sulphates help work up a lather, but 'strip your scalp of its natural oils,' warns Atkin.

Pureology Precious Oil Shampoo, \$35.95 (1), and **The Body Shop Rainforest Moisture Shampoo**, \$15.95 (2), are both free from harmful sulphates.

DON'T BE FOOLED BY 'BABY' SHAMPOO

Some have harsh ingredients. 'Avoid sulphates, colour and fragrance,' says Kingsley. Try **Al'chemy Unscented Very Gentle Shampoo**, \$14.95 for 225ml (3).



FENDI

HOW
TO
WEAR

RAINBOW
MAKEUP

IN
REAL
LIFE

Straight from your Insta feed to your makeup bag, coloured eyes and bright lips are on trend. We talk to makeup artist and Priceline Pharmacy makeup director **Rae Morris** about how to nail it



PROENZA SCHOULER

Q There have been some pretty out-there coloured makeup looks (we spied ears painted yellow at one overseas show). What is a real-life way to get in on the colour trend?

A 'Eyeliners and lipsticks are great. I wouldn't go a full rainbow-coloured eye myself, but you could do some colour either in the inner corners of the eye or with a bright gel eyeliner. You want to do it in a way that, if you look back on your photos in 10 years' time, you're not going to go, "Oh God, what was I thinking?!"'



GIORGIO ARMANI

VICTORIA BECKHAM



Maybelline New York Color Tattoo by EyeStudio 24 Hr Eyeshadow in Painted Purple and Tenacious Teal, \$11.95 each

Q Graphic blue eyes were another strong look on the runways. How can we get the look without stepping back to the '80s?

A 'The eyes at Victoria Beckham SS17 were a blunt, rectangular shape – I'd soften the outer corner by blending upwards. Do this look with your eyes open and looking straight ahead. Sketch out the shape with a pencil first to make sure you like it, then take off the pencil and apply cream eyeshadow to give that splash of colour. This is a great eye look for hooded eyes!'



MARY KATRANTZOU

FEELING CAUTIOUS? DARK NAVY IS A GREAT WAY TO ENLIST COLOUR INTO YOUR MAKEUP LOOK.

IT Cosmetics Liner Love Gel Eyeliner in Midnight Navy, \$38



Q Lips in fashion shows were bright but often matte. How can we get this look?

A 'Use a bright matte lip colour! It's really just a new texture and formula of lipstick. You need to find a product that does it in one application – like NYX Suede Cream Lipstick in Orange County, \$14.95 (4). Don't keep piling on matte lipstick, as it will get cakey.' Love a creamy formula? Try MAC Lipmix in Magenta, \$29 (2), and Revlon Ultra HD Matte Lipcolor in HD Spark, \$23.95 (1), which slick on and settle to matte. Or opt for a pencil version like Bobbi Brown Art Stick in Electric Pink, \$46 (3), which is lip liner and matte lipstick in one.



RAINBOW COMPACTS

Carry around the rainbow with these multi-coloured compacts



Shiseido 7 Lights Powder Illuminator, \$78



ultra3 Rainbow Highlighter Powder, \$7.95



Estee Lauder Pure Color Envy Sculpting Blush in Witty Peach, \$55

THE COLOR OF LOVE

We asked two of *Cosmo's* Bachelor of the Year finalists what makes them fall CRAZY in love – while ultra3 brand ambassador Elyse Knowles shows you how to get the look.

BACHELOR BRENDAN BOOTH

“I love a woman who ditches the date norm in favour of something crazy”

Cosmopolitan's Bachelor of the Year finalist, Brendan, loves a woman who knows what she wants and can take charge. That goes for her makeup routine, too: “The sexiest thing I see in a woman is when she feels good in what she’s wearing and you can see it shows.”



“A woman’s smile says a lot about her before she even speaks”

HOW TO ACE THE COOL GIRL LOOK:

Nail Polish in Babe, \$2.50; Perfect Your Glow Strobing Kit, \$14.95; CC Cream, \$9.50; Ready to Glow Illuminating Primer, \$8.95; Cover It Concealer Duo, \$5.95; Volume & Length Mascara, \$7.50; Felt Tip Eye Liner, \$7.50; All About Eyes Eyeshadow Palette in Nudes, \$13.95; Longwear Lip Liner in Wild Fire, \$4.95; ultraMatte Longwear Lip Cream in Wild Fire, \$7.95.



Brendan can’t get enough of a glam girl!! Get the look using ultra3 Longwear Lip Liner, ultraMatte Longwear Lip Cream – both in Wild Fire – and ultra3 All About Eyes Eyeshadow Palette in Nudes. When it comes to the hair, messy texture and ‘I woke up like this’ vibes are the way to go. Have a play with some other ultra3 shades to see what brings out your best features!

**“There’s
something so
attractive
about an
open-minded
woman!”**



HOW TO WORK THE HIPPIE-CHIC VIBE:

Nail Polish in Lavender Fields, \$2.50; Perfect Your Glow Strobing Kit, \$14.95; CC Cream, \$9.50; Ready to Glow Illuminating Primer, \$8.95; Cover It Concealer Duo, \$5.95; Rainbow Highlighter Powder, \$7.95; Volume & Length Mascara, \$7.50; Eyeliner Pencil, \$3.25; All About Eyes Eyeshadow Palette in Nudes, \$13.95; Matte Lipstick in Peonies, \$4.25.



A girl who rocks a carefree spirit is what Ishak loves. Get this look using ulta3 Rainbow Highlighter Powder, Matte Lipstick in Peonies and Nail Polish in Purple Fusion, Lavender Fields or Berry Splendour (why not buy them all to rock year 'round?). When it comes to hair, this look calls for a topknot every time. Now you're ready to embrace the good vibes!

BACHELOR
ISHAK ISSA

**“I love a girl
who doesn’t
pretend to be
someone she’s
not; what you
see is what
you get”**

According to Ishak, one of *Cosmopolitan’s* Bachelor of the Year finalists, a woman who is independent and experiences life to the fullest is someone who will catch his eye! And if a woman shares his inquisitive nature, he’s hooked: “When it comes to a woman’s nature, empathy and intelligence are the most important traits to me. If she’s got those two then she’s got everything she needs!”

Inspired? See more ways
you can colour your world
at ulta3.com.au.

ulta3[™]
COLOUR YOUR WORLD



Gather your
beauty squad:
it's shopping
time!

The 10 beauty buys you need *in your life*

The store that's
changing the
beauty game, one
lipstick at a time

THE RISE OF SOCIAL MEDIA has seen a shift in beauty and the way trends are influencing consumers. The educated, beauty-embracing customer knows exactly what she wants: and what this new generation of beauty buff wants is the latest ingredients, innovation and multi-tasking formulas.

Sephora has embraced this change, delivering top trends from all around the world: Korean and Japanese skincare and Middle Eastern inspired beauty to name a few. 'Social media enables us to see global trends in an instant, allowing us to stay relevant in an ever-changing market,' explains Chris de Lapuente, Sephora Global CEO. Sephora Australia stocks hard-to-find gems you won't see at a typical department store counter, to niche brands that have gained a cult following via social media – making it a one stop destination for all things revolutionary.

1 SEPHORA COLLECTION THE KONJAC SPONGE DUO, \$20

Taking the benefits of the Konjac sponge to the next level, this set gives you a cleansing sponge packed with antioxidants to protect skin from the environment, as well as one to purify and draw out oils and toxins.

2 KAT VON D LOCK-IT CONCEALER CRÈME, \$37

The queen of long lasting makeup, Kat Von D, delivers a concealer you can match to your skintone *and* undertone for ultimate coverage.

3 HUDA BEAUTY LIQUID MATTE LIPSTICK IN BOMBSHELL, \$35

With the Kardashians as fans and 16 million Instagram followers, Huda Kattan knows what she's doing when it comes to makeup. This matte formula is so hydrating and non-transferring that you will never have to worry about reapplying or cracking.

4 CAUDALIE GRAPE WATER, \$11

The grape provides an immediate benefit of huge hydration and reductions in skin sensitivity. Keep this in your handbag for next time you're feeling dry. It soothes rosacea and lessens redness.

5 SEPHORA COLLECTION FINGERTIP LINER IN BLACK, \$14

Turn your finger into an easy-to-apply eyeliner that gives extra control for precision in your application.

6 MIRENESSE SHONA LIP ART OMBRE STICK, \$30

This two-toned lipstick pencil not only creates a subtle ombre lip look but also features packaging artwork created by Australian artist Shona.

7 SEPHORA COLLECTION WONDERFUL COLLECTION BLUSH IN PEACH BOMB, \$20

Embracing the Korean cushion application trend, this blush is the ultimate in on-the-go, easy application.

'The best thing about Sephora is that you don't need to have a favourite brand. The idea is to have many favourite brands and products, a curated list that is personalised and likely a mix of many brands.' – DE LAPUENTE

8 COVER FX CUSTOM COVER DROPS, \$72

These incredible pigmented drops allow you to transform literally anything (well serums, moisturisers, oils, primers or sunscreens at least) into a foundation. You can control the amount of coverage and mix shades.

9 DR. JART V7 TONING MASK ULTRA-FINE REAL WHITE SHEET MASK, \$8

Get Bella Hadid levels of luminosity and clarity with this next-gen sheet mask that, when applied, forms a second skin allowing for absorption of its 7-vitamin complex and active ingredients.

10 IT COSMETICS BYE BYE UNDER EYE CREAM, \$72

This luminous eye cream brightens eyes that haven't seen a pillow in days.



NATURAL BEAUTY

Pucker up for mega moisture, all-day comfort, intense colour pay-off, on-trend shades and 100 per cent natural ingredients, thanks to Burt's Bees Lipstick

MODERN GOTHIC

Add some drama to your nine-to-five face with a slick of deep berry.

HOW TO: Apply Burt's Bees Lipstick in Brimming Berry over your lips. Next, add a layer of Russet River just in the centre. The warmer shade adds a flattering tone to the purple hue, while the moisturising formula ensures they feel comfortable all day. Brushed-up brows, a light wash of Burt's Bees Gloss Lip Crayon in Bordeaux Vines and copper shadow focused all the way around the eye give the look a fresh edge. Define using a chocolate eye pencil and finish with black mascara.

BURT'S BEES LIPSTICK IN RUSSET RIVER AND BRIMMING BERRY, \$19.95 EACH. BURT'S BEES GLOSS LIP CRAYON IN BORDEAUX VINES, \$16.95.



THINK PINK

The prettiest of all colours shouldn't only be used on the lips. Extend the shade to your eyes and cheeks for your most feminine face.

HOW TO: Scribble a little Burt's Bees Lipstick in Magenta Rush onto the pad of your finger – this will keep the edges soft as you apply it to your lips. A pink lipstick can also do double-duty on cheeks – try applying Iced Iris where you usually would a highlighter, then intensify with Fuchsia Flood. For lids, create a creamy base with Burt's Bees Lip Crayon in Carolina Coast, then layer on more Magenta Rush. Finish with a deep pink eyeliner on the lash line.

burtsbees.com.au



BURT'S BEES LIPSTICK IN MAGENTA RUSH, \$19.95.



BURT'S BEES LIPSTICK IN ICED IRIS, \$19.95.



BURT'S BEES LIPSTICK IN FUCHSIA FLOOD, \$19.95.



BURT'S BEES LIP CRAYON IN CAROLINA COAST, \$16.95.



Rimmel London Royal Blush Cream Blush in Peach Jewel, \$11.95

Fake a healthy glow with a peachy cream formula that dries to powder for long-lasting colour.

Rimmel London The Only 1 Lipstick in Call Me Crazy, \$15.95

This bright orange shade isn't messing around. Its strong colour is perfect when you're looking to update your regular red on a night out.

Models Prefer Infinite Colour Lip Liner in Endless Orange, \$8.99

Line lips with this longwearing orange colour for a base that will brighten red shades or deepen your orange hues.

ulta3 Volume & Curl Mascara, \$6.95

Not only will you never lose this bright mascara in your makeup bag, it will thicken and curl for a striking lash look.

Sally Hansen Miracle Gel in Tribal Sun, \$16.95

A burnt orange shade is the perfect colour for the last days of summer with a part gel formula that will last up to two weeks.

Bourjois Paris Color Boost Glossy Finish Lipstick in Orange Punch, \$15

This crayon balm gives a hydrating pop of colour that melts into the lips with no sticky finish. Plus it protects with SPF!

MOR Lip Macaron in Blood Orange, \$12.95

This oh-so-pretty balm delivers intense moisture with shea butter and lanolin plus rosehip oil to protect from sun ageing.

The Body Shop Vitamin C Energising Face Mist, \$19.95

Refresh dull midday skin with a boost of hydration that will brighten and encourage collagen production. A desk-side must-have!

Chi Chi Make Up Blending Sponge, \$5.95

With curves for days, this sponge applicator is great for liquid foundations, concealers and cream blushes.

BEAUTY BUYS UNDER \$20

Bargain beauty buys that'll make you feel like a million dollars

BEAUTY Q&A



How can I nail a perfectly sleek cat eye?

The key to a sexy feline flick is precision. This means a steady hand and a super-fine-tip eyeliner. Keep your liner fine and close to your lash roots. Once you have your line perfected, build up the thickness – the bolder the flick, the bolder the statement.

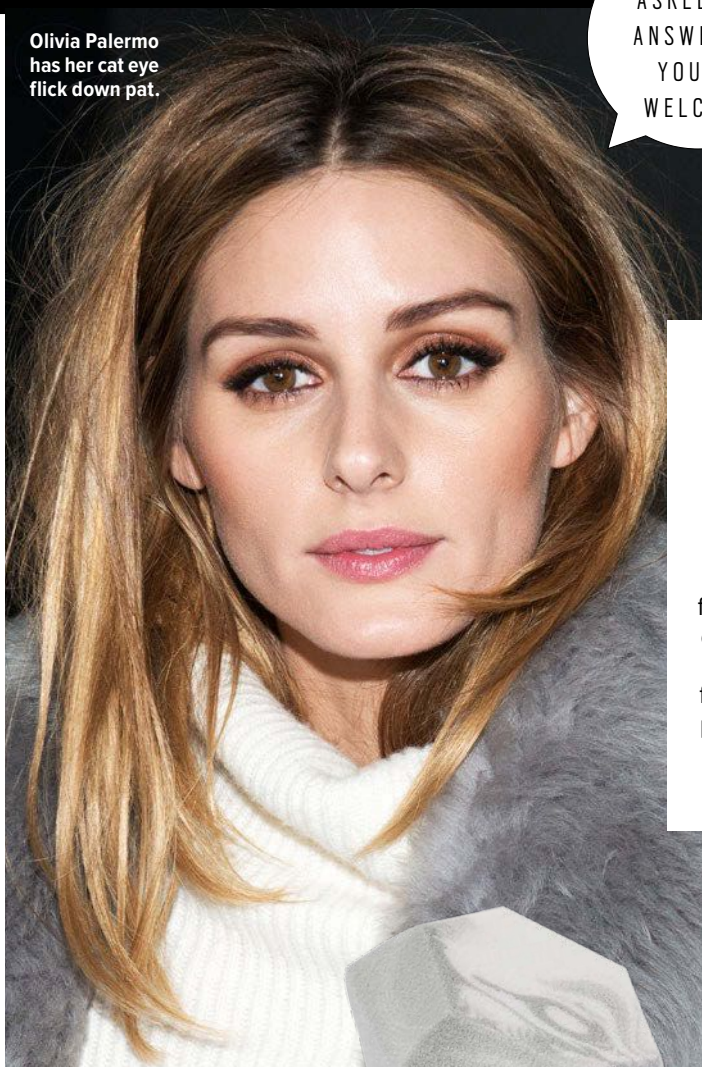
Try **L'Oréal Paris Super Liner Perfect Slim Eyeliner in Intense Black, \$22.95**, which delivers amazing eye definition in one stroke.

I WANT TO GET MY SKIN *REALLY* CLEAN. ANY TIPS?

Sonic cleansers are making waves right now, and for good reason. They get rid of makeup and grime better than washing with hands can – and they provide a circulation-boosting massage that leaves skin glowing. Try **PuraSonic VIVA, \$69**, which reduces the size of pores and gets skin luminous in just 60 seconds. Or try **Skin Physics Dermasonic+, \$99**. The silicone sonic cleanser is also a serum and lotion applicator.



Olivia Palermo has her cat eye flick down pat.



YOU ASKED. WE ANSWERED. YOU'RE WELCOME



HOW DO I FIND A FRAGRANCE THAT'S A BIT DIFFERENT?

Choose a gourmand scent. Yummy foodie notes give pretty florals a hint of edgy cool. Try **Zadig & Voltaire This Is Her! EDP, \$95 (50ml)**. This addictive fragrance blends Arabian jasmine with pink peppercorn, chestnut and vanilla. One spray and you'll nail that achingly cool rock-boho vibe.

How do I get the thickest lashes possible?

You need to enlist every lash. To get those small, fair lashes, gently nudge your mascara brush back and forth at the lashline. **Bourjois Volume Reveal Mascara, \$23**, has two rows of different length bristles to get at all your lashes – big or small.

I LOVE A FLAWLESS MAKEUP FINISH BUT I STRUGGLE WITH BRUSHES.

If you find you're getting streakiness from your brushes, switch to a blending sponge. Ideal for applying liquids, creams or even powders, sponges follow the contours of your face and leave an even, streak-free look. For a full-coverage foundation, keep the sponge dry. Dampen the sponge with water to up the dewiness. **Real Techniques Miracle Diamond Sponge, \$24.99**, has plenty of edges to work around tricky areas.



MEET YOUR MAKEUP MIRACLES

This month, our Beauty Squad shows you the shape spectrum of sponges for precise, perfect, picture-worthy makeup application

It wasn't all that long ago that makeup sponges were a generic, wedge-shaped, one-use, disposable makeup tool used predominantly by makeup artists. They definitely weren't an at-home beauty staple, which was still ruled by the flat foundation brush or (gasp!) fingers. But now we've got HDTV, our smartphones are as good as professional quality cameras and our selfies matter almost as much as our IRL appearance – so creating a flawless, airbrushed finish is essential. Enter higher-quality blending sponges!

Real Techniques Miracle Sponges are made from a latex-free proprietary formula to deliver the perfect amount of softness, to blend seamlessly and remain durable over time. The unique cuts and shapes mean they can be used for any number of makeup uses – and it's easy to understand their primary purpose at a glance, since the colours connect back to the Real Techniques education of:

ORANGE OR GOLD = base

PINK OR ROSE GOLD = finish

PURPLE = eyes

MIRACLE MINI ERASER

These little miracles sweep away makeup mishaps with soft, flexible foam that picks up any type of makeup – think shadow fallout or errant mascara (plus they're also great to apply concealer). Use it damp to blend and dry to pick up the eyeshadow dusting your cheeks.

Real Techniques Miracle Complexion Mini Eraser Sponge 2 pieces, \$16.99



MIRACLE SCULPTING

This expertly cut sponge is ideal for controlled application to create shadows and highlight features. Use the flat edges to effortlessly contour (think Kim K for inspo). Using the sponge damp will provide a softer, dewy finish and using it dry will provide a fuller coverage.

Real Techniques Miracle Sculpting Sponge, \$16.99

MIRACLE COMPLEXION

This original hit was shaped to create the perfect base and build coverage where needed. Use the rounded side to blend foundation across forehead, cheeks and chin, and the tip for around the nose. Use damp for a dewy glow or dry for full coverage.

Real Techniques Miracle Complexion Sponge, \$16.99



MIRACLE BOLD METALS DIAMOND

Multi-faceted, with 13 sides (yes, 13!), this sponge is uniquely cut to work with different products on different areas of the face, from creating a flawless base, to contouring and illuminating. It's true – diamonds are a makeup-loving girl's best friend.

Real Techniques Miracle Diamond Sponge, \$24.99



SHOP IT

Find your nearest store at
realtechniques.com.au

MORE THAN **43,000 CHILDREN** ARE CURRENTLY IN FOSTER CARE



35% of
children in foster
care enter the
juvenile justice
system at some
point

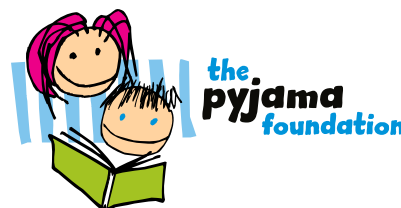


Every child deserves the right to literacy and numeracy skills. Of the kids currently in foster care in Australia, approximately 32,250 will not complete high school. Many of these children bounce from home to home and to different schools and as a result, their education and life outcomes are compromised.

92% of the
children are
below the average
reading level at
age seven

The Pyjama Foundation aims to break this cycle of disadvantage through early intervention, education and empowerment. Like all kids, foster children need to be encouraged and supported to reach their full potential. The Pyjama Foundation screens, trains and carefully matches volunteer mentors with foster children to make a positive, life-long impact on their future.

DONATE TO SPONSOR A CHILD AT
www.thepyjamafoundation.com



*Become a regular donor to help give children in foster care a **brighter future***

Supported by



BODY

GET FIT AF, FAST!

Ever heard of Emily Skye (aka @emilyskyefit)? Of course you have! With over 10 million social media followers, she's a force with a serious six pack and she's designed a 14-day workout just for YOU ➡

EMILY WEARS (MAIN SHOT) SWIMSUIT: \$250, DUSKII (DUSKII.COM); BIKINI TOP: \$121, FELLA SWIM (FELLASWIM.COM); WATCH: \$159.99, RIP CURL (RIPCURL.COM.AU); SURFBOARD: \$20 P/H FOR HIRE, MAROUBRA BEACH SURF & SK8 (MAROUBRA BEACH SURF.COM)

HOW IT WORKS (OUT)

You will train for five days straight (i.e. Mon – Fri), which sounds like a lot, but it's less than 20 minutes a day and you'll have your weekends free to Netflix and chill. Go hard for two weeks for a quick fitness boost, or make it your new routine.

Each workout consists of four simple exercises in the below format.

EXERCISE 1

Work for 30 seconds then rest for 30 seconds

EXERCISE 2

Work for 30 seconds then rest for 30 seconds

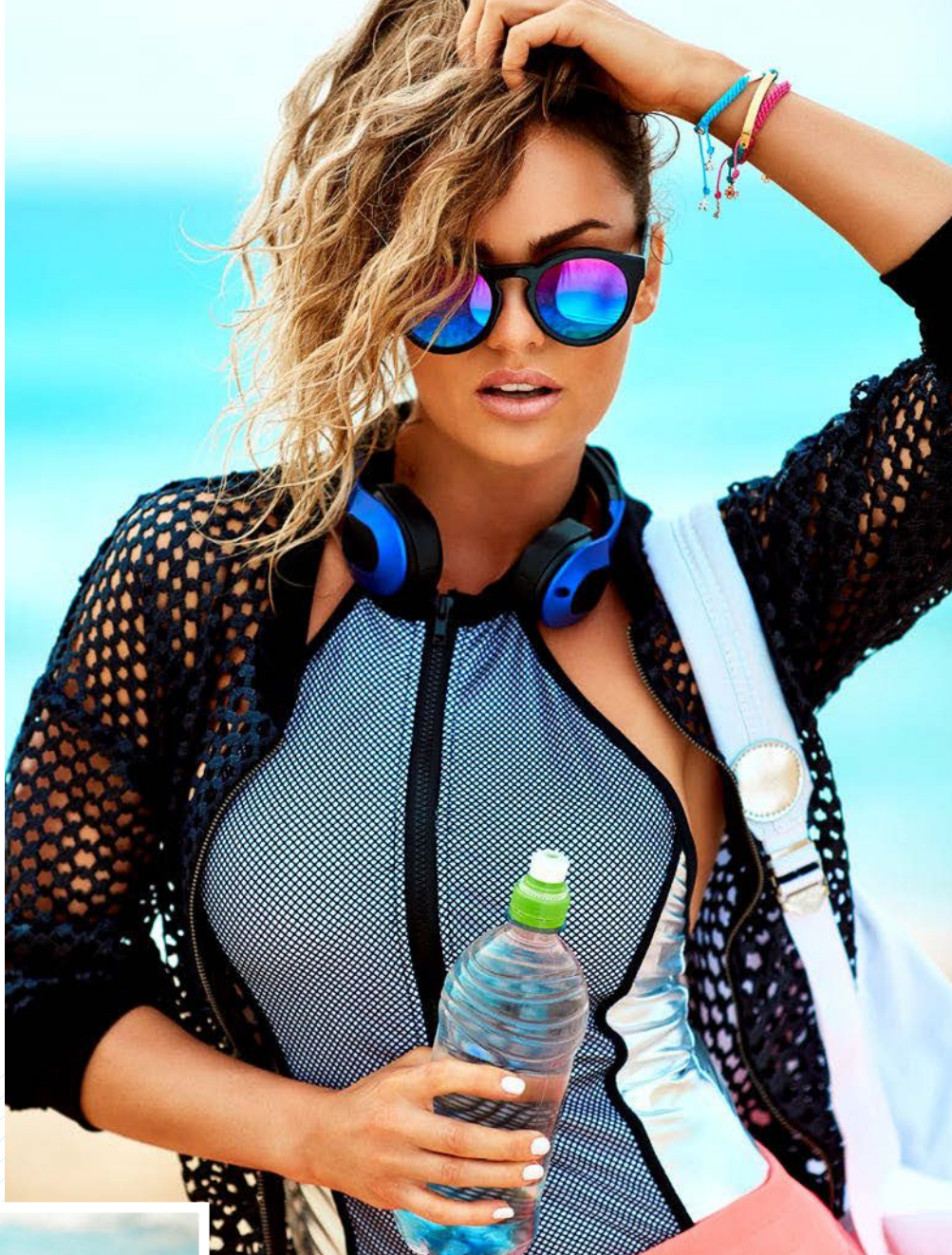
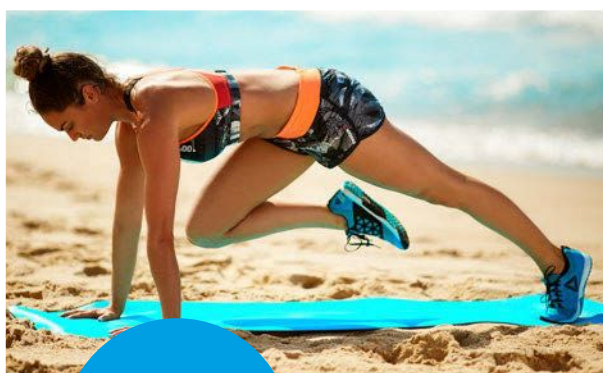
EXERCISE 3

Work for 30 seconds then rest for 30 seconds

EXERCISE 4

Work for 30 seconds then rest for 60 seconds

Repeat process four times.



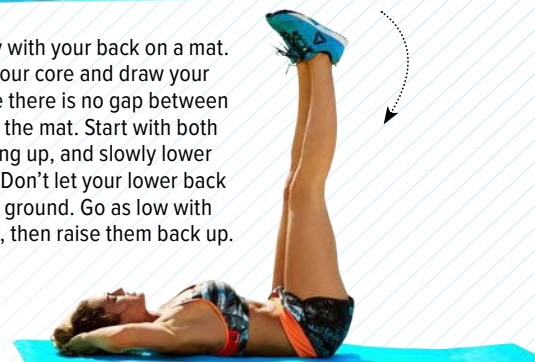
DAY 1

▲ 1. MOUNTAIN CLIMBERS

Start in push-up position with your back straight and tummy tight. Keep your head in a neutral position so everything is in alignment. Raise one knee to your chest, then swap over and raise the other knee to your chest.



2. LEG LOWERS Lay with your back on a mat. Be sure to activate your core and draw your tummy in. Make sure there is no gap between your lower back and the mat. Start with both legs together, pointing up, and slowly lower them to the ground. Don't let your lower back come away from the ground. Go as low with your legs as you can, then raise them back up.



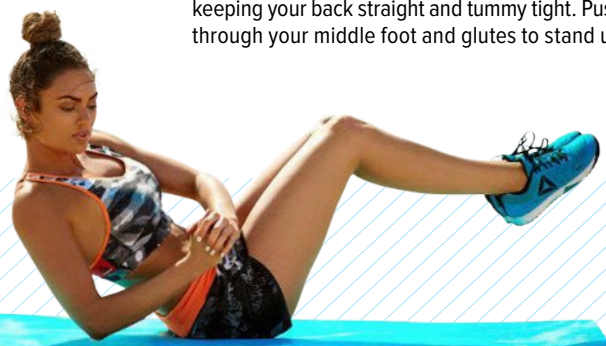
DAY 2



1. KETTLEBELL GOBLET SQUAT Pick a weight that's suitable for you. Stand with your feet slightly wider than shoulder-width apart, with your toes turned out slightly. Hold the kettlebell in front of you against your chest. Lower yourself down while keeping your back straight and tummy tight. Push through your middle foot and glutes to stand up.



2. KETTLEBELL SWING Stand with your feet shoulder-width apart with a kettlebell in your hands, hanging naturally in front of you. With a straight back and tight tummy, draw your hips back to build up some momentum with the kettlebell. Thrust your hips forward so that the kettlebell travels to about eye height. Let the kettlebell swing back and return to the start position before thrusting your hips forwards again.



3. RUSSIAN TWIST

Sit on a mat and balance your weight on your tailbone. Keep your tummy tight and engage your core while you twist your upper body from side to side.



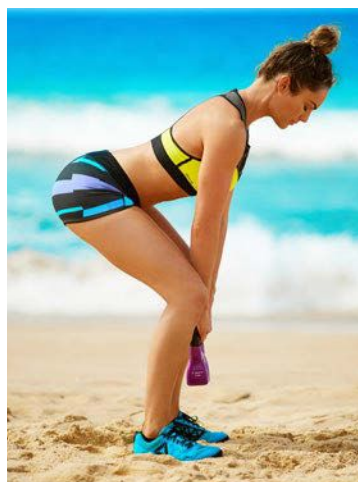
4. SPIDER CLIMBERS

Start in a push-up position with your back straight and tummy tight. Keep your head in a neutral position so everything is in alignment. Raise right knee out to the side of your body to touch your right elbow, then swap over and raise your left knee to your left elbow.



3. KETTLEBELL LUNGE

Hold a kettlebell to your chest while standing with your feet shoulder-width apart. While keeping a straight back and tight tummy, step forward with one leg. Try to avoid your knees travelling past your toes. Push off your forward leg to return back to your starting position. Repeat the process on the other side. Stay strong!



4. KETTLEBELL DEAD LIFT

Stand with your feet slightly wider than shoulder-width apart with a kettlebell in both hands hanging in front of you. While keeping a straight back, tight tummy and neck in a neutral position, hinge at your hips and lower the kettlebell down to the ground. Push through your glutes and hamstrings to stand back up. ➡

DAY 3

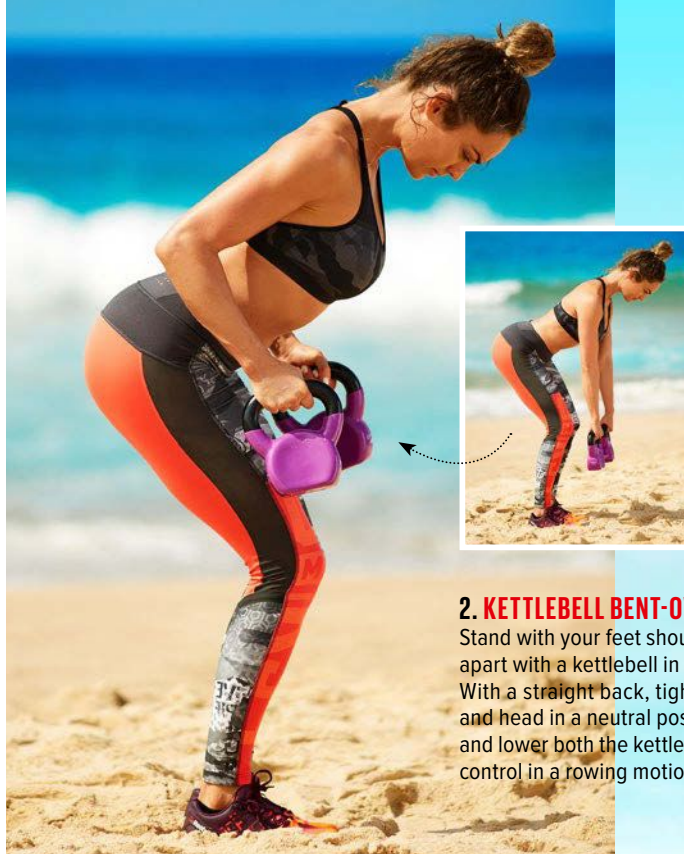
1. KETTLEBELL SHOULDER PRESS

Stand with your feet shoulder-width apart with a kettlebell in each hand, as demonstrated in the picture. Press both the kettlebells above your head and lower them under control.



2. KETTLEBELL BENT-OVER ROW

Stand with your feet shoulder-width apart with a kettlebell in each hand. With a straight back, tight tummy and head in a neutral position, raise and lower both the kettlebells under control in a rowing motion.



4. KETTLEBELL TRICEP KICKBACKS

Stand with your feet shoulder-width apart with a kettlebell in each hand, as demonstrated in the picture. With a straight back, tight tummy and head in a neutral position, raise both the kettlebells upwards behind you and lower them under control back to your starting position.



3. KETTLEBELL BICEP CURLS

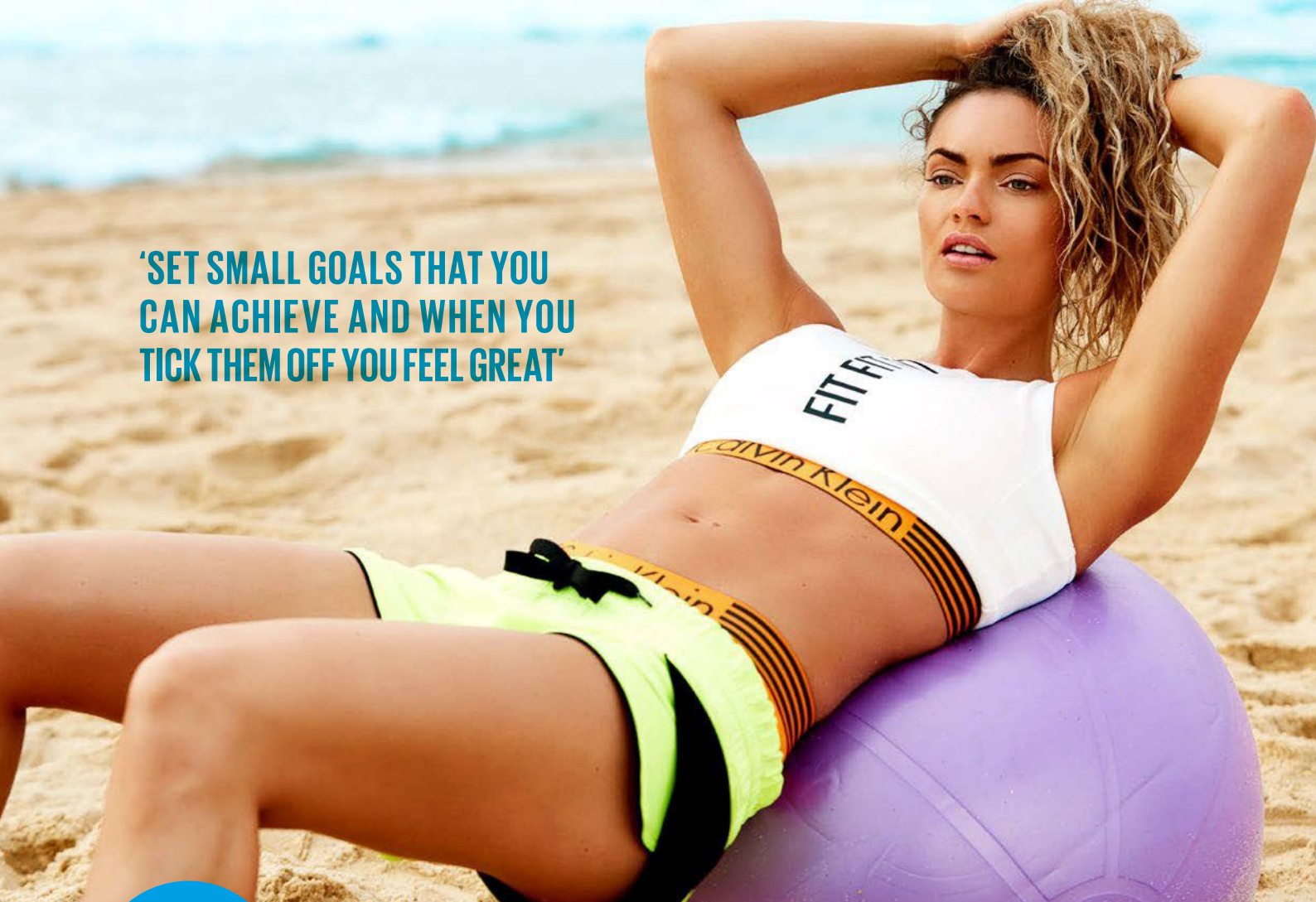
Stand with your feet shoulder-width apart with a kettlebell in both hands, down by your sides. Curl both kettlebells upwards and lower them back to your side under control.



'I DANCE IN THE LOUNGEROOM; I LOOK LIKE AN IDIOT BUT IT'S REALLY FUN AND MAKES ME FEEL GREAT'



'SET SMALL GOALS THAT YOU CAN ACHIEVE AND WHEN YOU TICK THEM OFF YOU FEEL GREAT'



DAY 4

1. MODIFIED BURPEE Start in a push-up position with a straight back, tight tummy and head in a neutral position. Jump both your legs up towards your chest then stand up. Lower yourself back down to the ground and return back to the push-up position.



2. KNEE PUSH-UP Begin in a push-up position then lower yourself to your knees. Keep your back straight, tummy tight and your neck in a neutral position. Lower your chest to the ground under control then push your body away from the ground. Repeat.

DAY 5

**1. LEANING PLYOMETRIC LUNGE**

While keeping a straight back and tight tummy, lunge to your side. When you have gone as low as you can comfortably go, explosively push off that leg to lunge on the other side.



3. FIGURE EIGHTS Sit on a mat and balance your body on your tailbone. Keep your core engaged throughout. Raise one knee up and clap both your hands underneath the raised knee. Lower that knee and repeat with the other knee.

**4. UP-DOWNS**

Stand with your feet wider than shoulder-width apart. Touch one hand on the ground then jump up into the air while raising that same hand upwards, then repeat the exercise on the other side.

**2. GLUTE LUNGE**

Stand with your feet shoulder-width apart with a straight back and tight tummy. Lunge backwards so that your right knee touches the ground just behind your left foot. Push off your rear leg to stand back up and repeat on the other side.



3. PLANK PUSH-UP Start off in a push-up position with a straight back, tight tummy and your neck in a neutral position. Lower your body so that you are resting on both elbows. Holding your core in, come back up onto your hands and return to the push-up position to complete the rep.

**4. SIDE PLANK REACH-THROUGH**

Start off in a side plank. Make sure you have a tight tummy and pay attention to your body alignment so that you don't sag in the middle. Raise your upwards-facing arm into the air then reach through underneath your body. Do two full sets on your right and two on your left. Repeat.



BEFORE YOUR WORKOUT

If you're about to start a high intensity or cardio session, a full stomach is probably going to be uncomfortable. 'Most people will find they can exercise on an empty stomach if they've eaten well and kept hydrated throughout the day – or the day before if it's a morning session,' says sports dietitian Katherine Shone. 'But if a snack helps you exercise harder or for a bit longer and therefore burn more energy, try fruit, yoghurt or a slice of toast.'

If you're wanting to gain muscle and build strength, then sports dietitian Simone Austin suggests having some carbs and protein within 90 minutes of starting your workout. 'That way you've got enough energy and calories to fuel the session and amino acids so you're not burning muscle,' Austin says. 'It might be a glass of milk or a piece of toast with cheese.' Looking to lose fat? Fasted cardio first thing in the morning will kickstart your metabolism.

SUPERCARGE YOUR



WORKOUT

The right nutrition at the right time could make all the difference. Here's how to fuel your workout and recovery for maximum hot bod effects

DURING YOUR SESSION

The only time you need to eat or supplement during a workout is if you're doing an endurance event longer than 90 minutes. 'You might have a banana or a little fruit bar or half a sandwich – just something light so that you can continue your workout,' Austin says. The most important thing to remember while you're working up a sweat is to drink plenty of water before and after to avoid dehydration.



COSMO'S TOP PICK:

Vital Protein* is a natural complete protein that is vegan and free from common allergens, including gluten, and comes in vanilla, strawberry & chocolate.

TO HELP YOU RECOVER

What you eat after your workout can help your body repair and recover so you're ready to hit the gym again the next day.

If fat loss is your main goal, you can have some water to rehydrate and wait until your next main meal for some carbs and protein. If you're after increased strength or muscle size or will be working out again that same day, then Shone says you'll want a good dose of protein and leucine, an amino acid that helps the muscles absorb protein and repair. 'Three eggs or 600ml of milk will give you 20g of protein and 2g of leucine, which is plenty,' Shone says. 'You also want to follow it up with protein-rich snacks and meals every couple of hours – your daily nutrition becomes critical for strength training.'

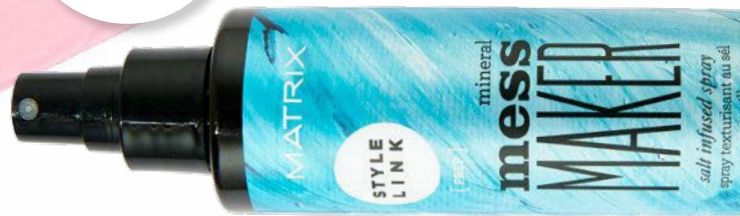
WORDS BY KIMBERLY GILLAN. *VITAL PROTEIN IS AVAILABLE IN WOOLWORTHS, CHEMIST WAREHOUSE AND IN LEADING PHARMACIES AND HEALTH FOOD STORES NATIONALLY. RRP \$34.95 500G, \$59.95 1KG FOR MORE INFORMATION, VISIT: VITALPROTEIN.COM.AU/ISTOCK



HAVE A PRE-WORKOUT LATTE. BYPASS PRE-WORKOUT SUPPLEMENTS AND HAVE COFFEE AN HOUR BEFORE YOUR WORKOUT. 'CAFFEINE CAN REDUCE PERCEIVED EFFORT AND INCREASE MENTAL ALERTNESS,' SAYS SHONE.

SUBSCRIBE TO COSMOPOLITAN

+ RECEIVE A **MATRIX HAIRCARE PACK**



Subscribe or renew your subscription via automatic renewal for just **\$4 an issue**, saving **49%**

THE GIFT PACK INCLUDES:

Total Results Rock It Texture Shampoo
Total Results Rock It Texture Conditioner
Total Results Miracle Creator
Style Link Mess Maker Salt Infused Spray

Create enviable body and structure for fresh-from-the-beach texture with a touchable finish, while the ultimate multi-tasking, leave-in spray delivers 20 beautifying benefits for your hair.

MATRIX



Follow us!
@matrixaustralia

SUBSCRIBE NOW! MAGSHOP.COM.AU/COSMO703
OR CALL 136 116 AND QUOTE M1703COS

SAVINGS BASED ON COVER PRICE OF \$7.95. OFFER VALID FROM FEBRUARY 9, 2017 UNTIL MARCH 8, 2017 TO AUSTRALIAN RESIDENTS ONLY AND NOT AVAILABLE IN CONJUNCTION WITH ANY OTHER OFFER INVOLVING COSMOPOLITAN MAGAZINE. FOR BAUER MEDIA GROUP'S PRIVACY NOTICE OR FOR TERMS AND CONDITIONS, VISIT WWW.MAGSHOP.COM.AU/COSMO703. IF YOU DO NOT WANT YOUR INFORMATION PROVIDED TO ANY ORGANISATION NOT ASSOCIATED WITH THIS PROMOTION, PLEASE INDICATE THIS CLEARLY AT THE TIME OF SUBSCRIPTION. SUBSCRIPTION COPIES DO NOT RECEIVE GIFTS OFFERED AT RETAIL. ONE GIFT PACK PER SUBSCRIPTION. SUBSCRIPTION AUTOMATICALLY RENEWS UNLESS CANCELLED.

THE AUSTRALIAN

Women's Weekly

Healthy recipes

for your family

Your best-ever meals for a happy life

Great summer recipe ideas

- * SNACKS & TREATS
- * KIDS' LUNCHBOXES
- * DELICIOUS DESSERTS
- * GLUTEN-FREE BAKING
- * FILLING SALADS
- * NO-DAIRY ICE-BLOCKS

180+ EASY, FR LUNCHE

Plus SENSATIONAL SEAFOOD * VEGETA
* HIGH-PROTEIN, LOW-CARB DISHES * Y

THE AUSTRALIAN WOMEN'S WEEKLY
TRIPLE TESTED
TEST KITCHEN

\$9.95 (incl GST)
AWW LIFESTYLE

04
9 313006 023003

Delicious meals for your family

ON SALE NOW

5 THINGS I DO EVERY DAY...

Shark attack survivor, pro surfer, Rip Curl ambassador and motivational speaker **Bethany Hamilton** shares her top tips for tip-top health

1 SIT ON A SWISS BALL

Why not take a 'healthier' seat? When I was pregnant with my son Tobias, I started sitting on a workout ball and felt so much better for it. Now, my husband [Adam Dirks] and I have a ball instead of a chair at our desk area. It's great for circulation, plus you can stretch and work out on the ball. I'll often bounce a little, do some booty squeezes or kneel on the ball and balance to strengthen my core. Give it a try!

2 OIL PULL

I started oil pulling a few years ago, and now I do it regularly. Oil pulling is an age-old remedy that uses natural substances to clean teeth and gums by removing harmful bacteria. Another bonus is it whitens your teeth, naturally.

HERE'S HOW I DO IT:

1. Put a tablespoon of oil in your mouth. I use organic raw coconut oil for its antibacterial

and anti-fungal properties, and it tastes good!

2. Swish the oil around your mouth for 15-20 minutes (start with 5 minutes and work up to 20). If your jaw starts aching, slow down and relax it. All you need to do is swish, push and suck the oil through your teeth.

3. Spit out the oil.

4. Brush your teeth.

5. Smile! #myhealthysmile

3 GO FOR A SWIM

Swimming is something that I've always loved to do. Throughout my amateur and pro-surfing career, I've taken swim classes to improve my strength, endurance and breath-holding, all of which are important in surfing. It is a fantastic low-cost and low-impact activity that you can do at any age – my mum and I love going for swims together. It builds endurance, tones the muscles, builds up strength, improves coordination, balance

and posture and relieves stress. When I'm travelling, I make sure I find somewhere to take a dip as it always helps me feel closer to home [in Hawaii].

4 TREAT YOUR HAIR

As a pro surfer, my hair is exposed to the sun, salt and wind daily. For years, I watched my hair grow more frizzy and frail. Thankfully, I discovered that virgin coconut oil is an amazing restorative hair product, and smells great too. I do a hair oil treatment once or twice a week and my hair feels amazing afterwards. If your hair is not exposed to the elements as much as mine, you probably don't need to do it as much as me.

MY COCONUT HAIR TREATMENT:

I put organic virgin coconut oil in my hair, saturating it completely, and leave it in for roughly 30 minutes. Rub it in to your scalp, too, as it's a good anti-dandruff treatment. To

rinse it out, I shampoo and condition my hair. You may need to shampoo twice to rinse away all of the oil.

5 USE A 'PHONE BOWL'

Sadly, when I look at the world around me, I can see that people are obsessed with their smartphones, but that doesn't have to be the case for all of us. It is highly valuable to recognise this problem and begin to set limits for yourself, while encouraging your family and friends to do the same. My family and I have been trying to prioritise our time together by having a 'cell phone bowl' where we put our devices when we are together. We've found that we interact more with each other, we laugh together and have meaningful conversations. We bust out a smartphone on occasion to take pictures, but for the most part the rule is: leave your phone in the bowl. Try it – I dare you. ■

IN NEXT MONTH'S COSMO

Win a mentor!

IN HONOUR OF INTERNATIONAL WOMEN'S DAY, *Cosmo* is giving you the chance to win one of 12 mentorships with Australia's leading ladies in their respective fields, including PR maven Roxy Jacenko, founder of Mon Purse Lana Hopkins, buying director for ALDI Amy Lewis, and *Cosmo*'s very own editor Claire Askew. Hello, success. See next issue for details.



ROXY JACENKO
Founder, Sweaty Betty PR



LANA HOPKINS
Founder, Mon Purse



AMY LEWIS
Buying director, Aldi



CLAIRE ASKEW
Editor, *Cosmopolitan*

**ON SALE
MAR 9**

WORK



SLEEPWINNING

Snoozing on the job doesn't usually enhance your work prospects, but the bright sparks at global tech company Next Jump believe it can. Employees are encouraged to get their 40 winks during the day in a lunchtime sleep class. (Siri, remind us to apply for a job there). The 30-minute sessions use yoga techniques to lull you into a sleep-like state, and instructor Austeja Pozeraite claims it can be as energising as a four-hour snooze. If a nap isn't possible, she advises relaxing at your desk: 'A body scan is a perfect way to battle tiredness. Shut your eyes and focus on relaxing each part of your body. When worries enter your mind, notice them, then let them go.' Warning: closing your eyes when your boss is talking to you is a bad idea – tech companies or no. ■

Work like a billionaire



Want to be in the 1% club? **Lucy Tobin** hunts out the habits that all billionaires share, so you can get a piece of the action

What makes a tycoon different from you or me? It's not just (really) big hair and the ability to leave a hotel *without* stuffing their suitcases with complimentary miniatures. It's the way they actually think.

Steve Siebold, author of US bestseller *How Rich People Think*, spent nearly three decades interviewing the mega wealthy and found that the majority of us non-billionaires think with a 'lottery' mentality, while those who have propelled themselves into the 1 per cent (that's the

richest 1 per cent of the population who own half the world's wealth) tend to have an 'action' mentality.

'While the masses are waiting to pick the right [lottery] numbers, the great ones are solving problems,' he says. So, if you want to add some more zeros to your bank balance (or just keep on top of spiralling rent, constant bills and a serious ASOS addiction) it's time to adopt the habits opposite and start thinking like the super-rich. The next round's on you, ladies!

HAVE AT LEAST THREE SOURCES OF INCOME

THE HABIT

It's time to get that side hustle on the go. Billionaires have multiple forms of income – Thomas C Corley, who spent five years interviewing more than 200 self-made billionaires and millionaires for his book *Rich Habits*, found that 65 per cent of them had at least three sources of money making its way into their accounts. Those sources include earned income (that'll be your salary), profit (money from selling goods) and capital gains (investment).

Do it: It may be tricky to make like Ashton Kutcher (who is said to be very close to billionaire status thanks to investments in Skype, Airbnb and more) when you don't have anything to actually invest – but things are changing. Micro-investing apps – which aim to demystify the stock market and have been

around in the US for the past couple of years – have now made it across here.

Moneybox links up to your bank account and allows card payments to be rounded up to the nearest dollar – this digital spare change is then moved into a stocks and shares ISA automatically. You choose how much it takes and how risky (but consequently more lucrative) an investment you want to make.

As for profit? Get started by selling off any old items of yours on Ebay (think unworn clothes) or think about whether any of your hobbies could translate into a viable online business. That side hustle is yours to ace!

STAY 100% FOCUSED

THE HABIT

Self-made billionaires are all constantly scanning the world for untapped opportunities – and when they find one, they focus on it with tunnel vision, according to research into the personality of 1300 billionaires carried out by accountancy firm PwC and investment bank UBS.

Do it: At work, keep your attention on the task in hand. The report above found that 'none of the meetings we had [with billionaires] were disrupted by an assistant, there were no calls and none of them looked at their mobile devices to check their messages. When they are with you, they focus 100 per cent.'

Make a vow to only look at your phone at certain times of the day and try mono-tasking rather than multi-tasking – work through your to-do list one job at a time.

BE RUTHLESSLY SELF-AWARE

THE HABIT

You know how the room falls silent at the end of a meeting when the speaker asks if anyone has any questions? That just wouldn't happen at a billionaire meet-up. While most of us are afraid to look stupid, the super-successful think grilling someone is the best way to find out everything. 'Billionaires tend to be very curious and open-minded people,' explains Siebold. 'They just want

to win at what game they're playing, and it's easier to copy genius than create it.'

Do it: It's not just questions about the world that billionaires want the answers to – they constantly ask about themselves

and their businesses, too. 'Most of the self-made millionaires in my study were fanatics when it came to obtaining feedback,' says Corley.

Yep, it's time to ditch the fear and start asking how you're doing. Don't just look to your boss – your colleagues who work beside you should have some useful insight.

READ PHILOSOPHY

Billionaires always have a book on the go. Corley found that, on average, they read two books a month – and not just for entertainment. Warren Buffett (the world's fourth richest man) claims he spends 80 per cent of his day reading.

Do it: 'The book most often cited in interviews was [philosophical novel] *Atlas Shrugged* by Ayn Rand,' says Siebold. Oprah Winfrey says *The Power of Now* by Eckhart Tolle is one of the books that's helped her, and Facebook CEO Mark Zuckerberg rates *Creativity, Inc* by Ed Catmull (co-founder of Pixar who helped bring up *Toy Story*). ■

BIG SPENDERS

WHAT BATSHIT THINGS DO THE WORLD'S RICHEST SPEND THEIR CASH ON?

A REALLY BIG CLOCK

We're talking a clock so huge that it needs to be built inside a Texan mountain, and is designed to run for 10,000 years.

That's what Amazon tycoon Jeff Bezos is using some of his \$86.7 billion* wealth to fund.

GOLD TOILETS

If your derriere is capable of breaking the internet it deserves a daily treat. Kim and Kanye were said to have splashed out just over a million on gold-plated toilets for their pad.

VERY LITTLE

IKEA founder Ingvar Kamprad allegedly swipes salt and pepper sachets from restaurants, buys his clothes at flea markets and eats the meatballs whenever he can. Someone let the guy know he's worth more than \$4 billion*.



STAND OUT

&
deliver

Personal press releases, talent pools and video clips – to be recruited in 2017, you need to think beyond the humble CV. Here's how to get noticed

Your laptop is balanced on a pile of pillows, and while your top is clean, there is a stubborn smear of Nutella on your pyjama shorts. Taking a deep, calming breath, you sign into Google Hangouts. ‘Hi,’ you type, cheeks red, heart racing. ‘I’m ready for my interview.’ Recruitment has changed more in the last two years than it ever has before. According to Rosie O’Callaghan, ‘It’s now less about talking up all your qualifications and more about showing who you are.’ She should know; she’s the co-founder of bespoke recruitment agency JasperRose, whose clients include Chanel and Harvey Nichols. The stats back her up. Research shows 42 per cent of Aussie applicants lie on a CV and recruiters only spend five to seven seconds looking at them anyway. On the other hand, a five-minute chat on Google Hangouts – as used by brands including Houzz, BuzzFeed, Google (funny that) – is harder to fake, and gives candidates the opportunity to sell themselves on more than just experience. So, here’s how to really get yourself noticed.

Stay switched on

‘These days, two-thirds of recruitment is “passive”,’ says Darain Faraz, spokesperson for LinkedIn. ‘You put yourself out there and wait for potential employees to get in touch.’ Meaning your social-media channels need to portray your best self at all times. ‘Companies are now looking to see if you have interests that match up with their business,’ he adds. O’Callaghan agrees with him. ‘Recently we were looking to recruit an accountant for a high-

end brand specialising in ski holidays,’ she explains. ‘Before we advertised, we looked for people who were qualified – and who posted about skiing. The boundaries between work and personal lives have blurred.’

Be a star

Get your game face on – as employers are now borrowing a few tricks from *Big Brother* and requesting video audition-style clips from their potential employees. ‘We ask candidates to film themselves for three minutes now,’ explains Ann Pickering, HR director for O2. ‘It’s an amazing opportunity to show your personality. I still remember a woman who made the whole video about her passion for vintage clothes. She’d clearly practised, which showed professionalism, but you could sense her enthusiasm too. So much of recruitment these days comes down to just demonstrating who you are beyond your university grades. I wish more jobseekers would directly approach us with blogs or YouTube accounts.’

Network, socially

Your Twitter is swear-word-free and you’ve triple-checked your Facebook privacy settings – now you should be using social media to contact your prospective employer. ‘In the old days, you’d ring somebody up and ask if they’d received your CV,’ says Pickering. ‘In 2017 you should be DMing the head of HR instead. Digital natives are so desirable in the workplace.’

O’Callaghan agrees: ‘Even if there aren’t any roles being advertised, introduce yourself to people online and ask them for their top tips, then make

CV-FREE SUCCESS

Three women who found alternative routes to the top



BECCA DAY-PRESTON

28, Twitter

Moments curator

‘The editor of gossip website Holy Moly spotted me being funny in the comments section. He took me on as a freelance writer, which led to me being the editor of the whole site.’

ARIELLE VEY

27, photographer at Netflix

‘Netflix asked people to apply for photography jobs via Instagram – you had to hashtag three photos with “#grammasters”. Thousands applied, so when Netflix Skyped me to tell me I’d got the job, I cried.’

MEG EDWARDS

21, junior account executive at communications agency Battenhall

‘I was working at Nando’s during uni when I got talking to a customer who was the founder of a social-media agency. I asked for his business card and he invited me to join him for a chat at his table. That led to an interview. Now I have a full-time job waiting for me.’

an effort to maintain contact. So when a job does come up, they will be more likely to remember you.’

And LinkedIn isn’t just for reeling off your experiences – as of 2014, it’s been a blogging platform too. Sign yourself up to LinkedIn Pulse and write about subjects that inspire you. It’s a surefire way to get noticed.

Show off a bit

So you know you’d be a great web developer/sales executive/circus ringmaster... but you don’t know how to demonstrate your skills. ‘Don’t be afraid to play with the format of your application in order to stand out. Just make sure it’s relevant,’ says Kelly Marks, co-founder of Pure PR. ‘We recently asked job candidates to write a press release about themselves instead of a covering letter.’ Meanwhile, over at UK grocery chain Sainsbury’s, recruiters in the press office ask applicants to compose a tweet explaining why they should get the job.

‘Over the last nine months, we’ve hosted events where we invite prospective candidates to spend a day completing activities while we analyse their skill sets,’ says Mark Harman, who oversees the graduate program at Reed recruitment agency. ‘One very well-known media company recently relocated and needed to recruit extensively; they filled all their vacant sales roles this way.’

Head online and check out Hired.com.au, which uses a bunch of online puzzles to test out candidates’ natural abilities, before matching them up with prospective employers, including Facebook. Time to stand out...



ON YOUR FEET

all day

Shoes letting your work style down? Grab a pair of these easy-to-wear styles and be out the door in five



THE
BACKLESS
LOAFER



\$695, Stuart Weitzman at Hermanns (hermanns.com.au)



\$199, Mimco (mimco.com.au)



\$59.99, H&M (hm.com.au)

STYLE TIP:

Elegant details like structured fringing compliment this style.



\$119.56, Steven at Shopbop (shopbop.com)



\$69.95, Billini (billini.com)



\$189.95, Wittner (wittner.com.au)



\$199.95, Robert Robert Shoes (robertrobertshoes.com.au)



\$232.42, Raye X Revolve (revolveclothing.com.au)

PAIR IT
WITH



\$300, Bec & Bridge (becandbridge.com.au)



\$129.99, Oskar the Label (oskarthelabel.com)



\$79.95, The Fifth (thefifthlabel.com.au)



\$550, Christian Dior (02 9540 0500)



\$49, David Lawrence (davidlawrence.com.au)



\$700, Luciano Padovan
at Myer (myer.com.au)



\$229,
Mimco
(mimco.
com.au)



\$149.95, Nine West (ninewest.com.au)



\$179.95, Siren (sirensheoes.com.au)



\$873.21, Marion
Park at Shopbop
(shopbop.com)

Altuzarra

STYLE TIP:

For extra support, look for a shoe that has a few straps near the arch of your foot and one near your ankle.



\$229.95, Wittner (wittner.com.au)



\$219, Kendall + Kylie at Myer (myer.com.au)

PAIR IT WITH



\$189.95, C/meo Collective
(cmeocollective.com)



\$140,
Pastiche
(pastiche.
com.au)



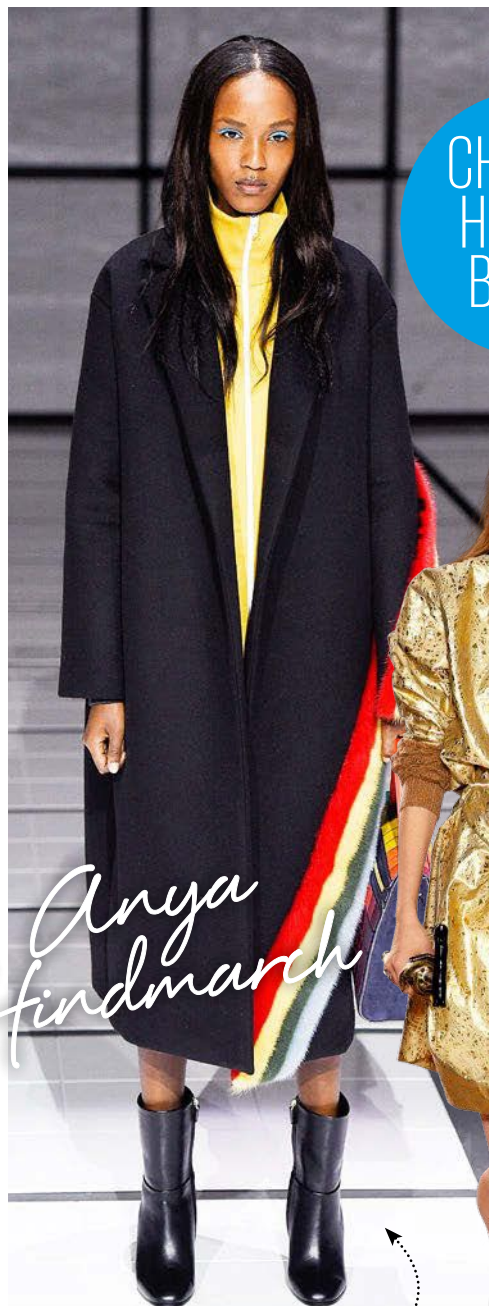
\$300, By
Johnny
(byjohnny.
com.au)



\$179,
Trenery
(trenery.
com.au)



\$429, Ginger & Smart
(gingerandsmart.com)



CHUNKY-HEELED BOOTS

Anya Hindmarch

STYLE TIP:

Boots that aren't too fitted around the ankles are on-trend and will compliment most styles of dresses and skirts.

VIVIENNE WESTWOOD



\$89.99, Forever New (forevernew.com.au)



\$380, BúI (bul.com.au)



\$249, Sol Sana (sol-sana.com.au)



\$199.95, Siren (sirensheoes.com.au)



\$299, Mimco (mimco.com.au)



\$360, BúI (bul.com.au)



\$239.95, Sol Sana (sol-sana.com.au)



\$199.95, Wanted Shoes (wantedshoes.com.au)

PAIR IT WITH



\$215, Cue (cue.cc)



\$395, Oronon (oroton.com.au)



\$199, Ice Watch (au.ice-watch.com)



\$229.95, Witchery (witchery.com.au)



\$219, Cue (cue.cc)



43%

ON AVERAGE WOMEN EARN
43% LESS SUPER THAN MEN

How is this still happening in the 21st century? Make the super gap a thing of the past with REST's top tips for setting yourself up for life:

- 1 **SIMPLIFY IT** Many Australians have multiple super funds... which means multiple sets of fees. Avoid this extra cost by combining all your super funds together.
- 2 **TALK ABOUT IT** It may not seem like the hottest topic at brunch, but you can figure it all out with your friends and family, and win adulting points while you're at it. #responsible
- 3 **GET STRATEGIC** If you think you'll take time off work to start a family or travel, make personal contributions to your super before, during or after a career break so you don't miss out down the track.
- 4 **WORK THAT PAY RISE** Salary set to increase? Top up your super! This way, you'll be less likely to miss it and will have it available to you when you really need it.

5 **ASK AN EXPERT** Maybe *don't* 'fake it 'till you make it' with your livelihood. Your super is one of the largest sums of money you'll ever have to manage, so it's important you make informed decisions about your investments in retirement. REST Advice Online allows members to seek financial advice on your own terms in a way and at a time that best suits you.

Your future YOUR WAY

**New Year's resolution to finally start being #responsible?
All you have to do is sort out your super. Resolution achieved!**

Being a smart, motivated woman, you've probably given your future some thought – whether you want kids and what sort of career you want. Go you, queen of foresight! But have you thought about what your super's doing through all that? Maternity leave, your chosen industry and even average lifespan (five years longer than men!) all factor in, meaning women often accumulate less super than men. That might not mean much now, but it's bad news for future you.

It's easy to get it sorted while it's still a small job, and it'll be one less thing to think about in the long run, as 31-year-old Layla Lee, a Sydney lawyer, found out.

TELL US HOW SUPER MAKES YOU FEEL SECURE ABOUT THE FUTURE

"I just don't have the foresight and discipline to save for my future. I like that my money is put away and safe from my shopping sprees. Also, I like that it's being looked after by people who have more financial sense than I do!"

HOW DO YOU MANAGE YOUR SUPER?

"I ensure my super account is healthy and consolidated into one spot. If and when I have spare cash, I know that putting that into my super will go a longer way in the long run than sitting in my bank account stagnating."

For clear and simple financial advice and to learn about managing your super, go to rest.com.au

REST Advice Online is provided by Adviser Network Pty Limited.
REST products are issued by REST. Go online for a PDS to consider before deciding.



4 WAYS WITH THE LITTLE BLACK (*WORK*) DRESS

▼
Why buy the perfect dress and only show it off one day a week? Here's how to live in your LBD at every opportunity



THE DRESS

\$169.95, Witchery
(witchery.com.au). This dress suits all body shapes. Its flowing structure means it won't cling to you and the length, straps and neckline are work-appropriate. The waist tie pulls the fabric in to highlight your waist and give some shape.

DRESS IT FOR:
THE WORK
MEETING

DRESS IT FOR:
FRIDAY
NIGHT
DRINKS

DRESS IT FOR:
THE
WEEKEND

DRESS IT FOR:
HOLIDAYS



\$795, Oroton (oroton.com.au). This perfect work bag is large enough to fit a laptop. It's divided into sections so you can separate work materials without mixing them up.



\$189.99, Wittner (wittner.com.au). These are some classic black work pumps with a twist: the Perspex heel. This is a great way to introduce a fun trend into your conservative work attire.



\$149, Cluse (heartandgrace.com.au). The new watch trend is small faces, so add this fashion-forward item to your workwear.



\$279, Cue (cue.cc). This blazer's crop cut ends at the same spot as the dress's tie, so it draws the eye to the waist.



\$299, Mimco (mimco.com.au). You need one statement glamour piece to go from day to night – make it this Mimco bag, which screams party.



\$239.95, Guess (guess.net.au). Get out of the work pumps and into a sexier heel – a cage heel, open-toe or lace-up heel is the way to go.



\$119, Peter Lang (peterlang.com.au). To take this look from day to night, replace the dress's waist tie with this gold belt.



\$9.99, Colette by Colette Hayman (colettehayman.com.au). Subtle details are another great way to get Friday night feels. These fine drop earrings are winners and a bargain.



\$29.99, MRP (mrp.com). A great way to make the LBD casual: just tie a denim shirt around the waist.



\$160, Puma (au.puma.com). Add some cool white sneakers with a hint of gold for all those errands you need to run post-brunch.



\$8.99, Colette by Colette Hayman (colettehayman.com.au). For a cool weekend feel, add some gold hoop earrings.



\$12.99, H&M (hm.com/au). This can be worn around your neck or as a headscarf to give off those casual Saturday vibes.



\$69.95, Sportsgirl (sportsgirl.com.au). Try to make sure your straw beach bag has the same coloured straw as your straw hat, or it will clash.



\$179, Giuseppe (02 8313 9381). A bejewelled sandal is just what you need for your holiday outfit.

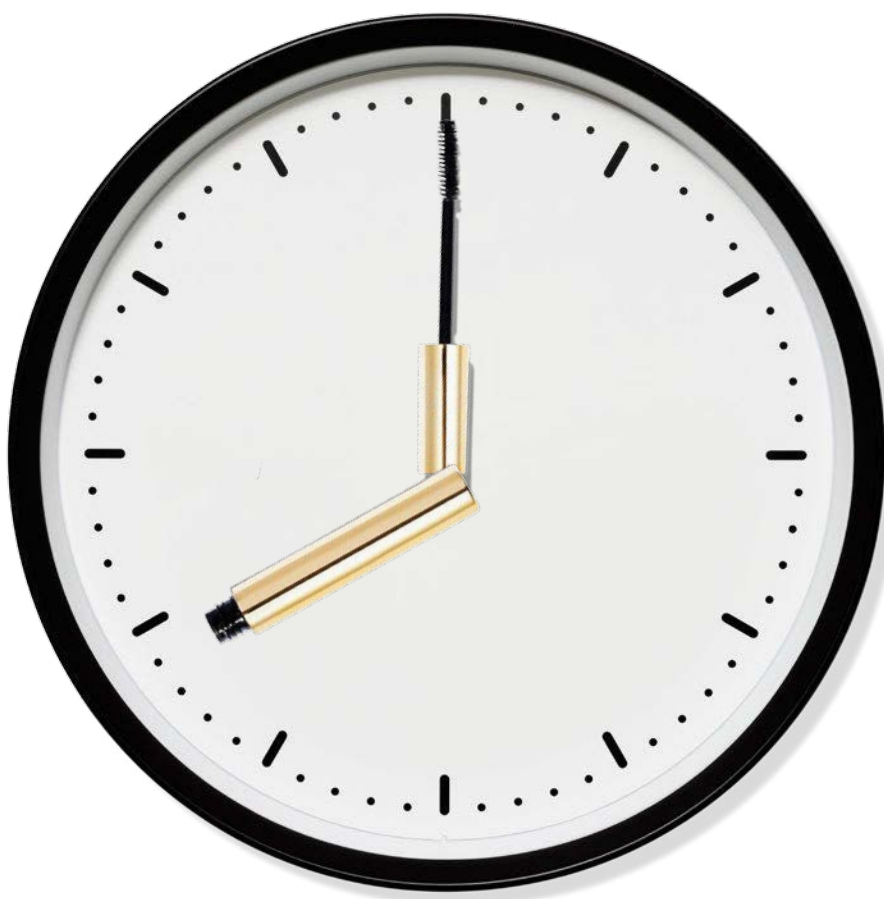


\$125, Studio Aniss (studioaniss.com). Get a straw hat with exaggerated features to make the most of your holiday look.



\$129, Spell (spelledesigns.com.au). Fold scarf diagonally in half to create a large triangle, then tie around your waist to make a boho skirt over the top of your dress.

LATE-FOR-WORK BEAUTY LOOKS



CRAP! YOU'VE OVERSLEPT YOUR ALARM AND THERE'S ZERO TIME BEFORE YOU NEED TO BE OUT THE DOOR. HERE'S HOW TO SHAVE PRECIOUS MINUTES OFF YOUR WORKDAY HAIR AND MAKEUP LOOKS

NIGHTMARE SCENARIO #1

You've slept in and literally have five minutes to do your makeup...

When you're in a makeup artist's chair she will spend most of her time getting your complexion looking perfect. Do the same for your work morning routine. 'If you're super time poor, spend most of your time getting your skin right,' says Liz Kelsh, makeup artist/ambassador for Max Factor. She suggests using a buildable foundation that plays double-duty as a concealer, like **Max Factor Miracle Touch Liquid Illusion Foundation, \$35.60** (1). 'It's all about keeping it simple and using a few key products that give maximum impact.' Her go-to morning rush look? 'A punchy lip for a super-quick yet polished look.' Try **Huda Beauty Liquid Matte Lipstick in Trophy Wife, \$35** (2).

NIGHTMARE SCENARIO #2

You want your makeup to look polished all day but you only have 15 minutes before you're out the door.

No sweat: 15 minutes is plenty of time to get your makeup looking flawless

1

2

3

4

5

6

15

14

(promise). The experts' top tip to a problem-free race towards the front door? Work on your eyes before everything else. 'The best timesaver is to do your eyes first,' says makeup artist Becca Gilmartin. 'Apply a small amount of concealer to your eyelids and under eyes as this will act as a base for your eyeshadow. Also have a makeup sponge on hand to get rid of any fall-out in one swipe.' **Try Real Techniques 2 Miracle Mini Eraser Sponges, \$9.21 (4).** Keep your colour palette nude, says Kelsh, and speed things up by enlisting an eye palette like **Bourjois Paris Palette Les Nudes by Bourjois, \$28 (15)**, or **Max Factor Masterpiece Nude Palette, \$34.95 (14)**. If you find the office air-conditioning causes your foundation to disappear by lunch, Gilmartin says the solution is mattifying primer, like **Kryolan Perfect Matt primer, \$59 (7)**. 'Follow up with brows, mascara and a lip and cheek stain and you're set.' Try **L'Oréal Paris Volume Million Lashes Feline, \$24.95 (5)**, **Maybelline New York Brow Precise Micro Pencil in Blonde, \$13.95 (3)**; **Bourjois Paris Brow Duo Sculpt, \$20**, **Smashbox L.A. Lights Blendable Lip & Cheek Colour in Echo Park Pink, \$41 (6)**.

NIGHTMARE SCENARIO #3

You've woken up with greasy hair, no time to wash your locks, and a big meeting that morning!

'A sleek knotted bun is a great style to use on three-day old hair,' suggests Amy Sznicer, owner of Dry & Tea, a Melbourne-based hair and makeup bar that specialises in intricate up-dos. 'A deep side part will add a polished touch to your bun. It is sophisticated and will see you through day and night.'

To get the look: 'First spray dry shampoo from roots to ends, massaging into hair to enhance the lived-in texture,' says Sznicer. 'Then use a shine-enhancing hairspray to help control hair and add an element of sleekness.' Try **Mr Smith Dry Shampoo, \$37 (8)** and **Goldwell Style Sign Magic Finish Brilliance Hairspray, \$25.45 (9)**.

NIGHTMARE SCENARIO #4

Your hair is still wet and you're on the clock.

The ponytail is your go-to style. Remington Schulz, hairdresser and ambassador for Pantene, suggests a classic ponytail with a twist. 'This ponytail is so versatile. You can wear it with a middle or side part; it works high or low; and it's great if you've just washed your hair.'

To get the look:

'Take sections from the centre of the head and gently backcomb working towards the crown before using your fingers to smooth the hair over and drawing back into a ponytail – use a clear elastic to secure. Pick out the longest layer from your ponytail, twist it and wrap around the elastic, securing with bobby pins. Use fingers to gently rough up the look and then set with a shine spray.'

Try **Freestyle Professional Bobby Pins, \$18.99 for 250g (13)**, and **Gliders Velvet Collection Luxury Velvet Elastics, \$5.99 for 17 (10)**.

NAIL MORNING RUSH HOUR

Bachelor star, ambassador for Pantene and morning radio host Heather Maltman gives us her tips to a stress-free morning.

ALLOW TIME

'I need a solid hour to get ready so I am usually up at 4am.'

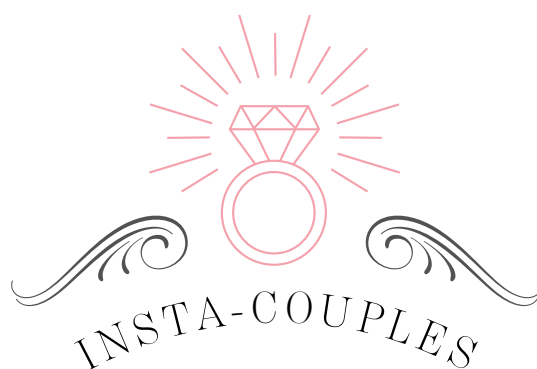
SKIP MAKEUP SOMETIMES

'I don't like to wear makeup every day. So I usually shape my eyebrows and moisturise the old facial region.'

LOOK AFTER YOUR HAIR

'I wash my hair with Pantene Colour Protection Shampoo, \$6.99 (12), and Pantene 3 Minute Miracle Conditioner, \$6.99 (11). My hair goes through a lot of heat styling, so it needs something nourishing that will repair the damage and leave it healthy.'





WHAT HAPPENS

— WHEN THE —

FILTER FADES



For the world's top female bloggers, life is good. There are the free holidays, the crazy fame and the undisclosed riches. But who is taking all of the photos – and getting none of the credit? **Lauren Bravo** infiltrates the Insta-sphere to find out ➡

I'm coming to terms with the fact that I will never have a career as an 'influencer'. You see, I just can't get the staff.

It's my own fault – when I found my boyfriend, back in the pre-Tinder days of internet dating, I never thought to filter my search criteria by photography skills. Age, sense of humour, 'likes staying in but also going out'? Yes. Nifty with an SLR and a VSCO filter? No. And so, six years later, here we are. I'm just a girl, standing in front of a boy, standing in front of a wall, asking him to take at least one hot photo of her outfit.

The Instagram Husband was a concept first dumped into public consciousness at the end of last year when a spoof charity video of the same name went viral. It addressed one of the biggest unanswered questions of our age – who is *taking* all these photos of the Insta elite?

The answer? It's their other halves. The Instagram husbands forlornly snap away, sacrificing their photogenic doughnuts and physical well-being to climb fire escapes to get the most flattering shot. 'I'm basically a human selfie stick,' deadpans one spouse.

The video was a joke, but the accompanying Tumblr, Instagramhusband.com, which gives said men the chance to vent their frustrations, proves the struggle is real. There are outfit cues ('Any time she wears that teal purse, I know how I'm spending my afternoon') and hairstyle cues ('I should have realised the milkmaid braid could potentially thwart our weekend plans').

While the Tumblr's writers stress that Instagram Husbands can be any gender and any relationship – sibling, mum, put-upon pal – it seems that almost all fashion and beauty bloggers share an advantage: a lover behind the lens. Jasmine Hemsley's boyfriend Nick Hopper shot the Hemsleys' bestselling cookbook *The Art of Eating Well*, while Alex Harrison is mentioned in the captions of almost all of his girlfriend Victoria Magrath of In The Frow's Instagram pictures.

'Initially I had to plead with him to help me,' admits beauty vlogger Patricia Bright, of her self-confessed Instagram husband Mike.

'Thankfully, over time he's become a real enthusiast.' Together the pair have amassed an impressive fanbase of over

'IF YOUR PARTNER'S SNAPS BUILD YOUR BRAND, WHAT HAPPENS WHEN THE LOVE IS GONE?'

a million YouTube subscribers, and 487,000 and 48,000 Insta followers respectively. They have no contract, beyond their marriage certificate. 'We never felt it necessary to split fees. Whatever we earn or receive is ours collectively. I'm not a pro by any means, but I'm getting better,' says Mike, who has been watching tutorials online to perfect his skills. 'The downside is having to wait 'til we've captured our food from



Not all Insta partners are getting a slice of the profits.

the perfect angle before we eat.' Cold chips are a small price to pay for success in Insta-land, where collaborations with big brands can rake in serious cash.

With more than half of all Instagram users having actually purchased something they saw on the app, brands are investigating more into those with a following, seeing them as a more credible way to advertise their goods. This could mean those with 50,000 followers or more get at least \$1200* per post, with the big global stars commanding as much as \$28,700* for a single sponsored product placement, according to Takumi – an app that links influencers with brands looking to advertise.

Among the top earners are Aimee Song (with 3.7 million followers), who recently signed a reported \$654,900* deal to be digital ambassador for Laura Mercier; and Kristina Bazan (2.4 million followers), who scored a massive seven-figure modelling contract with L'Oréal Paris in October 2015.

However, while they were rising to these dizzying, cash-commanding heights, Song and Bazan were in relationships where their partner doubled up as their photographer. Both couples have now separated – which leads to the awkward question at the heart of this brave (social) new world: if your partner's snaps build your brand, what happens when the love is gone?

SPLITTING IMAGE

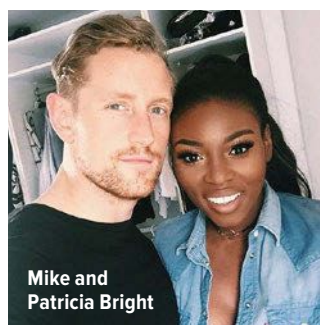
Aspiring influencers need only to look to the original Insta-couple, Rumi Neely and Colin Sokol, for an example of how wrong things can go. Together

the pair helped propel Neely's blog Fashion Toast into the five-million-page-views-per-month phenomenon it is today: a site that has earned her a modelling contract with Next Management, campaigns with Free People, Forever 21 and Hugo Boss and even spawned Neely's own clothing line, Are You Am I. It all began in 2007 when Sokol came across his girlfriend attempting to take her own picture using a tripod, and offered to take the snaps for her. Back then, Twitter was only a year old, and the blogosphere was beginning to take off – neither of them could've predicted that Neely's hobby would turn into a full-time career, and the demands would see Sokol leaving for his job as an engineer at 6am, coming home at 2.30pm and then spending the rest of the day snapping his girlfriend.

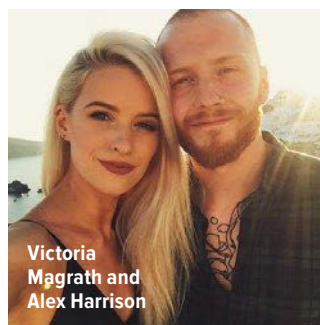
Fast-forward five years and the couple split up – and while Neely's star continued to ascend, Sokol went back to his old life and job. Their break-up was gossiped about for years and Sokol was spotted bitching about his successful ex in comments on Instagram. As for Neely? She got herself a new boyfriend, Christopher Dowson, who is more than happy to snap her shots (mainly rolling around on a beach).

Lois Mallett-Walker, who is managing director of The Blogger Agency, another company that connects brands with influencers, tells me that there's no guarantee, even when a couple is still together, that the moolah is being passed on.

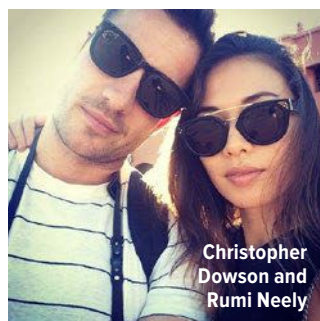
'We pay our fees directly to the influencer, and they would sort out their partner's fees, *if* they pay them,' she says. ♦♦



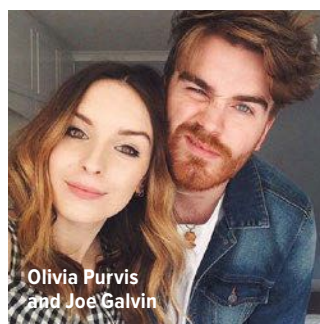
Mike and Patricia Bright



Victoria Magrath and Alex Harrison



Christopher Dowson and Rumi Neely



Olivia Purvis and Joe Galvin

But while the agencies see their superstar client as the one in control, the law sees it a bit differently.

'Normally, photographs and videos belong to the person who took them, not the person in them. The photographer would also own the copyright and potentially be entitled to any royalties,' explains Ayesha Vardag, president of leading family-law firm Vardags, who believes savvy couples should think about protecting their online presence.

'Issues of privacy crop up for almost everyone now,' she says. 'A social media clause in a pre-nup is a good idea – outlining what information you're allowed to share about each other. Social-media stars need to realise that theirs is a business like any other. If their spouse is playing an important role in the business, that role should really be formalised.' Especially when it comes to payment time.

Something Charlotte**, 25, a lesser spotted Instagram *wife* who broke up with a social-media star last year, knows all about. 'At first it was quite exciting to be going out with someone who had hundreds of comments a day from people saying how handsome he was,' she tells me. 'But in the end I just hated how I was expected to be his on-call photographer without any credit whatsoever.'

PROFESSIONAL PERKS

Excuse us, however, if we don't feel *too* sorry for the poor sod (or soddess) behind the camera. Mallett-Walker explains that the premier league of Insta-partners can reap longer-term rewards. 'It can springboard

'SOCIAL-MEDIA STARS NEED TO REALISE THAT THEIRS IS A BUSINESS LIKE ANY OTHER'

them in their own careers and really put them in the public eye as a photographer,' she says. Case in point: Joe Galvin, who went on to become a professional photographer after years of snapping his girlfriend, lifestyle blogger Olivia Purvis of What Olivia Did (120,000 followers). First he started taking photos for other bloggers; now he shoots for brands like The Cambridge Satchel Company and Boden.

'The way we've always done it is for me to get a percentage cut, as opposed to a flat rate,' he explains, though he won't say how big that percentage is. 'And the opportunity to join Olivia at events and trips is always a bonus.'

And therein lies the key: many social stars I speak to compensate their partners for big campaign work, but not for daily snapping – instead, the payback comes in the form of free meals, tickets to events and even spots on luxury trips abroad. 'We had one blogger who demanded not only a flat fee of \$16,900* for a seven-day trip, but also that we pay for the flights, experiences and meals for her boyfriend as well,' one anonymous PR spilled.

'It sounds absurd, but the brands are desperate for that coverage, so they'll bend over backwards to accommodate

these influencers and their very lucky partners.'

If we want to believe in life after Instagram love, we can look over to fashion maven Chiara Ferragni of The Blonde Salad, who maintained a business partnership with photographer Riccardo Pozzoli after their high-profile split in 2013, despite moving on with new photographer boyfriend Andrew Arthur. The trio now have a \$9 million blogging empire to show for it (although insiders say things are a little awkward when all three are wedged in the back of a car together. We can imagine).

There's also Kristina Bazan (she of the impressive million-dollar L'Oréal contract we spoke about earlier), whose former bae James found a new role in her entourage. 'James was my boyfriend originally, but he's my business partner now,' she explained in an interview last year.

'We're both so ambitious, our passion for work started taking over. We just evolved into something else,' she has also said.

It's clear that in a world where your avocado toast can become your bread and butter, the lines between professional and romantic are easily blurred. Perhaps, the big names – if they haven't already – should consider reconnecting with the one true faithful... the selfie stick.

Me? I think I'll carry on training my own Instagram husband. For richer, for poorer. In Stinson and in Hefe. To have and to 'hold on, I was doing that weird chin thing I do sometimes'. You never know – one day it might just pay off. ■

THE INSTA EXES

What happens when it's all over



Aimee Song of **Song of Style** (3.7m followers) said of her ex **Wesley Mason**:

'I never did pay my boyfriend... He takes my photos because he loves me.' They broke up and she found love with a selfie stick. Ew – not like that.



Riccardo Pozzoli and **Chiara Ferragni**, aka **The Blonde Salad** (6.3m), split (personally, not professionally) after six years. Now bae Andrew Arthur takes the photos, while Riccardo manages.



High-school sweethearts **Kristina Bazan** and **James Vyn** started **Kayture** (2.4m) together. It's not clear what happened, but now her blonde hair and James have been swapped for dark locks, a *Vogue* cover and millions of dollars.

SUBSCRIBE TO COSMO'S DIGITAL EDITION

The image features a central tablet displaying the March 2017 issue of Cosmopolitan Australia, which has a rainbow cover and features Ruby Rose. To the left, several print issues are stacked, including the August 2016 issue with a woman's face on the cover. The background is a light, textured surface decorated with pink rose petals. To the right of the tablet are a bottle of perfume, a pair of sunglasses, a silver clutch bag, and a tube of lipstick.

12 MONTHS FOR JUST \$19.99
Visit magshop.com.au/cosdigital
or call 136 116 and quote X1701CSD

SAVINGS BASED ON SINGLE ISSUE DIGITAL EDITION PRICE OF \$2.99. OFFER ENDS JUNE 11TH, 2017. IF YOU DO NOT WANT YOUR INFORMATION PROVIDED TO ANY ORGANISATION NOT ASSOCIATED WITH THIS PROMOTION, PLEASE INDICATE THIS CLEARLY WHEN YOU SUBSCRIBE. SUBSCRIPTION AUTOMATICALLY RENEWS UNLESS CANCELLED. FOR TERMS AND CONDITIONS VISIT MAGSHOP.COM.AU AND FOR OUR PRIVACY NOTICE VISIT BAUER-MEDIA.COM.AU. APPLE, THE APPLE LOGO, IPAD AND IPHONE ARE TRADEMARKS OF APPLE INC., REGISTERED IN THE US AND OTHER COUNTRIES.

7 TOXIC PEOPLE

YOU SHOULD AVOID LIKE THE PLAGUE



CHANCES ARE WE ALL KNOW A PERSON WHO DRAINS YOUR SOUL, SAPS YOUR SASS AND SQUASHES YOUR CONFIDENCE FASTER THAN THE SELL-OUT OF A QUEEN BEY CONCERT IN NYC (22 SECONDS).

► These people are known as the 'toxics' and they're at your workplace, in your friendship circle and even in your home. They slip in undetected and before you know it you're too far into the relationship to quit. The toxics upset you with their comments and instil you with self-doubt. They judge, manipulate and bully. They are modern-day Mean Girls with a side-serve of *The Craft*'s Nancy Downs. Worse, research shows these relationships can have a detrimental effect on your physical health.

Recognising bad behaviour

Just like days of the week, deadly sins and dwarves, when it comes to toxic friends you're on the lookout for seven types. From the office bully to the family drama queen, these toxic relationships all come with different labels. But they've got one thing in common: they're all extremely draining.

While a good relationship can increase your sense of belonging and purpose, boost your happiness and self-worth and reduce stress, a bad relationship can be damaging.

Counselling psychologist, author and adjunct professor at Deakin and RMIT Universities Dr Helen McGrath says many people who could be described as 'toxic' may in actual fact have a

personality disorder like Narcissistic Personality Disorder or Antisocial Personality Disorder. 'These are not mental illnesses but maladaptive and inflexible patterns of thinking, behaving and relating to other people that have a negative effect on those with whom they work, socialise or live,' say Dr McGrath. 'While subtle and often difficult to detect, once you recognise that someone has toxic behaviour, you need to think carefully about the potential costs of maintaining a relationship with them. They are unlikely to change and you need to protect your own wellbeing.'

The seven toxics

Psychologist Marianne Love from Aspire Health & Psychology and principal life coach Anky Balfoort from Cohesive Coaching help us break it down.

► THE BULLY:

Desires domination to look powerful. 'The bully can shake the very foundations of self-belief. They are often adept at keying into a person's weak points and magnifying them,' says Love. Got a bully at work? You aren't alone. Here in Australia, 6.8 per cent of people will experience bullying in the workplace.

► THE ONE-SIDER:

It's always all about them. No matter what goes on in your life, these people will always go one better. 'If you've just managed to land that great job, the one-sider will congratulate you, then tell you about the even better promotion they got last week,' says Balfoort.

► THE JUDGER:

They look down on you. 'The Judger will always find a way to criticise what you do and to make you feel belittled and undermined,' says Balfoort.

► THE MANIPULATOR:

Controlling or jealous. 'Manipulators are driven by fear,

insecurity and control, and project that onto others,' says Love. 'They prey on people's vulnerabilities.'

► THE ADDICT:

Addicted to negative behaviours. 'No matter how much you try to help these people, they'll always repeat previous bad behaviours,' explains Balfoort. 'As the saying goes, you can't help someone who won't help themselves.'

► THE NEGATIVE NANCY:

The glass is always half-empty. 'Negative people are draining. No matter how positive or happy you are, they'll eventually drag you down,' says Balfoort. Emotional contagion is a real thing; negative energy can be transferred from one person to another.

► THE DRAMA QUEEN:

The gossip of the group. 'The Drama Queen loves to be the centre of attention,' says Balfoort. 'Your experiences will just appear humdrum compared to theirs.'

How to deal with a toxic person

Saying goodbye is never easy but can be harder if the toxic person is a family member or colleague. Balfoort says it's about controlling the situation as best you can. 'First and foremost, limit contact with the person. You can't control another person's behaviour but you can change your own response to them.'

In the case of family, don't call them so often or spend as much time with them. In the case of a colleague, limit your interactions and develop other friendships.

'Surround yourself with people who share common interests and are good for your self-esteem,' says Love. 'Being around caring and kind people is key for setting up a happy and healthy mindset.'

DID YOU KNOW?

Your toxic friendships could be making you sick. A study by the University of California found negative social interactions can increase inflammation in the body. Over time that can cause health problems including diabetes, heart disease and cancer. Turns out good relationships are as important to your health as eating well and exercising.



A HANDY GUIDE FOR MAKING YOUR NEXT AWKWARD TRAIN RIDE/DATE/
DINNER PARTY INFINITELY MORE INTERESTING. IT'S A FACT

FACT:**KISSING SOMEONE IS MORE SANITARY THAN SHAKING HANDS WITH THEM**

The London School of Hygiene even did a study on it and they discovered hands are a critical link in the infection chain between surfaces and people. So swap the shake for a smooch! By which we mean an air kiss – a makeout session is germ central. Or you could just wash your hands more often. In fact, if everyone just washed their hands properly it would save 600,000 lives a year.



After two weeks of wear, a pair of jeans will have a 1000-strong colony of bacteria on the front, 1500-2500 on the back and 10,000 on the crotch. Icked out? Wash 'em every four to six wears. Or don't. Your bacteria, your choice.

How to hide a hangover at work

Australians indulge in 11.5 million hangover-induced sick days a year. But what if you can't skip a shift?

SHHH!

STEP 1: Don't tell anyone you're hungover, duh.



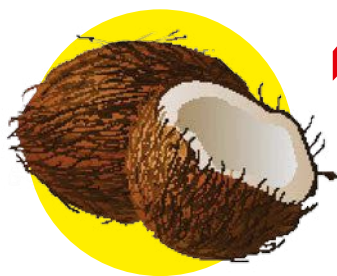
STEP 2: Avoid greasy food – your body would actually prefer sodium in a more nourishing form like miso or chicken soup, or avo and tomato toast.



STEP 3: Drink lemonade or soda water – they increase the activity of an enzyme that alleviates many nasty hangover symptoms.



STEP 4: Remember: it's better to smell like you tripped over a display of Sarah Jessica Parker's NYC than like you wash your clothes in tequila.



150
PEOPLE A YEAR ARE
KILLED BY COCONUTS

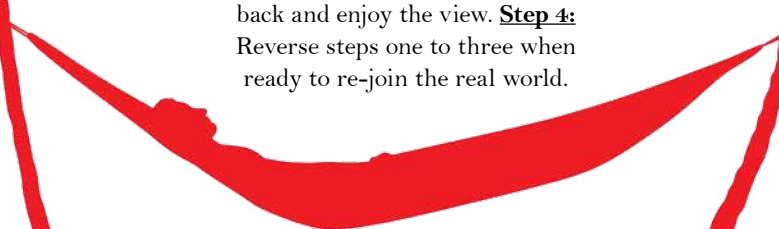
That's more than the number of people killed by roller coasters, vending machines and ants combined. How to avoid becoming part of this statistic? Don't perch yourself under a palm tree in an attempt to beat the heat.

DON'T THROW OUT THOSE HAMMOCKS JUST YET, THOUGH...

Research shows their swinging motion sends you into a deep sleep faster – the same principle as rocking babies to sleep. Just erect on the deck and approach gracefully, like so:

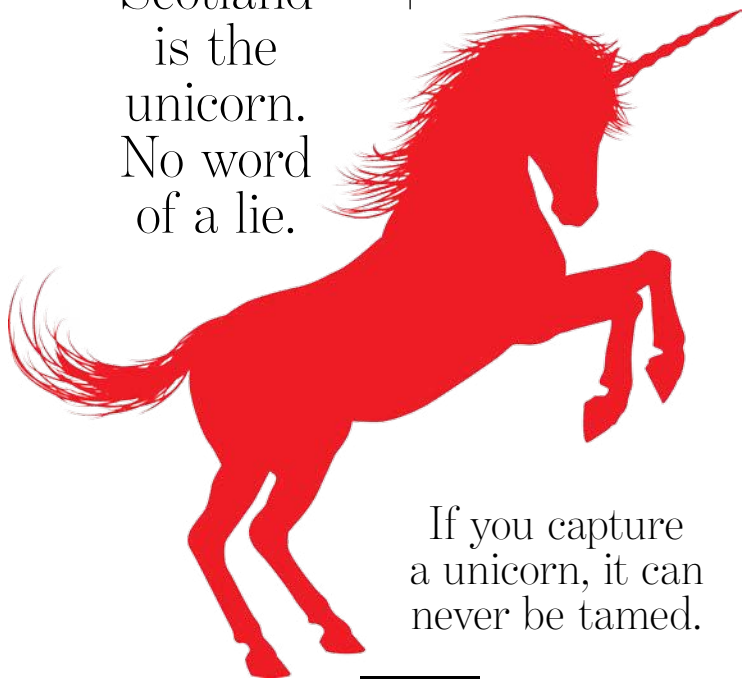


Step 1: Stand in the centre of the hammock. Walk backwards so your butt is flush with it. **Step 2:** Gently sit back into the hammock, tilting backwards as you do. **Step 3:** Swing your legs up and into the hammock, and lie back and enjoy the view. **Step 4:** Reverse steps one to three when ready to re-join the real world.



**NEED TO GET OFF YOUR
BUTT AND FIND A NEW
HOBBY? YOU ARE
EIGHT TIMES MORE
LIKELY TO DIE FALLING
OFF A CHAIR THAN
A SKATEBOARD.**

The national animal of Scotland is the unicorn. No word of a lie.



If you capture a unicorn, it can never be tamed.



JUST BECAUSE:

Calvin Klein's Obsession for Men has been found by researchers to attract animals to cameras in the wild. Jaguars and tigers particularly enjoy the designer cologne.

More than

2500

left-handed people are killed every year from using equipment meant for right-handed people – operating a power saw being the biggest culprit. So if you're buying a gift for a left-handed friend, here are some dos and don'ts...



DON'Ts: Spiral notebook, ukulele, chainsaw.



DOs: Moleskin, bongo drums, hot gardener named Sven.

Which cubicle is best?

By which we mean: which is the cleanest? Well, research suggests most people use the middle stalls – it's called centrality preference. Which leaves the first and the last as the least frequented. But it also stands to reason anyone planning to indulge in something seriously nasty is probably going to head for the end stall for max privacy. Confused? Never fear, we have a diagram for that...



So head for cubicle 1 first, 2 if that one's taken... you get the idea.

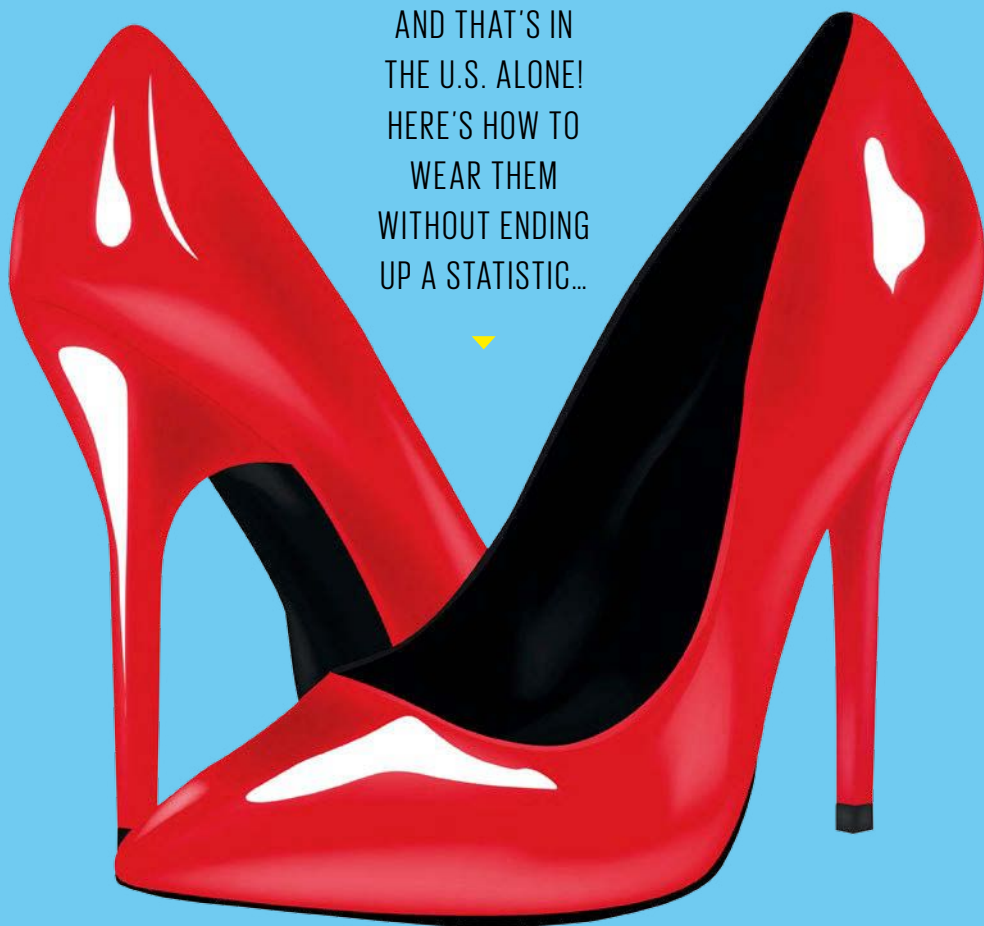
**TASTY
TITBIT:**



NUTELLA WAS INVENTED DURING WWII, WHEN AN ITALIAN PASTRY MAKER MIXED HAZELNUTS INTO CHOCOLATE TO EXTEND HIS COCOA RATIONS.

OVER 20,000 HIGH HEEL INJURIES RESULT IN TRIPS TO THE E.R. EVERY YEAR

AND THAT'S IN
THE U.S. ALONE!
HERE'S HOW TO
WEAR THEM
WITHOUT ENDING
UP A STATISTIC...



STEP 1: Know your size – for obvious reasons. But be aware your foot size changes several times over your lifetime so never assume – try them on.

STEP 2: The thicker the heel the better – stability is your best friend!

STEP 3: Shoe inserts help – supporting your metatarsal (or ball of the foot) will help stop friction and blisters that can get infected.

STEP 4: Take breaks – regular rest periods for toe wiggling and ankle stretches will help stop cramping that can lead to chronic pain.

STEP 5: Exercise your feet – release your inner ballerina and point and flex to your heart's content once you're out of your toe cages.



How to get served at the bar as quickly as possible

**This is important
information, people!**

Step 1: Know what you want and have your money at the ready.

Step 2: Position yourself equidistant between two bartenders, making sure they both clock you.

Step 3: Get your hand on the bar as soon as you can, marking your territory. **Step 4:** Once at the front of the bar, catch the bartender's eye with a smile. **Step 5:** Enjoy your sweet, sweet nectar.

**WOMEN ARE
RESPONSIBLE FOR**

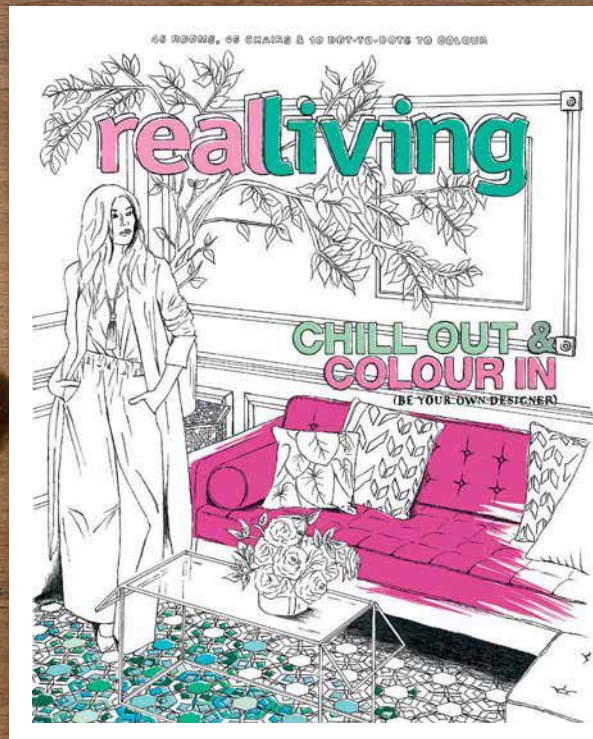
80%

OF ALL PURCHASES

Meaning men only buy 20 per cent of products and services worldwide. So all females should probably get government bonuses for keeping the economy afloat from now on, no?

#sorrynotsorry.

More Real Living Books...



Exclusive to
magshop.com.au/real-living-store



Rainbow List

Here are 50 of the most influential *lesbian*, **GAY, bisexual, *trans*, *queer*, INTERSEX and *allied people* in Australia, 2017, as voted by our expert panel (and us, of course) ➡**

C

an you believe that just 28 years ago being gay was still illegal in WA, the last state to decriminalise it? We've had a lot of wins as a nation – and it's in part thanks to the advocacy of these 50 Australians. That's why *Cosmopolitan* decided it was time to celebrate their incredible achievements and tireless campaigning, which have paved the way for people in the LGBTQI community to be true to themselves and be treated as equals. It was not easy selecting just 50 people, but with the help of our expert panel, *Cosmo* has put together our first Rainbow List. Join us in celebrating the people in Australia who have been brilliant role models by being their true selves on a global stage, and those who have dedicated their lives to fighting for the rights of the community, ensuring all LGBTQI people in this country know that they matter. Always.

MEET THE PANEL

TO HELP WITH OUR GIGANTIC TASK, COSMO TURNED TO THESE SIX EXPERTS...



Angie Greene
CEO OF STAND UP EVENTS

Angie Greene is the CEO of Stand Up Events, a not-for-profit organisation dedicated to fighting homophobia, particularly in sport. She is the brains behind CGUs Move in May, an all-inclusive fun run to celebrate the International Day against Homophobia and Transphobia (IDAHOT), and works with sporting teams on events such as the inaugural AFL Pride Game last year with St Kilda Football Club. Greene was nominated for the 2016 GLOBE Community Award for Straight Ally of the Year and accepted singer Sia's ARIA Award on stage on behalf of Australian Marriage Equality. 'The bottom line is, Australia, that no one's lives and the people they love should be up for debate. You have the opportunity now not to do just a great thing, but the right thing,' she said.



Chris Pycroft
CO-CONVENOR
OF NSW GAY AND
LESBIAN RIGHTS
LOBBY (GLRL)

Chris Pycroft is a leading advocate for LGBTQI equality, disability inclusion and mental health and well-being. Pycroft currently serves as co-convenor of the NSW Gay and Lesbian Rights Lobby (and has been a part of the organisation since 2011). In his role, Pycroft advocates for legal and social reform, campaigning on marriage equality, discrimination and social inclusion. He has worked with many leading mental health and suicide prevention organisations over the past 10 years, including launching Growing Up Queer, first-of-its-kind research into the mental health and well-being of LGBTQI youth.



Annamarie Jagose
DEAN, FACULTY
OF ARTS AND
SOCIAL SCIENCES,
THE UNIVERSITY
OF SYDNEY

Annamarie Jagose is a scholar in feminist and queer studies at the University of Sydney. Internationally known for her work, she's the author of four academic books, most recently *Orgasmology*, which uses orgasms to make us think about how we understand sexuality. Committed to creating an open dialogue in LGBTQI conversation, Jagose is on a number of feminist and queer editorial and advisory boards around the world, and in 2015 she was elected as a Fellow of the Australian Academy of Humanities, a national recognition of the impact of her scholarship. On top of her LGBTQI academic work, Jagose has won a number of awards for her novels, including *Slow Water*, a historical fiction based on the true story of a nineteenth-century shipboard love affair between an English clergyman and a sailor.



Jordan Raskopoulos
COMEDIAN &
MEMBER OF
COMEDY TRIO
THE AXIS OF
AWESOME

Since publicly coming out as a transgender woman in February 2016, 'comedy goddess' Jordan Raskopoulos has got the country talking about what it's like for those who are in the process of, or have completed, transitioning from one sex to another. Her unabashedly honest take on the process, told with her statement wit and humour, got news outlets, fans and even people who'd never heard of her before talking, after her announcement via a Facebook video called *What's Happened to Jordan's Beard?* Since then she has become an inspiration to young LGBTQI people by living her genuine life, openly and publicly, and using her platform and profile to promote understanding and awareness to a broad audience via humour.



Prof. Kerryn Phelps AM
DEPUTY LORD
MAYOR OF
SYDNEY, GP &
GAY RIGHTS
CAMPAIGNER

Doctor, author, Deputy Lord Mayor of Sydney, marriage equality campaigner: Dr Kerryn Phelps is arguably one of Australia's most influential gay women. She's become one of our most prominent gay rights activists, after working 'under the radar' for some time before publicly coming out in 1998 with her now-wife, Jackie Stricker-Phelps. She's held prominent positions within the Australian medical field, and in 2000 she was the first woman and the first LGBTQI person to be elected president of the Australian Medical Association, fighting stigma on both fronts. In 2001 she was awarded the Centenary Medal for service to Australian society and medicine and in 2011 she was awarded the Member of the Order of Australia for service to medicine, giving her a higher platform from which to elicit change.



Penny Wong
LEADER OF THE
OPPOSITION IN
THE SENATE, SA

Penny Wong was born in Malaysia and moved to Adelaide with her family when she was eight. She was elected to the Senate in 2001 and to the Shadow Ministry in 2004. Since then she has held a number of portfolios in government and in opposition and is currently Shadow Minister for Foreign Affairs. In 2013, Wong was appointed Leader of the Government in the Senate and after the change of government the Leader of the Opposition in the Senate – the first woman to hold both of these roles. Wong believes that Australian Labor's central values are to strive for a fair society, to promote a growing economy and to build a better future. Her policy interests include economics, gender equality, environmental issues and international relations. She speaks out against prejudice and campaigns for equality for women, LGBTQI rights and a multicultural Australia.

THE RAINBOW LIST



HERE ARE THE PEOPLE WHO HAVE INSPIRED US, MOTIVATED US AND MADE AUSTRALIA ALL THE MORE COLOURFUL (IN NO PARTICULAR ORDER)

COURTNEY ACT

34, PERFORMER, QLD

Courtney Act, also known as Shane Jenek off-stage, is the drag queen we fell in love with on the first season of *Australian Idol*. Now, global fame has come a'knocking since her starring turn on *RuPaul's Drag Race* in 2014. She speaks up for LGBTQI rights and last year released an anthem celebrating gender fluidity and love, *Kaleidoscope*, which was the theme for the 2016 Sydney Gay and Lesbian Mardi Gras.



Tim Campbell ▲

41, actor & singer, VIC

As one-half of Australia's first gay couple with a child on prime-time TV (on *House Husbands*), and as one-half of one of Australia's most well-known gay couples (he's married to Anthony Callea), Tim Campbell is no reluctant poster boy for gay rights, expressed on his own terms. In fact, the singer/actor frequently tweets in support of LGBTQI rights. He has denounced the Salvation Army for opposing the Safe Schools campaign and is a vocal supporter of gay marriage.



Tom Ballard

27, comedian & radio presenter, VIC

When former Triple J host Tom Ballard asked conservative politician Fred Nile if he thought being gay is 'morally wrong', you could practically hear the whoops of delight across the country. He's an outspoken supporter of Safe Schools (he wrote a particularly funny letter to our PM in response to the controversy, denouncing the National School Chaplaincy Program, a taxpayer-funded religious education program) and says that gay marriage is about equality: 'I am an equal Australian citizen just like my heterosexual brother and I think I should have the same rights.'

► *'Tom has a knack for being able to talk about serious issues in a really light-hearted way, and can always put a smile on people's faces. To this day, he's the only person who has made me seriously blush while MCing an event (and I still haven't lived it down, thanks mate). His story is one that needs to be heard.'*

— Panellist Chris Pycroft



Em Rusciano

37, performer & personality, VIC

A self-proclaimed 'gay man trapped in a straight woman's body who looks like a lesbian', Em Rusciano has long been an ardent supporter of LGBTIQ rights. She's written about it, sung about it and raved about it. She volunteers for pride events, performs at fundraisers, but most importantly, she actively employs LGBTIQ staff, putting her money where her mouth is.



Senior Constable Benjamin Bjarnesen

32, police officer with the Queensland Police Service, QLD

Bjarnesen is a member of Queensland Police's LGBTI Liaison Program, which strengthens relationships between the LGBTIQ community and police, and one of the founding members of the QLD Police Service LGBTI Support Network. In 2015, (after receiving permission from the state police commissioner), he was one of the first QLD officers to march – in uniform – in the Brisbane Pride Festival, something he never dreamt of when he joined the force in 2007.



Julie Kalceff

46, writer & director of Starting From Now, NSW

With over 30 million views from people in countries around the world, Kalceff's ground-breaking drama *Starting From Now* is bringing LGBTIQ stories to our screens. The show, which began as a web series, was screened on SBS in 2016 and centres on a group of lesbians in inner Sydney as they try to work out who they are and find a place to belong – something we can all relate to.



Georgie Harman

47, CEO of beyondblue, VIC

Harman works tirelessly to ensure *beyondblue* is a safe and welcoming place for the LGBTIQ community and has championed its 'Love Doesn't Discriminate' statement in support of marriage equality. She often speaks at LGBTIQ forums and supports and mentors emerging LGBTIQ leaders.

► 'Georgie, both as an individual and as CEO of *beyondblue*, has been a champion for equality.' – Panellist Chris Pycroft

THE POP STAR IS ONE OF THE MOST FAMED GAY ICONS AND IT'S NOT JUST FOR HER GOLD HOT PANTS. KYLIE MINOGUE HAS BEEN VERY VOCAL IN HER CAMPAIGN FOR MARRIAGE EQUALITY, RECENTLY SPORTING A 'SAY "I DO" DOWN UNDER' T-SHIRT AT THE ARIA AWARDS. SHE AND HER FIANCÉ JOSHUA SASSE WON'T WALK DOWN THE AISLE UNTIL SAME-SEX COUPLES CAN LEGALLY DO THE SAME.

KYLIE
MINOGUE
48, POP STAR, VIC





Patrick Abboud

38, award-winning storyteller and documentarian, NSW

Abboud uses his platform as a reporter, producer, documentary filmmaker and presenter to shine a light on LGBTIQ issues. The senior investigative reporter/presenter on SBS VICELAND program *The Feed*, he is also co-

host, writer and director for the SBS Mardi Gras broadcast. Abboud only recently came out to his Arab parents and has since worked to ensure more diverse stories are seen on our screens. His program 'Meet Australia's first openly gay Islamic Imam' contributed to securing funding for a support group and safe meeting space for closeted LGBTIQ Muslims. Abboud is the 2016 Honour Awards Media Award recipient and a Walkley and United Nations Media Peace Award nominee.

► *'Patrick pumps out quality coverage of the stories of real LGBTIQ Aussies.'* — Panellist Jordan Raskopoulos



Josh Thomas

29, actor, comedian & writer, QLD

Josh is the star of and writer behind ground-breaking show *Please Like Me*. The show is a fictionalised version of Josh and his best friend, Thomas Ward's, lives, and the magic of it lies in the fact that Josh totally normalises gay coupledom (and gay one-night stands, and gay online dating and gay threesomes).

► *'Please Like Me continues to demystify issues around queerness and mental illness.'*

— Panellist Jordan Raskopoulos



Ollie Henderson

28, model & activist, NSW

All it takes is one T-shirt to make a difference. Well, so hopes model-turned-activist Ollie Henderson, whose not-for-profit social enterprise House of Riot is creating conversation one slogan at a time. After coming out at 17, she became enthused with campaigning against prejudice and injustice faced by the LGBTIQ community: 'I feel like I really found my political self when I came out,' she says.



Turn to pg 131 to see Ollie in action.

ANTHONY CALLEA

34, SINGER, VIC

An outspoken opponent of the proposed plebiscite on gay marriage, singer Anthony Callea called the vote 'insulting'. 'I worry the plebiscite will make young people think they're being inappropriately judged and not worthy of being equally part of a society,' he said. Callea, who married partner Tim Campbell in 2014 in a romantic NZ ceremony, said he couldn't wait for gay marriage to be legalised here.





ROSANE MCNAMARA

66, president of New Theatre, NSW

New Theatre provides a platform for LGBTQI stories to be told on the stage and has fostered the careers of hundreds of LGBTQI writers, producers, directors and other practitioners. 'New Theatre's support of the LGBTQI community is a team effort from management, staff, artists, production teams, members and volunteers – many of whom are proud to identify as LGBTQI,' says McNamara. 'Our mission is to promote awareness, understanding and inclusiveness and we are proud of our productions and events for, by and about the LGBTQI community.'



MATTHEW MITCHAM

28, former Olympic diver, QLD

In 2008, Matthew Mitcham became one of the first openly gay Australian Olympians – but as a kid, he put an elastic band on his wrist and would snap it every time he had a 'gay' thought. He never wants other kids to go through what he did: 'If society stops demonising homosexuality, kids will stop absorbing messages [saying] who they are is wrong.'



VICKI HARDING

51, director of Inner City Legal Centre, NSW

Vicki Harding is passionate about fighting for the rights of the LGBTQI community. The Inner City Legal Centre are leading the way with transgender legal issues, assisting parents of transgender kids with applications for medical procedures. Under Harding's leadership, the centre is working to help the community expunge historical criminal convictions for now-decriminalised offences. 'There is an amazing passion for the work we do, and many talented people to do it – 50 volunteer solicitors, 30 volunteer students and some seriously impressive staff!' she says.



CLOVER MOORE

71, Lord Mayor of Sydney, NSW

Sydneysiders love Clover Moore for her progressive politics and embrace of gay rights. A staunch supporter of gay marriage, she says she can't understand how we can support our gay community without legalising the union: 'It's high time Australia caught up with the rest of the [world] and legalised same-sex marriage. While the community's on board, we're still falling behind countries across the globe that have legalised same-sex marriage.'

► *'Clover Moore has been a powerful ally to the LGBTQI community. She championed our causes when it was not politically popular to do so.'* – Panellist Prof. Kerryn Phelps

SIA

41, SINGER, SA

OPENLY, PROUDLY

BISEXUAL, SIA

USED HER 2016

ARIA WIN TO

MAKE A STAND

FOR SAME-SEX

MARRIAGE TO BE

LEGALISED IN

AUSTRALIA. LAST

YEAR, SHE ALSO

DEDICATED THE

MUSIC VIDEO FOR

'THE GREATEST'

TO THE VICTIMS

OF THE ORLANDO

NIGHTCLUB

SHOOTING, MANY

OF WHOM WERE

LGBTQI.



'Not only has Sia always made minority groups visible in her music and social media activity, she recently created the song "The Greatest" in response to the horrific acts of the Orlando shootings. She exposed the rainbow flag in her song "Alive" and took a public stance on Australian Marriage Equality by allowing the team behind the Australian Marriage Equality campaign (equalitycampaign.org.au) to accept her ARIA Award on her behalf when she won Female Artist of the Year. Sia then proceeded to actually give the award to the Marriage Equality team, where it sits in their office in Sydney.' – Panellist Angie Greene

Angie Greene
accepted Sia's
ARIA Award.



1975

**SA IS THE FIRST STATE
TO DECRIMINALISE MALE
ACTS OF HOMOSEXUALITY.**

TROYE SIVAN

21, SINGER, VIC

Since the YouTube superstar came out to his then 3.5 million fans in 2013, Troye Sivan has been a mouthpiece for the Gen Y and Z LGBTQI community, using his international profile and super-catchy tunes to shine a light on the pressures of his comrades. In 2016, he dedicated his ARIA Award to the country's LGBTQI kids, saying it would be 'irresponsible' of him not to do his best to embrace the position he's found himself in.



Lisa Apostolides

51, organiser of LGBT-Plus Fancy Formal, NSW

Seeing the exclusion of same-sex couples from school formals around the country (and the world), the director of Byron Youth Theatre, Lisa Apostolides, saw it as her mission to create a safe place for LGBTQI youth to get together and celebrate their sexuality.

► *'It's so important that we support our young people struggling with their sexuality or gender identity. Fancy Formal is a statement to young LGBTQI people that it's OK to be who they are.'*

— Panellist Penny Wong



Allan Clarke

34, BuzzFeed Indigenous Affairs Reporter, NSW

Clarke is responsible for covering stories that focus on, and matter to, our Indigenous community. The openly gay reporter has covered stories like the rise in Aboriginal HIV cases, and was nominated for a Walkley for his story on the crisis affecting Indigenous communities in the Kimberley.

► *'We rarely hear about diversity in the Indigenous community and I believe many important stories are not being heard, allowing stigmas to exist in certain communities. This is one of the reasons his work is so important.'*

— Panellist Angie Greene



Kat Dopfer

35, founder of Heaps Gay & Mardi Gras Board Director, NSW

What started as a regular series of parties for LGBTQI youth has become one of Sydney's gay party culture mainstays. Founded by Dopfer, Heaps Gay became a safe place for the LGBTQI community to celebrate, while also supporting associated charities. Dopfer also founded Heapsgay.com, a place for people to share and discuss queer issues.

► *'Heaps Gay events is a cornerstone of the Sydney queer youth scene.'*

— Panellist Jordan Raskopoulos

VINCE CHONG

37, President of the Defence Force Gay, Lesbian, Transgender, and Intersex Information Service (DEFGLIS), & Commanding Officer of Maritime Patrol Systems Program Office, SA

Wing Commander Vince Chong has been president of DEFGLIS since 2012 and was awarded an Australian Defence Force Gold commendation the following year for services delivered to improve diversity and inclusion. Under Chong's leadership, DEFGLIS was able to secure Defence support for the participation of uniformed personnel in the Mardi Gras parade and he continues to ensure an inclusive environment for LGBTQI personnel.

► *'Vince offers a refreshing counter to the predictably conservative cast to some institutions - the church, for example, the police, the military: Ask; tell.'*

— Panellist Annamarie Jagose



2005

**THE AUSTRALIAN DEFENCE
FORCE EXTENDS EQUAL BENEFITS
TO SAME-SEX FAMILIES.**



'I'm voting for Law because I love imagining the expression on his 12-year-old face if he could have known that there would even be a *Cosmo* Rainbow List, and that he'd be on it.' — *Panellist Annamarie Jagose*

RUBY
ROSE
30, SINGER, VIC



BENJAMIN LAW

33, AUTHOR & JOURNALIST, QLD

AS THE MAN WHO WROTE THE BOOK (AND SBS TV SERIES) ON GROWING UP 'GAYSIAN' (THE FAMILY LAW) AND ANOTHER LOOKING AT GAY LIFE IN ASIAN COUNTRIES (GAYSIA), LAW IS NOT SHY ABOUT SUPPORTING GAY RIGHTS. HIS RECENT VIDEO FOR CHANGE.ORG URGED THE QLD GOVERNMENT TO ABOLISH THE 'GAY PANIC DEFENCE', WHICH CAN BE USED IN ASSAULT AND MURDER TRIALS BY A DEFENDANT WHO CLAIMS A HOMOSEXUAL ADVANCE TRIGGERED THE ATTACK. AS LAW SAYS, 'THE LAW HAS NO PLACE IN AUSTRALIA IN 2016'.



Peter Bonsall-Boone & Peter de Waal

78, LGBTQI rights pioneers, NSW

The couple featured on the ABC's *Chequerboard* documentary "This Just Happens to be Part of Me" in 1972 and became the first real-life gay couple to lock lips on Australian TV, at a time when homosexual acts were illegal. They were foundation members of the first gay rights group in the country (CAMP NSW), and also established the precursor of the current Gay and Lesbian Counselling Service, Phone-A-Friend, in their home in 1973. They continue to support a range of LGBTQI groups and causes.

► *'Peter and Peter's contributions have been iconic. Their advocacy began at a time when it was illegal to be gay in Australia. The rights movement wouldn't be the same without them!'*

— *Panellist Chris Pycroft*

Cosmo's cover girl is flying the flag for LGBTQI people in Australia and around the world. The self-confessed gender-fluid star directed – and starred in – the short video *Break Free*, which explores what it's like 'to have an identity that deviates from the status quo'. It went viral. And she's currently dominating our screens, firstly as Stella Carlin in *Orange Is the New Black* and most recently in *xx: The Return of Xander Cage*, while also directing and starring in The Veronicas' filmclip for 'On Your Side', which depicts a same-sex relationship. Of being in the Rainbow List, she tells *Cosmo*, 'I am eternally blessed and humbled to be included in this terrific list of inspirational people. I feel ecstatic to be part of the LGBTQI community and I hope my journey gives people the confidence to be themselves.'



Give it up for our fierce cover star.



SARAH WALKER

51, TV writer & script producer, NSW

After being told no one wanted to see gay people on TV during prime time, Walker, a lesbian herself, has not let it stop her from reflecting Australia's diverse society on the small screen. While working on a mainstream drama series, she wrote a same-sex relationship storyline, which didn't go down well when conservative audience factions made loud complaints to the network. 'I was told there was to be no mention of gays and lesbians on the show after that,' she says. She introduced the lesbian character Charlotte Beaumont on *All Saints*, but when she left, the character turned straight. She's gone on to co-create *Wonderland* (which featured a lesbian wedding) and worked as story consultant on the preliminary plotting of *Wentworth* season four, which features the romance of Bea and Allie, played by Danielle Cormack and Kate Jenkinson.

SAM SPARRO

34, SINGER, NSW

OPENLY GAY FROM THE BEGINNING OF HIS CAREER, SPARRO SAYS HE IS WHO HE IS - AND PEOPLE CAN TAKE IT OR LEAVE IT. 'I'VE ALWAYS THOUGHT, THIS IS ME, I'M HAPPY WITH MYSELF, AND SO THAT'S WHAT I'M HERE TO PROJECT. SO THAT GAY TEENAGERS DON'T HAVE TO GET THE SHIT KICKED OUT OF THEM IN SCHOOL AND THINK THAT THEY'RE A HORRIBLE PERSON.'

'I can't be the only one who had "Black and Gold" on repeat when it came out! Sam shares his story in such a creatively honest way that he reminds you that it's OK to be who you are.'
— Panellist Chris Pycroft



Courtney Barnett

29, singer-songwriter, VIC

Grammy-nominated singer Courtney Barnett says in high school she was 'figuring out how she was feeling' in regards to her sexuality but now couldn't be more comfortable with it. Now with longtime girlfriend — or 'wifey' — Jen Cloher, Barnett says, 'Our government is so backwards on things like marriage equality, and equality in general.'



Catherine Humphries

Squadron Leader within the Australian Defence Force, QLD

A transgender officer in the Royal Australian Air Force, Humphries uses her standing within the Defence Force to educate colleagues about gender identity and expression. Through her deployment to places such as Timor-Leste and Afghanistan, she aims to reduce phobias and the stigma of gender within armed forces.



Larissa Waters

39, Co-Deputy Leader of the Australian Greens, QLD

Greens senator Larissa Waters is one of the few politicians to openly, vocally support same-sex marriage. She also opposed the Turnbull government's proposed \$160 million plebiscite on gay marriage, calling it 'a waste'. She also spearheaded a campaign called 'No Gender December', where she called on parents to stop buying gender-specific toys for their kids, saying children should feel free 'to play with whatever toys interest them without fear of being judged or bullied'.



Janine Middleton

57, co-chair of Australian Marriage Equality, NSW

After a very successful career as the managing director of J.P. Morgan in London, Middleton did a career 180, working full-time as a volunteer for Australian Marriage Equality. Having enjoyed the benefits of marriage with her husband Shane, she campaigns tirelessly for marriage equality.

2013

TRANS CHILDREN NO LONGER REQUIRE FAMILY COURT APPROVAL TO ACCESS PUBERTY BLOCKERS.

GEMMA
COWLING
19, MODEL, SA

Gemma stands proud in Cosmo's fashion shoot on pg 129.



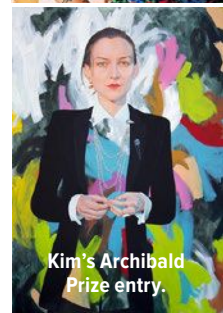
As the first Australian-born transgender model signed to an agency, Cowling is not taking her position lightly. However, she isn't looking to capitalise on being a 'token trans model'. 'I am by far not the first trans model – there are quite a lot, which I think is amazing,' she told *The Advertiser*. 'It's just another case of proving transgender people just live their lives and do what everyone else does.'

'I think Gemma is amazing. Just by being who she is, she is an example to all the other trans/gender diverse people out there that being trans is completely normal and you live a normal life.' – Panellist Angie Greene

KIM LEUTWYLER

33, artist, NSW

When artist Kim Leutwyler began painting an entry for the Archibald Prize in 2015, she knew her subject would be a member of the LGBTQI community – she uses her art as a vehicle to showcase the beauty and diversity of the queer community. She hoped the portrait of designer Ollie Henderson would kickstart conversations about marriage equality. She's a big supporter of gay and lesbian rights.



Kim's Archibald Prize entry.



TRENT ZIMMERMAN

48, MP for North Sydney, NSW

As the first openly gay member of the House of Representatives, Liberal MP Trent Zimmerman used his maiden speech in parliament to talk about gay and lesbian rights. He said he couldn't ignore it when the LGBTQI community faces so much prejudice. 'We will not have reached the end of the journey until ... we recognise that a person's sexuality is not a choice.'



MAX MACKENZIE

social worker, QLD

With 11 years under his belt as a mental health worker, Max Mackenzie put his skills to use at Clinic 30, part of the Queensland AIDS Council, where he counselled teens on gender identity. Now on secondment working in a remote community in Far North Queensland, Mackenzie is an activist for LGBTQI rights.

2016

**PREMIER DANIEL ANDREWS OF VICTORIA
ISSUES A FORMAL APOLOGY FOR THE
STATE'S HISTORY OF ANTI-GAY LAWS.**



TONI MATICEVSKI

40, fashion designer, VIC

Melbourne-born designer extraordinaire Toni Maticevski continues to inspire young LGBTQI people to follow their dreams. Now one of Australia's most renowned designers, his stunning designs are loved by celebrities the world over and available in 27 countries worldwide.

JOEL CREASEY

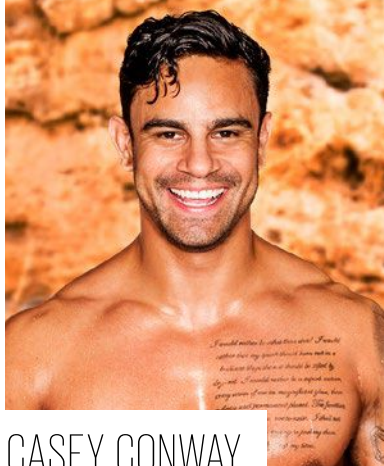
26, COMEDIAN, WA

When comedian Joel Creasey was abused by homophobic teenagers in regional Victoria, he returned to the scene of the crime – with a camera crew. His documentary, *Gaycrashers*, was a heartfelt look at what it's like to grow up gay in rural Australia. A vocal (and hilarious) supporter of LGBTQI rights, he used his recent *GQ* Comedian of the Year win to thank his father for never questioning his masculinity. In July 2016, he co-hosted the Stand[UP] 4 Orlando events in response to the shooting at the gay nightclub.

'I love the way that Joel uses his talent to speak about the realities of our society when it comes to inequality and injustice. He does it in a clever way and raises awareness in doing so. He is an example to everyone – regardless of sexuality and/or gender – that being your authentic self changes the world around you.'

— Panellist Angie Greene





CASEY CONWAY

32, former rugby league player & youth rights advocate, QLD

Former rugby league star and current male model, youth advocate and child protection worker, Conway has spoken about the difficulty of being gay and Aboriginal, writing about the frustration of having to come out over and over again, with varying degrees of acceptance.

► *'It is amazing to see LGBTQI Indigenous role models. Casey continues to be an inspiration beyond his rugby league career.'* — Panellist Jordan Raskopoulos



REV DOROTHY MCRAE-MCMAHON

83, spiritual leader, writer, liturgist & feminist theologian, NSW

Reverend McRae-McMahon was one of the first Uniting Church ministers to come out and has since championed acceptance and inclusion of LGBTQI people in faith-based organisations. She became a leader in the successful campaign to have homosexual ministers formally accepted within the Uniting Church, to create a society 'where we are recognised as God's good creation'.

► *'She has [helped] LGBTQI people of faith who in the past have suffered from a conflict between their identity and faith.'* — Panellist Penny Wong



EMMA FREEMAN

40, director, NSW

As an acclaimed director of some of Australia's best-loved shows (like *Offspring* and *Love My Way*), Freeman is kicking goals stateside with *Glitch*, a Netflix Original/Matchbox Pictures production. Known for her uniquely Australian point of view, Freeman was named one of the 25 Most Influential Gay and Lesbian Australians by SameSame in 2010, and continues to be outspoken about gay rights.

MICHELLE HEYMAN

28, PLAYER WITH THE AUSTRALIAN WOMEN'S NATIONAL SOCCER TEAM THE MATILDAS, NSW

THE ONLY LGBTQI ATHLETE TO REPRESENT AUSTRALIA AT THE 2016 RIO OLYMPICS, AND AN AMBASSADOR FOR RAINBOW FERTILITY, AUSTRALIA'S FIRST LGBTQI-DEDICATED IVF PROVIDER, HEYMAN HAS SPOKEN ABOUT WANTING TO MAKE A POSITIVE CHANGE IN THE WIDER COMMUNITY. WHILE SHE DOESN'T SEE HER SEXUALITY MAKING HER ANY DIFFERENT ON THE FIELD, SHE RECOGNISES THE IMPORTANT POSITION SHE HAS. 'IF WE'RE OPENLY GAY THEN WE CAN HELP OTHER ATHLETES AND YOUNGER PEOPLE BE TRUE TO THEMSELVES,' SHE SAYS.

'It's important for us to have queer role models in sport. Michelle was the only openly LGBTQI Australian to compete at Rio and is inspiring a new generation of sporty queers.' — Panellist Jordan Raskopoulos



Margot Fink

21, LGBTQI activist, VIC

Cosmopolitan Women of the Year 2016 finalist Margot Fink is making life better for queer kids across the country. The transgender 21-year-old works as communications manager for Minus18, where she launched All of Us, the first nationally approved LGBTQI teaching resource. She says, 'To be a trans voice who can be seen and heard is so important for young people trying to figure out their identity.'

► *'Margot is a role model not only for non-hetero and gender diverse people, but for humanity as a whole. People like her give others strength.'*

— Panellist Angie Greene



Alan Joyce

50, CEO of Qantas, NSW

Qantas's openly gay CEO Alan Joyce has been at the forefront of the great debate, telling Aussies to embrace the true 'spirit' of our nation, which is diverse and beautiful. 'We want all of our people who come to work every day to feel equal,' he says of Qantas. 'Any piece of legislation that in some way says you're different, you're second class, you don't have the same rights as everybody else, is bad for everybody's position.'

► *'Alan uses his position and profile to promote acceptance of LGBTQI people in corporate Australia and important rights issues.'*

— Panellist Penny Wong





SHANNON MOLLOY

31, journalist, NSW

Shannon Molloy's deeply personal opinion piece on his own experience with bullying, entitled, "You're going to die, poofter!" And that's why we need Safe Schools', hit a nerve with the nation. Outspoken Molloy isn't afraid to voice his opinion, even if it means coping criticism – and death threats – from those who disagree. When 13-year-old Tyrone Unsworth committed suicide after he was bullied for being gay, Molloy passionately wrote, 'We have all failed – failed to support young people like Tyrone, failed to demand more of our education system, failed to stamp out hate when we see it and failed to slap down idiots in Parliament and on television and in print when they say unspeakable things'.

► *'When Shannon chose to share his story last year, it struck a chord with so many of us. He's a quiet achiever who makes an incredible difference.'*

– Panellist Chris Pycroft



'Marriage equality continues to be on our national agenda. Sally has been instrumental in GetUp's campaigns for marriage equality and against the national plebiscite.'

– Panellist Jordan Raskopoulos

SALLY RUGG

28, ACTIVIST, NSW

GETUP CAMPAIGN

DIRECTOR RUGG BELIEVES

IT'S OUTRAGEOUS THAT

THE GOVERNMENT

CONTINUES TO EXCLUDE A

GROUP OF CITIZENS FROM

A CIVIL INSTITUTION ON

THE BASIS OF THEIR

GENDER IDENTITY OR

SEXUALITY. 'IT SENDS A

MESSAGE TO THE

ELDERLY COUPLE WHO

HAVE KEPT THEIR

RELATIONSHIP HIDDEN

FOR 20 YEARS OUT OF

SHAME... TO THE YOUNG

WOMAN WHO SMILES AT

HER BEST FRIEND'S

WEDDING AND PRETENDS

SHE DOESN'T HEAR THAT

AWFUL PART OF THE

CURRENT MARRIAGE ACT

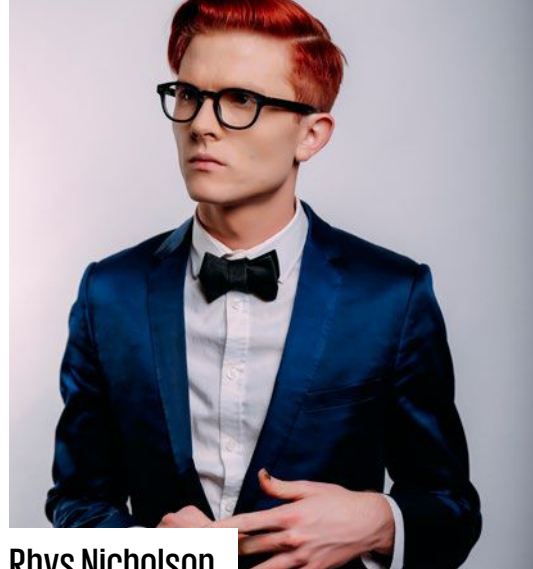
THAT SPECIFICALLY

EXCLUDES HER.' SHE IS

ALSO A VOLUNTEER WITH

LGBTQI SUPPORT SERVICE

TWENTY10.



Rhys Nicholson, 26, and Zoë Coombs Marr, 32

comedians, NSW

Rhys Nicholson and Zoë Coombs Marr have never been ones to shy away from the serious issues. Rhys often divulges hilarious anecdotes of his own experiences on stage, but the pair received well overdue nationwide recognition when they married each other on stage to draw attention to marriage equality, pointing out the archaic nature of the law in the process. 'We had this guy on Twitter ... saying, "You're ripping off something that you want, that's a good way to go about it";' Nicholson says. 'And we were like, "it is actually, because it's all about visibility".'



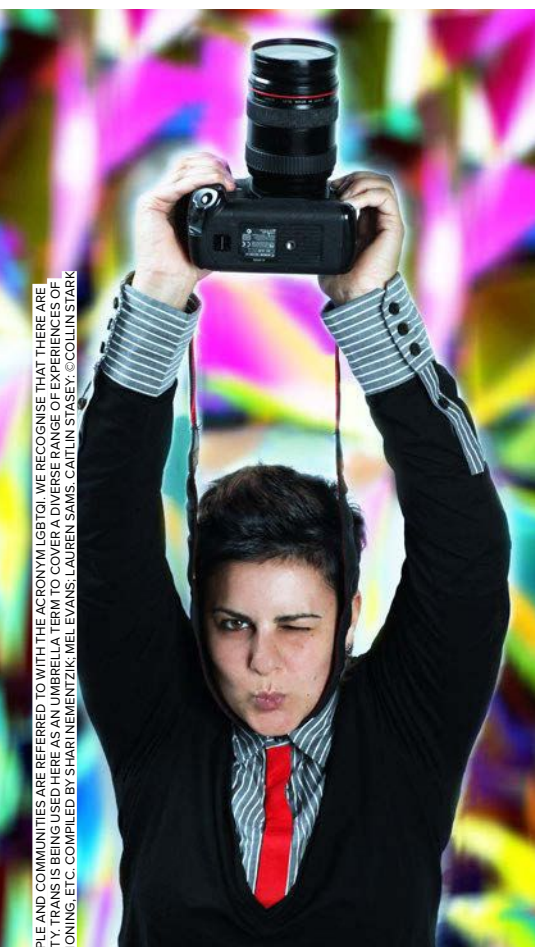
Caitlin Stasey

26, actress, VIC

'I've known I was mostly gay ever since I can remember,' says Stasey. The actress and activist launched the feminist website Herself.com and is a proud, outspoken campaigner for gay and women's rights. The website explores gender, sexuality and identity. She's passionate about getting more LGBTQI characters on screens, particularly in children's TV – because there were none when she was growing up.

2016

QUEENSLAND LEGALISES SAME-SEX ADOPTION. NOW, WE'RE JUST WAITING ON SOUTH AUSTRALIA AND THE NORTHERN TERRITORY...



ANN-MARIE CALILHANNA

43, PHOTOGRAPHER FOR THE STAR OBSERVER, NSW

Calilhanna is one of Sydney's most prolific photographers of the LGBTQI community. Over the past 15 years, she's captured everything from parties and celebrations to rallies and protests, ensuring historical milestones are never forgotten. She gives up her time to LGBTQI organisations who financially struggle, to ensure their history is recorded too.

► **'Staunchly offering a corrective to the historical invisibility of queer cultures, Calilhanna takes up the tradition of social photography associated with such greats as William Yang: more evidence that the camera loves queers.'**

— Panellist Annamarie Jagose

HONOURABLE MENTION

SISTERS & BROTHERS NT

The advocacy group provides a safe space for Sistergirls (Indigenous transgender women, who take on female roles within the community), Brotherboys (Indigenous trans-gender people with a male spirit) and Indigenous and non-Indigenous LGBTQI people to come together and celebrate sexual diversity. They address issues of racism, sexism, homophobia and gender inequality.

► *'Part of the excitement of contemporary queer cultures derives from the different cultural forms that queer expression takes: Sistergirls and Brotherboys are a valuable part of our internal diversity.'*

— Panellist Annamarie Jagose

► *'Support for LGBTQI people in rural and Indigenous communities is very important. Sisters & Brothers has done excellent work for Indigenous and non-Indigenous people in the NT.'*

— Panellist Jordan Raskopoulos



SAY WHAT?

GETTING TO GRIPS WITH IDENTITY TERMS CAN BE DAUNTING, BUT IT'S VITAL YOU DO. IT'S ABOUT RESPECT.

ALLY A non-LGBTQI person who supports and stands with the LGBTQI community.

ASEXUAL A person who does not feel any sexual attraction or desire.

BISEXUAL A person who is attracted to people of their own gender and another gender.

CISGENDER A person who identifies with their assigned gender.

GAY A person attracted to members of the same sex. It can be used for any sex (gay woman, gay man, gay person).

HETEROSEXUAL A person attracted to members of the opposite sex.

INTERSEX A person whose sexual anatomy does not fit typical definitions of male or female.

LESBIAN A woman who is attracted to women.

PANSEXUAL A person with sexual, romantic, physical and/or spiritual attraction for people of all gender identities.

QUEER An umbrella term sometimes used by LGBTQI people to refer to the entire community.

TRANSGENDER An umbrella term for people with identities that cross over, move between, or otherwise challenge socially constructed gender roles.

TRANSEXUAL A person who does not identify with the sex they were assigned at birth.

you
are
not
alone

Coming out
can be one of
the toughest
things you do
– but it can
also truly
transform
your life. Here,
four men and
women share
their stories

'I HADN'T BEEN HAPPY IN SO LONG.

I've been sad again since, but it's a totally different take on sad. There's just some magic in truth and honesty and openness.' That's singer Frank Ocean on coming out, but it could have been any of the brave men and women we interviewed about their experiences. Because coming out, though it can be extremely difficult, is transformative in a way you can't really imagine until you've done it. Each of the men and women we spoke to talked about the peace and relief they felt on coming out, after years of hiding their true selves. It was only when they were ready to tell people how they really felt that they were able to be truly free. Frank was right: that's magic.

But we also can't ignore the devastating statistics. Did you know that young LGBTQI people are five times more likely to attempt suicide and three times more likely to be diagnosed with depression in their lifetime? The internal battle they face can not be underestimated, so it's vital we stand together to support every single person in this country – after all, no two of us are the same. And ain't that awesome? So whoever you are, don't be afraid to say to the world, 'This is me.'



'I stopped fighting myself'

Kylie, 34, is a teacher.

'I remember thinking that my female teacher was beautiful in Year 2. I felt really embarrassed about liking her so much. That was the first time I realised I was gay – and that I didn't want to be. From that point on, whenever I had thoughts about girls, I'd shake my head – literally. Nobody ever directly told me that being gay was "wrong", but that was the message I got.

It wasn't until I was 30 that I had my first experience with another woman. As soon as I kissed her, I knew what I'd been missing. I'd had fleeting relationships with guys but they'd never felt right. I was the girl who would call a taxi for some poor guy to go home in after sex because I didn't want to cuddle; I just didn't connect with them.

Even after my first couple of encounters with women, though, I was still in denial. I met a guy who I thought I could fall in love with. I decided to have one last crack at being straight. We dated for six months – he was a really sweet, cool guy. So when he just didn't do it for me, I knew I had lost the war against myself.

A few months later I read a book about a lesbian couple, *Sing You Home* by Jodi Picoult. I had an epiphany: I could stop fighting myself, be gay and still be happy. The characters in the book had done it! I had a couple of glasses of wine and caught a taxi to my friend's house and told her. I cried. I vomited. I had a massive amount of shame, anxiety and guilt built up inside me. Luckily, she was amazing and encouraged me to do what made me happy.

I then told my sister, who was so supportive. I asked her to tell Mum and Dad for me. I couldn't tell them myself. They were accepting; it was a huge relief.

Coming out felt like I finally had nothing to hide. The only thing I regret is not coming out sooner. My life is so much better now – I even got married to my partner with the support of both our families. If I'd just come out earlier I wouldn't have wasted 30 years hating myself and I may have even met her earlier! ➡

'IF I'D JUST COME OUT EARLIER I WOULDN'T HAVE WASTED 30 YEARS HATING MYSELF'

HOW TO COME OUT TO YOUR FAMILY AND FRIENDS

HAVE SUPPORT LINED UP

Have someone (a friend, or a service like *beyondblue*) ready to help if you need it.

DON'T FEEL PRESSURED

Come out when you're ready and feel comfortable with your sexual identity.

YOU DON'T HAVE TO PICK A LABEL

Terms like 'bi' and 'trans' are helpful to others, but they may not fit your experience.

BE PATIENT

You don't need to tell everyone at once. Start with your most trusted family and friends, and go from there.

GIVE PEOPLE TIME

Some take more than others, but while that can be hard, it doesn't necessarily mean they disapprove.

HOW TO SUPPORT A FRIEND WHO'S COMING OUT



'It was tough, but so worth it'

Deni, 29, is Cosmo's style editor.

'The night of my 19th birthday,

I was driving, having a panic attack. I opened all the windows but I still couldn't breathe. I'd never been kissed, never been in a relationship and was having the realisation that – without a doubt – I was gay. I'll never forget thinking that I could bring my life to an end.

See, my family are devout Jehovah's Witnesses. Jehovah's Witnesses believe homosexuality is a sin in the eyes of God. So how the f*ck was I supposed to tell everyone I care about that I was gay?

I didn't plan on coming out to my family; it just happened. Mum was upset that I hadn't been home for dinner for two weeks. What she didn't know was that I'd had my first sexual experience with a guy, and keeping it a secret was eating me up. My coping mechanism? Avoiding them at all costs. When she asked me why I'd been absent, I broke down. My brother put his arm around me and said, "Deni, do you think you're gay?" I said, "I know I am." Mum said, "It's OK, we can fix this." Dad took

it much better, which surprised me. He wanted to understand my feelings, but he asked things like, "Are you *sure* you're not interested in girls?" It was a long night. We all cried and no one got any sleep.

A week later, the elders of our church came to see if I could stay on a "righteous" path. In a loud, clear voice, my dad told everyone he supported my decision to live

as an openly gay man, regardless of what any religion thought.

Still, it was a tough time. My mum was in mourning, crying on a loop for days. Then one day, something shifted.

I finally understood that

this was who I was – just a boy who happened to like other boys.

I needed to stop feeling guilty, so I told my parents that this was me, take it or leave it. It was the turning point for all of us.

If someone had told me then that I'd text my mum every time I kissed a cute boy or that one day I'd call her and tell her I'd fallen in love with a wonderful man and that her reaction would be one of genuine, unconditional happiness for me, I wouldn't have believed them. I wish I could tell my 19-year-old self that everything is going to be OK.'

'I FINALLY UNDERSTOOD THAT THIS WAS WHO I WAS – JUST A BOY WHO LIKED OTHER BOYS'

► **MAKE IT CLEAR THAT YOU'RE SUPPORTIVE OF THEM AND RESPECTFUL OF ALL LGBTQI PEOPLE.**

► **THANK THEM FOR TRUSTING YOU ENOUGH TO SHARE THEIR STORY.**

► **DON'T FEEL HURT THAT THEY DIDN'T TELL YOU SOONER – COMING OUT IS A PROCESS THAT CAN TAKE TIME.**

► **BE SENSITIVE WHEN ASKING QUESTIONS.**

► **REMEMBER THAT WE'RE ALL ENTITLED TO PRIVACY.**

► **IT'S NEVER TOO LATE. IF YOU'VE REACTED BADLY TO SOMEONE COMING OUT IN THE PAST, THERE'S ALWAYS TIME TO MAKE IT RIGHT.**



'Coming out as trans finally gave me peace'

Gemma, 20, is a model.

'As a kid, I loved wearing dresses, but I didn't know I might be transgender. I'd never even heard the term. It was only when I saw women like Laverne Cox and Andreja Pejic that I thought, *Oh, that's me.*

The first person I told was my dad. I was 17. I'm not sure why I chose him, but he was the right person to tell. He said, "OK, fine." I think he already thought I was a gay man, so I

suppose it wasn't much of a stretch for him.

I didn't become a woman overnight – it doesn't work like that. It's a huge investment – emotionally, financially – to overhaul your entire life. It wasn't until the end of high school that I stopped using my male name and started asking people to use "her" and "she" to refer to me. Not everyone was accepting of me – I lost my best friend. It was sad, but you have to move on.

I didn't know what self-confidence or self-love was until I came out properly as a woman. I remember thinking, *Oh, you can actually like who you are.* Wow. I suddenly felt peaceful, after 18 months of having this huge question of identity over my head. It was a revelation to me, that you could feel that way – at peace with yourself. I finally felt like I was the person I was meant to be.'



'It took me 37 years to come out'

Tiffany, 39, is an entrepreneur.

'I always knew I liked women, but it took me a long time to come out. I worked in a male-dominated industry; at one point I was the only woman among hundreds of men. The thought of telling these guys that I was gay felt far more daunting than telling my family. A couple of my very close friends knew, but I think they thought I was experimenting.

When I was made redundant, it felt like I was being given freedom – I could choose any path I wanted. So I just went for it! First, I told a few close friends that I had started

seeing a woman. Within a few weeks, I told my brother and his girlfriend, and then my parents. I Skyped them; they were both surprised but supportive.

Since coming out, I'm calmer, more in control of my emotions. I feel like the person I'm meant to be. My confidence has soared.

I would love to have come out earlier – I wouldn't have wasted so much time dating men! – but this was a big journey; part of it was waiting. I feel grateful for "part one" of my life, 'cos I know "part two" is going to be more amazing.'

COMING OUT AT WORK

Know that you're protected under anti-discrimination legislation. Nobody can bully, intimidate or harass you based on your sexuality or gender identity. If they do, you will be protected.

It's your decision to come out – or not. Don't tell people if you don't want to.

Tell your closest colleagues first, and let the rest figure it out. Mention your partner by name, or say something casual like, 'You know I'm gay, right?' Or let them know by correcting them when they refer to your 'girlfriend' or 'boyfriend'.

WHERE TO GO FOR HELP

THINGS HAVEN'T GONE SO WELL? THERE ARE PLACES YOU CAN GO IF YOU NEED HELP OR SUPPORT.

BEYONDBLUE

(beyondblue.org.au)

For help with depression and suicidal feelings.

BLACK RAINBOW

(facebook.com/BlackRainbowAustralia)

Social network for Indigenous people who identify as LGBTQI.

QLIFE

(qlife.org.au or 1800 184

527) Australia's first national counselling and referral service for LGBTQI people.

MINUS18

(minus18.org.au)

Support for LGBTQI youth.

STAND PROUD

Mix sequins, embellishment and adornment with everyday denim and leather for a disco street vibe you can't help but show off

STYLING BY **EMMA READ** PHOTOGRAPHY BY **HAROLD DAVID**

STUDED DENIM

GIVE YOUR STUDS
A DISCO SPIN BY
PAIRING WITH
HEAVY METALS.

Gemma wears **Top:**
\$49.95; **jeans:** \$119.95,
both Topshop (topshop.com). **Earrings:** \$129,
Mimco (mimco.com.au).



OMBRE SEQUINS

WHY HAVE ONE SEQUIN WHEN YOU CAN HAVE THEM ALL? TURN UP THE DIVA IN DÉGRADÉ EMBELLISHMENT.

Yaya wears **Dress:** \$80, Prettylittlething (prettylittlething.com.au). **Shoes:** \$66, Missguided (missguidedau.com). **Earrings:** \$129, Mimco (mimco.com.au). **Bangle:** \$300, Dinosaur Designs (dinosaurdesigns.com.au).





ADORNED CHOKER

SHINE ON ALL
OVER BY CLASHING
EYE-CATCHING
TEXTURES – THINK
DIAMANTÉS AND
PATENT LEATHER.

Ollie wears **T-shirt:**
\$243.36, Marc Jacobs
available at Shopbop
(shopbop.com). **Skirt:**
\$69.99, H&M (hm.com/
au). **Chokers:** black
\$12.99; silver \$19.99,
both Colette by Colette
Hayman (colettehayman.
com.au).



STATEMENT SUNNIES

DON'T LET YOUR FACE GO
UNADORNED – STAR-SPANGLED
EYEWEAR IS THE CHERRY ON TOP.

Ollie wears **Dress:** \$259.95, Topshop (topshop.com).
Tank: \$49.95, Nude Lucy available at Glue Store
(gluestore.com.au). **Belt:** \$509, IRO (02 9362 1165).
Shoes: \$57, Next (next.com.au). **Sunglasses:** \$119, Le
Specs (lespecs.com.au). **Choker:** \$10, Asos (asos.com/au). **Bracelet:** \$69.95, Mimco (mimco.com.au).



Gemma wears Knit jumper:
\$46, Next (next.com.au).
Skirt: \$449, Ginger & Smart
(gingerandsmart.com).
Shoes: \$241.40, Whistles
available at The Iconic
(theiconic.com.au).
Sunglasses: \$350, Kate
Spade (02 9540 0500).
Choker: \$22, Missguided
(missguidedau.com).

Yaya wears Dress: \$330,
Missguided (missguidedau.com).
Shoes: \$265, Senso (senso.com.au). **Sunglasses:** \$560, Miu Miu
available at Sunglass Hut
(sunglasshut.com). **Earrings:**
\$340, Dinosaur Designs
(dinosaurdesigns.com.au).



PUNCHY TONES

PUNCHY TONES
MARRY PERFECTLY
WITH A METALLIC
ACCESSORY – PINK
AND SILVER IS THE
PERFECT MATCH.

Yaya wears **Dress:** \$650,
Yeojin Bae (yeojinbae.
com). **Shoes:** \$88,
Missguided (missguidedau.
com). **Earrings:** \$1350,
Lucy Folk (lucyfolk.com).

HIGH SHINE

PUNK UP A SHINY
SEPARATE WITH
BLACK LEATHER
AND ANKLE BOOTS.

Ollie wears **T-shirt:**
\$49.99, H&M (hm.com/au). **Skirt:** \$1149, IRO
(02 9362 1165). **Neck tie:**
\$24.99, H&M (hm.com/au). **Shoes:** \$645, Edward
Meller (hermanns.com.au). **Earrings:** \$163, Petite
Grand (petitegrand.com).

Makeup by Kristyan
Low using MAC
Cosmetics. **Hair by**
Mandy Kingsman/
Work Agency using
La Bioethetique and
Cloud Nine. **Models:**
Ollie Henderson/Chic
Management; Yaya
Deng/Chic Management;
Gemma Cowling/
Chadwick Models.
Stylist assistant:
Ana Zupanoska



SHINY PRETTY THINGS

Lofty glitter goals are easier to achieve than you think — and what better moment to sparkle and shine than at Mardi Gras. Here are four looks that turn the glitz way up...



Gold rush

'For a 24-carat party look, opt for gold leaf,' says makeup artist Caroline Barnes. 'It's easy to use as it moulds to the face. Slice out a basic shape to frame the outer eye, press it to the face, then use a stiff angled eyebrow brush to remove bits and refine your shape – but don't be too precise. Add smudged brown eye pencil along the lashlines, with a champagne highlighter in the inner corners, and then complement the gold gleam with a deep purple lip lacquer. With all these looks, avoid thick lashings of mascara or you'll look like a circus act. For skin, a soft, luminous foundation is ideal.' ♦♦



Superjet

'This is Kate Moss's morning-after rock-chick eye – the glitter version,' says Barnes. 'Line your eyes with jet-black kohl, laid on thick. Smudge generously, especially under the eye, then pimp with chunky black glitter. The bigger the particles, the stronger the adhesive needs to be, so invest in Duo Striplash Adhesive, \$16. Dab a tiny amount on top of your kohl base before sparsely applying the sparkle. Chunky glitter can distort your eye shape optically, so if you want yours to look twinkly rather than freakish, spread out the particles and don't go overboard. Sculpt your lids, lips and cheeks with subtle taupe and nude cream formulas.'



In sequins

'Use silver metallic paint or pigment with a mixing medium (such as MAC Mixing Medium Eyeliner, \$34) to create a big cat flick at the outer corner and an inverted one at the inner corner,' says Barnes. 'Pull out the top line above your crease in a crescent moon shape that stops short of joining the cat flick for a sexy bat-mask, not stick-on glasses. You can use loose glitter on top of Duo Striplash Adhesive, \$16, or silver sequins. A red or plum lip velvet keeps the look from getting too "fairy".' ➡



Metallica

'A metallic finish is exactly the opposite of a glitter one in terms of optics,' says Barnes. 'A metallic lid adds dimension to the eye in such a simple way, as it naturally accentuates its shape. Using a metallic pigment, paint or liquid and a brush, follow the natural contours of the lid but wing the colour out in a geometric, blunt shape for a futuristic feel; you can perfect the edges with a cotton bud dipped in micellar water. Don't go completely android: pile on black liner and mascara along the lashline. Mirror the shape under the lower lashes: the wider the line, the bigger your eyes will look. Pick up the cool sheen on the tops of your cheekbones with a moonshine-toned highlighter and finish with a metallic nude lipstick.'

Gedeo Imitation Metallic Leaves in gold, \$44.50 (25 leaves) from Eckersley's Art & Craft

Tarte Tarteist Glossy Lip Paint in Poison, \$29

Maybelline New York Color Jolt Intense Lip Paint in Berry Naughty, \$14.95

MAC Glitter in 3D Brass Gold, \$29

MAC Lipstick in A Sprinkle of Magic, \$36

Cover FX Enhance Click in Bubbly, \$29

3INA The Cream Eyeshadow in 309, \$13.95

Kryolan Polyester Glimmer in Gold, \$20

Urban Decay Eyeshadow in Moonspoon, \$31

NARS The Multiple in Cocacabana, \$57

ALL THAT GLITTERS

Unleash your inner Mariah and load up on the sparkle. Our pick of the shimmer bunch will make you dazzle



**BUY 5
GET 1
FREE**



FREE MAGAZINE

ON SIGN UP!

READER★REWARDS

Get the app. Get the rewards.

Text "Rewards"
to 0419 305 231



Download on the
App Store

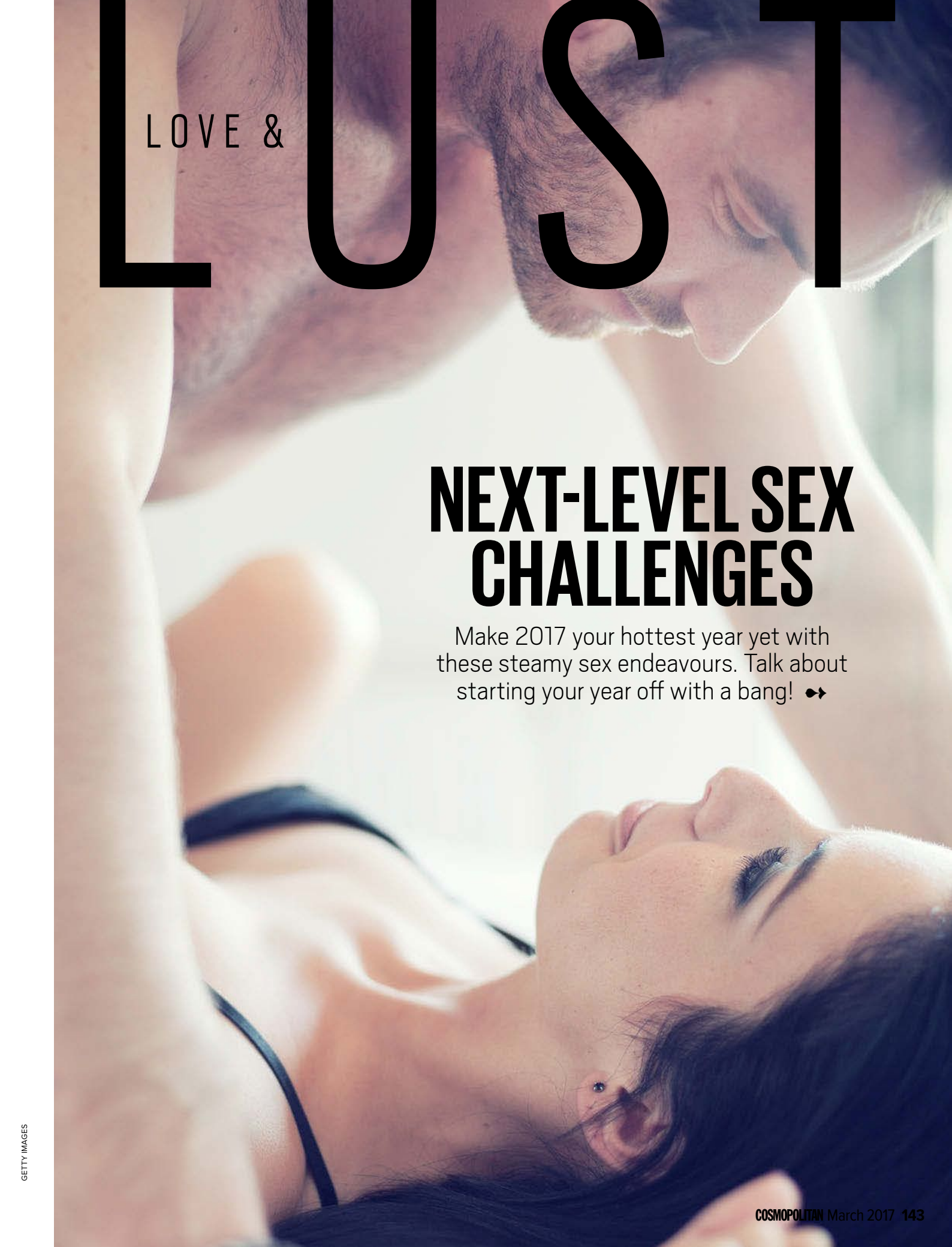


ANDROID APP ON
Google play

For a full list of magazines and newsagents visit www.readerrewards.com.au

Free magazine with download of Reader Rewards is only applicable to new users who download and register the Reader Rewards app. Apple and the Apple logo are trademarks of Apple Inc., registered in the U.S. and other countries. App Store is a service mark of Apple Inc. Google Play is a trademark of Google Inc.



A romantic close-up photograph of a man and a woman. The man is at the top, leaning down with his eyes closed, and the woman is at the bottom, looking up at him with her eyes closed. They are positioned as if about to kiss. The lighting is soft and intimate.

LOVE &

LUST

NEXT-LEVEL SEX CHALLENGES

Make 2017 your hottest year yet with these steamy sex endeavours. Talk about starting your year off with a bang! ➡

CHALLENGE 1:

Have. More. Sex

Having regular sex reduces stress, helps you sleep better, fights off colds, and can even make your skin glowy!

Make every day a foreplay day

It's no secret that extended foreplay leads to satisfying sex *and* better orgasms for women – score! Sexologist Emily Morse takes it a step further: 'We think of foreplay as what we do during the quick build-up to the main event. But it pays to view foreplay as an ongoing seduction that begins immediately after your last orgasm and continues right up until you two are in bed again.' So once you catch your breath, start revving your engines for your next time.

Screw spontaneity

There are two types of desire: spontaneous and responsive. Spontaneous is that magical, must-have-you-now encounter (think Hollywood movies). But studies indicate that only about 15 per cent of women (compared with 75 per cent of men) experience desire this way. So focus on responsive desire, which you two generate yourselves. Plan a night in to make cocktails and dance really close – and see where it leads you.

TRY
IT!

THE 20-MINUTE MAKEOUT

Set a timer, and challenge yourselves to spend a full 20 minutes kissing. It'll get you both absolutely wild with lust and begging for more.



CHALLENGE 2:

Push your boundaries

Research shows that frequent sexploration enhances your connection. Be adventurous!

Dabble in domination

Finally, a from-behind position where you're in control. While he lies on his back, straddle him, facing his feet, and get on all fours. Back it up until he's inside you, then move at your desired pace.

Plan a sultry surprise

The next time bae picks you up for date night, greet them at the door in nothing but bra and panties or just a bath towel, and let them know that you still need a few more minutes to get ready. Your table can totally wait...

Get a little freaky

Blindfold them with something you have in your house – a tie, a scarf, a cami – and trace your fingers all along their body 'til they're all warmed up. Every minute that goes by will build anticipation for when you finally reveal your sexy self.

THE YEAR OF THE O

Go ahead, be selfish in bed. Tell bae how you like to be touched with positive reinforcements, like 'Just like that' or 'I love it when you touch me there' or if you're feeling bold, 'My turn...'

CHALLENGE 3:

Boost your bedroom bond

Up your coital connection with these two foolproof but fun activities

LOW-KEY**Ride the couch – then your partner**

This is your time to be lazy *and* sexy. Your only mission is to watch TV with your boo. A study in the *Journal of Social and Personal Relationships* says that couples who don't have the same friend group reported more satisfying relationships when they shared TV shows, books and movies. While you cuddle, binge on a show neither of you has seen. Research also indicates sharing new experiences brings you closer, so go ahead and dive into that weird documentary about how octopuses mate.

HIGH-KEY**Try a trickier-than-normal bedroom move**

When you're in your usual GOT (that's girl-on-top, not *Game of Thrones*, ha) and you feel him about to climax, guide him towards the edge of the mattress. (Extra points if you two can do this with him still inside you – it's not easy). Let his arms and head dangle off the side of the bed while you get back to grinding. Not only will you feel like the queen of his personal Westeros, the extra rush of blood to his head will give him a full-body experience. It's a skilful maneuver that'll have you high-fiving.

CHALLENGE 4:

TRICK OUT YOUR TOY DRAWER

Spice things up with these sexy new playthings – we dare you!

**For more foreplay fun**

The prongs on the Crave Duet Flex fit around your clitoris and rumble like the bass at a Lil Wayne concert. Use it during doggie.

\$149*,
lovecrave.com

**For making even missionary amazing**

Place the Tenga Vi-Bo ring at the base of his shaft, and enjoy as he becomes a human-size sex toy that gives your clit a buzz with each thrust.

\$19.05,
adultoutlet.com.au

**For doubling the pleasure**

Slip the small end of the We-Vibe Sync inside for oh-my-God G-spot feels while the large end rests on your clitoris. Then he enters you too – he'll fit, promise!

\$285, we-vibe.com



TEST TUBE ROMANCE

LOOKING FOR LOVE AND WANT TO ENSURE IT'S EVERLASTING?
THROW ON THE LAB COAT AND GET YOUR TEST TUBE READY;
IT'S TIME TO JOIN US IN THE LOVE LAB



Seeking long-term love? The answer to your heart's desires may be as easy as a calculated 1, 2, 3. While the wingwoman skills of your bestie and matchmaking skills of your mum may produce a few successes, your true destiny may actually be in the scientific research. So if you're out of apple pie and ice-cream, and looking for the next best way to a man's heart, it turns out the colour of your clothes (and even your name) has a greater effect on the success of a relationship than you realised. *Cosmo* has pulled together research from around the world to ensure your next date has more spunk than flunk (no pun intended). ➡



CAREER

According to research published in the *Journal of Police and Criminal Psychology*, a person's career choice is a statistical indicator of their relationship potential. The most reliable relationships are those with an agricultural engineer, with less than 2% of their marriages failing, an optometrist (4%), podiatrist (6.8%) or dentist (7.75%). In contrast, dancers, choreographers and bartenders have a 40% chance of going through a separation or divorce.

WHAT THE EXPERT SAYS:

'One thing linked to relationship dissatisfaction and relationship breakdown is the perceived availability of other available mates,' says Dr Fiona Kate Barlow, Australia Research Council Future Fellow in the School of Psychology at the University of Queensland. 'This might explain the bartender divorce rate.'

FIRST IMPRESSIONS

First impressions are important, and time is of the essence. Research by Princeton University in the US found it takes just a tenth of a second to form a first impression.

WHAT THE EXPERT SAYS: 'Both men and women want someone that looks good,' says Dr Barlow. 'If we find someone attractive, then we tend to see them as smarter, funnier and kinder. It's the halo effect. That can make us think they are more compatible with us than they actually are, though.'

THE ALGORITHM METHOD

The Tinder-isation of the dating world means 50 per cent of us have tried online dating. While each site comes with a different name – RSVP, eHarmony, Elite Singles – they all have one thing in common: algorithms. The site will match you with people who should be compatible. It's all very mathematical.

WHAT THE EXPERT SAYS: 'In the real world we match and pair up with people who share similar ideals to us, such as political values,' explains Dr Barlow. 'These sites tend to put these types of compatibility together. But the "spark" is something that can only be found in person.' So swipe first, and then date.

THE 'CHEERLEADER EFFECT'

Looking for your next profile pic on Facebook? Choose a pic of you with your squad. Apparently female faces are 5.5% more attractive when pictured as part of a group.

WHAT THE EXPERT SAYS: 'As humans we are social creatures. We love to know that people that we like are liked by others,' says Dr Barlow. 'It's a sign of status, collegiality and respect that people are thought of well within a friendship circle. On your Tinder profile, try to feature more candid shots with your friends to show you're a person that other people like.'

50 SHADES OF RED

If shades of grey isn't necessarily your thing, hopefully shades of red is! Research shows men find women more attractive when they wear red.

WHAT THE EXPERT SAYS: 'Like humans, studies have shown that a lot of young non-human mammals like gibbons and chimpanzees are drawn to the colour red,' says Dr Barlow. 'This is because when females of these species are fertile, their sex organs swell and become a pink or red. At times of ovulation, the skin may also flush. Some people propose that human men are also innately drawn to the colour red, but this is also possibly due to its societal association with love; sexy red dresses, red hearts, red roses...'

LOCATION, LOCATION

Turns out true love might be right next door! A classic US study demonstrated the importance of proximity on relationship formation. Researchers asked nearly 300 Massachusetts Institute of Technology dormitory residents to list their closest friends, then looked at where the listed friends lived in the dormitories. When someone lived one door away, there was a 41% likelihood they were listed as a close friend. As the number of doors increased, that likelihood decreased to as low as 10%.

WHAT THE EXPERT SAYS: 'Proximity affords people the opportunity to get to know one another; it sets the stage for people becoming familiar,' says Dr Pinkus. 'The more we see and interact with people, the more we like them.' Does this also explain the abundance of inter-office romances? We sense a link...

Results may vary. If
singledom persists,
see your doctor.



DID YOU KNOW?

The human brain reacts to emojis the same way it would a human face. Research by University of Missouri-St Louis scientists found smiley faces made a recipient like the sender more and feel that the sender liked them more.

DON'T BELIEVE EVERYTHING YOU READ

While these types of research are great for consideration with your girlfriends over a champus, Dr Pinkus warns against taking them as gospel. 'Relationship science draws upon insights from fields like psychology, sociology, anthropology, communication studies and family studies to help us advance our understanding of relationships. However, in recent years these types of studies have been called into question as other research labs have not found the same patterns of results,' says Dr Pinkus. 'If you really want to find a successful relationship, it's most important you remain true to yourself. It's too hard to keep up a farce on something you're not. Other factors for establishing a long-term relationship are active listening (put that phone away!) and always showing your gratitude and appreciation. That doesn't have to mean grand gestures of flowers or hiring the top floor of a restaurant for a fancy dinner, it's about the little things... it's about thanking people.'

Dr Barlow agrees. 'Research only speaks the language of averages. One of the most important things for relationship longevity is communication and feeling valued; making sure you can talk about any issues you have openly and honestly.'

Emily Klund Power

YOUR NAME

Researchers from Queen Mary University in the UK found your name could influence how quickly you find love online. People whose name starts with a letter in the first half of the alphabet fare better in love than those whose name starts with a letter in the second half of the alphabet.

WHAT THE EXPERT SAYS:

'Being attracted to someone on the basis of their name is associated with self-liking or "implicit egotism",' says Dr Rebecca Pinkus from The University of Sydney. 'We like people who are like us. Even having the same initials can be attractive.'

ask him any- thing

Q. The guy I'm hooking up with is constantly on Snapchat and Insta but ignores my texts. He likes my pics and views my Stories, even when he hasn't yet replied to a text I've sent him! He's clearly on his phone 24/7. What's the deal?

A. When in doubt, just remember that most guys are too lazy to play games. He can

LOVE
ADVICE FROM
OUR GUY
GURU, LOGAN
HILL

double-tap a photo without even thinking about it, but texting? He has to decide what to message and then he has to type it with two whole thumbs! If you're happy hooking up with this dude and

he treats you well, don't read too much into it. On the other hand, if his delayed replying bothers you that much, tell him you deserve some small effort, even if it's just a message that says, 'Busy now, will text later...' If he won't agree to do that and will only communicate on his terms, then maybe you're the one who shouldn't text back.



Q. MY BOYFRIEND'S BEST FRIEND IS REALLY HANDSY, ESPECIALLY WHEN HE DRINKS. I DON'T WANT TO MESS WITH THEIR FRIENDSHIP, BUT IT'S ANNOYING AND SLEAZY. HOW DO I ADDRESS THIS WITHOUT DRAMA?

A. Most guys prize loyalty. We tend to stick up for our best buddies and can be blind to their faults. If you accuse his pal

of having shady motives, your boyfriend may get a bit defensive and blow off your complaint. Stick with the facts, which he can't argue with, like: 'Have you noticed your buddy gets handsy when he's drunk? It makes me uncomfortable. Can you talk to him?' That should do it.



Dude, you're so close I can smell your dinner.

Q. I've always hated receiving gifts from guys – inevitably, it's something lame. So I make sure to tell the person I'm seeing that I'd rather go out somewhere nice. But my current boyfriend is insisting on getting me a birthday gift. What to do?

A. Sounds like you have a stockpile of gawdy

jewellery and creepy stuffed animals – but not all guys are totally clueless about gifts, so give this one a chance. Since he clearly likes a challenge, he may go all out to make you happy – and that's not a bad quality in a boyfriend. He might smash it out of the park. If he fails? Tell him you appreciate the effort – then go out somewhere nice.

Q. One of my girlfriend's exes makes passive-aggressive comments online about how cute my girl and I are. She brushes it off, but should I tell her to block this chick?

A. How dare she say you're cute! JK! If the ex isn't threatening, ignore it – and keep taking adorable pics.

Q. I'VE BEEN HOOKING UP WITH THIS GUY FOR A WHILE, AND HE DOESN'T GROOM DOWN THERE. NORMALLY I'M NOT PICKY BUT WE'RE TALKING FULL-BALL BUSH! I LIKE HIM, BUT I NEED HIM TO MANSCAPE. IS THERE A WAY TO ASK HIM TO TRIM?

A. Whether it's lumberjack beards, pornstaches, or back rugs, a lot of guys let their hair grow wild because they believe more hair is more manly, when it's often just more messy. But rather than tease ('I need a machete to get through your crotch jungle') or insult ('I've seen woolly mammoths with less fur') explain that he'd be more attractive to you if he groomed. Tell him it'll turn you on if he tames his man mane, that he'll get more action if there's less decoration, etc.



Q. I went on a fun date with a dude I liked. When he asked me out again, I was totally into it... until he asked his best friend and his girlfriend to join us. Turns out, this couple was engaged, and in the middle of our dinner, my date invited me to go to their wedding with him, which is months away. What's a gentle way of saying this is too much too soon?

A. Considering how eager this dude is, you should be profoundly grateful that he didn't drop to his knee and propose a big double wedding too! Seriously, he is probably just very anxious about showing up at the wedding solo. That's not your problem though. He needs to slow waaay down. Tell him: 'I like you a lot, but it's way too soon for us to start planning things months in advance. Let's focus on planning our next date and we can take it from there.'



Hill is a contributing writer for *Cosmopolitan*.

Sex Q&A

No-BS responses to questions you can only ask *Cosmo*



Q When we have sex, my girlfriend always takes longer to come than I do. Does this mean I'm bad at sex?

No way – although it's only natural for lesbian couples to compare, especially since you're both working with the same equipment. But really, there'd be a difference in O time no matter who you're dating or sleeping with.

'Different people take different amounts of time to orgasm,' says sex therapist Neil Cannon. 'It's really about focusing on pleasure rather than performance.' Even though sometimes it can seem like the hottest thing ever to speed straight to the finish line, spending plenty of time on kissing, touching and oral is the slow build that leads to amazing Os.



Q Sometimes I find my older brother kind of sexy. I'd never act on this feeling! But am I crazy for thinking it?

You're not crazy at all. Sexual stimuli can come from anywhere – hell, even a good plate of pasta can feel like an erotic experience. 'It's a funny idea that we're only

supposed to have sexual feelings for people who would make appropriate partners,' says sex therapist Marty Klein. 'In reality we are constantly attracted to people, but we know better than to act on it.' It makes sense that you'd be drawn to someone who you look up to and respect, because it reveals what you want in a partner. 'Bottom line: It's OK to find him "kind of sexy" as long as you separate feelings from behaviour,' says Klein. Now get yourself some pasta, girl.



Q Since HPV is so widespread, do I have to tell my partners I have it?

'You should, including any one-night stands,' says ob-gyn Dr Amanda Meulenberg. Even though one in four adults has HPV, men are often unaware unless they show symptoms such as genital warts – yet most strains are asymptomatic. Because some, like 16 and 18, can lead to cervical cancer, it's important for your current partners to tell future partners.

'HPV can be confusing,' admits Dr Meulenberg. 'Tell your partner that it is extremely common and usually clears up on its own. Women should see their gynaecologist regularly because abnormal cells can be found and treated before they progress.' Giving them the facts will help give them peace of mind.



'I've got this warm, fuzzy, tingly feeling...'



Q Between using protection and changing up positions, how can I make sex with my partner less awkward?

Sex can be weird, funny and totally inelegant, and that's OK! 'Acknowledge awkward moments, and move on,' recommends sex therapist Vanessa Marin, creator of

Finishing School, an online orgasm course. Streamline things by keeping condoms in a box on your nightstand or decorating lube into a pretty lotion bottle. Making your environment ready for sex – like with candles and the latest *50 Shades of Grey* novel – will help your brain get there too. Then guide your partner towards what feels good by saying, 'I'd love to try this', says sex therapist Neil Cannon. Soon you'll be too busy enjoying yourselves to feel any awks.



Q Can those tingling gels really make you climax faster?

Yes! One of the ingredients in many of those pharmacy-aisle gels is L-arginine, an amino acid that naturally occurs in your body and is safe to use in sexy situations, says ob-gyn Dr Sherry Ross. Rubbing a finger-tip-size dab on your clitoris increases blood flow to the area, an important step to orgasm.

SEX TOY OF THE MONTH



What's a toy that's a total stress reliever?

Orgasms are already de-stressors, so take it to the next level of enlightenment with the Ascend 4 (\$119*, jimmyjane.com). Use the big end to give your shoulders a massage, then move the smaller end down below... 

DO TRY BUY

SEE WHAT
MADE OUR
SHORTLIST
THIS MONTH



CHEEKY TRIO

Sculpt, chisel and define with this ultra3 contour, blush and highlight trio. It's the cheekiest cheat to flawless facial features.

The HD contour kit is available for **\$9.95** at leading pharmacies.

LONG-LASTING LUSCIOUSNESS

Burt's Bees 100 per cent natural lipstick offers a colour that will condition all day long. Be confident with full coverage and 14 vibrant shades made with natural moisturising ingredients.

RRP **\$19.95**, burtsbees.com.au.



PERFECT PAIR

This perfectly matched Zadig & Voltaire duo carries woody undertones with a floral twist for you, and an oriental scent for him.

RRP **This is Her! EDP \$70 (30ml); This is Him! EDT \$62 (30ml); 02 9695 5678.**

PARTY POPPIN'

A cool Henkell Trocken is the perfect match to a sizzling outfit this party season. Take this fine sparkling wine with you, whether it's the 750ml bottle to pop with a group of friends or the handbag-ready piccolo size. RRP **\$17.99 (750ml).**



AU NATUREL, ALL THE TIME

It's not too late for New Year's resolutions – Vital Protein is an all-natural supplement that tones muscles and supports weight management. Available at pharmacies and supermarkets. RRP **\$34.95 (500g).**



VELVET TOUCH

If you want to be on trend from top to toe, start with Novo's velvet platforms. Available in a rich red wine colour and classic black, it's the perfect show-stopper.

RRP **\$89.95**, novoshoes.com.au.



REST MORE, WORRY LESS

REST is changing the way you invest in superannuation with its mobile-first service. Get personalised advice on how to grow your retirement savings with confidence at **Rest.com.au**.

START SWIPING

In this day and age, connections are everything – and if you're not on Tinder, then 10 billion matches have already been made without you. So, what are you waiting for? **Swipe right to Tinder** – you never know who you might meet!



STYLIST

BEDS YOU'LL NEVER WANT TO LEAVE

Prepare for mild insomnia — a side effect when your room is so pretty you can't bring yourself to turn out the lights ✦

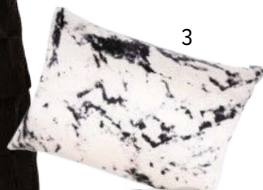
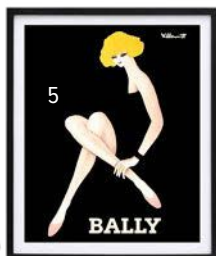
BEDSIDE TABLE (TARGET.COM.AU), FRAGRANCE: \$210, TOM FORD NEROLI PORTOFINO ACQUA (DAVIDJONES.COM.AU), VASE: \$14.95, COTTON ON HOME (COTTONON.COM.AU), LAMP: \$49; BED COVER: \$35 FOR KING; PILLOWCASES: \$12 FOR 2; CUSHIONS: \$8 EACH, ALL TARGET (TARGET.COM.AU).

LUXE IN LOVE

APPRECIATE THE FINER THINGS BY MIXING BLACK, WHITE AND MARBLE WITH TOUCHES OF METALLIC



GET THE LOOK



Stool: \$15; tealight candle holder: \$2; vase: \$20, all Target (target.com.au). **Books:** Prada, \$149.99; Chanel, \$100, both Kinokuniya (kinokuniya.com.au). **Candle:** \$59, Lumira (atelierlumira.com).

ABOVE 1. Clock: \$34.95, Milk & Sugar (milkandsugar.com.au). **2. Vase:** \$44.95, Freedom (freedom.com.au). **3. Cushion:** \$44.95, Shhh Silk (shhhsilk.com). **4. Coasters:** \$6 for 4, Kmart (kmart.com.au). **5. Artwork:** \$320, Squeak from Hard to Find (hardtofind.com.au). **ONBED Cushions:** rose gold splatters \$24.99, Typo (typo.com); black and white \$34.95; grey \$19.95, both Cotton On Home (cottonon.com.au); small black \$8, IKEA (ikea.com.au); tall black \$59, Kip & Co (kipandco.com.au). **Tray:** \$34.95, Cotton On Home (cottonon.com.au). **Candle:** stylist's own. **Fragrances:** from left \$225, Jo Malone Intense & Cedrat; \$119, Ne'emah Jadis from Sephora; \$160, Narciso by Narciso Rodriguez; \$140, Giorgio Armani Si Intense; \$175, Tom Ford Black Orchid (davidjones.com.au); \$119, Ne'emah Laya from Sephora.

PINK CRUSH

NO BOYS ALLOWED (UNLESS INVITED)! EMBRACE ALL THINGS SOFT AND SWEET WITH MARSHMALLOW PINK

GET THE LOOK



Plant stand: stylist's own. **Tray:** on stand \$88, Pomelo Home from Hard to Find (hardtofind.com.au). **Print:** \$45, Design Mondo from Hard to Find (hardtofind.com.au). **Vase:** \$14.95, Cotton On Home (cottonon.com.au). **Candle:** \$39.95, Palm Beach Collection (palmbeachcollection.com.au). **Small bowl:** \$8, Target (target.com.au). **Jewellery holder:** \$9.99, Typo (typo.com). **Watch:** stylist's own.

ABOVE 1. Pineapple: \$8.99, H&M (hm.com.au). **2. Cushion:** \$12, Kmart (kmart.com.au). **3. Throw:** \$49.94, J.Elliot Home from Zanui (zanui.com.au). **4. Framed print set:** \$349.95 for 2, Blacklist (blackliststore.com.au). **5. Ottoman:** \$299, Freedom (freedom.com.au). **UNBED Cushions:** circle \$89, Castle (castleandthings.com.au); triangle \$39.95, Linen House from Hard to Find (hardtofind.com.au); rectangle \$39.95, Zara Home (zarahome.com.au); pink velvet \$10, Ikea (ikea.com.au); pale pink \$8 each, Target (target.com.au). **Bedspread:** \$289; pillowcases: \$79, all Kip & Co (kipandco.com.au). **Throw:** \$189, AURA by Tracie Ellis (aurahome.com.au). **Tray:** \$7, Kmart (kmart.com.au). **Books:** *Style A to Zoe* \$27.99; *Nasty Galaxy* \$49.99; *Oscar de la Renta* \$135; *Living in Style* \$44.98, all Kinokuniya (kinokuniya.com.au). ➡

GO WEST

SAVE A HORSE, RIDE A COWBOY SURROUNDED BY NATURAL TEXTURES AND NEUTRAL COLOURS. YEE-HAW!



GET THE LOOK



Wooden hanging: \$31.95, The Bamboo Design from Hard to Find (hardtofind.com.au). **Jewellery holder:** \$69, Six Things (sixthings.com.au). **Pot:** \$15; **grey pot plant:** \$10, both Target (target.com.au). **Brass pot plant:** \$12.99; **tray:** \$12.99; **glass bottle:** \$12.99; **diary:** \$19.99, all Typo (typo.com). **Bedside table:** \$29, Target (target.com.au).

ABOVE 1. Cushions: \$12 each, Kmart (kmart.com.au). **2. Print:** from \$109.95, Home & Abode from Zanui (zanui.com.au). **3. Skull:** \$89, Six Things (sixthings.com.au). **4. Wall hanging:** \$79, French Bazaar from Hard to Find (hardtofind.com.au). **5. Floor cushion:** \$169.95, Bambury from Zanui (zanui.com.au). **ON BED Quilt cover set:** \$279.95; **pillowcases:** for bedspread set \$219.95, all Private Collection (privatecollectionaustralia.com.au). **Knitted throw:** \$49, Target (target.com.au). **Hide:** \$159.50, Mooi (mooistore.com). **Brown throw:** \$220, Pony Rider (ponyrider.com.au). **Cushions:** grey \$69.95, Zara Home (zarahome.com.au); **white with fringe** \$15, IKEA (ikea.com.au); **brown textured** \$20, Target (target.com.au); **grey textured** \$49.95, Cotton On Home (cottonon.com.au). **Book:** stylist's own. **Diary:** \$14.99; **notebook:** \$19.99; **box:** \$29.99; **bag:** \$39.99, all Typo (typo.com).

INTO THE BLUE

ESCAPE TO YOUR OWN PRIVATE BEACH HUT WITH NAVY BLUES AND CLASSY COASTAL DECOR



GET THE LOOK



Plant stand: stylist's own. **Board:** on top of stand \$19, Target (target.com.au). **Orchid:** stylist's own. **Light shade:** \$72, Pomelo Home from Hard to Find (hardtofind.com.au). **Candle:** \$29.99, Typo (typo.com). **Fragrance:** \$175, Aerin (davidjones.com.au). **Books:** *Sunday Sketching*, \$65.78; *Sculpture by the Sea*, \$64.99, both Kinokuniya (kinokuniya.com.au). **LED Light:** on floor \$49.99, Typo (typo.com).

ABOVE 1. Cushion: \$54.95, Rapee from Temple & Webster (templeandwebster.com.au). **2. Shell cross:** \$25, Have You Met Miss Jones (jonesandco.com.au). **3. Candle holder:** \$109.95 for 6, Amalfi from Zanui (zanui.com.au). **4. Print:** \$210, Castle (castleandthings.com.au). **5. Throw:** \$79.95, Rapee from Temple & Webster (templeandwebster.com.au). **ON BED Quilt cover set:** \$229.95, Kas from Temple & Webster (templeandwebster.com.au). **Cushions:** dark blue \$24.99, Typo (typo.com); mid blue \$20, Target (target.com.au); pale blue \$19.95, Cotton On Home (cottonon.com.au); for dreamers only \$115, Pony Rider (ponyrider.com.au). **Throws:** striped \$69.95, Cotton On Home (cottonon.com.au); blue \$169, AURA by Tracie Ellis (aurahome.com.au).

HOROSCOPE

Venus, the planet of love, money and beauty, strongly suggests you make changes in your romantic and work worlds this month



21.03-20.04

Venus's retrograde hits you on the 4th, forcing your hand with financial decisions you have been postponing. You have all the facts, so make your move! The Sun shifts into your sign on the 20th, giving you a major boost to claim a big win at work.

YOU NEED: To trust your gut.

ARIES GUY: He has a lot on his mind, so give him space as he sorts through his stuff. He'll soon come running back for cosy time.



21.04-21.05

Take a break from running on the hamster wheel you've been on. It's not getting you anywhere. After the 4th, you'll have clarity on heart and work matters. Stay calm and have courage to press ahead when Mars enters Taurus on the 9th.

YOU NEED: To get real about things.

TAURUS GUY: He may seem all over the place right now, but if you carve out some alone time, he'll open up in a way that changes everything!



22.05-21.06

You love getting caught up in a social swirl, but pay attention to people you meet around the 6th. They could be very important to your career. After the 11th, it's time for having fun with new friends and potential beaus.

YOU NEED: A smile for the spotlight coming your way.

GEMINI GUY: Work is front and centre for him now. If he invites you to an office party, say yes. He wants to show off your smart self.



22.06-22.07

Still waters run deep, as you often prove. With a stack of planets in your zone of education, vision and adventure, seize the moment and show 'em what you've got. Say bye to anyone holding you back around the 24th. By the 20th, you'll be feeling great about the future.

YOU NEED: To clear the decks.

CANCER GUY: Boy is on a mission this month! Go along for the ride and you'll enjoy the benefits of his excess energy.



23.07-23.08

You're usually an act-first-think-later type, but near the 9th, if you slow down and pay attention to what your bae wants and needs, you'll get sizzling results. After the 20th, when the Sun moves into Aries, you'll be on the go and loving it, but watch out for travel snafus.

YOU NEED: To stop rushing and start listening.

LEO GUY: You've been waiting for things to get deeper, and this month, he's there too.



24.08-23.09

Think Virgos are all business? Not so. This month, you're a fool for love. If your grand romance feels rocky, chill. You'll get some clues near the Full Moon in your sign on the 12th. Single? An ex might come back for round two. Look before you leap into his lap again.

YOU NEED: To get out of your head and go with your heart.

VIRGO GUY: If his mood swings are making you nuts, tell him! He'll get his act together.



24.09-23.10

Bad news: With your ruler Venus going retrograde from March 4th to April 15th, everything that can go wrong might. Good news: By the 18th, you'll have the facts to fix things so they are better than ever... but only if you're honest about how you feel.

YOU NEED: To put your health first.

LIBRA GUY: With so much on his plate right now, the smallest gestures count. Drop by with takeaway.

ARIES

TAURUS

GEMINI

CANCER

LEO

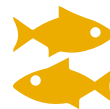
VIRGO

LIBRA

OPES



Emily Blunt is the perfect example of a multit talented Pisces. February 23, 1983.



PISCES

20.02-20.03

Stellar gifts: Your sublime creative talents and boundless imagination.

Blind spots: You feel the littlest things on the deepest level, so drama of any kind drains you.

Fashion faves: Gold and feathers one day, boho the next – your mood dictates your look.

Seduction style: You're a masterful flirt, but once Cupid strikes, you love to get swept away by romance.

Your month: The first half of March is pure bliss. You feel unblocked for the first time in ages and more creative than ever, and there's a special someone curling your toes, especially near the 12th. Don't float off on cloud nine just yet! Venus, she-orb of love and money, is retrograde all month, meaning some restraint is in order. The 27th is the perfect date to set new, ambitious goals for yourself and develop strategies.

Your year: You'll remember 2017 as the year when everything changed. If you have struggled to find your purpose, enjoy the clarity that now propels you forward. Spend time with others who share your creative vision. Trust your instincts and make changes in April for a fresh start. Revel in September and November – your steamiest months.

You need: To not hold back!

BEST MATCHES

Virgo: As opposite signs, you have a complementary connection: he makes you feel like a queen, and you bring out his whimsical side.

Scorpio: A lusty and passionate pair, you two have just the right chemistry to forge an unshakable bond that runs deep.

PISCES GUY

Adam Levine
18.03.79



LOVES:

Considerate partners who encourage him without being suffocating.

HATES:

Pushiness and aggressive behaviour that leaves him tense.

DREAM DATE:

A staycation at a local hotel where he can splurge on room service and enjoy the hot tub.

WIN HIM OVER:

By moving at a slower pace and building trust.



24.10-22.11

Your job's a booty buzzkill at the moment, but on the bright side, it's paying off! You'll get a fab offer to start a fun project on the 9th. If those around you seem out of sorts, you may need to jump in as peacemaker.

YOU NEED: To be open to change.

SCORPIO GUY:

He tends to be a little high-strung, and these days, the boy is super-stressed. Get him outdoors to blow off steam, then enjoy some steamy indoor activity a deux.



23.11-22.12

All you want to do now is stay close to home and kick it with the people who know you best. When Mars angles Saturn in your sign on the 5th, your wish is the stars' command! If there are any unreasonable demands made of you near the 17th, speak your truth and keep on stepping.

YOU NEED: To say no sometimes.

SAGITTARIUS GUY:

He's feeling frisky! Plan a getaway or a day of Netflix and chill.



23.12-20.01

March will indeed be madness for you, but you'll get all your ish done, especially near the 9th when Mars will be on your side. Say yes to invitations – networking will be key to killing it this month. Don't let family feuds derail you. Get everyone talking and all will be resolved.

YOU NEED: So much patience.

CAPRICORN GUY:

He'll need you to help him keep his cool when those around him go a little cray.



21.01-19.02

Sort your life into What's Working and What Isn't lists and prioritise accordingly. If detours throw a wrench into travel plans on the 2nd, an open mind could turn it into an adventure. Your social life will be popping with new peeps by the end of the month. Enjoy!

YOU NEED: Fresh perspective.

AQUARIUS GUY:

He's all business the first half of the month, but ready for down-and-dirty fun the second half.

SCORPIO

SAGITTARIUS

CAPRICORN

AQUARIUS

THIS
IS ME

HAILEY BALDWIN

The model of the moment, 20, chats Karl Lagerfeld, keeping it 'real' and why nothing beats being alone

What is your favourite city?

I love Toronto because two of my favourite cities in the world are New York and London and I feel like Toronto is New York and London combined.

When are you at your happiest?

Good question. I think it's very important to be able to be very happy on your own. I always find myself being able to laugh at myself or to myself. Sometimes I'll be dead alone and I'll think of something that makes me laugh and that's something that lifts my spirits. I like alone time because I don't get a lot of it – whether I'm travelling or working, I'm always surrounded by people.

What is one beauty product you never leave the house without?

Some form of lip balm or gloss. I can't stand having dry lips. It is the death of me!

What frustrates you?

Oh wow where do I begin?! Oh, here's something that really frustrates me and is something that I come across a lot: being two-faced. I just don't get it when someone says one thing

and literally does the complete opposite, or says one thing and then their actions don't match it at all. It's a disgusting and ugly quality. Apparently for certain individuals it is hard to be real.

What is a trait you most like in other people?

Someone who can make me laugh. If you can't make me laugh it's quiet for you; you're not going to be my friend, you're not going to be my boyfriend, you're not going to be my anything.

What's your most treasured possession?

I love leather jackets and there is a jacket, like an old letterman jacket, that was my dad's that he got when filming this movie way back in the day. It's super-cool and vintage – there's nothing better than a well-worn leather jacket.

What do you consider to be your greatest achievement so far?

I mean, my line with ModelCo is a big one for me because I really did put a lot of hard work into it. Working with Karl Lagerfeld was really cool and walking with Dolce & Gabbana was amazing; shooting with Patrick Demarchelier, and shooting Italian *Vogue*... it's been a really good year to say the least – I'm really having fun.

► Hailey Baldwin for ModelCo limited edition cosmetic collection is available now. Modelcocosmetics.com.

The coolest twenty-year-old on the fashion circuit.



Saving lives costs money. **We need your donations.**

Donate Today



Our Surf Life Savers take pride in protecting the community, however saving lives on the beach costs money. Money we don't always have. That's why we need your help. Donate today and Be A Life Saver.

🔍 Search 'Surf Life Saving' to find out how you can help us.





MY BIKINI

Alana Blanchard



SURF DAZE COLLECTION - A PRODUCT OF THE SEARCH