

FASHION

QUARTERLY

FORWARD
MARCH

840
STYLING
IDEAS

CAREER
MOVES

THE NEW SUIT

AGE SMART

What to do now,
next and later

SUBSTANCE
AND STYLE

YOUR MOST
EMPOWERED
AUTUMN
WARDROBE EVER

SOMEONE
LIKE YOU

The New Zealander
behind Adele's
iconic beauty look

THE RISE
OF THE
INSTABODY

HAVE WE GONE
TOO FAR?



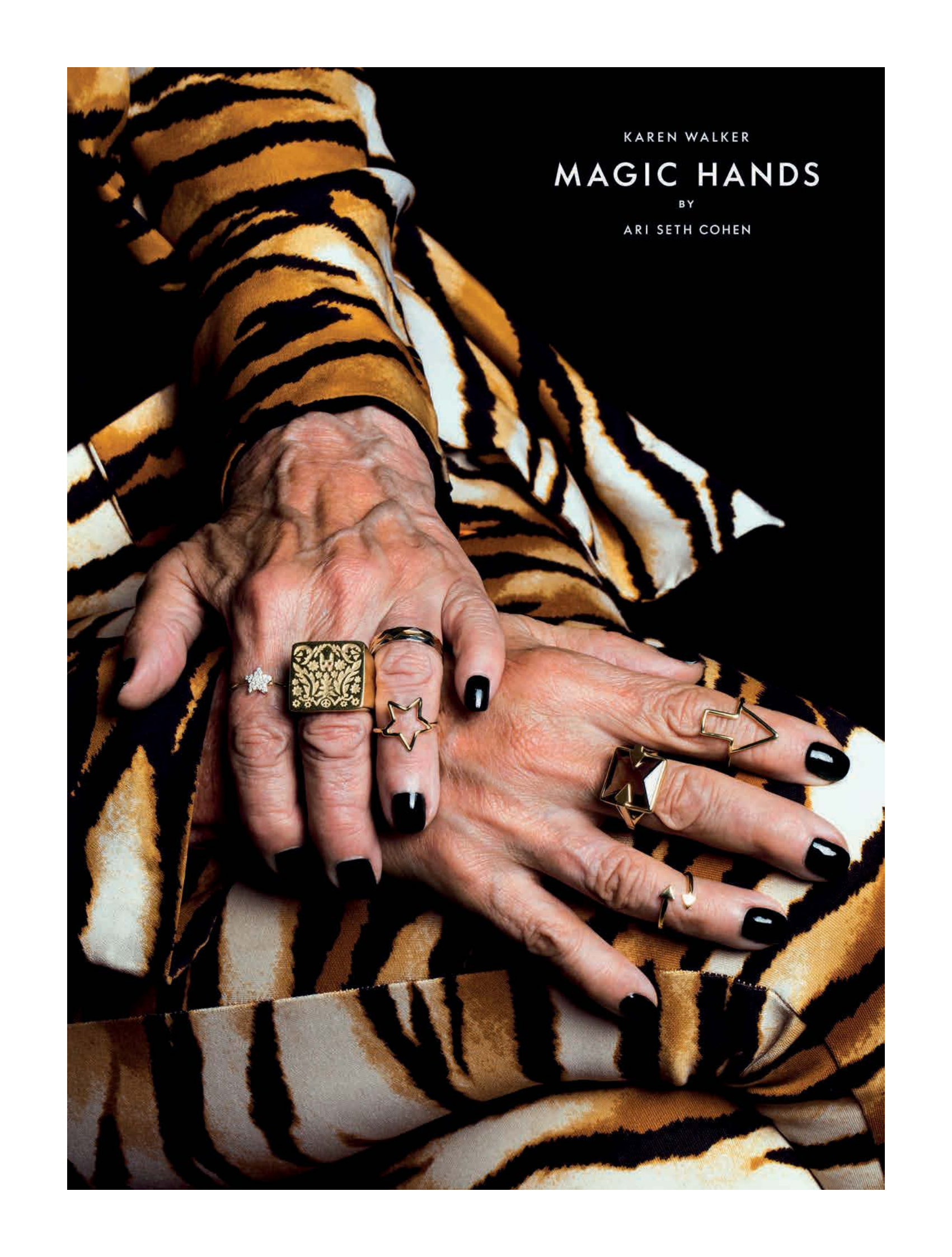


SERIES 6 PHOTOGRAPHED BY
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LOUIS VUITTON





KAREN WALKER

MAGIC HANDS

BY

ARI SETH COHEN



E. von
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As is often the case,
the simplicity and beauty
of one can have so
much more impact than
the clutter of many.

Kimbra captures this
spirit perfectly by simply
wearing Elysium –
a stunning cushion cut
diamond which is
precision crafted to ensure
maximum brilliance
radiates from the stone.
Elysium - the power
of one, available
exclusively from just
the one jeweller.



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THE
ELYSIUM
DIAMOND



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ON THE COVER: Emily wears Shjark jacket, \$599, and trousers, \$349. Ruby heels, \$299. Alexandra Dodds earrings, \$599, from Ena. PHOTOGRAPHY: Marissa Findlay. STYLING: Sally-Ann Mullin. HAIR: Michael Beel. MAKEUP: Kiekie Stanners for MAC Cosmetics. MODEL: Emily Baker from Clyne Models.



EXCLUSIVE TO SMITH & CAUGHEY'S
AND DAVID JONES

MIU MIU

THE FIRST FRAGRANCE

NEW ZEALAND FASHION QUARTERLY

TABLET / ONLINE / MAGAZINE

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INSIDE FQ

WITH THANKS

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PUBLISHER BAUER MEDIA

Chief Executive Officer
Paul Dykzeul

Publisher
Tanya Walshe

Commercial Director
Paul Gardiner

Group Brand Director
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Genevieve Ali

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Kim Chapman

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Editor

Sally-Ann Mullin

Creative Director
Marcel Gull

Features and Beauty Editor
Bronwyn Williams

Features Writer
Phoebe Watt

Editorial and Fashion Assistant
Jess Thomson

Digital Editor
Kelly McAuliffe

Sub Editor
Paul Little, Philippa Prentice

Interns

Ruby Hamilton, Zoe Madden-Smith,
Zoe Tollenaar

CONTRIBUTORS

Michael Beel, James Black, Frances Carter, Guy
Coombes, Freddie Errazo, Marissa Findlay,
Jessica-Belle Greer, Angie Humphreys, Ben Loris
Blair, Tamsin Marshall, Danny Pato, Rebekah
Robinson, Eve Sorenson, Kiekie Stanners,
Stephen Tilley, Leisa Welch, Olivia Wimslett,
Meek Zuiderwyk

PRODUCTION

Group Production Manager
Lisa Sloane

Production/Advertising Co-Ordinator
Lorne Kay

Printing
Webstar

Distribution
Gordon & Gotch

SUBSCRIPTION ENQUIRIES

Auckland subscribers phone (09) 308 2721 or call
toll free on 0800 MAGSHOP (0800 624 746), fax
(09) 308 2769, email magshop@magshop.co.nz or visit
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DIRECT ADVERTISING ENQUIRIES:
Lisa Deken, phone (027) 703 6592, email ldeken@bauermedia.co.nz. COMMERCIAL BRAND
MANAGER: Genevieve Ali, phone (09) 308 2800,
email GeAli@bauermedia.co.nz. Address: Bauer
Media Group, Shed 12, 90 Wellesley Street West,
Auckland 1010. Postal address: Private Bag 92512,
Wellesley Street, Auckland 1141. DIRECTORY ADS:
Kim Chapman, phone (07) 578 3646, fax (07) 578
3647, email classifieds@xtra.co.nz

INTERNATIONAL ADVERTISING

AUSTRALIA SALES MANAGER:
Rachel Mclean, phone +64 9 308 2760, +64 21 252
3335, email rmclean@bauermedia.co.nz. Address:
Bauer Media Group, Shed 12, 90 Wellesley Street
West, Auckland 1010, New Zealand.
www.bauermedia.co.nz

Editorial office: Bauer Media, Shed 12, 90 Wellesley
Street West, Auckland. Phone: (09) 308 7463 Email:
fq@bauermedia.co.nz. Editorial postal address:
Private Bag 92512, Wellesley Street, Auckland 1141.
Advertising Phone: (09) 308 2712.

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a new fragrance for her



Margot Robbie
calvinklein.com/fragrances



Nasty Woman
T-shirt, \$34 from
Google Ghost



Stronger Together

January 21 saw the largest single-day demonstration in US history: the Women's March, a movement that became worldwide in response to newly inaugurated President Donald Trump's proposed legislation and policies regarding human rights, immigration and healthcare reform. In disheartening times, it has been empowering to see woman around the globe unified in their desire for equality for all. Steadfast among the protesters were several of the

fashion set's foremost figures, many speaking out in protest and using their personal and brand followings to spread the pro-feminist message. Also inspiring: more than US \$100,000 was raised for Planned Parenthood thanks to sales of the now iconic "Nasty Woman" tee.

At FQ, we like to celebrate women and femininity in all that we do, so this issue we took the opportunity to really embrace our feminist side and join the movement. In *Feminist Fashion* (page 44), we talk to the New Zealand garment industry's key players about their personal views on fashion's synergy with politics and feminism,

their female muses and more. Cover star and international model Emily Baker (page 38) shares her journey from Matamata teen to Milan superstar; New Zealand-born, UK-based jeweller Jessica McCormack describes her devotion to her craft and love of vintage diamonds (page 108); and we speak to several of our favourite women who exude both style and substance and never fail to motivate us and I'm sure you.

Turning to career matters, we ask: Is the specialist a dying concept, or does the future belong to the workplace jack of all trades? Stylist/photographer/publisher Greta van der Star, pilot/writer/interior designer/boutique owner LeeAnn Yare and actor/photographer/director/writer Florence Noble give us the inside track on their own portfolio careers in *The Slashie Revolution* (page 115).

In our *Style* section, we put some of our favourite feminists on pedestals, including author Joan Didion, poet Cleo Wade, staunchly pro-women actress Marlene Dietrich and singer Lady Gaga. In *Beauty*, Bronwyn Williams reveals why you might want to keep your hands off your pores, and we chat with the nose behind Karen Walker's own strong female character, *Runaway Girl*, who now boasts her own scent. We update you on what to do when it comes to looking your best for longer, with a guide to all the latest serums, essences and cosmetics, and reveal which age you should be adding them to your skincare routine for optimum results.

But if you need a break from the pursuit of female world domination, turn to Phoebe Watt's round-up of some of the best of weekend getaways (page 160). They're the ideal destinations for a gathering of best girlfriends in need of some rest or revelling. Enjoy the issue – I hope you find it inspiring. ■

Karen Walker
sunglasses,
\$389



Louis Vuitton
phone case, \$1,730



Jessica McCormack
earrings, from \$25,460



Puma shoes, \$110, from *The Iconic*



Sally Ann Mullin
@sallyannmullin Editor



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STYLE

CREATIVE DIRECTION MARCEL GULL STYLIST JESS THOMSON PHOTOGRAPHY ANGIE HUMPHRIES

STAR WEARS

Set your inner
Barbarella free
with spaced-out
accessories.

Louis Vuitton
boots, POA. Karen
Walker Eyewear
sunglasses, \$389.



CHRISTIAN DIOR COUTURE SS17



Colette by Colette
Hayman head piece \$10



Lonely
lingerie set,
\$110

Camilla & Marc gown, \$839



CHRISTIAN DIOR COUTURE SS17



FAIRY TAIL

There's absolutely nothing
wrong with being a total princess



Christian Dior
bag, \$11,800



Percossi pearl earrings, \$1762

ONCE UPON
A TIME...
... everyone
wanted to look
like the heroine
of their favourite
fantasy tale. For
us, that time
is now.



No. 21 heels, \$784, from Net-a-Porter



MARCHESA SS17



Karen Walker
Jewellery ring,
\$1089

Zara jacket, \$178



Louis Vuitton bag, \$8650



Maggie Marilyn top, \$500



Topshop skirt, \$112

HAPPILY EVER AFTER
You don't need a
magical godmother to
transform you for that
special occasion, just
some sound style advice.



Alexandre Birman shoes, \$942, from Net-a-Porter



Love and Object
earrings, \$229



Storm skirt, \$189



Partridge Jewellers
earrings, \$4455

A woman with dark hair tied back is walking in profile, looking down. She is wearing a long, black, double-breasted coat with a high collar and large pockets. The coat is slightly flared at the bottom. She is also wearing black trousers and black heeled boots with gold-colored buckles. The background is a solid, muted olive green.

Jané Daniels
AW17 COLLECTION

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GREEN WITH ENVY

Partridge Jewellers earrings, \$12,760

Partridge Jewellers ring, \$11,800

Gucci ring, POA

Miu Miu sunglasses, \$397, from Sunglass Hut

Karen Walker Jewellery ring, \$1079

Malone Souliers heels, \$830, from Matches Fashion

Love and Object earrings, \$329

Gucci earrings, \$1420

Karen Walker Jewellery ring, \$2719

Meadowlark ring, \$689

Love and Object bracelet, \$329

Gucci bag, \$3480

Pleasure State bra, \$65, and briefs, \$30

Dolce & Gabbana sunglasses, \$281, from Sunglass Hut

Since Greenery was announced as Pantone's colour of the year, grassy hues have been popping up in designers' collections like daisies.

Saint Laurent bag, \$2716, from Net-a-Porter

Gianvito Rossi slides, \$570, from Matches Fashion

Aurelie Bidermann earrings, \$433, from Net-a-Porter

Dyberg/Kern earrings, \$149

Live Outside The Seasons

Country Road

DAVID JONES

ONE NAME : ENDLESS POSSIBILITIES

DAV2541_FQ1



Louis Vuitton sunglasses, \$940

Ruby top, \$189

Karen Walker bag, \$390

Zara skirt, \$30



Halston Heritage dress, \$646



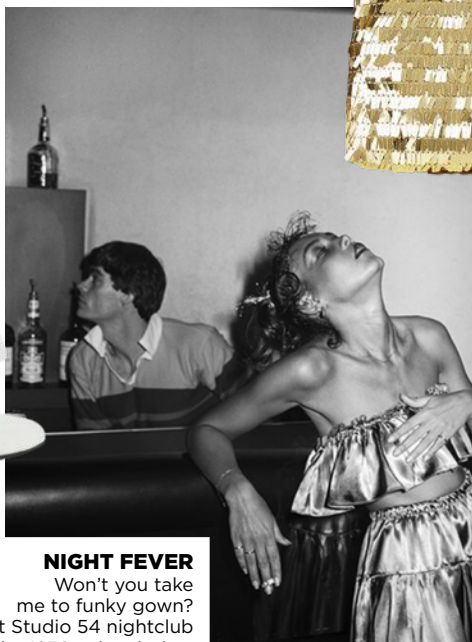
LE FREAK

Don't just sit there – you should be dancin'! The disco spirit has been brought back to life in all its shimmering, shiny glory



Senso heels, \$259

Topshop scrunchie, \$15



NIGHT FEVER

Won't you take me to funky gown? At Studio 54 nightclub in the 1970s, the clothes alone were enough to get the party started.



Topshop heels, \$157

Taylor pants, \$347



Skinny Dip purse, \$21



Zambesi pants, \$550, and jacket, \$785



Louis Vuitton bag, \$32,500



Zara heels, \$124

RHYTHM SLAVES

Short hems, bold shoulders, wider than wide lapels – that's the way we like it. We're having a glitter ball getting down with this dance-driven revival.



Zara beret, \$32



ISABEL MARANT SS17

BIANCA JAGGER



Live Outside The Seasons

Ginger & Smart

DAVID JONES

ONE NAME : ENDLESS POSSIBILITIES

DAV2541_FQ2

STYLE WITH A SMILE

Banish black and embrace the benefits of feel-good fashion



Shellys London boots, \$341, from Nasty Gal



the press-coined 'Big Four' made a combined splash on the international stage with their (mostly) moody collections. Described by reviewers at the time as 'edgy', 'dark', and 'intellectual', it cemented our reputation – and fixation – with black.

If you asked local fashion historian Doris de Pont, she'd say our predilection for black has more to do with the New Zealand psyche. "There's a dark aspect to our nature, a melancholy," she wrote in her 2012 book of essays, *Black: History of Black in Fashion, Society and Culture in New Zealand*.

This isn't to say we are all utterly miserable. Academic research, however, paints a different picture. A 2013 study from the University of Hertfordshire found that womens' clothing choices were heavily influenced by their emotional states. In a low mood, 57% would wear a baggy top compared to 2% when happy. Conversely, they'd be 10 times more likely to put on a favourite dress when happy (62%), than when feeling depressed (6%). The upshot of the study was that we gravitate towards clothes that suit how we are feeling on any given day – and it makes sense. When you're under a cloud, nothing feels more comforting than a

suitably storm-coloured knit. But does that make an essentially monochrome wardrobe a signifier of some kind of latent depression?

According to another study by psychologists Adam D. Galinsky and Hajo Adam, the concern isn't that your clothing reflects your mood, but affects it. Their research explored the effects of wearing an identical

Splashed across your face or a T-shirt, a smile is contagious, so get out there and spread those positive vibes

Candy bright colours. Faux fur backpacks. Sequins in the daytime. Anything with googly eyes... some call them 'happy clothes', others call it 'YOLO dressing', and here in New Zealand, we're not very good at it. "Black, black, black. They love it," wrote British fashion editor Lisa Armstrong about the New Zealand fashion set's obsession with gloomy garments. That was in 2004 when the then-fashion writer for *The Times* was a guest at New Zealand Fashion Week, and well over a decade later, the sombre styling seen on and off our local runways is evidence that not a lot has changed.

You could blame Zambesi, NOM*d, World and Karen Walker. At London Fashion Week in 1999,



STREET STYLE MILAN



STREET STYLE NEW YORK



STREET STYLE MILAN



STREET STYLE PARIS



Stella McCartney iPhone case, \$113, from Net-a-Porter



STREET STYLE MILAN



STREET STYLE PARIS



STREET STYLE MILAN

white lab coat upon two groups of participants – the first group believing that the coat was a doctor's coat, and the second believing it to be a painter's. It eventuated that those wearing the 'doctor's' coat were able to better concentrate on a set task than those wearing the 'painter's' coat, and thus the mind-altering abilities of our clothes were confirmed.

The key inference we can draw from this study is that happy clothes are the only thing standing between you and a perkier personality. How, now, to integrate said happy clothes into your wardrobe without looking like an extra on a children's television show? There are two approaches. The first is to ease into it as you would with any tricky trend, which means accenting your usual grey marle and denim with playful accessories – think fun phone cases, fluffy bag charms, and silly statement earrings. It's a bandwagon that brands from Moschino to Miu Miu have jumped on. No one, however, has monetised it better than British designer Anya Hindmarch, whose suede 'stickers' in cute shapes including fried eggs and space invaders start at \$100 USD, and after four years on the market, remain in hot demand.

It's no wonder. These are trying times we're living in, and we could probably all use some cheering up. Which is why we recommend the scarier, but undoubtedly faster-acting immersion method, for which you'll want to take your cues from the Italians. That's right, we're talking the head-to-toe happy clothes that fashion blogger Chiara Ferragni and *Vogue* Nippon editor-at-large Anna Dello Russo are both famous for. Have you ever seen either scowling in a street style snap? Exactly. So do as they do and embrace all things fruity, frilly and fuzzy. Or perhaps pasta is your thing? Dolce & Gabbana has a dress for that. Cats? Go for Gucci. A multi-coloured crochet blanket your Grandmother gave you as a baby? House of Holland. Add a Pucci print, a sunshine yellow Max Mara visor, and a Charlotte Olympia pineapple purse, and get happy.

And as for an outfit addition that will enhance not just your mood, but those around you? You could share the love with Saint Laurent's heart coat, but for an easier option, look no further than the happy face motif. Whether it's splashed across your face or a T-shirt, a smile is contagious, so get out there and spread those positive vibes. ■



Glassons bag, \$60

Lonely briefs, \$55

Karen Walker Eyewear sunglasses, \$349

Anya Hindmarch sticker, \$137, from Net-a-Porter

Marc Jacobs brooch, \$348, from Net-a-Porter

DOLCE & GABBANA SS17

MIU MIU SS17

BLUMARINE SS17

HOUSE OF HOLLAND SS17

MAX MARA SS17

CHARLOTTE OLYMPIA SS17

CHARLOTTE OLYMPIA SS17

GUCCI SS17

DELPOZO SS17



Kowtow shirt, \$139

Liam jeans, \$199

MAGICAL THINKING
There's power in practicality, imbuing your closet with a quiet confidence.



Ruby scarf, \$49

Georgia Jay bag, \$390



Gregory dress, \$369



Topshop culottes, \$77

Christian Dior scarf, \$290

JOAN DIDION

If this author's taught us anything, it's that pared-back can be every bit as eye-catching



HERMES SS17



Balenciaga slides, \$635, from Matches Fashion

Louis Vuitton bag, \$6450



Ziera heels, \$220



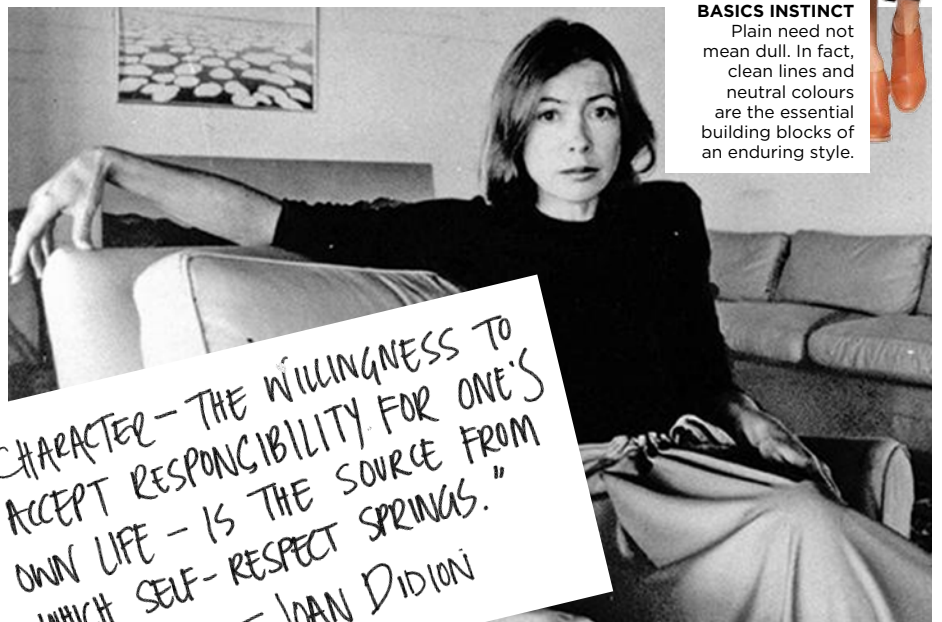
Helen Cherry top, \$398



R.M. Williams chinos, \$180



R.M. Williams skirt, \$540



BASICS INSTINCT
Plain need not mean dull. In fact, clean lines and neutral colours are the essential building blocks of an enduring style.

"CHARACTER - THE WILLINGNESS TO ACCEPT RESPONSIBILITY FOR ONE'S OWN LIFE - IS THE SOURCE FROM WHICH SELF-RESPECT SPRINGS."
— JOAN DIDION



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IS ONLY AS POWERFUL
AS THE FUTURE OF
ANTI-RACISM.

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Prada bag, \$3000



VALENTINO



MSGM dress, \$1495, from Matches Fashion



Gucci bag, \$3465



Zara jacket, \$204



Curate skirt, \$299



Beau Coops mules, \$459



HAPPY PAIRINGS
Like her work, Cleo's style is old-fashioned elegance; like the artist herself, it also reveals the influence of her birthplace, Louisiana, and her current home, New York. It's a true creative synthesis.

CLEO WADE

Artist, activist and exemplar of everything the modern woman aspires to be, Cleo is an inspirational figure not just to her own generation but to all who believe in the power of art in the fight for justice



Balenciaga necklace, \$1190, from Love and Object



Dyrberg/Kern earrings, \$269



Dodo Bar Or top, \$595, and shorts, \$295, from Muse Boutique



Prada necklace, \$2860



Love and Object earrings, \$229



Liam pants, \$139



THE STRAPS
Keep them super-fine to flatter the legs and ankles.



Gucci heels, \$815



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Isabel Marant shirt, \$480

World 4109 jacket, \$999



Walker & Hall Vintage ring, \$1280

Christian Dior loafers, \$1250



Gucci turban, \$1520



Witchery clutch, \$110

STOLE THE SHOW

Drop-dead fabulous in a glamorous age was the intention and the effortlessly achieved result. The cheekbones were merely a fortunate bonus.



Partridge Jewellers necklace, \$6950



Witchery skirt, \$200

MARLENE DIETRICH

Dietrich's singular brand of chic will never lose its mojo

Walker & Hall ring, \$6080



Jean Paul Gaultier SS17



Kate Sylvester bustier, \$299



H&M trousers, \$30

SUITS HERSELF

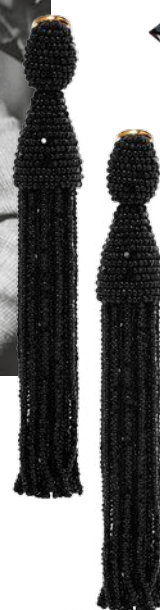
In life and style, Marlene was a bona fide rule breaker whose independent spirit cleared the way for other great female stars.



H&M tunic, \$80



Saint Laurent heels, \$1679 from Net-a-Porter



Oscar de la Renta earrings, \$598, from Net-a-Porter



Trelise Cooper dress, \$599



M I P I A C C I

SHOES AND BAGS

INTRODUCING

FOUNDATIONS

AUTUMN 2017

1. Basis, support, cornerstone, grounding, bedrock, mainstay, heart. 2. Starting point, principle, creation. 3. A thing, an act, an idea. With duality at its heart, simultaneously a beginning and a legacy, foundations can be found in both structures and morals.

Our creative process always starts with a clean slate and a deep breath - ground-work. From this slate itself came our starting point for Autumn; our exploration of "foundations" underpins everything we've created for you this season, as well as the generations of footwear expertise and passion we have behind us. Explore our new collection, in store and online now.

Rocco \$350

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Ignore all the hatred
and criticisms.
Live for what you create
and die protecting it."
— Lady Gaga



Shellys London boots, \$340

LADY GAGA



Rebe hat, \$179

Altuzarra jacket, \$1525, from Matches Fashion



Zara singlet, \$18

Trelise Cooper trousers, \$429



Topshop heels, \$96



Mi piace bag, \$320



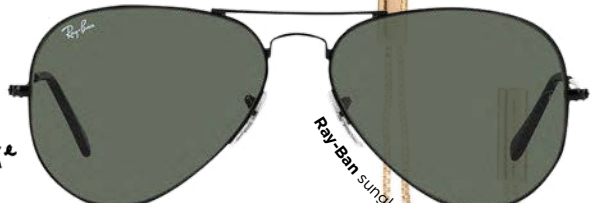
Karen Walker Eyewear sunglasses, \$389



Coop shirt, \$179



Topshop jeans, \$72



Ray-Ban sunglasses, \$205

Kenneth Jay Lane earrings, \$109



STYLIST JESS THOMSON PHOTOGRAPHY BAUER-MEDIA, GETTY IMAGES

Believe in yourself,
wear what you want and
just dance!

@ladygaga

Gucci heels, \$POA



APPLAUSE
Demure one minute, eccentric the next, let's hear it for Lady Gaga, the ultimate style chameleon whose unapologetic choices give us a million reasons to throw caution to the wind and make sartorial risk-taking a daily devotion.



BRANDON MAXWELL SS17



Trelise Cooper jacket, \$1200



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PALMERSTON NORTH. **WELLINGTON:** Lambton Quay, Queensgate. **CHRISTCHURCH:** Northlands, Riccarton. **DUNEDIN.**

STREET STYLE PARIS SS17

TODS AW16/17

STREET STYLE PARIS SS17

OUTDOOR ENTHUSIASM

Fashion's happy campers are trailblazing a new trend, says Phoebe Watt

NEW ZEALAND

prides itself on its natural landscapes. Our lush native bush, crystal blue lakes, clean mountain air and wild, west coast beaches are what we're known for. But although a love for the great outdoors might be in our collective DNA, the sartorially conscious among us realised long ago that it's hard to look chic carrying a pair of hiking poles, which is why, for the most part, the closest we'll get to an alpine expedition is enjoying a few flutes of Veuve at Clicquot in the Snow.

Consider, however, how the sport luxe trend reshaped our attitudes towards exercise. Prior to 2010 we would work out grudgingly, dragging our heels in our beaten-up sneakers every step of the way. But then mainstream sportswear brands put the fashion back into fitness and we became gym bunnies overnight. Of course, as sportswear collaborations became increasingly high-end (Stella McCartney x Adidas, Riccardo Tisci x Nike) and our athleisure outfits were deemed too good to sweat in, our appetites for exercise were usurped by our appetites for brunch and all those high-performance fabrics and technical fastenings were rendered superfluous. If we're being honest, they were only ever for appearances anyway. But as we teeter on the precipice of an adventurewear trend, we must ask – is a collaboration with Vetements all that's standing between us and a Kathmandu puffer jacket?

Stranger collabs have happened. As early as 2008, contemporary German fashion designer Bernhard Willhelm was partnering with sensible Spanish footwear brand Camper on the first of what would be several collections of 'Himalayan' hiking sneakers. A more convincing case for camping chic was made on the spring/summer 2014 runways with the debut of Prada's bejewelled Teva sandals, and a canvas Chanel daypack complete with bungee rope and carabiner. By December 2015, fashion forecaster Trendstop had revealed 'new utility' as its pick for the coming year and the cargo pockets, drawstrings, clips, toggles and tramping boots followed. By the end of 2016, with a clear path ahead, we were left to question why we'd been ignoring the signs for so long. Perhaps it was the tramping trend's perceived lack of sex appeal – an argument that was voided by Versace's SS17 Bond Girl-Scout in her Lycra bodysuit, anorak, fully equipped accessory belt and high-heeled Texas. Off the runway, front-rowers demonstrated the power of proportion and unexpected textures and prints to elevate an otherwise utilitarian ensemble. And although wearers of the long-line quilted puffer coats seen at Acne and Chanel could have been mistaken for people who'd stepped out in sleeping bags, we are hard pressed to think of a garment that will appeal more to a Dunedinite in the dead of winter.

North Islanders, on the other hand, should note that fashion's outdoorsy offerings aren't just geared towards those in colder climes, as both Kenzo and Stella McCartney proved during fashion month in September, with their lightweight, waterproof garments in hunting and fishing-approved shades of khaki. Still fresh-air averse? Well, you're fresh out of excuses. Go forth and conquer your fashion Everest – in case of a fashion emergency, pack a safety blanket. Xuly.Bët has a great one. ■

FUN AND FUNCTIONAL

Be your own beacon in light-reflecting metallics. Safety first, people.

XULY.BËT AW16/17

STELLA MCCARTNEY AW16/17

BALENCIAGA AW16/17

VERSACE SS17

STREET STYLE PARIS SS17

ACNE AW16/17

STREET STYLE PARIS SS17

PHOTOGRAPHY
JASON LLOYD EVANS, GETTY IMAGES

KENZO SS17



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*for orders over \$50 to Auckland, Christchurch and Wellington

THEICONIC.CO.NZ

SHARP FOCUS

From Matamata to Milan, our cover model, Emily Baker, talks us through her career trajectory and the forces that continue to drive her

PHOTOGRAPHY MARISSA FINDLAY

What is your current living situation? Out of a suitcase! I've been living in New York City for the past five years, on and off, but I travel a lot so need to be really flexible, and things often happen at the last minute so I've always got to be ready to go. I still can't seem to pack! **Where did you grow up and what was life like before you were discovered?** I grew up in Matamata. Before being discovered, I was just a normal teenager who was going to high school. I spent a lot of time in the Coromandel, fishing. **At 17, you went from being a small-town teenager to an overnight success on the world modelling stage. When you think back to that time, what goes through your head?** Firstly, just how much of a whirlwind it was. Going straight from Matamata to the Big Apple, I was really naive. I had no idea that modelling was even a career option. Looking back now, it actually makes me laugh. I think a lot about how grateful I was (and still am) to have such a strong support system. I was lucky to be there, to have an opportunity like that, and to have my family supporting me through it all. Dad came around to all four cities with me [New York, Milan, London, Paris] for my first Fashion Month. I was a zombie because of the lack of sleep — parts of it I don't even remember, and Dad still tells me stories I don't have any recollection of. At one point my mum also travelled 48 hours to join us. Without my family and friends, I wouldn't be where I am today. **How have the past five or six years changed you, and how have you stayed the same?** I've learnt a lot. Travelling and spending time in foreign countries alone certainly changes you. I grew up extremely fast; matured from all the life experiences I was having. It's shaped me from being a girl to becoming a woman. I've come out of my shell, and learnt a lot about myself. I value time more and appreciate home. I'm still very independent and my passion for photography hasn't changed. If anything, I've become even more passionate about it and it's something I want to do more of. Friends and family keep me grounded, but at the end of the day, I'm still Em and nothing will change that. **Tell us about your passion for photography...** I've always had an eye for photography, but working as a model inspired me to take it up as a hobby. I enjoy doing it on my days off. When I'm home or around family and friends, I annoy them by taking photos. I like to shoot very raw, mostly black and white portraits, landscapes and textures. I love using film and capturing those in-between moments. There is something special about an untouched image, not being able to fix the imperfections. Photography is purely a passion project for me, I don't have any formal training but I'm always learning something new on shoots. I am loving the learning process — it's something I'm excited about. It's actually almost scarier for me to be behind the camera as opposed to in front of it, but it's exciting too! Having an understanding of both sides has given me really valuable insight. **The fashion industry is full of creative and driven people. Are there any in particular who inspire you?** Not one person in particular. I can certainly acknowledge someone who's incredibly talented, but my sources of inspiration change every day. Often it's not a person but a place, or piece of music. Photography plays a huge part — those famous Peter Lindbergh pictures, for example. **Beautiful clothes and flawless makeup are your work uniform, so to speak, but are you a fashion and beauty obsessive when you're off the clock, or do you prefer a laid-back look?** Both. I'm fashion-obsessed and love keeping up with the trends. My style is dark, elegant, very masculine but also relaxed and most importantly, comfortable. I don't wear much makeup outside of work, but then again, no one makes you look better than the talented hair and makeup teams I've been lucky enough to work with. At the end of the day, though, nothing beats coming home to my dressing gown. **What's a key purchase you'll be making this season?** I'll maybe invest in a good leather jacket — or a film camera. I could also use a new wetsuit for spear fishing in New Zealand.

Emily describes
her style as dark,
elegant and masculine.
Zambesi jacket, \$775.
Alexandra Dodds
earrings, \$599, from
Ena. Stylist's own ring





Emily says the secret to a great photo is the talented and creative people she gets to work with. Harman Grubisa dress, \$349. Taylor belt, \$130. Stylist's own rings.

“

With editorial, I can become a character and no day is ever the same. It's also a nice way to express myself – acting in silence, in a way

”

What beauty indulgence can you not live without? Does salt water count? It cures everything. **From walking international runways, to fronting a Gucci campaign and shooting with Steven Meisel for Italian Vogue, you've had some major career moments over the years. What have been the biggest highlights?** I couldn't pick one. Every one of those moments has taught me something. I'm just lucky to be a part of the industry, lucky to do something I love, and be a part of something creative. **What has been the most challenging moment of your career to date and how did you push through it?** It's all been a challenge, from the start until now. I guess when I was starting out, having no clue about the industry, I had to take every day with a grain of salt and the only way I was going to learn was just to go with the flow and be a part of it. I travelled to four cities in one month, ran around to castings and fittings and operated on less than two hours of sleep a day. It was crazy. But I'm still challenged, and I still make sacrifices and have to be flexible. Modelling is tough. It's perceived as glamorous but no one sees all the hard work and time that goes into it. They only ever see the final product. Some of the most hard-working people I know are in this industry, and I think you have to be in order to survive. And although my job comes with a lot of responsibility, I love what I do. I'm humbled by and grateful for all the challenges because they only make me grow. I was raised within a strong family – the Kiwi 'you'll be right' attitude was always around and has stuck with me through everything. **You were a staple of the international Fashion Week circuit for several seasons, but in recent years your focus seems to have shifted towards editorial. What do you enjoy more and why?** They are both completely different, and each has its own aspects that I enjoy. But I like that with editorial, I can become a character and no day is ever the same. It's also a nice way to express myself, acting in silence, in a way.

What's your secret to getting a great photo? There is no secret. I believe it's about working with passionate and talented people. Great work is produced when everyone comes together and creates something as a team. I'm only one piece of the puzzle. Being inspired and passionate and loving what I do just makes it a hell of a lot easier. **What's the best work perk you've ever received?** The greatest perk of my job is that it allows me to travel. I've shot at some of the dreamiest locations and I've seen places I would have never dreamt of seeing. There is nothing better than exploring a new city and embracing a completely different culture to your own. **You're at the airport and your plane is delayed. How do you entertain yourself?** I'm really used to this! I always come prepared when I'm flying. I take snacks, I'll read a book, look at a magazine, listen to music. And there's always friends and family awake somewhere in the world who I can catch up with on FaceTime.

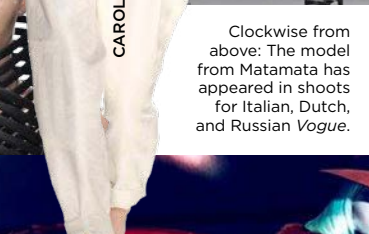
What's your favourite city in the world to kill time in? There really is no place like home.

What was your New Year's resolution?

I don't really believe in New Year's resolutions. Why wait all year when you could be doing it now?

What are your words to live by? Attitude is everything.

I can, I will. ■



Clockwise from above: The model from Matamata has appeared in shoots for Italian, Dutch, and Russian Vogue.



From far left: A Vogue Netherlands editorial; on the cover of Australian Harper's Bazaar; with Abbey Lee Kershaw in Gucci's autumn/winter 2011-2012 campaign.

NEUTRAL TERRITORY

Couture Report

Be inspired by the best of spring couture

ARMANI PRIVE

VALENTINO

CHANEL

GIAMBATTISTA VALLI

CHANEL

CHRISTIAN DIOR

MAISON MARGIELA

SCHIAPARELLI

CHANEL

MAISON MARGIELA

ELIE SAAB

JEAN PAUL GAULTIER

CHRISTIAN DIOR

IRIS VAN HERPEN

PALE AND INTERESTING

They're designs that most of us can only dream of, but if there was one practical takeaway from couture week, it's that a neutral palette doesn't restrict you to black, white, and fifty shades of grey. Dusky pinks and nude hues are suitably subtle alternatives.

VALENTINO

ALEXIS MABILLE

VALENTINO

FROZEN FANTASY

From Elie Saab's ice-blue creations seemingly plucked straight from Elsa's wardrobe, to princess-worthy pieces at Christian Dior and Valentino, the colour of royalty reigned supreme at the Paris shows. Vetements and Viktor & Rolf, meanwhile, kept things extra cool with dark detailing and edgy silhouettes.



WORDS PHOEBE WATT PHOTOGRAPHY JASON LLOYD EVANS



FIERY FASHION

Ring the alarm: gorgeous gowns in red, orange, yellow and gold have set runways ablaze and the flames are spreading to a red carpet near you. Pleated details, metallic accents, and just the right amount of skin exposure keep things smoldering. Burn, baby, burn.

EMPOWER DRESSING

On a monumental day in January, an estimated five million people around the world marched for women's rights. The dust might have settled, but a universal sense of sisterhood remains, and in light of that we asked the fierce females behind five New Zealand brands to tell us about the women who inspire them, and what it means to be a feminist in fashion



"The reason we got into fashion is to make women feel beautiful"

Madeleine Harman and Jessica Grubiša, Harman Grubiša

ON THEIR FEMALE MUSES

H: "To date, our winter 2016 'Dakota' range has been our strongest illustration of female muses. It was really an ode to the woman who holds her own. The Dakota is an historic building on the Upper West Side of Manhattan with a legacy spanning 130 years. It has been home to a raft of notable leading ladies, including Lauren Bacall, and Roberta Flack. Jess and I were reading about it a lot at the time of designing the collection (we share books!) and in turn, Maya Angelou, Jean Harlow and Nina Simone became namesakes for key pieces that carried the spirit of our Dakota story; the heroine, a woman empowered."

ON THE WOMEN WHO INSPIRE THEM

H: "Nowadays, it's our clients and people within the industry who are creative and kind, who do amazing things, and are true to themselves and what they believe in. I was also brought up by a strong, beautiful woman, who is without a doubt an inspiring force in my life."

G: "I'm inspired by any woman who is confident enough to be herself. And Miuccia Prada, always."

ON THE HARMAN GRUBIŠA BRAND ETHOS

G: "The reason we got into fashion is to make women feel beautiful. Our ethos as a brand is to cater to that."

H: "Agreed. That whole concept of preying on women's insecurities to sell product is completely counter to everything we believe in."

ON 'FEMINIST FASHION'

H & G: "In our job we see a lot of women afraid to be themselves, or apologising for themselves, and that, to us, is the biggest downfall of the whole conversation. It's not our role to tell women how to look, or how to feel. We both believe strongly in the equality of sexes, and we think women should be celebrated just as much as men."

ON TRUMP, GENDER EQUALITY, AND THE WOMEN'S MARCH

H: "The Women's March was a retaliation of women being persecuted. It was brave and it was necessary and so obscene that it even needed to happen."

G: "If you are neutral in situations of injustice, then you have chosen the side of the oppressor' – Desmond Tutu."



Top: Madeleine Harman and Jessica Grubiša design for "the woman who holds her own", as looks from the pair's AW16 (above), and AW17 (right) collections attest.



Right: Twenty-seven Names designers Rachel Easting (left) and Anjali Stewart made a statement by starring in their own AW17 campaign.



Anjali Stewart and Rachel Easting, Twenty-seven Names

ON THE TWENTY-SEVEN NAMES BRAND ETHOS

"The core of our brand is that we are two women out there doing it. We are in control of the imagery we are presenting, and we have been feminists since way before it was cool. We are very aware of our place in both the fashion and business industries, and as young(ish) women ourselves, we are conscious that we put forward a realistic and positive depiction of the brand. Our aim is to make women's clothing that makes the wearer feel comfortable, confident and strong. Our campaigns centre around the portraiture of our subjects – it's about the women wearing the clothes, not the other way around."

"If we can see ourselves in the photographs, we can see that perfection isn't a prerequisite to beauty"

ON THEIR FEMALE MUSES

"For our winter 2016 collection we imagined a dinner party (a reference to the work of legendary artist, Judy Chicago) where we invited a wide-ranging bunch of women who inspire us

– everyone from Emma Watson, Beyoncé and Helen Clark, to Jenny Holzer, Mindy Kaling and Tracey Emin. For winter 2017 we decided to look closer to home. It's not always about the stars of your favourite Netflix show, or the movers and shakers of the world. More often we're inspired by our friends, our sisters, our team, our mothers."

ON 'FEMINIST FASHION'

"Our winter collection 'Leave No Stone Unturned' is celebrated by a series of photographs of our team (ourselves included). Shot by James K. Lowe, this project allowed us to visualise our feminism within our brand. If we can see ourselves in the photographs, in the clothes, we can see that perfection isn't a prerequisite to beauty. Your eye might jump to that thing you hate to see reflected in a photograph, but what happens when you look for a little longer? And what would happen if, instead of asking "How do I look?" we asked "What will I do today?" Beyond that, we think that every woman should be able to express herself as she sees fit. I'm going to do me, and you do you."

ON TRUMP, GENDER EQUALITY, AND THE WOMEN'S MARCH

"F**k Trump."

Kate Sylvester (far right) looked to Lee Miller for inspiration when designing her SS16 collection.

Kate Sylvester

ON HER FEMALE MUSES

"I have referenced so many muses, from Mia Wallace to Lee Miller, Marilyn Monroe to the Queen. They are all really strong, intelligent individuals who chose bold paths through life, but like all women they have vulnerabilities too. That's actually what I find fascinating about them; I believe the stereotype of the perfect 'superwoman' is really negative."

ON THE WOMEN WHO INSPIRE HER

"The themes in my work are always personal, so all the muses are women I genuinely admire. I am very lucky to be surrounded by strong women and my greatest role models have always been my mother and grandmother. My mother was a first-wave feminist and brought me up to believe that I can truly do anything."

ON THE KATE SYLVESTER BRAND ETHOS

"I make beautiful clothes and we produce beautiful imagery to sell them. I see strength as an intrinsic part of beauty and ensure it is always present in everything we do."

ON THE SUBJECTIVE INTERPLAY BETWEEN FASHION AND FEMINISM

"I agree that it's totally subjective. Kim Kardashian is the perfect example of this. Some people find her empowering, I think the complete opposite. But then, 'feminist fashion' means women dressing to suit themselves, whether it is a Victorian gown or a pair of dungarees is not the point, what matters is that it makes that individual woman feel good about herself. I identify as a feminist and I'm wearing a lace dress."

"My mother was a first-wave feminist and brought me up to believe that I can truly do anything"





“I’m always drawn to the anti-It girl, never the It girl”

Above: Karen Walker is all about women with attitude. Right: Brave, forward-thinking female muses are regularly at the forefront of the designer’s collections.



Karen Walker

ON HER FEMALE MUSES

“Much of our work, in ready-to-wear and beyond, has been inspired by strong female stories and women with outsider points of view: Amelia Earhart, Ally Sheedy in *The Breakfast Club*, Victorian suffragettes and suffragists, passionate and eccentric gardeners, Sapphire from *Sapphire and Steel*, the women of the Spanish Civil War, Berenice Abbott and more. What these people have in common is an intrinsic and uncompromising attitude and style. This attitude and style is iconised in our Runaway Girl and Arrow motifs: a brave, forward-thinking, individual attitude, a sense of adventure and a point of view that always looks forward.”

ON THE WOMEN WHO INSPIRE HER

“When you’re in a creative field, inspiration sees no barrier between personal and professional, so the things that inspire me personally and work-wise are the same. So, all of the above women, plus so many more, inspire me. Just a few weeks ago I spent the day with Lee Miller’s son, Anthony Penrose, at their family home. Looking through Lee’s archives, drinking tea in her kitchen, snooping through her pantry, trying on her sunglasses and lunching in her local pub with Anthony was pretty thrilling as I’m such a fan of her writing, photography and general moxie. Basically, I’m always drawn to the anti-It girl, never the It girl.”

ON THE KAREN WALKER BRAND ETHOS

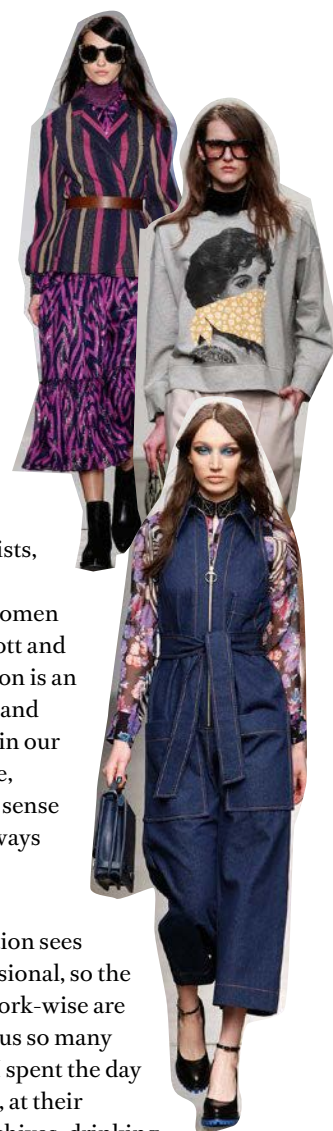
“I recently worked with one of my favourite talents yet, Phyllis Sues, who was one of the first American women to dance with the Ballets Russes. At the age of 93 she plays piano beautifully, every day, does hand-stands in her yoga practice, and has an intrinsic grace and elegance that comes through in everything she does and says. Personally, I’m only interested in working with people and on projects that capture this sort of strength and attitude.”

ON THE SUBJECTIVE INTERPLAY BETWEEN FASHION AND FEMINISM

“Well, everything’s subjective isn’t it? But, as a brand or a consumer you have a point of view and you stand by it. To me, ‘feminist fashion’ means freedom to be who you want to be.”

ON TRUMP, GENDER EQUALITY, AND THE WOMEN’S MARCH

“I think a post on our Instagram sums it up pretty well – a protestor holding a placard reading: ‘I can’t believe I still have to protest this shit.’ I think that when circumstances become extreme, brands, as well as individuals, have to take a stand and not sit on the side-lines or put a buck each way.”



Emily Miller-Sharma, Liam

ON HER FEMALE MUSES

"When designing my autumn/winter 2017 collection I was thinking a lot about how important it is for us to expand our perspective on the world by consuming art. I became obsessed with a Rita Angus series of crayon drawings of the moon, whilst simultaneously reading *A Little Life* by Hanya Yanagihara and Hera Lindsey Bird's self-titled book of poetry. I can't specifically point to a button detail or a sleeve shape that is 'inspired' by these particular women but all three of them, in their own way, shifted my way of thinking. This ability to shift keeps my brain nimble and able to keep finding newness and beauty while working within the same seasonal framework that I need to work in."

ON THE WOMEN WHO INSPIRE HER

"There are so many! Kim Hill's 'Saturday Morning' show on Radio New Zealand has given me so much – introducing me to people and ideas I hadn't heard or thought of before and expanding the way I think and the depth of my understanding on a topic. Jessica Hansell (Coco Solid) is another person who I think is amazing. I really respect and admire her approach to art-making and her ability to communicate that approach. Both of these women manage to exude fearlessness while still allowing themselves to be vulnerable which is incredibly powerful."

ON THE LIAM BRAND ETHOS

"A really important thing for me both as the Liam designer, and in my capacity as the general manager of the Ruby company, is that we empower our staff to develop and grow. We want our team to be happy, healthy women (at the time

of this interview, we are an all-female team of 64 people) and this filters down through all facets of our company into real actions – whether it be internal or external training for career-based or personal development, the ability for anyone to suggest improvements to the way we do things, to making our workplace more fair and inclusive (and making sure the environment is one that encourages that kind of conversation), or actively encouraging positive engagement with the community through our newly-implemented volunteer scheme which is part of our Ethical Policy."

ON 'FEMINIST FASHION'

"I'm all feminist, all the time so I guess 'feminist fashion' is just 'fashion' to me. But what is empowering to one person may be seen as objectification to another, which is why it's important that we respect women enough to allow them the freedom to make their own value judgements about what is empowering for them, and make their own individual choices about what they want to wear."

ON TRUMP, GENDER EQUALITY, AND THE WOMEN'S MARCH

"Without wanting to diminish the genuine concern I have felt since the US presidential election, I've found events like the Women's March empowering and invigorating. The main thing for me is that we all think about what matters to us and choose one or two things to really spotlight our attention on – whether it is continuing the fight for women's reproductive rights, or closing the gender and race-based pay gaps, or caring for those who are affected by our appallingly high levels of domestic violence. If we focus our energies instead of despairing at everything we can be more effective." ■



Liam designer Emily Miller-Sharma is "all feminist, all the time". Far right: Liam's AW17 collection is inspired by the works of Rita Angus, Hanya Yanagihara, and Hera Lindsey Bird.

"A really important thing for me is that we empower our [female] staff to develop and grow."



FORWARD MARCH

Now, more than ever, fashion and politics are becoming entwined, and the industry is voicing its opinions both on and off the runway. As people hit pavements around the world for the Women's March, designers, models and other famous faces joined the protest to walk in the name of equality.

MAN REPELLER



@manrepeller Style, humour and intelligence are not mutually exclusive for women. We march because equal rights and life in America shouldn't be either.

@jaime_king MARCH MARCH MARCH ON my fellow citizens of LA and across this nation. This is not only the vision but the action of freedom and the very beings that uphold our Republic. I love you all.



@zoeisabellakravitz We come together, all colours, all ages, all genders. Love unites us all. #womensmarch2017 This little hero @iamcreesummer

@lilydonaldson



@intothegloss



@marahoffman UNITE WITH LOVE, RESIST WITH LOVE. 1/21/2017 Washington DC. #womensmarch

LILY ALDRIDGE

@lilyaldridge



All you need is LOVE #womensmarch #lovemyladies #loveeverybody

”

@jenniferfisherjewelry My sign #SLAY #ALLWOMENKIND #jenniferfisher #womenarchnyc #womensmarch



@karen_walker



@nicolerichie

CHRISSY TEIGEN



@chrissyteigen I was going to go to Sundance to support John tomorrow but feeling compelled to support my fellow women. See you at the Women's March, DC.

VICTORIA BECKHAM

“

Proud to support women
everywhere today
#womensupportingwomen
#womensmarchlondon x VB

”

@victoriabeckham



@derekblasberg



@madonna Express Yourself.....so
you can Respect Yourself 🎸 On stage at
the Women's March In DC. ♀



@therealgracecoddington
#womensrightsarehumanrights
#womensmarchonwashington



LENA DUNHAM

@lenadunham All those powerful
women. All those people who love
them. All demanding more. All
across America. Prettiest sight
these eyes ever did see. ❤️

@emrata



@donnakaranthewoman I sit here, day
after day, and cannot get these visions
out of my mind. I know this wasn't a one-
time thing and women all over the world
will continue the march for equality. I am
so proud to see that all of us have come
together to create one voice that speaks
to the issues that are unacceptable. For
ourselves. For our children. For everyone.
#womensmarch #wewontgoback
#womensrights #equality #equalrights
#notonemore #sandyhook #guncontrol
#whyimarch

@itsjeremyscott



“
WE ARE WOMEN
HEAR US ROAR IN
NUMBERS TOO
LARGE TO IGNORE
”



@nictrunfio

ELIZABETH BANKS



@elizabethbanks
I AM SO PROUD TO HAVE A VAGINA
TODAY. #womensmarch So moved by
the movement. Sending GRATITUDE
and LOVE to all the marchers.

R U N W A Y T O

Four members of the *Fashion Quarterly* team trade in their usual work wardrobes to trial some of the trickiest trends of the season



“Everyone under 25 seemed to love it, but those slightly older expressed distaste”

Sally-Ann Mullin

Editor

Runway reference: Yeezy season 4

What would you wear on a normal day? Tailored pieces, leather, white shirting, and black suede point-front stilettos, always.

Why are you drawn to this aesthetic? The way I present myself allows me to feel assertive and sexy, yet still feminine.

Describe the runway look you were replicating and the items you used to recreate it. I was inspired by Yeezy, season 4. It was one of the most talked about collections of the year, not just because of the hype surrounding creative director Kanye West and his Kardashian-Jenner entourage, but due to the controversial showing at New York Fashion Week, where several models fainted after being forced to stand for hours in the sun. The specific look is a mix of figure-hugging, nude-hued pieces, camouflage elements and clear Perspex heels. The base of my outfit was a vintage Zambesi body-con dress which I altered, and the amazing Kate Jarrett from Loxy's hair salon in Ponsonby gave me 24-inch, human hair extensions for the full Kim Kardashian effect.

Describe how your new look affected your day. Straight off the bat I felt different. I avoided my usual coffee haunt, not wanting to be snapped looking so overtly sexual in my local. This was ultimately the wrong decision as at my alternative choice of café, it was even more alarming to be around people I didn't know. When I walked in and felt everyone staring at me, I panicked and bolted without ordering.

How did others react? I had a mixed response from my colleagues.

Everyone under 25 seemed to love it, but those slightly older expressed distaste. To gauge the response of the general public I went for a walk at lunchtime. Men seemed to hold their gaze for longer than they usually would, and women just looked perplexed.

What did you struggle with? The attention! I enjoy being the centre of attention, always have, but this was next level. So many people were staring at me and I didn't like it.

What did you learn about yourself? That I like to dress in a more subtle and elusive manner. The key, for me, is mixing up the elements of an outfit – if the hair is big and sexy, the clothes need to be more subdued. If there is cleavage, the skirt or pants can't be totally fitted. Commanding attention is one thing, being ogled all day is quite another.

How will you be taking inspiration from this runway look going forward? I really loved wearing the

Zambesi dress. I predict it will become a wardrobe staple but I'll be teaming it with stilettos and a structured blazer. The jury is out as far as the clear heels are concerned. I appreciated the leg-lengthening effect but they felt a little too adult entertainment industry for me, so I'd perhaps tone them down with a simple white T-shirt, classic cut 501 jeans and a red lip. It was also fun to have hip-grazing hair. I have adored playing with the extra length, but I'll be getting the girls at Loxy's to trim it into a more manageable medium-long style.



R E A L W A Y

Bronwyn Williams

Features and Beauty Editor

Runway reference: Kenzo spring/summer 2017

Describe your go-to beauty look: Although I'm constantly trialling new products and makeup techniques for work, there are a number of requirements when it comes to my daily makeup: It has to take less than 10 minutes. It has to involve as few steps as possible (for this reason, multi-use products make me very happy – lipstick as blush, bronzer as eyeshadow, brow pencil as eyeliner). Lastly, it has to look unfussy, undone and natural. Kardashian contours? Not so keen. False lashes? I prefer my own. Beauty blogger brows? Pass.

Why are you drawn to this aesthetic? I'm a firm believer in skincare as makeup, so in theory, the more I look after my skin, the less makeup I need to wear.

Describe the beauty look you were replicating and the items you used to recreate it. Kenzo spring/summer 2017. The beauty look, created by Lynsey Alexander, is a modern version of a makeup technique called 'draping'. Popular in the 1980s (with a more subtle version trickling through to the '90s), draping is essentially contouring, but with blush. Intended to make you look flushed like you're fresh off the dance floor, blusher is swept across and under the cheekbones, across the eyelids and often down the neck as well. The Kenzo team stepped it up a notch, using a bright red blush to match the tone of the models' bold lacquered lips. Despite spending an evening squinting at YouTube tutorials, I felt that in order to get this look right I needed professional help, so I called in Megan Robertson, pro-artist at Smashbox Cosmetics. The first layer of blush Megan applied looked natural, pretty, and fashion-forward, and I liked the way it contoured my face differently to the classic bronzer/highlighter trick. I was ready to stop there, but we had to keep on layering.

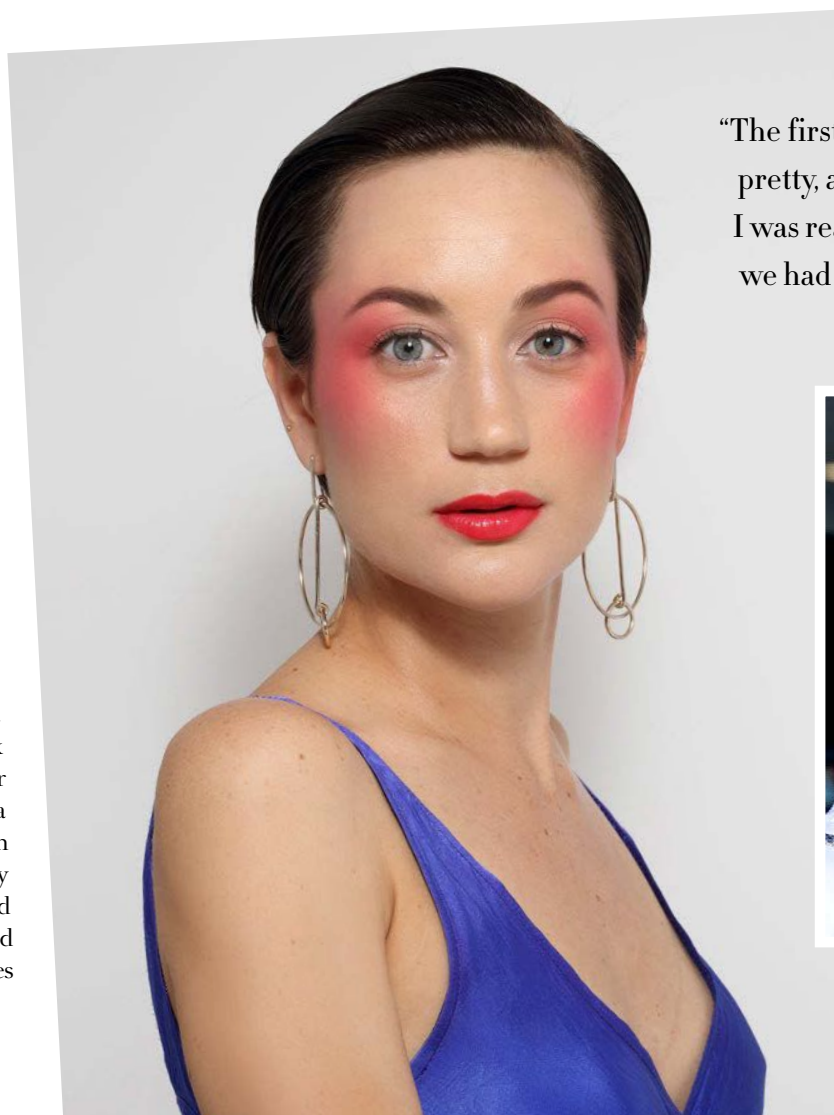
Describe how your new look affected your day. I wrapped my makeup session and rushed straight into the middle of a meeting. Nine faces turned to look at me, and though I commend their attempts to act normal, I felt like a circus clown (our editor Sally-Ann kindly described the look as 'very artsy'). Throughout the day I would momentarily forget what I looked like, but come lunchtime all eyes

were on me when I walked along the street to grab a bite. I had a number of appointments that day where I was meeting people for the first time, so I was pleasantly surprised when they told me my makeup looked amazing. I guess I forgot that for some people, colourful, statement makeup is an everyday thing.

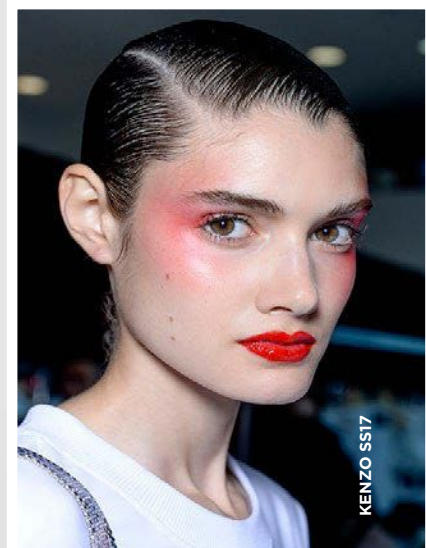
How did people react? I like it to when you dye your hair from brunette to blonde; though you can't put your finger on it, people do look at you, speak to you and treat you differently. Within the confines of our open plan and open-minded office, I felt fine. Out in the real world, however, I felt people staring, and mentally placing me into a societal 'box' that I feel I don't belong in.

What did you struggle with? Being a 'less is more' sort of woman, I struggled physically wearing that much makeup.

How will you be taking inspiration from this runway look going forward? The experiment made me think more openly about the possible uses of blush. Rather than my usual wan dab on the apples of my cheeks, I'll definitely be getting a little braver in my morning application, armed with the following tip from Megan: "When it comes to choosing your blush, technically you can wear anything, but the real trick is matching it to the rest of your makeup. You want your blush and lipstick to be similar in tone to tie the look together." Wish me luck!



"The first layer of blush looked pretty, and fashion-forward. I was ready to stop there, but we had to keep on layering"



KENZO SS17



“Trying something new makes you look at the world from a different angle, and that’s extremely important”



length. I typically team these with a turtle-neck sweater, a black blazer or a long, camel coat, and a pair of point-front stilettos (it’s very rare that I won’t wear heels to work). I also recently jumped on the Gucci belt bandwagon, although unlike most of the ones currently doing the rounds, mine is vintage.

Why are you drawn to this aesthetic? A big part of it was seeing my mum dress like this when she was a bit younger. She used to work in advertising and always looked so glamorous. And it’s an aesthetic I feel comfortable in. I don’t need to think about it.

Describe the runway look you were replicating and the items you used to recreate it. Gucci pre-fall 2017. The look is bookish and awkward, with underlying op-shop vibes due to the quirky glasses, hats, and clashing prints and bright colours. I recreated the aesthetic with a vintage floral pussy-bow blouse, emerald green pleated skirt, and ballet flats worn with grey ankle socks. I accessorised with a black beret, glasses, and my Gucci belt which was basically my safety-blanket on the day.

Describe how your new look affected your day. After getting dressed for the day I would typically not give a second thought to how I look, but on this day it was all I could think about. I found myself not wanting to speak up in meetings because I was feeling so self-conscious, and that was quite confronting.

How did others react? Three colleagues that I sit with every single day completely failed to recognise me while I was out getting a coffee – they walked right past me and didn’t even realise I was there! The other popular reaction was just to laugh at me.

What did you struggle with? In so many different things that I would never normally wear together, I felt frumpy and completely out of my comfort zone. It was definitely a baptism by fire!

What did you learn about yourself? I learnt that I know that I like, and I think that’s a good thing. My style has always been very instinctual – I never have to overthink it when I’m getting dressed in the morning. Having said that, I learnt that trying something new makes you look at the world from a different angle, and that’s extremely important from time to time. It was also interesting to see how differently I was treated when I looked different.

How will you be taking inspiration from this runway look going forward? Although, overall, I didn’t really enjoy dressing this way, I can appreciate that some of the elements of my outfit would be really cool if they were split up, and styled in my own way. I would love to wear the beret with jeans, for example, and I would also enjoy the skirt – possibly even the bright green colour – if I could pair it with a thin, fitted jumper and black heels. It turns out pleated skirts aren’t as bad as I thought! In fact, I now have my eye on one from Kate Sylvester’s new season.

Jess Thomson

Fashion and Editorial Assistant

Runway reference: Gucci pre-fall 2017

What would you wear on a normal day? Simplistic garments that are fitted but not exposed, and make me look tall and linear. I prefer to dress for winter over summer as I love to wear baggy jumpers tucked into fitted skirts (a pencil skirt that finishes mid-shin is my go-to). I also wear skinny jeans (but never too tight!) and usually ankle-grazer

Phoebe Watt,

Features Writer

Runway reference: Balenciaga spring/summer 2017

What would you wear on a normal day? As fashion-obsessed as I am, an adventurous dresser I am not. Most days you'll find me in skinny jeans (black or indigo), a loosely tucked, button-down shirt (white or

“Wearing exclusively black to black-tie events ends now”



chambray), and black or nude stilettos. In winter, add a full-length, grey tweed coat, rinse and repeat. For events, a black ensemble is my default, and as a rule I'd rather be underdressed than overdressed, so will downplay a voluminous black pleated skirt with a grey marle T-shirt. To bring drama I rely on an immaculate beauty look and a piece of statement jewellery. A Dolce & Gabbana-inspired red lip and crucifix earring combo is my ultimate.

Why are you drawn to this aesthetic? I don't consider myself a wallflower and I certainly don't get dressed with the objective of blending in. But celebrity stylist and all-round fashion oracle, Rachel Zoe, famously said that style “is a way to say who you are without having to speak”, and I guess I don't feel like my clothes should have to yell for people to listen.

Describe the runway look you were replicating and the items you used to recreate it. Extreme colour blocking à la Balenciaga spring/summer 2017. The particular look I was tasked with replicating consisted of a high-necked, long-sleeved candy pink dress with a thigh-high split, and vibrant purple tights that were worn over the top of the model's stilettos. To recreate this look I chose a stunning fuchsia wrap dress by Miss Crabb, and a pair of opaque, grape-hued stockings which I pulled on over my shoes, snipping a tiny hole to poke the heel through (and creating some very slapstick CCTV footage in the process, I'm sure).

Describe how your new look affected your day. I felt very self-conscious. At midday I was absolutely dying for sushi, but I was willing to wait an excruciating half hour for someone else on the team to join me because I didn't want to step one foot outside the building by myself – very unlike me. The bright colours, the funny stiletto/stocking hybrids, and the fact that the dress itself was quite formal just made me feel like a bit of a spectacle, which is not my sartorial happy place.

How did people react? Despite my own discomfort, the response from the FQ team was overwhelmingly positive. Everyone's immediate reaction was that I should do colour more often, specifically fuchsia. Coming from some of the most stylish – and honest – people I know, it was feedback that I really took on board.

What did you struggle with? It sounds glib, but I just didn't feel 'cool' in what I was wearing. I strive to look understated in a kind of nonchalant,

Parisian way, and this outfit was the antithesis of that. I was obsessed with the dress and would happily wear it to a wedding, but on an ordinary work day? Too *Real Housewives of Beverly Hills*.

What did you learn about yourself? That I can wear colour, I just need to own it. On the flipside, when I slipped back into my denim cut-offs and a charcoal silk shirt at the end of the day, and my confidence levels instantly soared, I learnt that power-dressing comes in all shapes and forms.

How will you be taking inspiration from this runway look going forward? Wearing exclusively black to black-tie events ends now. I doubt I'll be pairing a pink dress with purple stockings again, but a pink dress with a purple (or preferably red) stiletto? Bring it on. And I know the focus of this trend trial was colour blocking, but I'm just going to say it – I liked what was happening with my lower half. I can absolutely see myself fashioning those stocking-shoes in black (sorry not sorry), underneath a pleated mini in schoolgirl tartan or charcoal grey. ■



CHAMPAGNE

Laurent-Perrier

MAISON FONDÉE
1812

CHAMPAGNE

Laurent-Perrier

MAISON FONDÉE
1812

BRUT

Tours-sur-Marne

THE RISE OF THE INSTABODY



Social media keeps us abreast of what's hot, but have trending body types gone too far? Phoebe Watt investigates

In November 2016, Apple started beta testing its iOS 10.2 update for iPhone.

Among the new and improved features were dozens of redesigned emoji, including a slightly less anatomical-looking peach. It was a seemingly innocuous change, but it created an online furore that rivalled Brangelina's divorce announcement. Why? Because the peach – or 'butt' emoji, as it had been known – was a cultural symbol of our time; an emblem of a near-universal obsession with, well, shapely bums, and tampering with it had consequences. Chief among them? Suddenly, we had nothing with which to caption our belfies.

A portmanteau word combining 'butt' and 'selfie', the belfie started dominating our smartphone screens in 2014, when Nicki Minaj's booty-anthem 'Anaconda' was charting at number two on the US *Billboard* Hot 100, and every Kardashian and her D-list BFF was photographing her posterior in a bathroom mirror so as to show off her, er, squat work. Fast-forward to 2017 and those cartoonish Kardashian curves are still the ones by which all others are graded.

The extent to which they are real, meanwhile, remains the subject of hot debate. We know, of course, that Kim, Khloe, Kourtney, Kendall and Kylie are fond of waist-training devices – each sister having donned one for a sponsored Instagram post more than once. This isn't to say they are only in it for the payday. Photoshop sleuths would argue, though, that those exaggerated hourglass figures are more to do with dodgy retouching than regular use of a latex corset. Others say cosmetic surgeries, from rib removal procedures to Brazilian butt lifts (where fat is liposuctioned from other areas of the body and injected into the buttocks), are responsible. Despite constant denials from the Kardashian camp, the Brazilian butt lift rumours that routinely circulate around the infamous family saw the number of procedures performed in the USA increase by 28% between 2014 and 2015. In 2016, lipo-filling was the fastest growing cosmetic surgery according to the American Society of Plastic Surgeons. It's hard to say whether this particular trend has trickled down here. New Zealand's authority on lipo-filling, Dr Robert Beulink, couldn't be reached for comment before we went to print – his office explaining, apologetically, that it was his busiest time of year. Take from that what you will.

As for whether Kiwis are undergoing more tried-and-true surgeries to look like their idols? There's no question. Taranaki-born, London-based e-commerce site manager Zara McKenzie – whose provocative Instagram posts frequently fetch her upwards of 1000 likes – has always had a thing for the Kardashian-Jenner aesthetic. "Although it started with Pamela Anderson, to be perfectly honest," says Zara. "The attitude, the boobs and the high-cut bikinis... I think that whole look has become popular again largely due to Kim and Kylie, but I've always admired it, regardless of it being on-trend or not."

After spending 10 years thinking about breast augmentation, the 29-year-old, who "always wanted curves", went under the knife in 2015. Around the same time, she started getting temporary lip fillers, which she tops up "once or twice a year". But although this adds weight to the Kylie Jenner comparisons, she insists she's never been one to conform to popular standards of beauty. "Growing up I did the opposite of what I felt society wanted... covering my body in tattoos and dying my hair pink. I've always tried to be myself and do what makes me happy." For the most part, sharing her body on social media has been a positive experience for Zara. "I don't ignore the dangers and I make sure to live a real life outside of a timeline," she says. "But as far as giving me the freedom to express myself, I've found it to be both an empowering and inspiring tool."



KYLIE JENNER



KIM KARDASHIAN-WEST



KIM KARDASHIAN-WEST



KIM KARDASHIAN-WEST



KYLIE JENNER

Inspired by 90s icon Pamela Anderson, New Zealander Zara McKenzie was coveting the Instabody look long before it was trending. Bottom right: Belfie queen Jen Selter is #bodygoals for many.

ZARA MCKENZIE



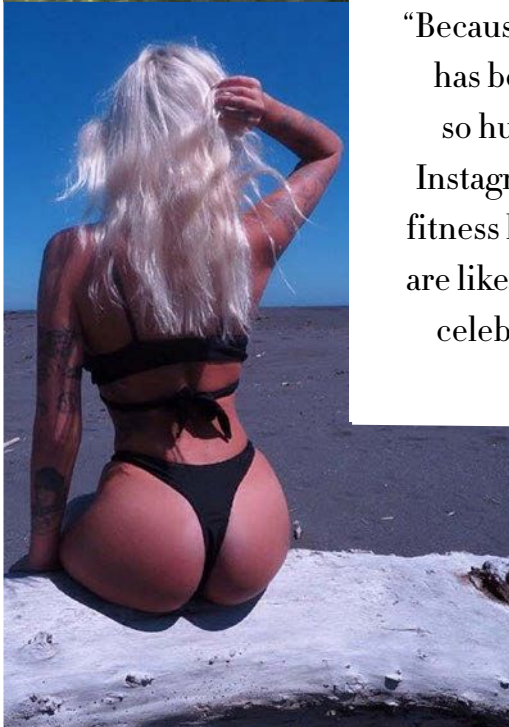
Callum Schofield and Kelly Small, personal trainers at elite Auckland gym, The Exercise Room, attest that social media is a key motivator for their clients, influencing not just their desire to exercise, but how they want to look afterwards. Of late, says Callum, a 'fitspo' body has replaced the Kardashian body as the one everyone covets. "A couple of years ago, clients coming in with an appearance goal would mention those mainstream celebrities," says Callum. "But because fitness has become so huge on Instagram, the fitness bloggers are like the new celebrities."

A happy medium between Kardashian curves and the uber-muscular physique that came out of the CrossFit craze of the early 2010s, the fitspo body is feminine yet strong – epitomised by Instafamous fitness gurus, such as belfie queen Jen Selter, who told *The New York Post*, "I mainly do body selfies... [people] don't want to see my face." Callum and Kelly confirm that glute workouts remain a high priority for their female clients. "Even my older clients!" says Kelly. "Everyone still wants big glutes."

It's a far cry from the 1990s and 2000s, when heroin chic was all the rage and rail-thin bodies were the goal. For Callum, this is a welcome shift – not just because people are approaching fitness far more holistically, but because they are becoming more involved in the entire training process. "Clients are telling me what they want to achieve, and literally showing me, on their phones, the movements they want to do to achieve it," he says. The downside is having to manage the expectations of clients who are obsessed with achieving something that is, at best, unrealistic for them, and at worst, not humanly possible. "It's tough seeing clients get disheartened about their goals and feel like they're not getting results when it's because they're aiming for something that's not real," says Callum.



"Because fitness has become so huge on Instagram, the fitness bloggers are like the new celebrities"



Herein lies the destructive potential of social media, says Auckland psychotherapist Kellie Lavender, who for 16 years has specialised in treating eating disorders. According to Kellie, the fact that the current 'ideal' body has curves doesn't make it a healthier body to idolise. "It's the mindset that we have to be something else to be better," she says. "Whether that's thinner or curvier it doesn't really matter... it's the same thing just in a different form."

And although Callum and Kelly claim that it's been years since a thin frame was a client's objective, Kellie confirms that eating disorder numbers have been fairly consistent throughout her career. She also notes that the less extreme diagnosis of 'disordered eating' has become – at least anecdotally – more prevalent. She blames the relentless (and relentlessly confusing) messages we receive in our social media feeds about what we should be putting in our bodies.

"Social media is such a big part of adolescents' lives, so to see it glorifying 'fashionable' body types and influencing young people to diet is a concern," she says. "What we should be talking about is *your* body is fashionable because it's yours."

It's true that bodies come in all shapes and sizes. It's true, too, that so do emoji. So whether you identify as an apple, a pear... heck, even a donut – embrace it. And if the peach is still your go-to? You'll be pleased to know that by the time iOS 10.2 was rolled out to all iPhone users in December, Apple had reversed its previous changes. Now that's just peachy. ■



JEN SELTER

PHOTOGRAPHY SUPPLIED



What's it really like to wear a waist-trainer? *Fashion Quarterly's* Skye Ross finds out at FQ.co.nz/waisttrainer

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USED BY PROFESSIONALS

BOTANIQUE

WITH COCONUT MILK & ALOE VERA



0%
DYES OR
PARABENS

RESTORES SHINE FOR STUNNING,
HEALTHY-LOOKING HAIR



Snooze in style

Ever since *Breakfast at Tiffany's*, we've been yearning for an eye mask with as much wit and charm as Holly Golightly's. Happily, not only do these Kitsune masks by Hesper Fox (stocked exclusively at luxury online sleepwear store Esalare) look adorable, but their silk fabric is also a major beauty bonus for your skin.

Hesper Fox eye masks, \$90 each, from esalare.co.nz.

Nothing but the best

With his burgeoning menswear offering and a newly minted fiancée with an impeccable sense of style on his arm, it was only a matter of time before Edward von Dadelszen announced the launch of a womenswear line. Crafted with the same uncompromising quality for which E. von Dadelszen menswear has become known, the eponymous range (inspired by said fiancée, Love and Object founder Constance Cummings) is a tight edit of what Edward and Constance deem the essentials in every discerning woman's wardrobe. Expect to find silk and cashmere T-shirts, fine wool suiting and daringly sexy silk blouses. Plus, should you prefer something extra special, the atelier makes to order.



FASHION NEWS

THE LATEST TRENDS & PRODUCTS



CREATIVE COLLISION

Given fashion's love affair with the art world, designer-artist collaborations are not uncommon, but one recent pairing has us super excited. Peter Pilotto has teamed up with London-based New Zealand artist Francis Upritchard to create an eight-piece capsule collection exclusive to matchesfashion.com. The collection, which debuted on London Fashion Week's spring runway alongside Peter Pilotto's mainline offering (which also features Upritchard's prints), draws on the artist's playful graphic aesthetic and merges with Peter Pilotto's feminine avant-garde designs. Made possible by a partnership with Amex, the capsule's casual street-inspired pieces are embellished with patchwork and intarsia weave.

"We all really like making with our hands in that quite old-school way," Upritchard told Clare Coulston in an interview for Matches Fashion. "We love these tiny details – it gives all of us joy." **Amex X Peter Pilotto + Francis Upritchard is available now, along with Peter Pilotto's Spring 17 collection.**

FQ LOVES

Directional, daring and perfectly pared back, this evening bag (\$479) from **Kate Sylvester's** first leather goods collection is what we're coveting this season. With bold gold hardware and subtle croc texture, Kate proves you can be refined and make a style statement at the same time. The 13-piece collection, out now, includes day bags, evening bags and wallets, in three colour options.



Unstoppable who?

Ziera believes being comfortable shouldn't mean you can't be stylish, which is why they've launched a search for five unstoppable women who epitomise what it means to do extraordinary things every day. If you know someone, or *are* someone whose bravery, spirit or devotion has created waves, broken barriers or made a difference big or small, Ziera wants to hear from you. Each winner will receive \$2500 to put towards their unstoppable dreams, five pairs of shoes and the opportunity to have their story told in print. Enter or nominate someone online at zierashoes.com or via Ziera's Facebook page. You'll also go in the draw to win a pair of shoes for you and a pair for your nominee.

There are 100 pairs to be won; entries close on April 17.



SUITS YOU

Many designers offer a made-to-measure gown service, but **Ingrid Starnes** is putting a little custom-made into your nine-to-five, too. Launched after a number of her customers began requesting their favourite Ingrid Starnes suits be remade for special occasions, the suiting service (based out of the Vulcan Lane and Ponsonby stores) allows you to browse samples and fabric swatches and have something made just the way you like it. Pricing starts at 30% above retail, and designs can be turned around in four to six weeks. ■



ZIERA

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FASHION

**MORE THAN
A FEELING**

As we ease into autumn,
turn your attention
to touchable textures and
slip into something
a little more
comfortable

STYLIST JESS THOMSON PHOTOGRAPHY GUY COOMBES

Miss Crabb top,
\$450. Von Fury
pants, \$800.
Harman Grubiša
heels, \$489.
Fendi earrings,
\$689, from Love
and Object.



SOLITARY REFINEMENT



Feminine and utilitarian, a modern military wardrobe is best worn at ease

PHOTOGRAPHER MEEK ZUIDERWYK STYLIST JESS THOMSON

Andrea Moore jacket, \$395.
Gregory trousers, \$329. See by Chloé heels, \$498, from Workshop. Deadly Ponies scarf, \$265. Karen Walker bag, \$385. Coop belt, \$95. OPPOSITE Shjark jumper, \$449. Mahsa skirt, \$435. Barkers belt, \$70. Ruby heels, \$299.







Paris Georgia Basics
slip, \$380. Workshop
jacket, \$549.
Alexander Wang
boots, \$1179, from
Workshop. Taylor
sash (worn as neck
tie), \$99. OPPOSITE
Gabrielle Pollak
jumper, \$548. Lonely
trousers, \$275.
Mi Piaci heels, \$270.







Ruby dress, \$249. Kate
Sylvester bodice, \$299. Isabel
Marant Étoile sneakers, \$839,
from Workshop.
Louis Vuitton bag, \$3600.

Model: Tiggy Ridgway from
62 Models. Makeup: Kiekie
Stanners from MAC.
Hair: Danny Pato from D&M
using Oribe and ghd.
Photographer's assistant:
Freddie Errazo.

Thanks to Nigel McKenna and
Templeton Group for making
available the magnificently
restored Chambers
Penthouse at Chambers &
Station, Mt Eden.



Storm top, \$199.
Ruby shorts, \$189.
See by Chloé
heels, \$498. Mahsa
beret, \$160.



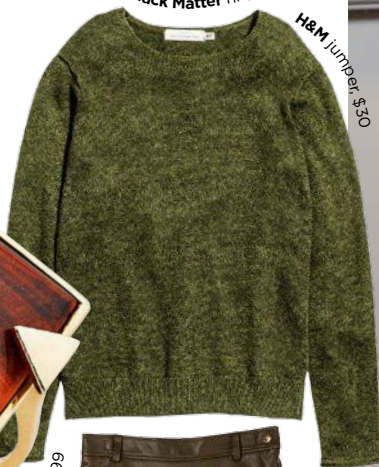
C&M jacket, \$539



Black Matter ring, \$241

F IS FOR FUNCTION

Looking stylish shouldn't be hard graft, and that's why we love this look; every one of these items does the work for you.



H&M jumper, \$30



Karen Walker Jewellery ring, \$839

Kate Sylvester skirt, \$699



VERSACE SS17

EASY STREET

Get the can-do feeling with everyday pieces that are designed for real life. Think durable fabrics, sharp tailoring and strong, fuss free accessories.



Moochi jacket, \$400



Ruby trousers, \$249

WORKS OUT
It's a tough job, but someone's gotta do it — so best you look the part.



R. M. Williams belt, \$120



Karen Walker bag, \$585



Topshop boots, \$85



Burberry backpack, \$2180, from T Galleria by DFS

URBAN UNIFORM

Fashion needn't always be frivolous — efficient and utilitarian can be where it's at. Now let's get on with it

Liam dress,
\$299. Staple +
Cloth coat, \$525.
Stylist's own hat.

A COUNTRY LIFE

As the last rays of summer dapple the days,
turn to soft textures and prints with rustic appeal

PHOTOGRAPHER STEPHEN TILLEY - STYLIST SALLY-ANN MULLIN



R. M. Williams shirt,
\$240, and belt,
\$360. Juliette
Hogan coat, \$699,
and skirt, \$429.
Stylist's own necklace.
OPPOSITE Gregory
blouse, \$329. Julian
Danger dress, \$368.
Ketz-Ke scarf (worn
over shoulder), \$29.
Stylist's own apron.





Georgia Bretnall
dress, \$1000. Stylist's
own head scarf.
OPPOSITE Marle
jumper, \$350. Jane
Daniels skirt, \$795.
Miss Wilson heels,
\$299. Rachel Mills
hat, \$299. Stylist's
own socks.





Standard Issue jumper, \$312. Witchery corset, \$80. Camilla and Marc dress, \$719 (worn as skirt). Stylist's own head scarf. OPPOSITE Marle jumper, \$340. World parka, \$899. Kate Sylvester dress, \$549. Chaos & Harmony heels, \$299. Stylist's own socks.







Jane Daniels shirt,
\$635. Moochi jumper,
\$300. Gregory skirt,
\$689. Wynn Hamlyn
bag, \$795. Stylist's
own head scarf.
OPPOSITE Standard
Issue turtleneck, \$168.
Lonely dress, \$399.





Camilla and Marc top,
\$540. Blak skirt, \$159.

Model: Juliette Perkins
from Red 11. Hair &
makeup: Eve Sorenson.
Stylist's assistant: Jess
Thomson. Photographer's
assistant: James Black.
Intern: Zoe Madden-Smith.

Thanks to the Howick
Historical Village,
fencible.org.nz.

Georgia Bretnall dress, \$1000.
Stylist's own head scarf.

Pandora earrings, \$89

Cooper jacket, \$449

R.M. Williams skirt, \$165

Camilla and Marc coat, \$719

Gucci choker, \$855

Ruby top, \$169

Gucci fan, \$510

Storm top, \$199, and skirt, \$229

Moochi dress, \$300

Chloé bag, \$3095, from David Jones

Miss Wilson boots, \$349

GARDEN VARIETY

FLORAL ARRAY

For a full fashion bouquet, layer prints and play with different shapes and textures.

Let country-inspired pieces bring your winter wardrobe down to earth

PETAL TO THE METAL

Flowers have such a fleeting lifespan, so why not pick a pair of earrings that won't wilt? Delicate floral details have feminine appeal, while sterling-silver studs will keep you looking botani-cool.

Karen Walker Jewellery earrings, \$179

MULBERRY \$517

World jacket, \$879

Burberry scarf, \$1165, from T Galleria by DFS



THE NEW SUIT



Show 'em who's boss
in pieces that promise
more than just another
day at the office

PHOTOGRAPHER MARISSA FINDLAY
STYLIST SALLY-ANN MULLIN



E. von Dadelzen blazer, from \$2290, blouse, \$990, and trousers from \$890. Topshop heels, \$65. Faris earrings, \$329, from Ena. Stylist's own rings (worn throughout). OPPOSITE Gregory jumper, \$389. Paris Georgia Basics jumpsuit, \$530. Alexandra Dodds earrings, \$599, from Ena.





Shjark jacket, \$599,
shirt, \$359, and trousers,
\$349. Sol Sana loafers,
\$195. OPPOSITE Gregory
top, \$289. H&M blazer, \$99.
Ingrid Starnes skirt, \$479.



H&M blouse, \$60. H&M Studio dress (worn as top), \$70. Taylor dress (worn as skirt), \$467. Sol Sana boots, \$245. OPPOSITE Moochi jacket, \$450, and trousers, \$280. Vintage Zambesi boots. Natalia Peri earrings, \$329, from Ena.



Zambesi shirt, \$425,
and trousers (with
suspenders), \$540.
OPPOSITE Workshop
jumper, \$279.
Georgia Alice corset,
\$875, and trousers,
\$555. Ruby heels,
\$299. The Daily
Edited bag, \$260.







Gregory jumper, \$389. Paris
Georgia Basics jumpsuit,
\$530. Topshop heels, \$65.
OPPOSITE Shjark trench,
\$649. Harman Grubiša jacket,
\$829. Wynn Hamlyn shirt,
\$275. Kate Sylvester skirt,
\$479. Mi Piaci boots, \$390.
Holly Ryan earrings, \$689,
from Ena. Barkers belt, \$70.



Workshop jumper,
\$279. Liz Mitchell coat,
\$2495. Juliette Hogan
blazer, \$589, and
trousers, \$429. Miss
Wilson heels, \$299.
Holly Ryan earrings,
\$390, from Ena.

Model: Emily Baker
from Clyne Model
Management.
Hair: Michael Beel.
Makeup: Kiekie
Stanners from MAC.
Stylist's assistant:
Jess Thomson.
Photographer's assistant:
Frances Carter.





Christian Dior bag, \$5300



Kate Sylvester dress, \$999



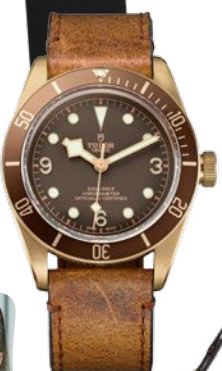
Rejina Pyo jacket, \$1220



Mi Placi heels, \$300



Rejina Pyo trousers, \$976



Tudor watch, \$5650, from Partridge Jewellers



Zara dress, \$69



LOUIS VUITTON SS17

YOU GOT THIS
A refined look is all in the detail: a cinched waist; shined shoes; a polished timepiece.

SUIT CASE

Choose pieces that work for your day job and beyond



E. von Dadelzen blazer, from \$2290, blouse, \$990, and trousers from \$890. Faris earrings, \$329, from Ena. Stylist's own rings.



Deadly Ponies bag, \$730



Zambesi top, \$655



H&M top, \$69



Meadowlark earring, \$3299



Mi Placi slides, \$250



Rachel Mills jacket, \$839

Rachel Mills trousers, \$559

DOWN TO BUSINESS
Whether you like to look sharp or prefer to style it soft, it's time to start bending those old workwear rules. Take charge in well-cut silhouettes, made to suit your shape.

A full-page photograph of a person's legs from the knees down, wearing a dark jumpsuit with a large, colorful floral and geometric pattern. They are wearing dark, open-toed sandals with a fur-like trim. The person is sitting on a dark, heavily patterned rug with floral and geometric motifs in shades of blue, red, and gold. The text is overlaid on the center of the image.

WORK THE LOOM

An emphasis on luxurious
textures makes for intriguing fibre optics

PHOTOGRAPHER GUY COOMBES CREATIVE DIRECTOR
MARCEL GULL STYLIST JESS THOMSON

Marle jumper, \$350.
Karen Walker dress,
\$1300. Topshop
sandals, \$40. Zoe
& Morgan earrings,
\$420. Meadowlark
ring, from \$399.

Thanks to House of
Haghi. Established
more than 30 years
ago, they import
quality handwoven
rugs in natural wool,
cotton and silk, in
both traditional and
contemporary styles.
houseofhaghi.co.nz



Rachel Mills turtleneck, \$299. Staple + Cloth dress, \$299. Sol Sana heels, \$259. Love and Object earrings, \$369. OPPOSITE Moochi dress, \$350. Zoe & Morgan X Superette earrings, \$269.







Wynn Hamlyn dress,
\$455. Love and Object
necklace, from \$2890.
Karen Walker ring, \$839.



Heidi Klum Intimates
bra, \$70. Rollas shirt,
\$100. Harman Grubiša
skirt, \$459. Meadowlark
earrings, \$1039. Karen
Walker necklace, \$1139.
Zoe & Morgan ring,
\$420. OPPOSITE Miss
Crabb top, \$450. Von
Fury pants, \$800.
Harman Grubiša heels,
\$489. Fendi earrings,
\$689, from Love
and Object.





Heidi Klum Intimates bra,
\$70. Harman Grubiša
jacket, \$729. Ksubi
trousers, \$1025. Love and
Object earrings, \$489.

Model: Alana Mia from
62 Models. Hair &
makeup: Lelisa Welch.
Photographer's assistant:
Ben Loris Blair.





Sample top, \$115.
Brie Robinson
bloomers, \$68.
Zoe & Morgan
earrings, \$420.



TOUCH POINT

Invest in items with all the feels — you won't be able to take your hands off them



Zoe & Morgan ring, \$329



Topshop top, \$83



Camilla and Marc trousers, \$2160



Christian Dior handbag, \$3300



La Tribe heels, \$330



Liam dress, \$299



Liam shorts, \$189



Karen Walker Jewellery ring, \$239

CELESTIAL BEING

Look to the stars for guidance, with your sartorial compass set firmly to quality materials and your eyes peeled for statement shapes.



Camilla and Marc dress, \$959



Stella McCartney lingerie set, \$180



Réalisation Par top, \$191

FINE FORM

When wearing satin, well-fitted underpinnings will ensure your moves are smooth.



Senso shoes, \$167



Zoe & Morgan earrings, \$359

Christian Dior scarf, \$910





Stella

Exclusive to Farmers

STELLA Aiming high coat NZ\$199.99
STELLA Deena dress NZ\$149.99
(Available in selected Farmers stores)

farmers.co.nz
stellaclothing.com.au



FROM THE HEART

Jewellery designer Jessica
McCormack honours the past
while setting her sights on forever,
discovers Tamsin Marshall

In the exclusive world of fine jewellery, Jessica McCormack sticks out, and for all the right reasons. Creating antique-inspired pieces with a modern twist, the Christchurch-born, London-based designer has a growing clientele of discerning fans – Madonna and Liv Tyler among them. The jeweller’s exquisite art-filled salon in the heart of Mayfair, The House, was the only place you could purchase her breathtaking jewels – until now. With her handcrafted pieces now available locally, we stepped behind the velvet rope to find out more about her process. Because what’s good enough for Madonna...

Your designs are often described as having an antique appeal. What inspires them? So many things. Each collection has a different source of inspiration. But whether it’s my jewellery or my home, I like to mix eras and genres; when you put it all together, it makes something special and personal.

How has living in London influenced your designs? When I arrived, I joined the jewellery department at Sotheby’s and was exposed to the most incredible array of historical jewels: Russian crown jewels, Lalique, Cartier, Suzanne Belperron... It was during this time that I became fascinated with jewellery design, so I learned as much as I could about it and it’s been an obsession ever since.

What are your favourite materials? Diamonds are at the heart of everything I do; each has an individual character and personality. I also work with rubies, emeralds and sapphires. I recently created a beautiful sapphire engagement ring with blackened white gold on a yellow gold band, which has become

“Each collection has a different source of inspiration. But whether it’s my jewellery or my home, I like to mix eras and genres; when you put it all together, it makes something special and personal”

back of white gold. It’s a traditional technique that can only be done by hand that’s become an intrinsic part of my design process.

Which of your pieces do you love the most? The Wing of Desire single earring [pictured overleaf]. It was inspired by the winged headpiece worn by the Greek god Hermes. It was the first piece of jewellery I designed and it was bought by Rihanna. I very nearly didn’t part with it because it was my first

one of my favourites.

Most of my designs feature the Victorian doublet – a sleeve of yellow gold applied to the

piece, but it looked so great on her – and who would say no to Rihanna?!

A selection of your jewellery is now available through Simon James Design.

Why did you choose this particular edit? Simon James Concept Store will feature pieces from my Tattoo, Messenger of the Gods, Perfect Storm and Signature collections. Tattoo is inspired by Maori skin markings and Perfect Storm by my love of the sea – both are synonymous with my New Zealand roots and it felt right that these collections should come home. There are also classic signature house designs, such as the Button Back earrings and Birdbone

Jewellery designer Jessica McCormack’s old-meets-new aesthetic is winning her ardent fans.





"I love the idea that
a jewel can signify
a special moment in
time and that these
romantic stories
of great love and
life events will
outlive us"

Jessica designs and showcases her work from her art-filled atelier in London's Mayfair.



My husband gave me a diamond ring that belonged to his great-grandfather, who we named one of our sons after. I'll hand it down to my son, who will hopefully pass it down the line, too. It has quite a traditional design, so I created a ruby and black gold Diamond Party Jacket for it. It's one of my most treasured possessions – I wear it all the time.



rings, which I've been creating since I started designing and represent my love for traditional jewellery techniques.

Jewellery is often given to mark a special occasion – how do you view the relationship between jewellery and memories? Giving jewellery has always had connotations of love and romance, but for me it's also about starting a new story. A piece of jewellery can mark a significant event, and I also design each piece with the hope that it will become woven into the wearer's most treasured memories. I love the idea that a jewel can signify a special moment in time and that these romantic stories of great love and life events will outlive us.

Which pieces evoke special memories for you? I have a few treasured items that I've collected over the years. My father gave me a gold, heart-shaped pounamu pendant when I was in my twenties and I adore it because it reminds me of home and my family. I wear it on a diamond-set chain, layered with my other necklaces; I like the fact that it comes from the past yet sits happily with my more modern pieces.

Another favourite is a New Zealand hei-tiki with garnet eyes. They're usually made from greenstone, but this one is made of gold, and I love wearing it alone or layered short or long. It was also handed down to me by my father – he was an antiques dealer, ran an auction house and had a great talent for finding beauty in the unusual.

Your Diamond Party Jacket rings are intended to wrap around clients' own rings [below]. How did the idea come about? The Diamond Party Jacket is about having fun, and being creative and playful with forgotten jewels. It all started with the ring I just mentioned, but I also had clients who had diamond rings sitting unworn, but not unloved, in their safes. The idea was to breathe new life into these pieces by creating a ring to surround the existing one, altering the look but preserving the essence of the original piece. Clients love the idea of dressing up their rings and it's amazing how many women have a solitaire in their jewellery boxes that they don't wear but would love to enhance.

When it comes to engagement rings, do you see trends come and go? A few years ago, we



noticed a rise in clients asking for asscher- and marquise-cut diamond engagement rings, but a traditional brilliant-cut diamond ring will always remain the most popular.

I'm in love with old mine-cut diamonds. They're cut by hand, not machinery, and follow the rough diamond's octahedral shape. There's so much charisma, personality and history in them.

What would you be doing if you weren't designing jewellery? I'd probably be a florist; I adore flowers and the changing colour palette of each season. My store in London is always filled with flowers, including 19th century hand-painted didactic flowers that sit among the jewellery. For me, arranging flowers and creating beautiful compositions is much like piecing together diamonds and gemstones in a harmonious way.

Do you have any beginner's tips for novice jewellery collectors? My first would be never to buy with the sole goal of investment. Instead, buy with your heart. Wear your jewels all the time; nothing makes me sadder than the thought of them locked up in a safe, like prisoners. And a collection doesn't need to mean a safe full of jewels. It could mean three pieces that the wearer can adapt, like a long necklace that can be wrapped around to make a choker or bracelet. I think it's comforting to know that you can always change the use of your jewels. The idea of a jewel changing with a changing lifestyle makes sense and takes the pressure off. ■



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STREET STYLE OUTFITS YOU'LL WANT TO WEAR

The best style inspo comes from the streets. We track all the latest and greatest looks from New York, London, Paris and Milan and carefully curate our best dressed from fashion month.

FESTIVAL FASHION

Coachella will be here before you know it. But in the meantime, music events closer to home are bringing the best in festi-style.

fq.co.nz/laneway2017

COMING UP ON...

FQ.CO.NZ

RED CARPET SEASON

Make sure you tune in to FQ.co.nz on February 27 to see our picks for the best dressed at the Oscars.

YOLO AT THE POLO

What to wear to the polo and the races? It's an age-old dilemma! Luckily, FQ editor Sally-Ann Mullin has the inside word so you can be sure you're dressed to impress.



LIFE IS A BALL

These 18ct pink gold ball-style earrings feature a halo of brilliant cut diamonds above the ball, suspended from a long bale hook with diamonds set at the back of the earrings. Available in two lengths these are a must have to compliment any outfit. Visit partridgejewellers.com. Priced from \$4595.



EYE SPY

With their oversized shape and vibrant cobalt blue hue, Andrea Moore's Flight sunglasses (\$298) flatter the face and make a glamorous statement. Part of her new season collection, all Andrea Moore sunglasses feature 24ct gold-plated French hinges and high-quality polarised lenses, and come in a range of colours and styles to suit your style personality. The weather may be cooling but a great eyewear is always hot.

THE 90s ROCK

Moochi's latest collection balances gritty, grunge-influenced separates with soft, femme silhouettes and utilitarian details with delicate finishes. The collection is a trans-seasonal range that speaks of female freedom and strength. View at moochi.com.



FASHION WITH FQ

Some of the best indulgences for the season

A REBEL IN PINK

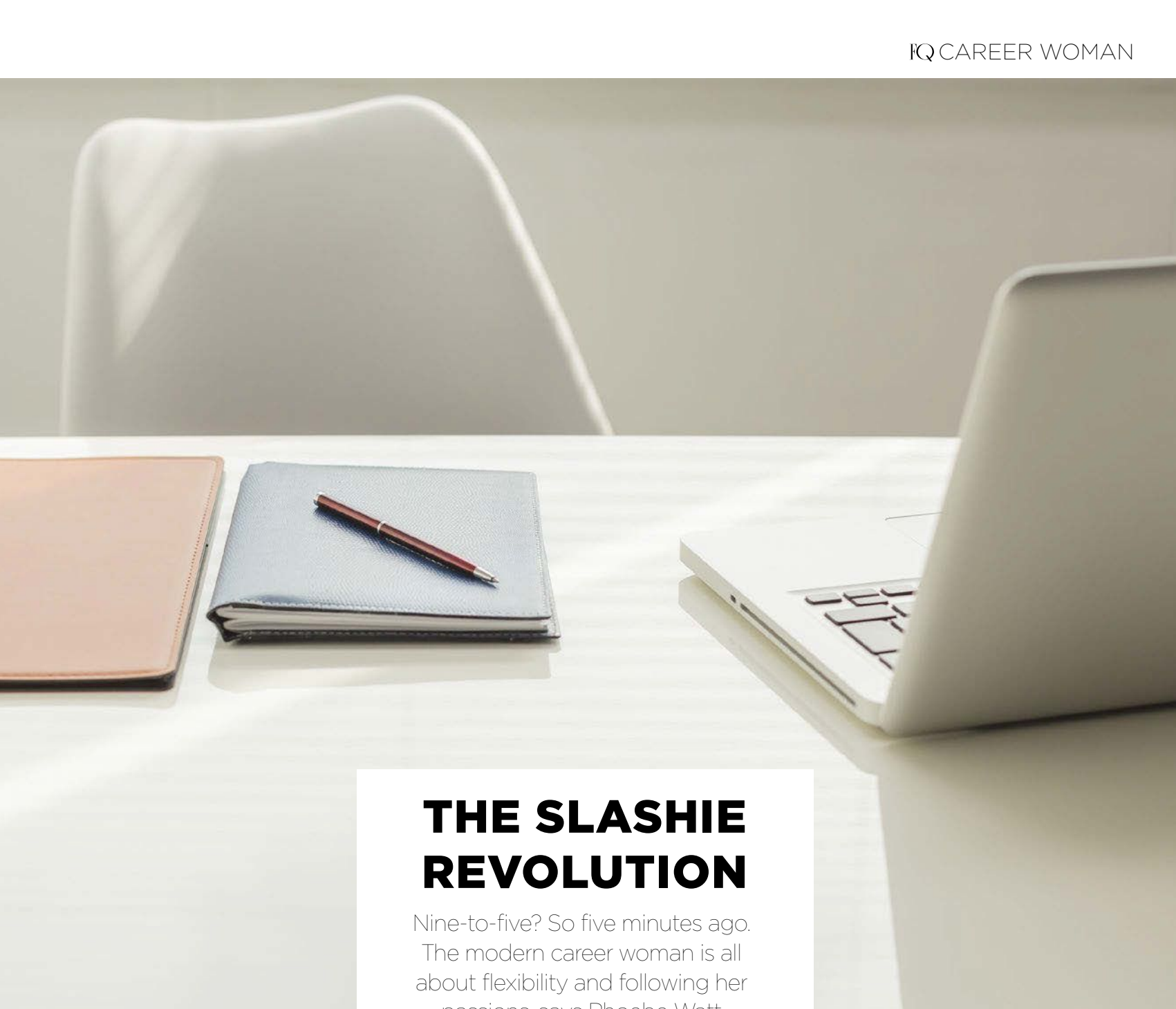
For autumn 17, Mi Piaci's design team found rebellion and confidence in an unexpected item; metallic pink boots. Liberating and unashamedly feminine, yet grounded by functionality, Penelope is in store and online now at mipiaci.co.nz



OPULENT MASTERPIECE

Jane Daniels' autumn 17 collection encapsulates the opulence of old imperial Russia, interpreted with a modern twist. Inspired by Fabergé eggs and featuring the sumptuous fabrics of alpaca, velvet and silk in deep Prussian blue, khaki, red and ballet pink; the surprises in the collection will make your heart dance. View it for yourself in Jane Daniels stores and online at janedaniels.co.nz.





THE SLASHIE REVOLUTION

Nine-to-five? So five minutes ago. The modern career woman is all about flexibility and following her passions, says Phoebe Watt

Tinker, tailor, soldier, sailor... it's a schoolyard chant that has delighted children for more than 300 years. Like most nursery rhymes, however, its lyrics haven't exactly stood the test of time. Ever since the 17th century, when the first incarnation of the rhyme appeared in print, its subjects have been understood to be four separate individuals. But let's be honest. If it had been written today, it would be describing one person, and he or she would also be running multiple social media accounts and flipping property on the side.

Welcome to the new dawn of the 'portfolio career'. You might be more familiar with the phrase 'career slashie' – as in 'waiter slash actor', or 'sales assistant slash model'. It was a once-pejorative moniker, born of an era when it was presumed that we all had one dream job in mind and every bit of extra work was merely to pay the bills.

Nowadays, with diversification being the new specialisation and the career canvas the new career ladder, having multiple jobs and income

streams is considered the smart way to do business, and far from signifying commitment problems, it's an approach that, according to careers experts, points to a strong work ethic.

"Generation slashie want more," says Sarah Liu, the Kiwi founder of Australian job-sharing hub Gemini3, which connects organisations with people looking for flexible work opportunities. "So they're out there creating careers – often at the highest professional level – that reflect their expertise, passions and sense of purpose. It's not about a lack of discipline."

With increasingly diverse skill sets to bring to the table, as well as (theoretically) more passion for what they do than the traditional nine-to-five worker, the modern-day slashie, according to Sarah, is an asset to any workplace. But are employers catching on? Multi-talented Auckland-based creative Greta van der Star says yes. With a degree in photography and experience working in wardrobe, Greta currently works as a freelance photographer for fashion, beauty and lifestyle

brands and as a food and homewares stylist. She says her styling experience informs her photography and vice-versa. “I know what kind of backdrop will work best and I understand how a particular fabric might read on camera,” she says. “And I think my clients find it useful that we can establish a strong, overall vision that will be carried across the whole project.”

For Greta, the best thing about being a slashie is getting to work with so many other creatives – two favourite collaborators being shirt-maker Sherie Muijs and Penny Sage designer Kate Megaw, for each of whom she has shot a number of lookbooks and campaigns. Another upside is that one job frequently opens the door to another, whether it be commercial work or a personal project, like *The Periodic Journal*. Launched in 2014, the *Journal* is a seasonally released publication which Greta and fellow-slashies Yasmine Ganley and Natasha Mead created to celebrate the work of local artisans. More recently, Greta has teamed up with another talented friend, Bailey Meredith, to produce organic sleepwear label General Sleep. With the pair’s first collection dropping in February, it’s set to be a busy 2017 for Greta, but she wouldn’t have it any other way. “It can be challenging juggling so many balls at once, but having creative endeavours on the side gives you energy and keeps you motivated,” she says.

Someone who knows this all too well is Leeann Yare – interior designer, writer, boutique owner... and international airline pilot? “I have been flying since I was 16 years old,” says Leeann. “When I left school I had to decide between fashion design, architecture and flying. In the end the decision was pretty easy – after just one flight I was hooked.”

For more than two decades now, Leeann has dedicated herself to a career in aviation. She never wrote off her more creative career aspirations, however, always certain that somewhere down the line “the right opportunities would come along”. It’s a passive statement that doesn’t do justice to Leeann’s initiative and enterprise. Around 15 years ago she started styling and writing about interiors as a hobby. She’s since contributed to top interiors magazines both in New Zealand and overseas, and four years ago, opened an interiors store, Collected, in Auckland’s Newmarket shopping precinct. “All of this balances nicely around my flying job as it’s flexible and can be done when it suits me,” she explains. “And I love to shop, so the international travel is a huge bonus.”

Despite the vast differences between her vocations, Leeann says their fundamental similarities make it easy for her to switch between roles. “A pilot requires good time management and attention to detail, and needs to have leadership, team work, problem-solving and organisational skills – all things that come into play when styling a photoshoot and writing to meet a deadline.” As for what makes a good slashie, Leeann believes taking on voluntary projects “that give you great experience and add skills to your portfolio” is key. This would explain why her list of extra-curriculars reads like a full-time job. As an executive of the Eden Rugby Club, she manages its social media and organises an annual junior rugby clinic for more than 400



Left: It’s all about synergy and adaptability for Greta Van der Star, whose photography informs her styling work.



“When I left school I had to decide between fashion design, architecture and flying... after just one flight I was hooked”



Leeann is a high-flyer in every sense thanks to her adventurously slashie career.

players. In 2016 she also project-managed the creation of a fundraising cookbook for her children's school, which involved styling and editing every page.

"They say if you want something done give it to a busy person," she laughs. "I think that statement is bang on."

Photographer slash writer slash director slash actor Florence Noble would agree. When we spoke in November, Florence had just finished directing and acting in a TV commercial, which she'd also helped to write, for Long White Vodka. This was in between brainstorming for a web-series, playing a small role in a TV mini-series, and spending a week in Madrid shooting campaign stills for probiotic brand Actimel. "My only time off that month was spent on a plane," she says. "But I loved it."

No stranger to an intense and varied workload, the self-taught photographer attended art school in Brighton, England, before moving to France for a year to learn French. A number of work experience stints followed – first at British *Vogue*, then at a sound engineering company, then an advertising agency where she was hired as a junior creative. Shortly after this appointment, she was transferred to the agency's office in Johannesburg, then to Auckland where she logged it out for six months until the company restructured and she was made redundant. It didn't feel like the end of the world, she says. "I took my redundancy as an opportunity to try something else."

A 12-week film course gave her the skills to test out various production roles across a handful of jobs within the film industry, as well as compile a number of sketches and put together a comedy show pilot. This pilot would later catch the attention of a group of Australian filmmakers with whom she would collaborate on the Emmy-award winning show, *#7dayslater*. Meanwhile, she began assisting photographers and contacting magazines for freelance work. "I had a background in writing so I'd pitch story ideas and do the photographs as well," she says.

"They say if you want something done give it to a busy person... I think that statement is bang on"

The ultimate multi-tasker, Florence also worked as a promoter for Auckland club night 'Teenage Kicks', and in 2014 she made a short film, *Things Are Going Really Well*, which was screened at the Melbourne

International Film Festival the following year.

Today, Florence spends much of her time directing TV commercials for Auckland advertising agency Eight. Her previous experience both behind and in front of the camera regularly comes in handy. "I'm definitely a better director because of my acting and stills photography experience, if only because I've gotten to see how heaps of other directors work," she explains. And as far as her acting career is concerned, being a slashie also has its advantages. "It reduces the pressure of auditioning," she says. "I'm never relying on that one in 500 chance of getting the role."

The downside of having multiple jobs is the added admin. It can also be challenging, she says, never knowing what the near-future holds, but she loves the variety – especially now that she's learned to outsource certain tasks. "You need a good agent, and a good accountant that gets where you're at. The busier I've become the more I've valued hiring others to help me. You can't do everything on your own – you have to look after yourself."

Would-be slashies, take note. Sailing and soldiering? Totally doable. And with a few tinkering skills, you could have yourself a lucrative side-hustle. As for your tailoring – let someone else take care of it. Your body, mind, and wardrobe will thank you. ■

PHOTOGRAPHY GETTY IMAGES, SUPPLIED

FLORENCE NOBLE

"You need a good agent and a good accountant that gets where you're at. The busier I've become the more I've valued hiring others to help me.

You can't do everything on your own"



Florence Noble has found a career equilibrium after working in fields as diverse as acting, comedy, advertising and sound engineering.



New Zealand-born hair and makeup maestro Michael Ashton gets a touch-up from his superstar client, Adele.



ARTIST AT WORK

As personal makeup artist and hair stylist to Adele, New Zealand-born Michael Ashton is responsible for masterminding one of the most iconic beauty looks in show business.

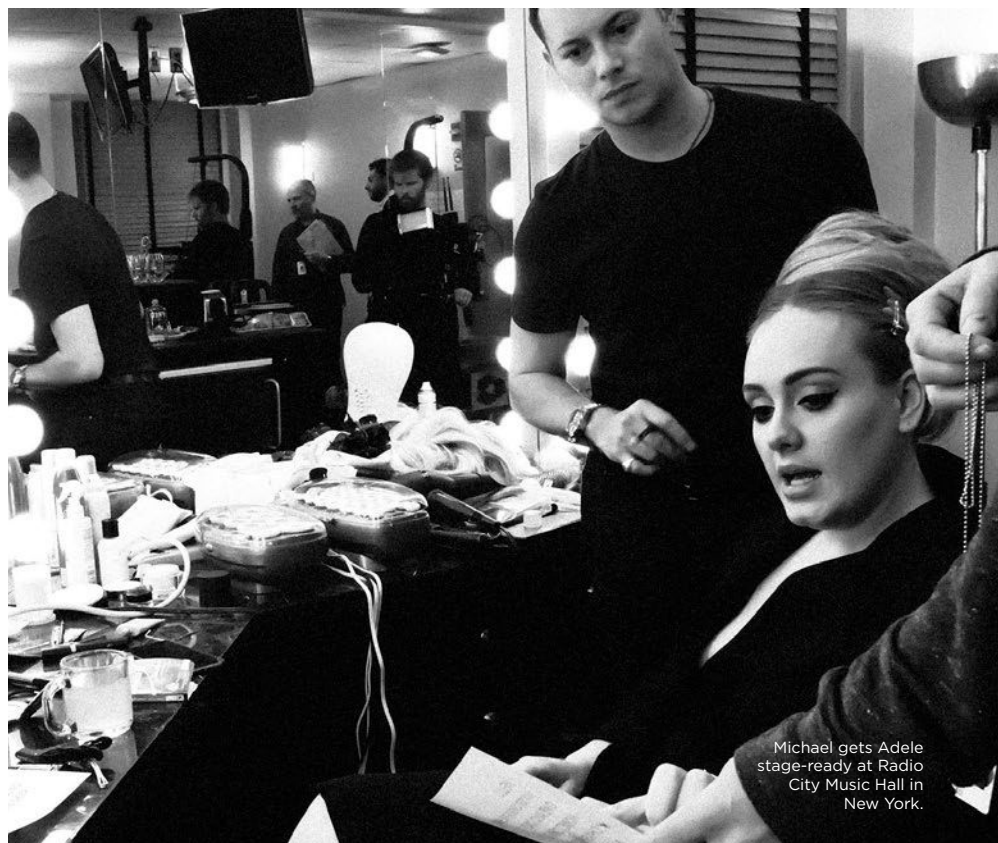
He talks to Phoebe Watt about his stellar career trajectory, life on the road, and how that signature cat-eye came about

When did you decide to pursue a career in makeup artistry?

What appealed about the job? My passion for hair and makeup started when I was very young. I remember watching *Days of Our Lives* and *Dynasty* and thinking how glamorous the women were. I wanted to find a way to help women look and feel like the best version of themselves. As I moved into my teens I discovered magazines like Italian *Vogue* and *Vanity Fair*, where I saw images of Hollywood talent walking the red carpet at the Golden Globes, the Oscars, the Grammy

Awards and the Cannes Film Festival. From there I set my sights on being part of the teams that help make those moments happen.

Talk us through the early days of your career... I started my career in hairdressing, working part-time after school and at weekends at a hair salon in Tauranga, where I grew up. Makeup was always my first passion, but at the time no one had the budget to hire separate artists to do hair and makeup, so you had to be able to do both to a high



Michael gets Adele stage-ready at Radio City Music Hall in New York.

“Adele has beautiful, almond-shaped eyes and fantastic natural bone structure”

standard if you wanted to be booked on jobs. At 17 I moved to Auckland to train at Servilles Academy of Hairdressing. It was an incredible place to learn and lay the foundations for my career among people who were hugely passionate about the industry and the opportunities it could bring. At 19 I won the Wella Young Protégé Scholarship for hairdressing, and after teaching myself makeup with a little help from Kevyn Aucoin's book, *Making Faces*, I was booked on my first fashion shoot – a campaign for New Zealand label, NOM*d.

When did you begin working on famous faces? I first started working with celebrities when Girls Aloud and Jamelia came to New Zealand on promotional trips. By this time I was also travelling to New York for New York Fashion Week and working alongside the MAC Pro team with [now senior vice president of makeup artist] Gordon Espinet. When I moved to London in 2006, I assisted legendary makeup artists Val Garland and Dick Page on the fashion week circuits in the UK and Europe. The experience I gained working with inspiring artists I'd always admired was invaluable.

What do you consider to have been your 'big break'? I read a fantastic quote recently: “Plan in decades. Think in years. Work in months. Live in days.” It's hard to pinpoint one moment as my 'big break', because I think all the little moments along the way helped me get to this point in my career. But there have also been many other highlights. It had always been a dream of mine to work at the Academy Awards and it came true in 2013, when Adele was nominated and subsequently won for the best original song for 'Skyfall'. Seeing my work on the Oscars red carpet was a major personal and professional moment.

How did you come to work for Adele? We were introduced through a mutual friend in the summer of 2007, leading up to the release of her first album, *19*. I popped over to her house to trim her fringe and she asked if I could do a quick bit of eyeliner for her before she went to meet friends. The eyeliner obviously got the seal of approval and the rest, as they say, is history.

How has Adele's beauty look evolved over the past couple of years? Organically over time – and as with any client, it is always a collaborative process. The first beauty looks we did together were for a collection of images to coincide with the release of *19*. Adele has beautiful, almond-shaped eyes and fantastic natural bone structure, so at the beginning it was always about making the eyes a focus feature. We played around with different eyeliner looks, lashes, and some dazzling dustings of metallic glitters. Now that we've worked together for so long, we have our own memory bank of references to work from, so she might say, “Let's do classic liner, but with a shimmer through it like we did on *SNL*.” It's brilliant because we know we are both reading from the same page, so to speak.

Working with an artist who has such a signature look, do you get much of an opportunity to experiment with new beauty trends? I always like to mix it up a little bit, be it with a slightly different

“You learn very quickly that how you represent yourself both professionally and personally is your calling card”



Beauty and grooming looks created by Michael for (from left) Amber Heard, Hilary Swank, Brit Marling, Adele and Zac Efron.

textured blush on the cheeks or a stronger lip. But I do believe all trends are referenced from the past and it's about reinterpreting them so that they work in the most flattering and timeless way.

Since February 2016 you've been travelling the world on Adele's 25 live tour. Tell us about a typical day on the road... In my world there's generally no such thing as a typical schedule, so what has been lovely about the past year is that I've had an outlined itinerary, and even though I might be in three different countries in one week, the routine stays the same. I'll generally head to the gym before breakfast and then spend a couple of hours catching up on emails before arriving at the venue in the late afternoon to start work as Adele's personal makeup artist and hair stylist. It's normally around 11pm by the time I get back to the hotel and I always like to light my favourite Diptyque candle (Feu de Bois) and do 20 minutes of meditation using the Headspace app. It's the perfect way to wind down before bed.

How does your role change when Adele isn't touring? Do you pick up other projects or do you still work closely together? Generally, clients work on a cycle for projects. Some – like the 25 live tour – can last a year or more, and on other occasions (like when I'm doing promotion with a client for a film) it might be three or four months. It usually works out that I will come off a project with one client and then be onto the next with another, which keeps things varied and interesting. Awards season in LA is a busy time for me, as are the Cannes and Venice Film Festivals where I work with clients such as Amber Heard, Hilary Swank, Brit Marling and Zac Efron, among many others.

In January 2017 you were named a Global Artistry Ambassador for Marc Jacobs Beauty – how does that feel? It's very exciting as I have been a fan of the Marc Jacobs brand and their products for a long time. A decade ago I assisted Dick Page on the 2007 Marc Jacobs fashion show in London, so it's all come full circle.

How do you think your friends and family perceive your job? I think people outside the industry often just see the more glamorous aspects of the job, like when clients are on the red carpet or I'm on a yacht in Cannes during the Film Festival. What they don't see is the jetlag, the early call times, the late finishes, and me washing makeup brushes and hair pieces over a hotel room basin at 1am.

To what extent does your job influence how you act in your personal life? When you work for yourself, you learn very quickly that how you represent yourself both professionally and personally is your calling card. The majority of my long-term clients have come through personal connections, so the two worlds are often one and the same.

MICHAEL'S TOP 10 DESERT ISLAND BEAUTY PRODUCTS

1. Huda Beauty Classic Lash false eyelashes, \$38, from Sephora NZ.
2. Charlotte Tilbury Eyes to Mesmerise Long-Lasting Easy Cream Eyeshadow, \$48.30, from Nordstrom.
3. Estée Lauder Double Wear Light Stay-in-Place Makeup SPF10, \$69.
4. Erno Laszlo Phormula 3-9 Repair Cream, \$537, from Sephora NZ.
5. Smashbox Step by Step Contour Palette, \$79.
6. Lucas' Papaw Ointment, \$13.50.
7. Marc Jacobs Beauty Magic Marc'er Precision Pen Waterproof Liquid Eyeliner, \$44, from Sephora NZ.
8. Shu Uemura Eyelash Curler, \$27.50.
9. Christian Dior Diorshow Lash Extension Effect Volume Mascara, \$64.
10. Laura Mercier Secret Camouflage Concealer, \$52.80, from Nordstrom.

What is the biggest challenge you face in your job? The same one most people face – finding an equal work/life balance. When you are travelling it can be difficult, but I always try to make time for myself, be it an hour in the gym or 20 minutes of quiet meditation. When I get home [to London], the first thing I do is head out for a ride on one of my horses. They are the best levellers in the world.

What are the biggest rewards? Being able to help women feel beautiful and more confident. When you finish someone's makeup, particularly if they don't have it done on a regular basis, their reaction to seeing themselves in a new light is wonderful.

Want to go behind the scenes with more industry insiders? Head to FQ.co.nz/BehindTheScenes

5

MINUTES IN MICHAEL'S MAKEUP CHAIR

How big is the makeup kit that you travel with? Can you share any makeup packing tips? I normally travel with one large, four-wheel Tumi suitcase, which weighs in at 32kg. I separate product by type – foundations, blushers, creams, etc. – and then put those smaller bags into larger transparent packing cubes to hold everything together. Zuca do some brilliant bags for this and I'm a huge fan of Muji's mini bottles for decanting product into. I'll also use a classic Ziploc bag for shampoos, conditioners and styling products to avoid any mishaps.

What have been some of your favourite beauty looks from the past couple of seasons? I absolutely love the glitter lip. It's not something that necessarily translates in the real world but it's perfect for the digital age. Another trend I thought was beautiful and also wearable was flawless dewy skin teamed with an opaque, deep red wine berry colour on the mouth and finished with an expensive-looking lacquer of gloss.

What beauty innovations have made your job better, easier, and more interesting since you started out? I think one of the

most exciting innovations has been the development and growth of social media. Not only does it give the consumer direct access to the latest products, information and inspirations, it's become a fantastic platform for emerging talent across all industries to showcase their work.

What's the biggest makeup mistake most people are making? For me, the key to makeup is having fun with it, so there shouldn't be any rules. If you do make a mistake, the best thing about it is that it comes off. ■



VOTE & WIN!

VOTING OPENS FROM MARCH 10TH

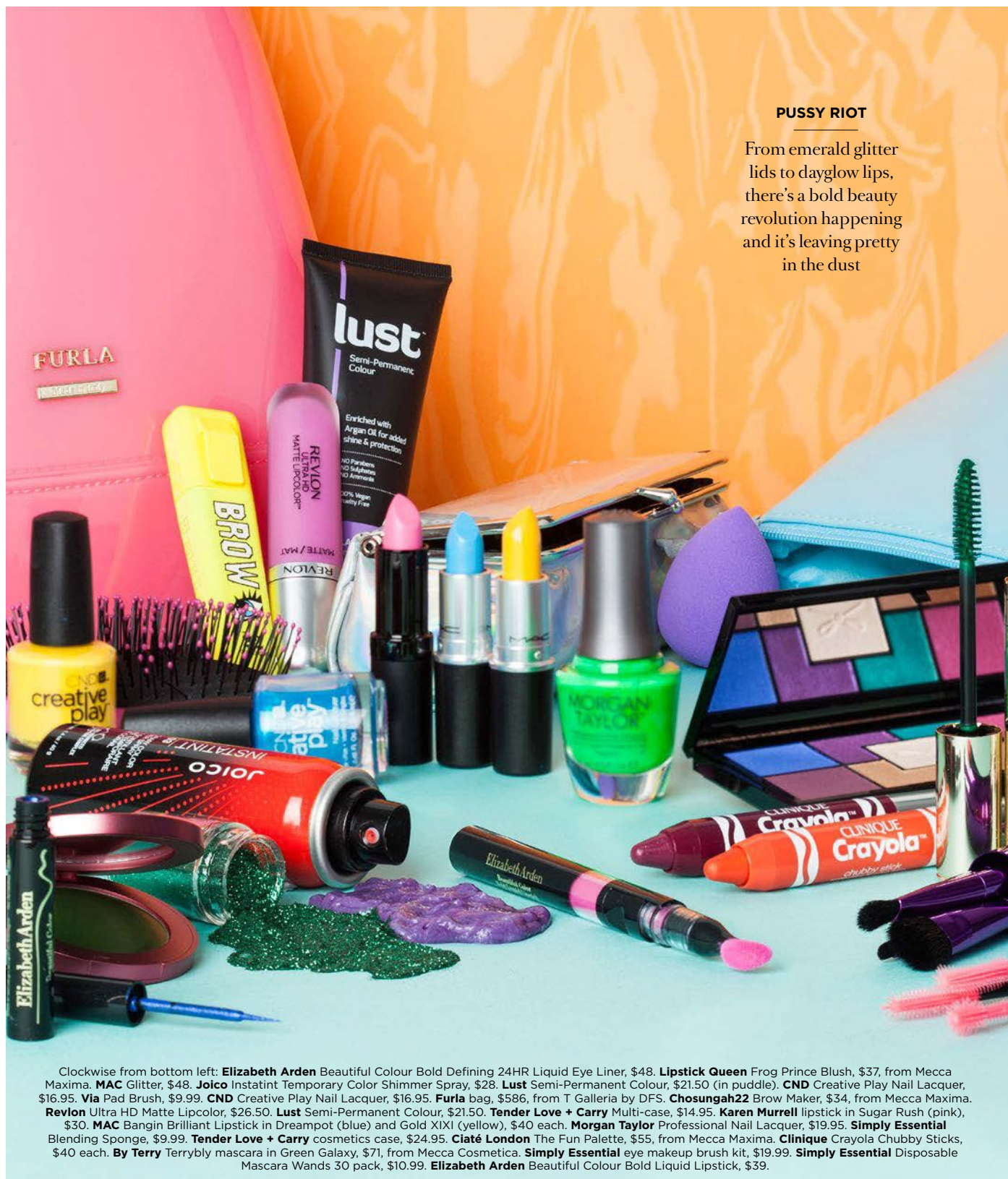
Which mascara makes lashes bold and beautiful? Which foundation gives skin that lit from within glow? Which hair serum locks in shine? Here it is the best of beauty carefully considered by the beauty experts from your favourite magazines and now it's your turn to choose which products you love too! Voting opens on the 10th of March for the inaugural Bauer Best in Beauty Awards 2017.

Head online to fq.co.nz/beautyawards, vote for your top products, and you'll go in the draw to win one of four beauty hampers worth over \$500 each. Voting closes March 10th.

BEAUTY

PUSSY RIOT

From emerald glitter lids to dayglow lips, there's a bold beauty revolution happening and it's leaving pretty in the dust



Clockwise from bottom left: **Elizabeth Arden** Beautiful Colour Bold Defining 24HR Liquid Eye Liner, \$48. **Lipstick Queen** Frog Prince Blush, \$37, from Mecca Maxima. **MAC** Glitter, \$48. **Joico** Instatint Temporary Color Shimmer Spray, \$28. **Lust** Semi-Permanent Colour, \$21.50 (in puddle). **CND** Creative Play Nail Lacquer, \$16.95. **Via** Pad Brush, \$9.99. **CND** Creative Play Nail Lacquer, \$16.95. **Furla** bag, \$586, from T Galleria by DFS. **Chosungah22** Brow Maker, \$34, from Mecca Maxima. **Revlon** Ultra HD Matte Lipcolor, \$26.50. **Lust** Semi-Permanent Colour, \$21.50. **Tender Love + Carry** Multi-case, \$14.95. **Karen Murrell** lipstick in Sugar Rush (pink), \$30. **MAC** Bangin Brilliant Lipstick in Dreampot (blue) and Gold XIXI (yellow), \$40 each. **Morgan Taylor** Professional Nail Lacquer, \$19.95. **Simply Essential** Blending Sponge, \$9.99. **Tender Love + Carry** cosmetics case, \$24.95. **Ciaté London** The Fun Palette, \$55, from Mecca Maxima. **Clinique** Crayola Chubby Sticks, \$40 each. **By Terry** Terrybly mascara in Green Galaxy, \$71, from Mecca Cosmetica. **Simply Essential** eye makeup brush kit, \$19.99. **Simply Essential** Disposable Mascara Wands 30 pack, \$10.99. **Elizabeth Arden** Beautiful Colour Bold Liquid Lipstick, \$39.

WHAT TO DO NOW

Without a crystal ball it can be difficult to predict how you'll look in five, ten or twenty years from now, but chances are you could be looking better. As we discover more about the body's natural ageing process, the skincare industry is shifting its focus from those with wrinkles to those who don't have them yet. From millennial-targeted treatments to the ultimate skin fixes, Bronwyn Williams tells you what you should be doing now, before the grey hairs arrive.

The essentials to prevent and protect

20s

"In your twenties you have lovely plump skin with lots of collagen, and the subcutaneous (under the skin) fat pads that support the face are firm and perky, giving a youthful, fresh look to the face," says Dr Catherine Stone of The Face Place. A huge amount of our lifelong UV damage happens in our twenties, which is why it's vital to begin your preventative regime now, before the collagen production slows and the damage really begins to show. "Looking after your skin in your twenties will pay dividends as you age," says Catherine. Your biggest concern at this time is most likely to be hormonal acne and irregular oil production.

Sunscreen: The single most important anti-ageing trick, and all it takes is a simple slap of cream. "You want to prevent that sun damage occurring because it's the number one cause of ageing," says Marianna Glucina of About Face. "Get the best broad spectrum sunblock you can buy and wear it 365 days a year." Whether you use a chemical or physical (mineral) sunscreen is up to you, however

many skincare experts prefer physical sunscreens (containing zinc oxide and titanium dioxide) over chemical. "When you wear a chemical block you're preventing burning, but you're still absorbing the sun's rays, which cause free radical damage, therefore still age the skin," says Marianna.

Coola Daydream mineral primer and SPF30 sunscreen, \$65



Niacinamide (Vitamin B3) or LED light treatments:

Hormonal spots are a common concern in your twenties, and among vitamin B3's many benefits (improving the epidermis, reducing pigmentation and boosting collagen production) it's also brilliant for regulating oil flow, which in turn reduces acne.

Medical LED light treatments, such as Omnilux, destroy the bacteria that cause acne, ease inflammation and aid the body's natural healing process.

asap B Super Complex Serum, \$115



Gentle vitamin A: The only ingredient that's capable of actually reprogramming cells, vitamin A not only slows down the breakdown of collagen and elastin, it also increases cell turnover (natural exfoliation) and repairs existing UV damage. There are a number of different types of vitamin A, but in your twenties, sources such as beta-carotene (also found in carrots) or retinyl palmitate are recommended, as they're gentler on your skin than the more potent retinol.

Osmosis Correct Treatment A Serum 30ml, \$141



Antioxidants: We've all been told about the benefits antioxidant-rich foods have for our general health, but antioxidants are also imperative for skin health.

Antioxidants protect the skin from environmental damage by working from the inside out, which in turn can help reduce the development of fine lines and wrinkles. There are many effective antioxidants for the skin, from green tea and grape extract to vitamin C and others you'll have trouble pronouncing. Research shows that skin does better with a range of antioxidants rather than just one, so go ahead and load up on them.

Estée Lauder DayWear Matte, \$78. **Antipodes** Worship Antioxidant Skin Defence Serum, \$59

Baby Botox: We use more than thirty facial muscles to express ourselves each day. Some of this muscle use bashes the skin together, which over time breaks down the collagen fibres, creating wrinkles. Catherine uses Botox differently from most practitioners, strategically placing incredibly small doses of it into certain muscles that she observes bashing together where wrinkles are likely to form. Turning the muscles down, without turning them off, Baby Botox stops new wrinkles from forming and also gives the skin space to repair its existing damage. "The person still has significant movement and expression, but not so much expression that the muscles bang the skin together and break down the collagen fibres," explains Catherine.

Time for your long-term investment

30s

As you reach your late twenties and early thirties, your skin begins to take a downward turn as collagen production starts to slow. It's about now that you'll start noticing fine lines, particularly around the eyes and forehead. "The skin starts to thin, especially around the eyes, and the loss of subcutaneous fat pads in the mid-face, under eye hollows and mouth corners start



to make us look tired and drawn," says Catherine. "By the early thirties you're starting to see the effects of too much sun exposure, so you'll often have some pigmentation happening as well," explains Marianna. Your focus should be on hydration, stimulating collagen production and reducing pigmentation.

O Cosmedics Mineral Pro SPF 30+ Tint, \$73

Moisturiser: Hydration is vital now, so invest in a good moisturiser, eye cream and night treatment, ideally with hyaluronic acid as it's brilliant for retaining moisture.



1. Neutrogena Hydro Boost Gel Cream, \$30.

2. Nivea Q10 Plus Anti-Wrinkle Replenishing Pearls, \$30.

3. Bobbi Brown Extra Repair Moisturizing Balm, \$155.

4. Trilogy Night Cream, \$65.

"It's about ageing beautifully, not freezing you in your tracks"

Dr Catherine Stone



Vitamin A: If you weren't using a vitamin A serum in your twenties, it's time to start now. Depending on your skin type, a stronger vitamin A (retinol) can be introduced but, like all active ingredients, it needs to be introduced slowly. Vitamin A is sensitive to UV light so should only be applied at night. It's also essential when using vitamin A that you wear sunscreen daily, as skin becomes more UV sensitive.

Ultracuticals Ultra A Skin Perfecting Serum Concentrate, \$175



Vitamin C: The most potent of antioxidants, a vitamin C serum is integral now as it will work to repair the damaged skin cell DNA that results in pigmentation.

1. **Lancôme** Énergie de Vie Liquid Care, \$70.
2. **Aspect** Extreme C 20, \$129.95

Collagen Banking: Just as the name suggests, collagen banking is the process of saving collagen so your body can use it at a later date. This is done through a process of irritating the skin and creating micro wounds, forcing the body to produce a burst of collagen in order to heal itself. The theory is that by building up and replenishing collagen in the skin in your twenties and thirties, you won't lose as much structural support when you reach your forties and fifties. Although the collagen results are long term, you'll also notice immediate results in the form of skin rejuvenation, brightness and lift. There are a number of collagen banking treatments available. PRP treatments involve injecting your own blood's platelets back into the skin, thus increasing collagen production and improving elasticity. Dermal rolling

is also a needling process, utilising an instrument covered in tiny needles which is rolled over the skin, penetrating the first few layers of the epidermis. Dermal rolling is generally used in conjunction with a facial as it aids the penetration of active skincare products. This can also be successful in reducing pigmentation. There are various fractional laser treatments that initiate collagen banking, however many of them involve downtime as your skin recovers. About Face's Clear and Brilliant is the least invasive of the fractional laser options and can be done during a lunch break. The laser works deep into the skin creating microscopic lesions beneath the surface. "When our skin is damaged it produces collagen tissue which is stronger and firmer than before," says Marianna. "Over a course of treatments collagen fibres are strengthened and the skin becomes stronger, smoother and firmer with improved texture."

Dermal fillers: If you're beginning to notice volume loss through the mid face and chin, dermal fillers will return the plump. The injectable hyaluronic acid gel (the same naturally occurring sugar that provides your skin with volume and hydration) is inserted into key areas wherever more volume is required. "[Dermal fillers] gently restore the lost volume and lift the early signs of ageing through the smile lines and mouth corners," explains Catherine. They can also be used to soften under eye hollows, helping you look less tired.

CALL IN THE BIG GUNS



1. **Elizabeth Arden** PRO Age Defying Eye Cream, \$130. 2. **Nimue** Stemplex Serum, \$230. 3. **Manuka Doctor** Illusionist Rapid Lift Face Mask, \$60.

Up the ante and reverse the damage

40s

As you hit your forties your skin begins to lose its integrity and will become dryer and

more fragile. Your cell turnover will begin to slow further and you may notice rough patches on the face. Volume will continue to reduce as your skin thins and you'll notice some sagging through the mouth, chin and temples. "As your skin is thinning further you're probably noticing more lines (unless you've been having regular Botox and/or PRP), especially around the lips and eyes," says Catherine. It all sounds like doom and gloom, but don't fret, you've only got two things to focus on – cell turnover and lift.



Retinol: If you haven't switched to retinol yet, now is the time to do so. "A stronger vitamin A, such as retinol, has resurfacing properties to improve cell turnover and reduce build-up of dead cells – minimising the 'rough patches' that can develop on the skin at this age," says Catherine.

Shiseido Vital Perfection Wrinkle Lift Cream, \$179



AHAs: When we're younger our skin has its own natural exfoliation process, but as we age this process slows down, resulting in a dull complexion. The most gentle and effective of exfoliation techniques, AHAs (alpha hydroxy acids) work by loosening the glue that holds dead skin cells together, resulting in a fresh glow. Try it in a mask or find it in a daily leave-on treatment.

PRIORI Advanced AHA Cosmeceuticals Skin Renewal Cream, \$99



Peptides: Peptides aid in hydration and stimulate the cells that produce collagen to become more active.

Environ skin EssentiA Avst eye gel, \$66

8 Point Lift: A facelift without going under the knife, the 8 Point Lift from The Face Place uses a minimal amount of dermal fillers placed in eight strategic locations to achieve maximal lift and support where you need it most. Giving you instant, natural-looking results, it's the perfect treatment if you're after a lift without looking like you've had work done. ■



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AFTER SHOCK

From piquant pepper to carnal musks, the unique end notes of these progressive fragrances will have you hooked

Clockwise from top left: **Cedar** – Issey Miyake Pleats Please, EDT, 50ml, \$132; **sea water** – OdeJo EDT, 50ml, \$116, from Mecca Cosmetics and meccabeauty.co.nz; **wet pebbles** – ck2, EDT, 100ml, \$99; **musk** – Atelier Des Ors Lune Féline, EDT 100ml, \$499, from World Beauty; **wood smoke** – Creed Original Santal, EDT 75ml, \$399, from World Beauty; **fresh cream** – Narciso Rodriguez For Her Fleur Musc, EDP 50ml, \$170 (available March); **pink pepper** – Thierry Mugler Angel Muse, EDP 30ml, \$110, from Farmers; **neroli flower** – Kiehl's Original Musk, EDT 50ml, \$89; **orange sherbet** – Dior Poison Girl, EDT 50ml, \$150; **clean linen** – Tom Ford Mandarin di Amalfi, EDP 50ml \$370.

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VITAL ORGANS

Stop the squeezing! Those things you think are blackheads are essential to your skin health

You first noticed them in your teens, right? And since then you've spent years peering at them in the mirror, poking them, squeezing them and applying pore strip after pore strip – only to have the little buggers defiantly return. What we're talking about are those dots on your skin – they could be on your nose, your chin or both. They vary in colour from flesh toned

to grey, and when you squeeze them a worm of white emerges. You thought they were blackheads, didn't you? They're not.

Called sebaceous filaments, those annoying little dots are the life force of your skin, and no amount of squeezing will ever get rid of them. The role of these naturally occurring, hair-like threads is to channel sebum (oil) to the surface of the skin to keep it hydrated and functioning. Made up of

horny cell layers, the stuff you're squeezing is the mix of bacteria, sebum and dead skin that's enclosed in them, which will swiftly return post-extraction. Although you'll never get rid of sebaceous filaments completely, you can make them less visible. As award-winning skin specialist Rachel Robertson explains, enlarged sebaceous filaments signify a problem with your sebum production. "There are two main reasons for

MASTER OF DISGUISE

THE BIG CLEAR OUT



1. **Jane Iredale** Absence Oil Control Primer, \$95. 2. **Shiseido** Ibuki Smart Filtering Smoother, \$59 (available March 20). 3. **Smashbox** Pore Minimizing Primer, \$72. 4. **Garnier** 5sec Perfect Blur Tube, \$17.50. 5. **Elizabeth Arden** Instant Perfecting Primer, \$59.

sebaceous filaments to be larger or obvious. The first is an excess production of oil – this could be due to hormonal factors, age or lifestyle factors such as poor diet, stress and environment. The second is a skin suffering from impaired barrier function – it could be lipid dry, sensitive and it could also be thin in density. This lack of oil can put these filaments into overdrive, making them larger.”

The first step for oily skin types is to get your oil production under control. Contrary to what you might think, the best way to cleanse oil is with oil cleansers. “They attract impurities and debris to the surface, giving you a deep cleanse without disrupting the skin’s natural balance,” says Rachel, who founded the high-performance skincare brand Prologic. Oil cleansers are also great for sensitive skin or to rebalance combination skin types. However, if you are using foaming cleansers, look for products that contain coco glucoside rather than sodium lauryl sulfate. “It’s important to use products at home that are not going to strip oil from the natural reserves,” she explains.

As sebum and dead skin cells build up, they block the pore and stretch it, so in order to shrink your filaments you also need to degunk them. Regular face masks containing clay or charcoal will draw away excess oil and help to purify the skin, but the deepest clean-outs come from chemical exfoliants. Although physical exfoliant scrubs remove dead skin cells on the surface, they can’t get deep into the pores. A treatment containing AHAs (alpha hydroxy acids) or BHAs (beta hydroxy acids) will gently remove the build-up of dead skin cells, both in the pores and on the surface of your face. Rachel also recommends a light fruit enzyme treatment

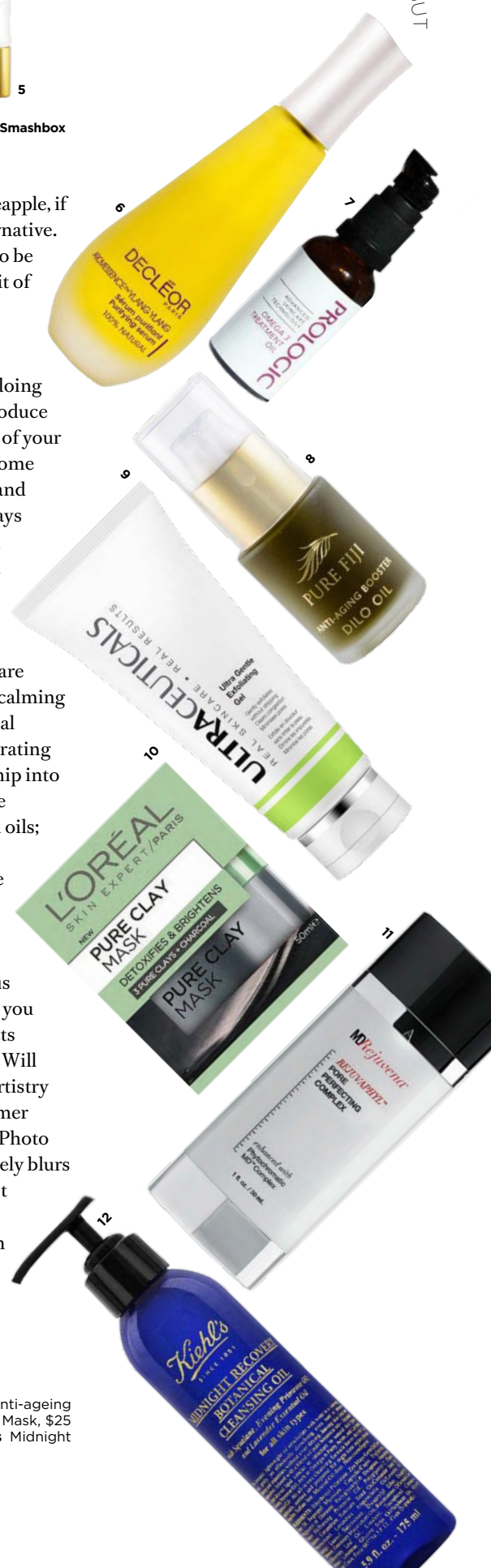
Those annoying little dots are the life force of your skin, and no amount of squeezing will get rid of them

containing papaya or pineapple, if you’re after a natural alternative.

If your problem seems to be with barrier function, a bit of love, care and a few of the right oils will strengthen and repair your skin. “Omega-3 is essential in doing this as our bodies only produce Omega-6 and 9, so 100% of your Omega-3 requirements come from topical application and internal consumption,” says

Rachel. A daily oral supplement of around 4000mg of quality fish oil combined with a topical product, such as Prologic Omega-3 Treatment Oil, will improve skin that is deficient in essential fatty acids. Nature’s quiet heroes, essential oils are a powerful tool for regulating oil flow and calming aggravated skin. Alexia Leroy, International Trainer for Decléor, recommends incorporating oils such as manuka, ylang ylang and rosehip into your nightly treatment regime. “You’ll have a better complexion just by using essential oils; they have an antibacterial action, so they’ll clean the cell environment and also reduce sebaceous secretion,” she says.

Whether you’re suffering from excess oil or impaired barrier function, the thing to remember is that shrinking your sebaceous filaments will take time. Thankfully, while you wait, there are a myriad of makeup products designed to smooth, blur and camouflage. Will Malherbe, International Education and Artistry Director at Smashbox, recommends a primer before applying makeup: “The Smashbox Photo Finish Pore Minimizing Primer immediately blurs pores and also mattifies the skin for at least eight hours, leaving you with a smooth complexion throughout the day.” Throw in a blurring product designed for specific problem areas and a dusting of finishing powder, and no one will know what you’ve got hiding underneath. ■



6. **Decléor** Aromessence Ylang Ylang Oil Serum, \$115. 7. **Prologic** Omega-3 Treatment Oil, \$70. 8. **Pure Fiji** Anti-ageing Dilo Oil, \$65. 9. **Ultracuticals** Ultra Gentle Exfoliating Gel, \$72. 10. **L'Oréal** Detoxifies & Brightens Pure Clay Mask, \$25 (available March). 11. **MDRejuvena** Pore Perfecting Complex, \$184, from The Sanctuary Spa. 12. **Kiehl's** Midnight Recovery Botanical Cleansing Oil, \$65 (available March 20).

WILD THING

Brave, carefree and adventurous, Karen Walker's Runaway Girl is as ubiquitous as the brand itself, and now, she has her very own scent. Bronwyn Williams meets the nose behind the fragrance that's destined to become a cult hit



Karen Walker and Véronique Nyberg, who brought a beguiling duality to the new scent.

A bold blending of opposing elements is Véronique Nyberg's signature, making her a perfect fit for the creation Karen's new fragrance, Runaway. As the creative director of Fine Fragrance at MANE, the Paris-based perfumer has developed best-sellers such as Lancôme's Trezor in Love, Jimmy Choo and Paco Rabanne Invictus. Described by Karen as "a midnight journey deep into the forest", Runaway is a potent oriental with exotic woody and sensual undertones.

You've created a lot of incredible fragrances in the course of your career — what was unique about this one?

Every fragrance I've created is a different adventure and has a different story. This one began with a great and inspirational encounter.

What was it that drew you to Karen and her brand? I was seduced by her passion and strong personality. Karen's signature of playing with masculine and feminine, folk and utility attracts me, as I also love to work with contrast and opposition, exploring the ambiguity of an ingredient's olfactive profile.

When you create a fragrance, do you envision the sort of person who would wear it, and if so, who is the Runaway Girl to you? At the beginning of the creative process, Karen introduced me to the Runaway Girl through photos and a storyboard. Thus I had her perfectly in mind from day one: someone wild, edgy, neither feminine nor masculine, who behaves unpredictably. I imagined an artist — a creative, adventurous and independent woman.

What was Karen's brief? And after receiving it, how did you translate her vision into a scent? Karen showed me her initial concept with some photos. She imagined a universe of a dark forest, with something psychedelic and rock 'n' roll. I dove into Karen's fashion, universe and ideas before I started to create the fragrance. For me the creative process always starts with words, colours and textures.

Once I was filled with inspiration, I let the creation begin. I had to choose ingredients that would fit with Karen's ideas. I knew I'd build a woody structure with spices and flowers in order to have an androgynous touch that was wild yet feminine. Karen and I worked together for almost a year and it was a fascinating experience; she was there every step of the way, giving her feedback for every new olfactive trial.

So tell us more about that interplay between masculine and feminine... We really wanted to create an edgy and unpredictable fragrance, something feminine but not girly, something raw with a dark element. To bring that androgynous facet, I used ingredients that are usually for masculine scents, for example woods like vetiver, and spices and aromatic notes such as elemi and black pepper.

What influence does the bottle have on the experience of the fragrance? The bottle is what you notice first, before the scent itself. It catches the eye and identifies the brand and has great importance in the sensorial experience of a fragrance. Final success depends not only on the fragrance, but on the full mix of packaging, brand and marketing, outside the scope of the perfumer.

Do you have a philosophy when it comes to scent? To be a perfumer, you have to be an artist, painting with olfactive ingredients from both nature and chemistry. For me, a true creation is a seamless merging of opposites; my perfumes are built upon a duality of elements. My style leans on a fine balance of the emotional and the rational, the intuitive and the tangible, chemistry and witchcraft, the innate and the learned. I believe every fragrance should create an emotion.

Where do your ideas come from? I find inspiration in everything around me: every emotion and impression felt while travelling, visiting a museum, listening to music, or looking at a landscape. Every time my senses are aroused, I'm inspired.

To the outsider, the world of perfumery is magic and mysterious — what's the secret? There is no secret to creating a perfume — it's only a combination of creativity, passion, dedication, knowledge and hard work. ■



Runaway has its roots in Karen's vision of a bewitchingly moody forest.

VÉRONIQUE ON RUNAWAY'S NOTES

LEMON OIL For the fresh, electrifying and attractive start.

CARDAMOM OIL For its cold and vibrant note.

ELEMI OIL For its masculine side with spicy and aromatic facets.

JASMINE ABSOLUTE AND ROSE OIL For the floral heart. These notes are ultra-feminine and opulent — a contrast to the woody, spicy and aromatic notes.

BLACK PEPPER For the intensely spicy effect; it's slightly masculine and lends a dark and dangerous facet.

GUAIAWOOD OIL AND VETIVER OIL For an androgynous, woody base. Full of contrasts, they're both creamy and textural.



THE MISSING PIECE OF THE ANTI-AGEING PUZZLE IS

IN YOUR HANDS



WANT TO KNOW A WOMAN'S AGE? JUST LOOK AT HER HANDS.

Our hardworking hands are generally the last in the skincare pecking order, yet they're the first part of our bodies to age. Endless washing, dehydration and sun exposure add up quickly; it's time we gave our mitts their own anti-ageing routine.

1. CLEANSE

"Look for nourishment as well as cleansing properties when it comes to your hand wash," explains Rosa Guthrie of The Cosmetic Clinic. "Avoid anything that strips the skin of its natural oils; I like Aesop for its gentle cleansing."

9. Mor Correspondence Hand & Body Wash, \$29.99. **10. Aesop** Resurrection Aromatique Hand Wash, \$49. **11. The Aromatherapy Company** Therapy Kitchen Chef's Natural Soap & Nail Brush, \$17.99. **6.** (in image) **Molton Brown** Elemental Arc stainless steel hand wash holder, \$105.



2. SCRUB

"Turning over the dead skin on any part of your body is important to keep your skin looking youthful and clear. Pigmentation and dehydration are the most common hand issues. A regular use of a glycolic scrub [a type of AHA or alpha hydroxy acid] or adding your hands to your monthly facial microdermabrasion treatment is ideal."

12. Institut Glycolic Scrub, \$49, from The Cosmetic Clinic. **13. Pure Fiji** Exfoliating Scrub, \$50. **14. asap** Revitalising Body Scrub with AHAs, \$55. **3.** (in image) **Murad** Rejuvenating AHA Hand Cream, \$49. **4.** (in image) **Molton Brown** Alba White Truffle Hand Exfoliator, \$26, from Smith & Caughey's.



3. TREAT

"The winning solution is a combination of active home care and advanced skin treatments. In the clinic, pigmentation removal using lasers is the most effective treatment hands down (excuse the pun); we can turn an old-looking, mottled hand into a clear canvas in no time. As the area is close to the bone and low in fat, it can tend to look dehydrated, veiny and wrinkly, so our cosmetic nurses can also inject hydrating filler very superficially across the backs of the hands, resulting in a smoother, plumper look."

15. Burt's Bees Dark Spot Corrector, \$29. **16. Institut** Vitamin C Powder, \$49, from The Cosmetic Clinic. **17. Hand Chemistry** Intense Youth Complex, \$39.99 from Caci Clinic. **7.** (in image) **Clinique** Even Better Dark Spot Correcting Hand Cream, \$79.



4. HYDRATE

When shopping for hand creams look to natural waxes and oils, such as shea butter, lanolin, beeswax or nut oils for their hydration and replenishing properties. Also look out for ingredients such as hyaluronic acid and glycerin, which will help deliver and lock in maximum moisture. "Sunscreen on the back of your hands is also key; it may seem over the top but it makes such a difference," says Rosa.

18. La Prairie Cellular Hand Cream, \$185. **19. Ecoya** Guava & Lychee Sorbet Cream, \$30. **20. L'Occitane** Rose Originelle Balm, \$18. **1.** (in image) **Estée Lauder** New Dimension Smooth + Tone Crème-Glove, \$92. **2.** (in image) **Ingrid** Starnes Vetyver Bergamot Hand Cream, \$49. **5.** (in image) **Clarins** Super Restorative Hand Cream, \$82. **8.** (in image) **Atzen** In-Shape Hand & Body Emulsion, \$64.





YSL Top Secrets
Instant Moisture
Glow, \$99



**Tom Ford Shade &
Illuminate**, \$140
(available March)

Nude by Nature
Sheer Glow BB
Cream, \$34.95



Elizabeth Arden
Eight Hour Miracle
Hydrating Mist,
\$41

Curtis Collection Radiant
Glow Illuminator, \$69



L'Oréal Paris
True Match
Illuminator
Powder, \$30

Topshop Glow
Highlighter in Polish,
\$28



NATURAL GLOW

The people of Instagram may be #strobing right now, but highlighting (as it is most commonly called) has been a staple technique of makeup pros for years. Highlighting and illuminating products are the answer to dewy skin, plus they'll take years off your face and give you killer cheekbones to boot. Get some in your makeup kit stat.

BareMinerals Invisible Light Translucent
Powder Duo, \$50, from Mecca



Estée Lauder
Perfectionist Set +
Highlight Powder
Duo, \$88



St Tropez
Self Tan
Luxe Dry
Oil, \$50



The BrowGal
Double Ended
Highlighter Pencil,
\$40

MAC In The
Spotlight
Strobe Cream
Pinklite, \$70



Living Nature
Illuminating
Foundation,
\$55



Revlon Insta-Fix
Highlighting Stick,
\$35





INVISIBLE DRY

PROTECTION AGAINST
SWEAT + STAINS



*Nielsen Scan Data, Unit sales of deodorants and antiperspirant deodorants, Grocery, MAT 02/10/2016

RISER AND SHINE

Forget summer's beach hair, shine is in. Bronwyn Williams finds out how to get the ultimate glossy locks

2012 saw the rise of the matte hair trend that was roughed up, undone and a little bit grunge. From J.Crew campaigns to red carpet updos, the last few years have been dominated by the dulled-down do, with celebrity hairstylists, It girls and everyone in between going crazy for hair dust and heavy handed on the dry shampoo. But there's a rumbling in the hair industry, and luscious healthy shine is making its way back into the spotlight.

TRENDS High-shine hair was a dominant feature on the international spring runways, with designers such as Victoria Beckham, DKNY and Christian Siriano sending models down the catwalk with light reflecting locks. Responsible for the resurgence of the pageboy cut, Wella creative director Eugene Souleiman placed wigs on the models at Jeremy Scott that were cropped into brow-grazing helmets and styled to glassy perfection. Brad Lepper, Sebastian, creative director and owner of French Revolver salon, predicts high-shine hair and refined silhouettes will be at the top of his clients' wish lists this season. "These bold runway looks are filtering down into real-life trends," he says. "We're seeing a lot of smooth, sharp shapes coming through, big bold fringes arcing around the eye (influenced by Souleiman's pageboy) and smooth and controlled waves which compact the hair down, giving you extreme shine. There's still a lot of texture, as we've seen in summer, but it's more refined, and even the textural hairstyles have a loose shine as well."

COLOUR GIRL

Colouring your hair used to go hand in hand with damage, but modern formulations are more gentle, and going dark for winter can actually support your hair health. “The colour pigments in dark shades are softer, so if you go darker it’s going to keep the condition better,” says Brad. If you’re looking for a colour refresh rather than a dramatic change in shade, glossing will give you both colour enhancement and serious shine. “Glossing is a technique where you get a colour and a treatment, mix the two together and apply it on the hair. The treatment travels with the colour, forcing it deeper into the hair than it would normally go, giving you longer shine and really healthy hair,” says Brad. The effect you get is best described as a demi-permanent colour – a soft natural wash of pigment that fades out gradually over time. Lightening your hair can dry it out and lead to straw-like strands, but Melanie Barker of Pure Hair explains it’s possible to be blonde and still have shine. “A lack of moisture can hinder the hair from being shiny, so when it comes to blondes, treatments and heat protectant are your best friend,” she explains. She recommends a weekly treatment mask specially designed for blonde hair and a daily leave-in for an extra moisture boost. “You can’t go past Joico Blonde Life Brightening Masque; the nourished feeling you are left with is superior,” says Melanie. “It also gives your hair more manageability and a huge decrease in frizziness. Joico’s K-Pak Liquid Reconstructor is an easy leave-in treatment; you simply spray it into clean wet hair, focusing on the ends. This will strengthen the hair and give it extra moisture.”



JEREMY SCOTT

HAIR HEALTH TIPS

For peak hair health you need to work from the inside out. A diet rich in protein and iron will ensure strong locks, and regular meals of salmon will give you the omega-3 fatty acids you need to keep your scalp in check. Carrots, pumpkin and kumara are high in vitamin A which helps keep hair and scalp hydrated, and a scattering of nuts on your breakfast bowl will give you the vitamin E, zinc and selenium you need.

REPAIR Fashion’s revived love affair with healthy locks comes at a perfect time. Many of us walk into the salon at summer’s end with our hair in desperate need of repair. “A massive amount of hair damage in summer comes from sea salt” explains Brad. “Sulphates really dry out the hair, and by the end of summer your hair is often very dehydrated.” Although you can gloss over the problem with a few styling products, to get true shine you have to fix the damage that has been done. Repairing hair masks are like a first-aid treatment for dry and stressed-out locks, and shampoos and conditioners containing protein will help strengthen and repair the keratin damage from your seasonal maltreatment. “It is so important to be using a salon quality shampoo and conditioner at home,” says Melanie. Regular weekly at-home treatments will improve your hair over time, but if you need high shine stat then try an in-salon treatment like Kérastase’s Fusio-Dose. The recently relaunched range is now fifteen times stronger than

the original product and is custom blended at the basin to suit your specific type of damage.



1. Joico Blonde Life Brightening Masque, \$38. 2. Redken Heatcure in-salon treatment, POA. 3. Pureology Hydrate Hydra Whip Masque, \$52. 4. Manuka Doctor ApiRevive Restorative Hair Mask, \$29.95. 5. De Lorenzo Instant Series The Ends, \$26.90.



Nutra-life Fish Oil plus Vitamin D capsules, \$40.



CHRISTIAN SIRIANO

STYLING FOR THE UTIMATE SHINE

PRIME. When it comes to styling a high shine do, preparation is key and having a blow-dryer on hand is essential. “If you want shine, all products should really be blow-dried into the hair,” says Brad. “The process of heating them up seals them into the hair for better effect.” He recommends priming the hair before switching on the heat. “Just like a makeup primer, a hair primer ensures the hair remains a consistent texture from root to tip, without any oily or dry areas.” Primer also protects the hair so it’s perfect for use with hot tools. Apply your primer on damp hair, then apply a high-shine serum, or if you have very fine hair, a shine gel.

“American-style gels are different from our classic hair gels as they’re made to be blow-dried into the hair,” says Brad. “They’re great for shine as they seal the hair cuticle up, coating and protecting the hair and allowing it to retain its moisture levels.” For short hair, a pomade is fantastic to give high shine. “Use it sparingly and blow-dry a small amount into already dry hair,” he says.

DRY. Using a brush, blow-dry the hair and sweep it from side to side as you go. “A natural bristle brush will help distribute your natural oils down the length of the hair,” says Brad. Once it’s dry, switch the dryer to cold and blast it for a couple of minutes to smooth down the hair cuticle and ensure the product is locked in.

FINISH. Brush the hair into place and finish with a shine spray or light oil through the mid lengths and ends. “Most brands do two versions of oil,” says Brad. “Rich is good to blow-dry into the hair, and light is best for finishing.” ■

1. Bio Ionic Powerlight pro dryer, \$275. 2. Davines This Is A Shine Wax, \$44. 3. Joico Heat Set, \$27. 4. Fudge Professional Tri-Blo Spray primer, \$25.50. 5. Sebastian Gel Forte, \$39.95. 6. Bumble and Bumble City Swept Finish, \$49, from Mecca. 7. Wella Professionals EIMI Shimmer Delight, \$25. 8. Redken Diamond Oil Shatterproof Shine, \$45. 9. L’Oréal Professionnel Techni.Art Crystal Gloss, \$34.50. 10. Sebastian Taming Elixir primer, \$39.95. 11. Schwarzkopf Body & Texture Primer, \$6.50. 12. ghd Smooth & Finish Serum, \$26.



IN THE TOOLKIT

“If you want shine, all products should really be blow-dried into the hair. The process of heating them up seals them into the hair for better effect”

BRAD LEPPER

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Fernando Romero
Founder & President of Bio Ionic

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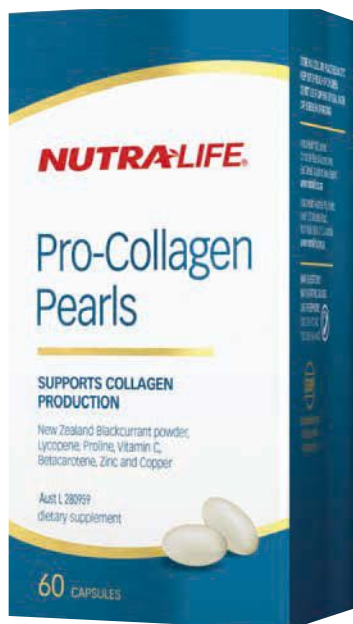
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START FROM WITHIN

It's true that beauty comes from the inside out, but did you know your diet can play a huge role in the way your skin ages? Nutra-Life Pro-Collagen Pearls is a high potency, multi-nutrient complex with New Zealand blackcurrant, which supports your skin's collagen production, assists skin healing and helps to maintain skin integrity. Available in selected pharmacies and health stores, \$59.90 for 60 capsules.

Always read the label. Use only as directed. Vitamin supplements should not replace a balanced diet. Vitaco Health (NZ) Ltd., Auckland. DA1717AS004



LIVE WITH BLISS

Living Nature's Bliss tinted lip hydrator is everything your lips need for natural conditioning with a touch of colour. Packed full of natural botanicals, Bliss is made in New Zealand, certified natural and free from carmine, allergens, synthetics, and chemical preservatives, creating the perfect pink nourishment for your lips. \$25 from livingnature.com.



THE FULL EFFECT

Lash Sensational Luscious Washable Mascara is a volumising mascara that captures lashes from root to tip for a full-fan effect. Now, with precious oils for a softer, denser finish, \$24.99.

BEAUTY WITH FQ

Some of the best indulgences for the season

PERFECTLY BLONDE

The Blonde Life range from Joico makes it possible to have lightened and healthy hair at the same time. Included in the range is a Brightening Masque (\$38) that instantly hydrates, softens and illuminates your blonde locks by neutralising chlorine and removing trace minerals, preventing your perfectly blonde tone from dulling and yellowing. Available from authorised Joico stockists from April 1.



RECLAIM YOUR SKIN

Synergie Reclaim is an anti-ageing moisturiser designed to tighten and hydrate your skin while minimising fine lines and restoring ageing skin. The formula is a potent blend of antioxidants, peptides and hyaluronic acid – a natural moisturising factor found in the deeper skin layers. Available at Skin Institute clinics nationwide or via the Skin Store: shop.skinistitute.co.nz, \$169 for 50ml.



FEARLESSLY FUN

Miu Miu is a brand in love with contradictory women: intelligently frivolous, fearlessly fun, seriously lighthearted – her style is at once delicate and forceful.

Miu Miu Eau de Parfum begins with an elegant, sensual floral, lily of the valley, composed of real jasmine, real rose absolute and green notes. The soft, fresh, scent is set against a deep earth-toned background with the wood and pepper notes of Akigalawood® – an extract of patchouli that adds a brooding mystery. The surprising combination feels natural and timeless and the final effect is both scintillating and a little defiant: very Miu Miu. Eau de Parfum \$90 for 30ml.



Mimco Turbine Alice clip, \$80

MARCHESA SS17

Kitsch ponytail holder clip, \$17, from Shopbop

Mimco Tempest pin Set, \$30

Elizabeth and James hair pin, \$137, from Net-a-porter

Rosantica hair tie, approx \$300, from Net-a-porter

Via barrette, \$10

DOLCE & GABBANA SS17

Avigail Adam barrette, \$77, from Shopbop

MARCHESA SS17

Cara bow barrette, \$54, from Nordstrom

GUCCI SS17

FENDI SS17

GUCCI SS17

Topshop clip, \$17

Dolce & Gabbana clip, \$650, from Matches Fashion

Marc Jacobs clip, \$100, from Net-a-porter

THE MANE ATTRACTION

For the past few seasons, jewellery has slowly been creeping north; first it was bold necklaces, then statement earrings, and now hair accessories are having a moment. From Fendi's playful liquorice allsorts-inspired clips to Marchesa's elegant barrettes, hair adornments have a whimsical element that tie in perfectly with fashion's current mood.

Hair Accessories How-To

Milly Briant of Fort Street's Rodney Wayne gives her top tips on how to do hair accessories right

HEADBANDS: "Revamped this season, the bigger and bolder the better. Think big jewels, beads, flowers and anything with a slight gothic feel. If jewels or flowers aren't your thing, take a more boho-chic route and use a headscarf tied at the nape, perfect for getting away with wash-and-go hair."

CLIPS: "From a simple bobby pin at the temple to raiding your grandmother's jewellery box for brooches, anything goes. Update your bobby pin collection with coloured or rose-gold tones for a simple daytime look. For the more daring, look for ornate barrettes and clips. To wear, simply pull some strands back from the temple and secure with the pin for a looser look, or slide them next to a chignon for a glamorous evening style."

HALF CROWNS: "Half crowns, tiaras and diadems are the big hits of the coming season, and while they may sound not for the faint-hearted, they're actually relatively easy to wear. If you're more on the minimalist side, try a simple metallic band with a textured chignon or sleek ponytail. For the more daring among us, take a leaf out of Marchesa or Dolce & Gabbana's book and wear them adorned with beads and jewels."

FACE OFF

It's no secret that beauty moves in trends, so when a new product is developed it doesn't take long for a number of similar versions to pop up. But which is best for you?

Bronwyn Williams compares two products to see how they measure up.

So you want brush-on falsies...

MAGNIFIBRES BRUSH-ON FALSE LASHES VS DESIGNER BRANDS EXTEND-A-LASH

THE LOWDOWN: An instant false-lashes look without the fiddling and glue – brush-on fibres are swept onto your lashes in a simple three-step process. Apply mascara, sweep the fibres over the lashes while they're still wet, then follow up with mascara again. Washes off easily with any makeup remover.

FIBRE FORMULA

MAGNIFIBRES BRUSH-ON FALSE LASHES

THE PITCH: Volume plus up to 5mm length.

THE DETAILS: Consists of one product – brush-on fibres. To be used with your favourite mascara. Fibre material: white natural fibres. Contact lens safe.

THE VERDICT: Doesn't add a lot of length, but it does give you fantastic dramatic volume.

THE PRICE: \$59.99

BEST FOR: Fans of full, thick lashes.

DESIGNER BRANDS EXTEND-A-LASH

THE PITCH: Adds up to 8mm of lash length.

THE DETAILS: Consists of two products – a tubing mascara and brush-on fibres. Fibre material: black nylon. Safe for contact lenses and sensitive eyes.

THE VERDICT: Although this product doesn't thicken the lashes significantly, just as it promises, it gives you serious lash length.

THE PRICE: \$19.99

BEST FOR: Those who want long fluttery lashes.

TUBING MASCARA

So you want a cushion compact...

L'ORÉAL NUDE MAGIQUE CUSHION VS CLINIQUE SUPER CITY BLOCK BB CUSHION

THE LOWDOWN: A lightweight foundation poured into a sponge cushion, housed in a refillable compact for easy touch-ups on the go. Cushions often contain sunscreen and skincare product as well – much like a BB cream.

LIGHT FOUNDATION

POWDER FINISH

CLINIQUE SUPER CITY BLOCK BB CUSHION

THE PITCH: Buildable, breathable makeup with a natural matte finish.

THE DETAILS: SPF50 (mineral sunscreen) with antioxidants. Fragrance free and comes in four shades.

THE VERDICT: Applies well and blends beautifully. Like L'Oréal's version it's buildable, however, it's a little lighter in coverage as it's technically a BB cream. Initially goes on dewy before drying down to a semi-matte powder finish, which helps it to be very long lasting.

THE PRICE: \$65

BEST FOR: Combination or normal skin types. Those looking for a natural semi-matte finish with light coverage.

L'ORÉAL NUDE MAGIQUE CUSHION

THE PITCH: Gives a fresh nude finish and luminous glow.

THE DETAILS: SPF29, available in six shades.

THE VERDICT: This lightweight foundation glides on smoothly and feels very hydrating to wear. It's buildable, giving you light coverage initially and medium coverage if it's layered. Gives a dewy, luminous finish.

THE PRICE: \$33.99

BEST FOR: Dry to normal skin types. Those looking for a dewy glowing look with light to medium coverage.

So you want an ombré lip...

BENEFIT DOUBLE THE LIP
VS DIOR ROUGE GRADIENT

THE LOWDOWN: What began as a bold technique born on the international runways, the ombré lip (a gradual fade between two lip colours) has become a staple look for makeup lovers everywhere – helped in part by the fact that when the darker shade is on the outside it instantly gives you a plumper looking pout. Two lipsticks – one light, the other a shade darker – used to be used to get the look, but a number of recently released two-in-one ombré products have made the job easier.

BENEFIT DOUBLE THE LIP

THE PITCH: Liner and lipstick in one, gives you fuller, sexier lips in one easy step.

THE DETAILS: One creamy lipstick, split down the middle with two different shades.

THE VERDICT: Easy to apply, simply turn the pointy end of the lipstick up as

you run it along your top lip line, then flip to point down as you do your lower lip. The result is a subtle fade that really does make your lips look poutier.

THE PRICE: Currently available in a set of four minis in the Benefit Big Sexy Lip Kit (\$50), and available separately (\$38 each) in April in eight shades.

BEST FOR: This is perfect if you're after fuller-looking lips, or aren't quite brave enough to do the ombré technique freehand.

DIOR ROUGE GRADIENT

THE PITCH: The first 'Lip Shadow' duo from the House of Dior, Rouge Gradient explores a new way to enliven the lips with subtle colour gradation.

THE DETAILS: A double-ended stick tipped with sponge applicators, loaded with powder formula. Three shades available.

THE VERDICT: Think of this product as more of a stain than a lippy; the powdery texture gives that hint of colour that's so wildly in right now. Though we tried the colour fade both ways, this product works best with the dark tone on the inside of the lips and the light tone lining for a subtle ombré wash that says simply: 'effortless chic'.

THE PRICE: \$62
BEST FOR: Those after that New York It Girl 'barely there' lip fade.

So you want a hybrid hair product...

R+CO BADLANDS VS BUMBLE AND BUMBLE PRÊT-À-POWDER

THE LOWDOWN: In our modern culture time is precious and anything that will help you get out the door that little bit quicker in the morning is held in high regard. When it comes to hybrid products, there are some pretty strange combos out there, but the pairing of a dry shampoo and styling product makes a lot of sense. One part dry shampoo, the other volumiser and texturiser, hybrid hair products transform your tedious morning hair routine into a single easy step.



R+CO BADLANDS DRY SHAMPOO PASTE

THE PITCH: Part dry shampoo, part styling paste. Gives you second-day texture and absorbs oil. Its matte finish and reworkable hold mean no build-up, just badass style.

THE DETAILS: Looks like wet sand in the jar, scoops out like wax, melts to an oil in the fingers, and dries to a powder in the hair.

THE VERDICT: Although many powder styling products drop onto your clothing and can cast white on dark hair, the unusual texture of Badlands Dry Shampoo Paste allows it to disappear swiftly into the hair without mess. With serious texturising properties this isn't a product for those who like princess locks, but its incredible grip makes it perfect for holding an updo in place.

THE PRICE: \$46

BEST FOR: Transforming tired hair into rock and roll texture. Giving grip and hold to a modern braid or chignon. Perfect for those who prefer edgy over pretty.

BUMBLE AND BUMBLE PRÊT-À-POWDER

THE PITCH: Equal parts dry shampoo, style extender and volume in a pinch. Absorbs oil, gives volume to flat hair, and makes tired hair look fresh, clean and voluminous.

THE DETAILS: Powder product.
THE VERDICT: The feeling of this finely milled product is less tacky than most hair powders, which makes it a great oil absorber. While it has the same fallout issues as any powder product, Bumble and Bumble's version certainly disappears into the hair easier than most, meaning less of a white cast on dark hair. Once sprinkled into the roots it's activated by massaging it in – the more you massage, the more volume you get. Although this product gives the hair some texture, it's more refined than R+CO's version, meaning you get volume in the roots and retain shine through the mid lengths and ends.

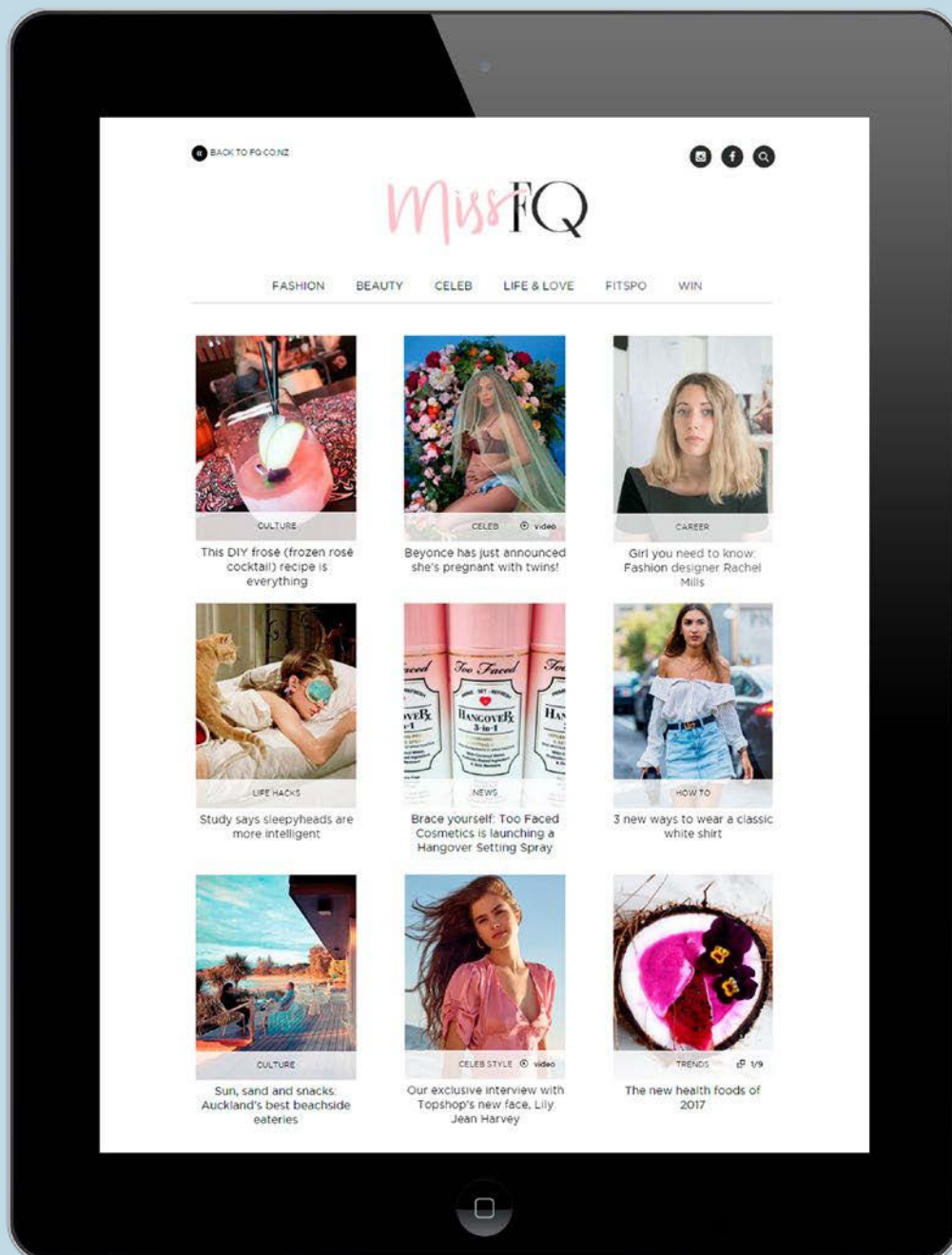
THE PRICE: \$42

BEST FOR: Refreshing oily hair that's in need of a wash, extending the life of a blow dry, and giving volume and a small amount of texture to the hair. Perfect for those who pride themselves on their classic sexy locks.

Miss FQ.CO.NZ

GET YOUR DAILY FIX

We're here to hook you up with exclusive It girl interviews, shopping must-haves, street style trends, new beauty releases, wellness stories and breaking celebrity goss around the clock



REPAIRERS

Repair and restore with antioxidant rich serums and night time treatments that work to reverse the damage while you are sleeping.

1. **Estée Lauder** Advanced Night Repair Eye Mask, \$92. 2. **Dermalogica** Phyto Replenish Oil, \$139. 3. **Ultraceuticals** Ultra Protective Antioxidant Complex, \$104.



PROTECTION
Place a barrier between your skin and pollution with protectors that keep the hydration in and the grime and irritants out.

7. **Prevage** City Smart SPF50 Hydrating Shield, \$110. 8. **Decléor** Hydra Floral Hydrating Fluid SPF15, \$115. 9. **Innoxia** Pollution Protect Foundation, \$40. 10. **Ren** Anti-Pollution Mist, \$71 from Mecca.



New Zealand may seem clean and green, but smog pollutes the air of our cities and makes itself at home on your skin. "Although our morning sunscreen ritual protects us from UV-induced ageing, it unfortunately doesn't protect us from oxidative stress caused by pollution," says Emma Hobson, Education Manager of the International Dermal Institute and Dermalogica. Tiny particles of soot, acid and grime damage the skin's natural defensive barrier, making it more sensitive, damaging cells and speeding up the ageing process. Thankfully there's now a category of skincare to address this, offering a protective layer to stop pollutants from penetrating. Here are our picks of the best anti-pollution products available right now.

You've got serums, eye creams and night masks down pat, but there's a missing step in your anti-ageing regime - and it might just be the most vital.

and it might just be the most vital.

CLEANSERS

Wash off the day's dust and grime with deep cleansing products that detox and purify.

4. **Clarins** Extra-Comfort Anti-Pollution Cleansing Cream, \$62. 5. **Clinique** City Block Purifying Cleansing Gel, \$46. 6. **Dermalogica** Daily Superfoliant, \$109 (available March).



THE WHITE IS ALRIGHT

The journey to a pearly smile no longer breaks the bank – or your teeth – discovers Bronwyn Williams

You can't be a celebrity in LA until your teeth match the white of your Givenchy sneakers. In fact, take a closer look at the gob of anyone in the public eye, anywhere, and you won't find a yellow peg in sight.

Symbolically linked to success, health and wealth, white teeth were once reserved for those who could afford exorbitant dental bills, but times are changing and a set of sparkly pearlers is now within everyone's grasp. Thanks to an increase in specialist clinics and products on the market, there are whitening options for all schedules and budgets.

HOW IT WORKS

"Teeth whitening is a bleaching process," explains Katherine Marshall, founder of Brighter Smile whitening clinics. "What we're doing is removing surface staining to bring your teeth back to their natural whiteness."

Although teeth whitening has previously been linked to sensitivity and gum damage, the whitening products used today are much less harsh, and tooth sensitivity – although still a possibility – isn't as common. "Carbamide peroxide [the ingredient most often used] is a lot gentler on your teeth," says Katherine. "It doesn't matter as much if you get it on your gums, so it's also safer for at-home use."

In the case of in-clinic whitening, high-strength peroxide is used. At-home products aren't as strong but are applied more often and left on for longer. As to how white you can go, it depends how porous your teeth are and what you were born with. "The whitening process will only go as light as your natural tooth colour, so you're never going to have a fake 'Ross from *Friends*' smile," says Katherine.

IN-CHAIR

Most dental practices offer an in-chair whitening service, and although it's a lot cheaper than it used to be, it's still the most expensive option, at around \$400-\$600. High-strength peroxide is painted onto the front of the teeth, then activated with an LED light in order to speed up the lightening process.

For those who have undergone a lot of dental work or have teeth or gum problems, Dr Amanda Johnston of Purely Dental says it's best to have your treatment done by a pro. "During tooth whitening, the enamel structure is changed, which can complicate further dentistry immediately following the treatment," she explains. "Your dentist is usually able to work around this during your treatment plan."

In-chair whitening is also offered by specialty treatment clinics such as Brighter Smile; the treatment is the same, although a lower-strength peroxide is used. "The stronger the gel you use, the greater the risk of teeth sensitivity, so we use a gel comprised of a gentle peroxide and a catalyst, which gives you a similar result without any pain," says Katherine.

The gel is reapplied twice during the treatment to maximise its effectiveness. You can generally expect to go up to 12 shades lighter, although results vary from person to person. A one-hour session will cost around \$200.

Both Amanda and Katherine recommend in-chair whitening as a great solution for those looking for results right away, although it's a good idea to get the treatment a while before a big event to allow for a second session, if required.

AT HOME

If you've got the time, a slower approach to whitening is best. "Usually better long-term results are achieved using gradual at-home treatments in trays provided by a dentist," says Amanda. "However, it takes longer and requires commitment."

At-home treatments comprise a set of whitening trays (similar to mouthguards) and a peroxide lightening gel. The gel is inserted into the trays, which are then worn for one to

two hours a night for two weeks, or until you reach your desired shade. Type 'teeth whitening kit' into your Google search bar and you'll be bombarded with thousands of products at a vast range of prices. However, not all kits are created equal and, in fact, some can do more harm than good.

"At-home treatments vary," says Katherine. "There's a lot of stuff you can buy off the internet, and not to dissuade people from using them, but you do have to be careful, especially if you're buying from overseas, as you don't know the strength you're using – you can damage your gums and enamel."

"In New Zealand, the safety of dental products is carefully monitored, so most products are safe for most people, if they're used as directed," says Amanda. She and Katherine recommend buying locally from a reputable supplier, and if in doubt, checking to make sure they're registered with the New Zealand Cosmetic Teeth Whitening Association. "If someone is registered with the NZCTWA, then you know that they've been trained and that they follow the regulation guidelines," says Katherine.

Some at-home kits also come with a mini LED light, although Katherine doubts they do much: "They're more for show than anything else." The safest and most effective kits are those that are custom-made by a specialist to fit your teeth. And although it's cheaper to purchase kits that allow you to mould your own mouth tray at home, they're not worth the few dollars you save. It's difficult to get a self-moulded tray to fit precisely and there's a high likelihood that the gel will get onto your gums, causing damage.

Most dentists and whitening clinics offer a custom tray service, which involves having your teeth cast in the clinic, and some also give you the option of a remote service in which a teeth-casting kit is mailed to you, cast by you at home, then posted back to them to create in the lab. Regardless of which you go for, a set of custom whitening trays costs \$150-\$300. Many clinics offer a combo deal of a single in-chair session combined with fitted at-home trays, which is good for those whose teeth are heavily stained.

"A lot of people choose this because they can get the whitening started off in-clinic, then go home and use the kit to get their teeth to the desired shade," says Katherine.

ON THE BRUSH

And as for whitening toothpaste? Most specialists recommend you don't bother. "Some toothpastes contain whitening chemicals but may not be strong enough to effectively change the tooth colour," says Amanda.

"What it's doing is scrubbing the stains off your teeth manually, which can be quite abrasive, and you'll find a lot of people get sensitivity because of this," says Katherine.

When it comes to preventing stains, Amanda says the best way to keep your teeth white is still the old-fashioned one – with toothbrush, floss and a classic fluoride toothpaste. But if it's the movie-star smile you're after, you've got to bleach your teeth to fabulous. ■

"There's a lot of stuff you can buy off the internet, but you have to be careful as you don't know the strength you're using"



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BROUGHT TO YOU BY **FASHION** **MISS FQ** + more



At Fashion Quarterly we discover and trial hundreds of new beauty products a year, but few find a permanent home on our bathroom shelves. Which is why we've decided to launch FQ Approved; our stamp of approval distinguishing the best beauty products in the world from the tens of thousands on the market. All products are put through a stringent testing process by our beauty editor, trialled for a minimum of six weeks and assessed for their efficacy, payoff and performance – whether they're sourced from a supermarket shelf or a luxury counter.

THE FQ APPROVED GUIDELINES

Efficacy

Products must do what they promise on the packet, within the promised timeframe and to the highest of standards.

Payoff

Makeup products must have exceptional colour payoff, quality formulation and be a pleasure to apply.

Performance

All products must perform in a real life environment. We examine longevity, performance and wear in a number of different scenarios.

Here we introduce the first few products to receive the FQ Approved stamp.
Keep an eye out for the FQ Approved stamp in future issues and on fq.co.nz



INIKA LOOSE MINERAL POWDER FOUNDATION

There are a number of benefits to mineral foundation — it's derived from natural ingredients, it doesn't clog pores and is kind to sensitive skin — but the problem is that most powder foundations don't give you a great finish. I was beginning to lose hope in the entire mineral foundation category until I found this one.

Finely milled and formulated with mica, Inika's Loose Mineral Foundation gives you buildable coverage and a beautifully luminous finish as good as any mainstream liquid foundation. Buffed into the skin with a short-haired kabuki brush and set with a finishing spray, it'll hold all day long and well into the night too. **Inika Loose Mineral Powder Foundation SPF25, \$69.**

GLAMGLOW SUPERMUD CLEARING TREATMENT

When reviewing a product with a hefty price tag it's only natural that we're a little more sceptical than usual. Not only does the product have to be good, it has to be good enough to warrant forking out for. At \$108 for a tiny 34 grams of mud mask and bold promises of clearing pores, reducing blemishes and smoothing the skin, there was a lot for it to live up to. The kaolin clay base contains a raft of ingredients including six different AHAs and BHAs, eight plant extracts for soothing, healing and rejuvenating, and eucalyptus leaf for its anti-bacterial and decongesting properties. This intense mask has an overwhelming fresh eucalyptus scent and the stimulating acids make it tingle slightly on application. As it dries black dots appear where excess sebum is drawn out of the pores and on removal skin is dramatically smoother, brighter, and less congested. This is the ideal mask pre-special event — or if you can justify it — regular use. **GlamGlow Supermud Clearing Treatment, \$108 from Mecca.**



ILES FORMULA

When the country's top hairdressers begin whispering about a new haircare line, we sit up and take notice. Independently produced by internationally renowned celebrity hairstylist Wendy Iles, Iles Formula comprises of a

modest three products — a shampoo, a conditioner and a serum — which Iles created over a ten year period to tend to her clientele's tortured hair on set. Though the FQ Approved guidelines require us to trial a product for six weeks, it was evident after a single use that this range was special. Packed with restoring vitamins, silk proteins and custom-blended nut oils, dry and damaged hair transforms into a silky mane in just one wash, and after six weeks hair is unrecognisable. With a sophisticated white floral scent and miracle-like qualities, we're calling it as one of the most luxurious and high performing hair ranges on the market. At present it's only available at four New Zealand salons, but a product as good as this won't be kept secret for long. **Iles Formula 3 step system, \$169, from Vada, M11, Oscar & Co. and Willis York.**



BOBBI BROWN SHEER POWDER BRUSH

Having great product is integral to creating a flawless makeup look, but just as important are the tools you use to apply it. This is the perfect brush if you prefer a sheer application of powder. The carefully positioned natural bristles pick up just the right amount of product and distribute it evenly for a light dusting. With its almond shaped tip allowing you to get around the nose and eyes with ease, this is definitely one of the best powder brushes we've tried. **Bobbi Brown Sheer Powder Brush, \$78. ■**



DELICATE ELEMENT

The Minicami is an essential element in any woman's wardrobe. It resolves the awkward bra-showing moment, can be worn under semi revealing tops and adds a delicate lace line to a lower cut garment.

Minicami is designed and made with a feminine hand, ensuring that it becomes a permanent part of any lingerie drawer. It also makes for an easy travel-ready staple and the perfect gift for a girlfriend, partner, sister or bestie. Minicami NZ offers high quality New Zealand made garments to local and overseas customers. Shop in selected boutiques throughout New Zealand and online at minicami.co.nz Softcup Minicami, \$89 and Frenchies, \$39.

SHOPPING WITH FQ

Some of the best indulgences for the season



POINT OF BRILLIANCE

Looking for a show-stopping cocktail ring to add to your collection? Update your look with gorgeous pieces from the collection of tanzanite and diamond rings at Stewart Dawsons. Shop in store or online at stewartdawsons.co.nz.



LOOKS GREAT, GATSBY

Vintage-inspired style gets a contemporary twist for a modern, edgy look inspired by the original Ray-Ban Gatsby. The perfect pair of sunnies for the last days of summer, the round frame of the new Gatsby I (\$260) features a bold metal top bar to add a bit of highbrow style to any look.



CHIC COMFORT

Choose comfort and take on the world in these timelessly chic heels from Ziera. Exotic snakeskin adds just the right dash of sass to your strut while underfoot cushioning ensures you feel as good as you look. Also available in nude and rose gold. Opal heels, \$229.95 from zierashoes.com.



DIVE INTO EUPHORIA

Deep Euphoria is the first vibrant chypre floral in the Calvin Klein portfolio. The fragrance opens with notes of cascalone and black magic rose that intertwine to create an aura of sultry humidity throughout. The top and mids of the fragrance mix to bring a modern femininity and a pure quality of richness, and the drydown of enveloping sensual musk brings a smooth, sensual texture that evokes warmth and pleasure. The complementary elements embody a unique dichotomy of empowerment and true glamour, expressing the many facets of the deep euphoria of a woman's personality. Eau de Parfum \$90 for 50ml.



JUST A TOUCH

Less is more when it comes to lips this season and as a raft of new release lip tints can attest, the barely there pout will be round for a while. One of the most luxe of the lot, YSL's Volupté Tint-in-Balm (repped by Staz Lindes: guitarist/model/photographer slashie and daughter of Dire Straits guitarist Hal Lindes) combines the fun of colour with the benefits of a balm. With its sweet lip shaped balm core enveloped in a flush of pigment, they'll look like your lips, only better. **YSL Volupté Tint-in-Balm, \$66**, available in twelve shades.



BEAUTY NEWS

Latest trends and products

Like sleeping in

our makeup, working out with a full face of slap is one of those guilty things we can all admit to doing at times. Shiseido get that sometimes a girl needs a bit of coverage while breaking a sweat (especially when there's a chance of bumping into someone we know), so they've created a BB that not only gives you non-comedogenic coverage (no more blocked pores) and SPF, it also makes your face look slimmer. Containing unique powders, this BB reflects light only when hit with direct sun, sculpting and contouring the face like magic.

It also features WetForce technology meaning the more you sweat, the stronger the UV protection. Genius?

We think so. **Shiseido BB for Sports, \$59** (available March 16).

AT THE COALFACE

For all our healthy living and clean eating lifestyles, a surprising dirty trend has arrived and it's leaving its black mark everywhere. Activated charcoal – made by burning organic material at high temperatures without oxygen – is popping up in everything from health food to beauty. Just as we use charcoal in our water purifiers to sop up nasties, the black carbon's abilities to absorb impurities makes it a superstar when it comes to detoxifying the hair and skin, absorbing excess oil and clearing out dirt and grime. **1. Konjac** Purifying Face Sponge, \$12 from Sephora NZ. **2. Morihata** Charcoal Oil Blotting Papers (30 pack), \$19.50 from Tonic Room. **3. Sukin** Purifying Gel Cleanser, \$13.99. **4. Dermalogica** Charcoal Rescue Masque, \$89. **5. Warpaint** Natural Teeth Whitener, \$55 from Oh Natural.





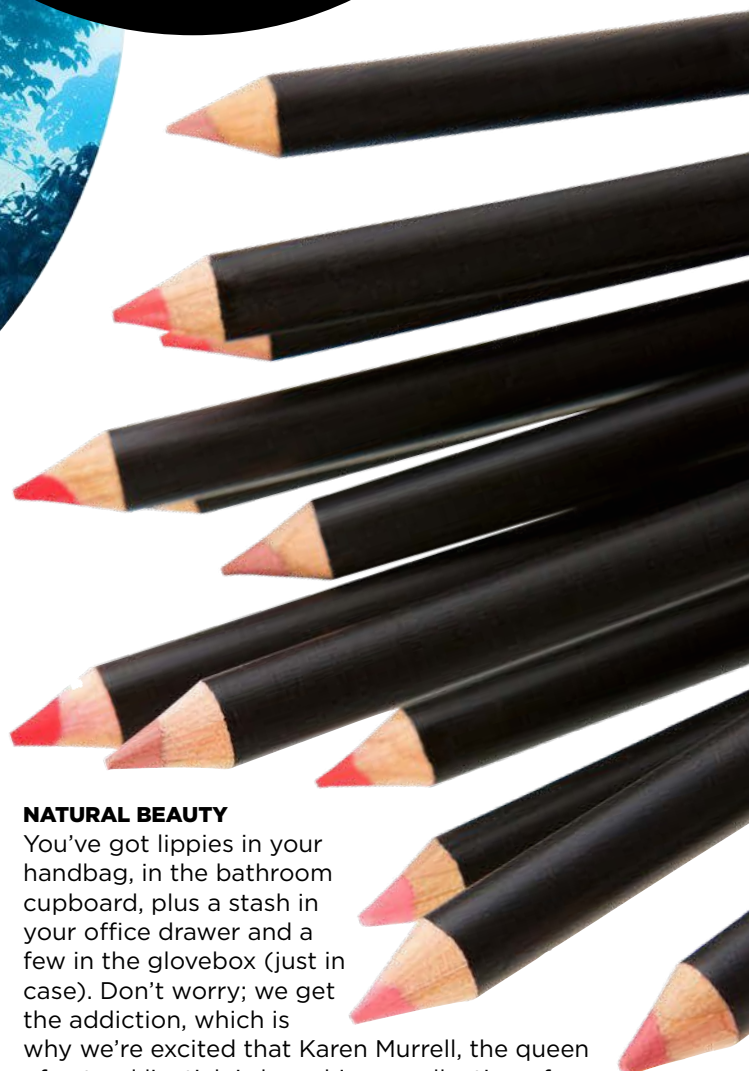
BLUE SERUM
INGRÉDIENTS DE LONGÉVITÉ
ISSUS DES ZONES BLEUES
LONGEVITY INGREDIENTS FROM
THE WORLD'S BLUE ZONES

CHANEL

FOUNTAIN OF

YOUTH

Such is our search for eternal youth we're prepared to travel to the end of the earth for it. Chanel has done exactly that, going on a transcontinental hunt for the most potent anti-ageing ingredients in nature. Born from a 10 year study led by Chanel researchers that analysed hundreds of human genomes cross referenced with longevity data from 801 centenarians worldwide, the iconic house selected three raw materials that are endemic to areas where the general population lives longer. With green coffee from Costa Rica, olives from Sardinia and lentisk from Greece, Chanel's Blue Serum is inspired by the lifestyles that the people of these places live: in diet, exercise and emotional wellbeing. Despite the holistic sentiment, the serum itself is packed with skin-essential fatty acids, vitamins and antioxidants, which when combined with the lifestyle aspects make for a fountain of youth indeed. **Chanel Blue Serum, \$186.**



NATURAL BEAUTY

You've got lippies in your handbag, in the bathroom cupboard, plus a stash in your office drawer and a few in the glovebox (just in case). Don't worry; we get the addiction, which is why we're excited that Karen Murrell, the queen of natural lipstick is launching a collection of liners. The perfect partner to a colourful pout, **Karen Murrell Lip Liners (\$27 each)** not only define your lips and make your lipstick last longer, they also hydrate and condition thanks to their all natural, cruelty free ingredients and added skincare benefits. Oh, and did we mention the packaging is from sustainably sourced paper too? The five-shade range features reds, nudes and everything in between, available from March 1. ■

TEA TIME

Elizabeth Arden's cult Green Tea series is going back to basics to celebrate the purity and simplicity of white tea. Known for its delicate and unadulterated scent, Arden's perfume maestros have blended it with warm woods and the zesty notes of mandarin and sage to create a juice that smells (literally) like a breath of fresh air. The much anticipated fragrance launches March 20 and includes a body and hand cream in its collection.

Elizabeth Arden White Tea EDT, \$99 for 100ml.



Elizabeth Arden
white
tea

Beauty from the inside

Skincare that begins with science

For radiant, smooth, young looking skin, the best place to start is from within. That's why we've combined almost 50 years of natural health experience using the best that nature can offer to develop our new skincare supplements range.

Nutra-Life Pro-Collagen Pearls is a high potency, multi-nutrient complex with New Zealand blackcurrant which supports your skin's collagen production, assists skin healing and helps to maintain skin integrity.

Nutra-Life Collagen Complex provides New Zealand marine collagen, New Zealand antioxidants; blackcurrant, kiwifruit and grapeseed to support your skin's natural renewal process.

Available in Pharmacies and Health stores



*From imported and local ingredients. Always read the label. Use only as directed. Supplementary to and not a replacement for a balanced diet. Do not use if allergic to seafood. Vitaco Health (NZ) Ltd., Auckland. 7868A_NZ DA1717AS003

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Rose gold is fast becoming a timeless style statement. Being transferred to fashion, beauty, homewares and even electronics, it's a choice that's soft, sophisticated and stylish. You can add some of this glamour to your makeup table with these rose gold beauty essentials from the Simply Essential Pro Series range.

These high-quality, synthetic-bristled brushes will help you achieve any desired makeup look, leaving you with a flawless complexion!

Give your new Simply Essential set a perfect home in the Tender Love + Carry dual black dot cosmetic bag – perfect for travelling or storing your cosmetics at home.



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TRAVEL

GET OUTA HERE

Go to detox, retox or
relax in the lap of luxury
— whatever your jam,
we've discovered your
destination and what you
won't want to miss.



Lake Wakatipu can be yours if you splash out on Eichardt's Penthouse experience.



OVERNIGHT SENSATIONS

Staycations are so last season, so pack your bags and hit the road. We've got a weekend getaway to suit your every need

THE PENTHOUSE AT EICHARDT'S PRIVATE HOTEL

Queenstown

Vibe: Eichardt's has long been considered Queenstown's premier lakefront address, and with panoramic views and 240m² of spacious living areas (including an expansive terrace, complete with spa pool, fireplace and fully-equipped outdoor kitchen), the newly opened Penthouse is the jewel in its crown.

What's included: From a chauffeur-driven Land Rover Discovery (which you can use throughout your stay), to a dedicated 24-

hour butler and a private chef, The Penthouse experience is all about giving you what you want, when you want it. Pre-dinner cocktails served in-suite, or would you prefer Krug Champagne? The choice is yours, baby.

How much: \$10,000 per night – so think hibernation destination, rather than just a bed to sleep in. But with a 140cm television, Netflix, and a Nespresso machine included among dozens of other high-end extras (ghd and Aesop goodies in the bathroom – hello!) why would you ever need to leave?

eichardts.com

WHAREKAUHAU COUNTRY ESTATE

Featherston

Vibe: A scenic 1.5 hour drive from Wellington, nestled between the rugged Rimutaka ranges and the Palliser Bay coastline, Wharekauhau Country Estate comprises four luxury accommodation options spread across 2200 hectares of farmland. Hankering for an indulgent, winter weekend away? Opt for The Ultimate Package.

What's included: As well as three nights in a sumptuous Cottage Suite with drinks, canapes, and a nightly degustation dinner, The Ultimate Package entitles you to two 90-minute massages, a half-day guided farm tour, a full-day guided wine tour of the Martinborough region, and a private tasting of Martinborough Vineyard wines. Return transfers from Wellington Airport are included, or you can upgrade to a helicopter.

How much: \$6855 for three nights between April and December. This rate effectively doubles from December until the end of March, which is all the more reason to make it a mid-winter treat.

wharekauhau.co.nz

THE LUXURY GETAWAY



Wharekauhau Country Estate is the very last word in rustic elegance and comfort.

THE WELLNESS RETREAT



Whether it's for a quick fix or a whole week, Gwinganna's got the goods.

GWINGANNA LIFESTYLE RETREAT

Tallebudgera Valley, Queensland

Vibe: You'll need your passport for this one, but the Gwinganna Lifestyle Retreat is an essential getaway for the super-busy woman who knows she needs to slow down. Naturally, a seven-day stay is on our wish-list but if a quick fix is all your schedule allows, we recommend the restorative Gwinganna Wellness Weekend, which blends spa, movement and relaxation with delicious organic cuisine in a luxurious, low-tech environment.

What's included: Two nights' stylish eco accommodation, organic meals (including an evening glass of organic wine), a wellness seminar, and a 50-minute massage are all part of the package. On top of that, you can maximise the health benefits of your stay by participating in the morning Qi Gong sessions (an ancient Chinese art of promoting health by developing a harmonious relationship to nature) and taking the time to recentre yourself with yoga, or perhaps going on a daily bushwalk with the retreat's resident botanist.



Supplement your stay with a number of treatments and therapies including acupuncture, energy healing, guided meditation, kinesiology ... and transformational breathing

How much: Depending on your choice of living arrangements, the Gwinganna Wellness Weekend will cost you between \$1000 and \$1440. There are also weekend extension packages available.

gwinganna.com

CAPE SOUTH HOLISTIC HEALTH AND WELLNESS RETREAT

Hawke's Bay

Vibe: Located within the stunning, natural surroundings of Cape Kidnappers, Cape South is an experience designed to help you achieve your full physical, mental, emotional,



energetic and spiritual potential. Promising up to four nights of complete relaxation, and the utmost in nurturing care from a team of qualified specialists, the Rest and Recharge package is our long-weekend pick.

What's included: Three delicious, healthy meals per day? Tick. A daily massage or yoga session? Tick. A consultation with a qualified naturopath? Tick. For an additional cost, you can supplement your stay with a number of treatments and therapies including acupuncture, energy healing, guided meditation, kinesiology, reflexology, Tibetan Singing Bowl meditation, and transformational breathing.

How much: Flying solo? The Rest and Recharge package will set you back \$950 per night. Or persuade your BFF to join you on your journey and split the \$1700 per night twin-share option.

capessouth.co.nz



Start your Cape South day with some healing stretching and gentle exercises.



Cape South's massage room is spectacular.

Nature provides
some of her most
spectacular
backdrops at
Off the Mapp.

THE ADVENTURE HOLIDAY

OFF THE MAPP

Blenheim

Vibe: At the historic Spray Point Station in the Marlborough high country, Off the Mapp boasts 2200 hectares of valleys, mountains, rivers and waterfalls. Four accommodation styles are available, but for the ultimate blend of history and charm, try the lovingly restored Cob Cottage.

What's included: You won't find a television in this self-catered cottage, or – gasp – an internet connection. Instead, explore the extensive property by foot, mountain bike, 4WD or helicopter. Try your hand hunting for goat, deer or wild boar, or do a spot of bird-watching if you'd prefer something more sedate. At the end of the day, take an outdoor shower or bath, and if you're stuck for dinner ideas, don't forget you're only 40 minutes away from some of the region's most famous wineries.

How much: Cob Cottage sleeps up to six guests for \$495 per night.

offthemapp.co.nz



RIVER BIRCHES LUXURY LODGE

Turangi

Vibe: A low-slung, cedar-clad luxury retreat set within a peaceful garden, River Birches puts you at the centre of everything that Turangi has to offer. From trout fishing in the Tongariro River to hiking the famous Tongariro Crossing with an experienced mountain guide, River Birches can help you make the most of it all.

What's included: Tempted to take on the renowned Tongariro Crossing? A pre-dawn departure will get you to the top of Red Crater to watch the sun rise – the magical light making for an extra-unforgettable experience. Upon returning to your luxury lodgings, refuel with a gourmet meal,

pamper yourself with a well-earned massage, or simply wind down in your own cedar hot-tub with a glass or two of New Zealand wine. Bliss.

How much: Accommodation options range from \$600 to \$850 per night. A guided Tongariro Crossing experience will cost you extra.

riverbirches.co.nz



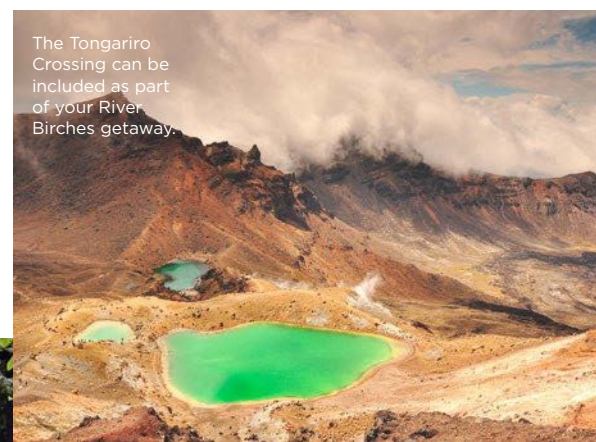
A pre-dawn departure will get you to the top of Red Crater to watch the sun rise — the magical light making for an extra-unforgettable experience



Creature comforts haven't been neglected at River Birches, where a guest's contentment is top priority.



The Tongariro Crossing can be included as part of your River Birches getaway.





Inner-city sophistication is Hotel QT Museum's signature, with many tempting restaurant options nearby, like Five & Dime (below).



HOTEL QT MUSEUM

Wellington

Vibe: We get the appeal of going off the grid, but when the mood for hustle and bustle hits, Wellington is where you'll find us. As a base for the ultimate shopping, culture and foodie weekend, the recently refurbished Hotel QT Museum Wellington cannot be beat.

What's included: Spectacular harbour and city views remain a key selling-point of the design-driven Hotel QT Museum. Of course, you're not in Wellington to sit in your room and stare out the window. Visiting before March 19? Make sure you catch the Cindy Sherman exhibition at Wellington City Gallery. Otherwise, spend the day indulging your shopping addiction at David Jones or one of the great Ghuznee Street boutiques (two we love are Caughtley and Ena). For a mid-afternoon pick-me-up, visit Hannah's Laneway, home to Six Barrel Soda and Fix and Fogg Peanut Butter, then hotfoot it to Five & Dime on Cuba Street. The restaurant

is tiny (seating just 25 people) but it's pumping out adventurous, flavoursome gastronomy that's worthy of a major award or two.

How much: Rooms at the Hotel QT Museum begin at \$409 per night. Your David Jones total is up to you.

qthotelsandresorts.com

KING & QUEEN HOTEL SUITES

New Plymouth

Vibe: Adjacent to the once-notorious White Hart Hotel and a cornerstone of New Plymouth's multi-million dollar West End Precinct development, the architecturally designed King & Queen Hotel Suites reflect the artistry and international standards of the neighbouring boutiques, eateries and art galleries.

What's included: With the world-renowned Govett-Brewster Art Gallery and Len Lye Centre immediately across the road, you'll likely come away with a new appreciation for (or at least, a new perspective on) contemporary art – for free, no less. Hungry? Insta-worthy meals from nearby restaurants Monica's Eatery, Fredericks, and Joe's Garage can all be delivered to your room, or simply step outside and let your senses guide you.

How much: The ultra-stylish suites start at \$180 per night.

kingandqueen.co.nz

THE CITY SOJOURN

With the world-renowned Govett-Brewster Art Gallery and Len Lye Centre immediately across the road, you'll likely come away with a new appreciation for contemporary art



The Pattersons-designed Len Lye Centre (far left) is a bonus for King & Queen guests.



FIVE DAYS IN RARO

Jessica-Belle Greer tells how to make the most of your time in paradise

From the moment the roaming roosters crow in the morning to when the hibiscus wilt in the evening heat, it seems the only thing to worry about in Rarotonga is a coconut falling from the trees above. But with so many things to do in this Cook Islands paradise, your holiday can fly by surprisingly fast. We've hunted out the best local hangouts, because if you're going to pull yourself away from a dreamy hotel pool, it has to be for good reason.

GRAB A SNORKEL AND MASK AND HEAD TO TIKIOKI

Tikioki Beach
snorkelrarotonga.com

You can snorkel almost anywhere on the coast, but the best spot is the marine reserve next to Fruits of Rarotonga restaurant. Being shallow but vast, it has large, uninterrupted areas of coral and you'll skim over hundreds of inquisitive fish.

MAKE A PIT STOP AT TRADER JACKS

Avarua Harbour
traderjackscookislands.com

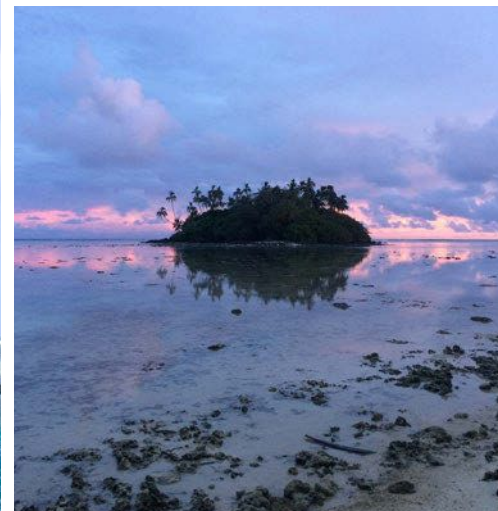
This restaurant and bar has achieved cult status, having been resurrected not once

but three times after tropical cyclones. Go when the tide is high, sit on the deck and feel the spray as the sea crashes against the restaurant while you sample fresh sashimi and other island delicacies.

FIND A FRIEND AT WILSON'S

Arorangi Beach
castawayvillas.com/restaurants-bars

Named after Tom Hanks' volleyball companion in *Cast Away*, Wilson's is a vibrant beach shack that serves colourful cocktails and a Japanese teppanyaki-style menu. Once you've made the most of happy hour with your toes in the sand, head to beautiful landmark Black Rock for a quick



It's all about swaying palms, golden sand and spectacular sunsets at this most laidback of destinations. If you're after some culture, there's the hugely popular show at Te Vara Nui village (centre left) to enjoy, along with a buffet featuring delicious local dishes to satisfy any craving. OPPOSITE The first rule of Rarotonga? Relax.

swim, then lie on the warm rocks and watch the sun go down in the west.

STAY AT NAUTILUS RESORT

Muri Beach

nautilusresortrarotonga.com

Right on Muri Beach, the Nautilus is a premium hotel where every thatched villa has its own plunge pool and furnished deck and boasts either beach views or a private garden. The main resort pool overlooks a small island, called a motu, which you can visit using the hotel's paddleboards and kayaks, or walk to at low tide. If you venture further down the lagoon, there are three other motu that are perfect for private picnics on crushed-coral beaches with dense jungle as your backdrop.

SAMPLE THE CATCH OF THE DAY AT THE MOORING FISH CAFÉ

Avana Harbour

themooringfishcafe.com

In a bright blue converted shipping container, The Mooring Fish Café is famous locally for its FOB (Fresh off the Boat) sandwich. Watch the local fishermen weigh their catch while you wait for your crusted-mahi and lime mayo FOB feast.

TRY FINE DINING AT TAMARIND HOUSE

Avarua District

tamarindrarotonga.com

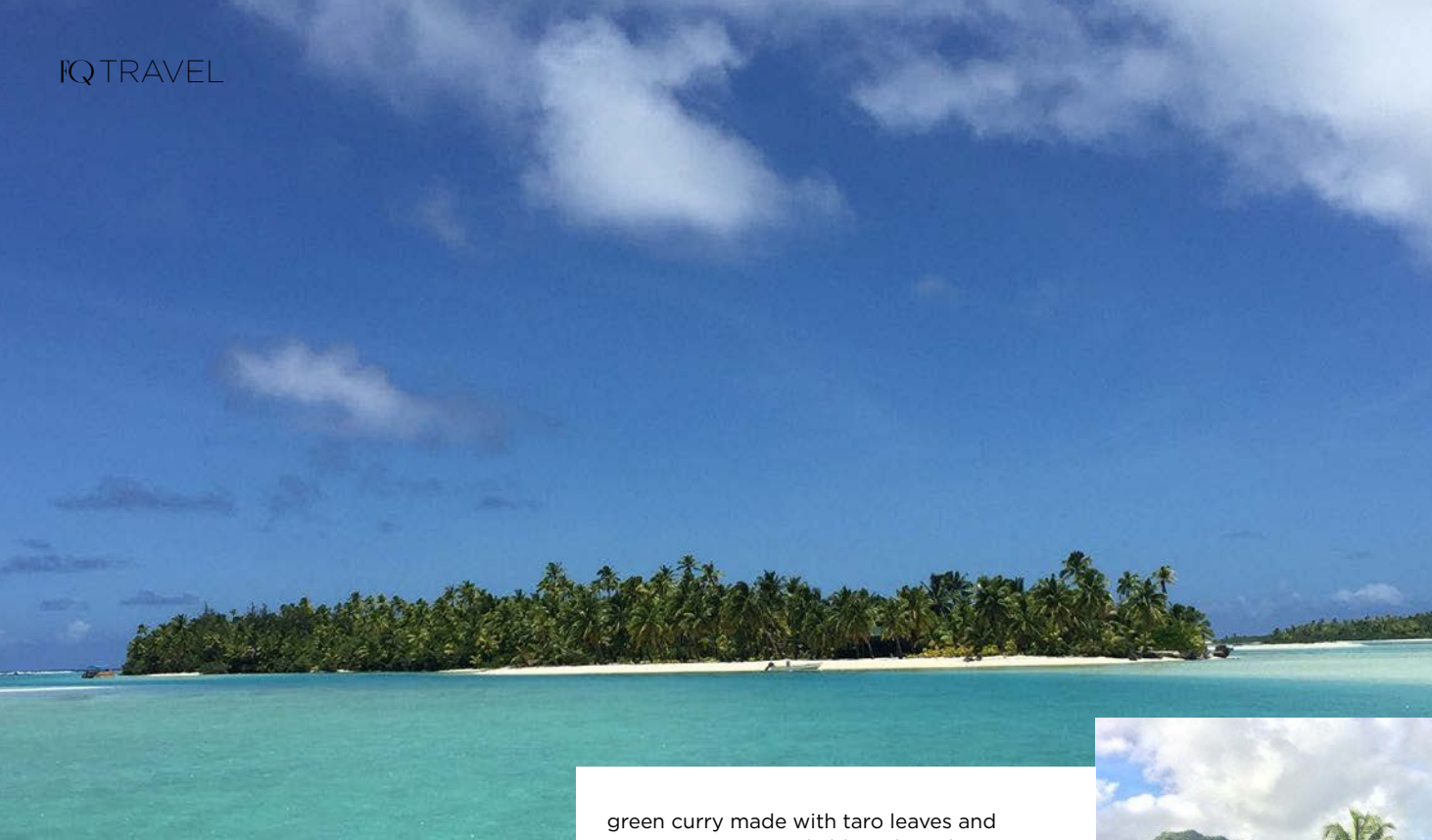
In the former office of the Union Steamship Company, this villa serves a great range of fresh local produce. With a manicured garden that gives way to a wild white-sand beach dotted with coconut palms, it's no surprise that this is also a popular wedding venue.

CLIMB THE NEEDLE

Avatiu Valley

If you want to burn off those poolside piña coladas, get a lift to the base of the Cross-Island Track to Te Rua Manga, also known as The Needle. It's a serious workout





The island of Aitutaki (left) is the stuff of tropical fantasies—its white sand and crystal-clear waters prove that desert-island dreams really do come true. Elsewhere in Rarotonga, you're never too far from somewhere to call in to for a drink and a bite to eat — or to take a hike and walk off the result of your indulgences.

as you climb muddy steps formed by tree roots while holding on to hanging vines for support. When you reach the rocky top, you have the option of going right to the edge for a magical, if vertigo-inducing, view of Avatiu Valley and the coastline below. The three- to four-hour excursion is even better if you find Papua Waterfall. With lush green trees all around, it's the coolest pool on the island.

LINE UP FOR VILI'S BURGERS

Muri Village

Reward yourself after your Needle climb at what must be the world's most popular burger joint without walls. With its small purple kitchen and plentiful park benches, Vili's Burgers is a place of pilgrimage for many who hear about these burgers long before they land. Every burger comes with Vili's 'secret sauce', which we can tell you is a creamy tomato condiment.

SEE A SHOW AT TE VARA NUI

Te Vara Nui Village

tevaranui.co.ck

Te Vara Nui's is the most popular cultural show on the island — even locals come here for a night out. The show tells the legend of Tongaiti, an explorer who came to live in Rarotonga with his beautiful daughters. Performed on an over-water stage with a waterfall behind it, it's a spectacle of grass-skirted girls and oiled-up fire dancers. A buffet is included with the show, so you can try local dishes such as arrowroot chips before the lights are dimmed.

GRAZE AT THE NIGHT MARKET

Muri Village

[facebook.com/Murinightmarket](https://www.facebook.com/Murinightmarket)

Held four times a week, the night market in Muri is another fun way to try traditional dishes. Make sure you sample the rukau, a

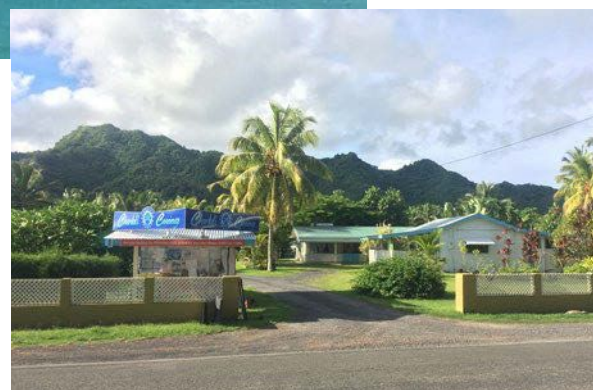
green curry made with taro leaves and coconut cream. And although we know they didn't originate here, the éclairs from the dessert stalls are delicious. Meander down to Muri Beach afterwards to watch an amazing pink, purple and orange sunset, on show almost every night.

FLY TO AITUTAKI

thevakacruise.com

Although there's plenty to keep you in Rarotonga, a day trip to Aitutaki is worth the 45-minute scenic flight. Its expansive lagoon is pinch-yourself pretty, with coconut trees and beaches that seem copied from your laptop's screensaver. Explore the motu and snorkel over giant pearl clams with the Vaka Cruise. Bonus: the crew doubles as an impressive ukulele band.

Note: Wi-Fi is temperamental in the Cook Islands and many websites don't do their subjects justice. Ask your hotel manager about their favourite places for more on-the-ground insights. ■



Scooters are a great way to get around

the island, which you can loop in 40 minutes, but note that it takes half a day to qualify for a licence. If you're time-poor, book a mini or VW beetle — the two types of convertible on the island.



PHOTOGRAPHY GETTY IMAGES, SUPPLIED

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Rata also showcases stunning international collections by Nicole Fendel and Rock Finders Keepers.

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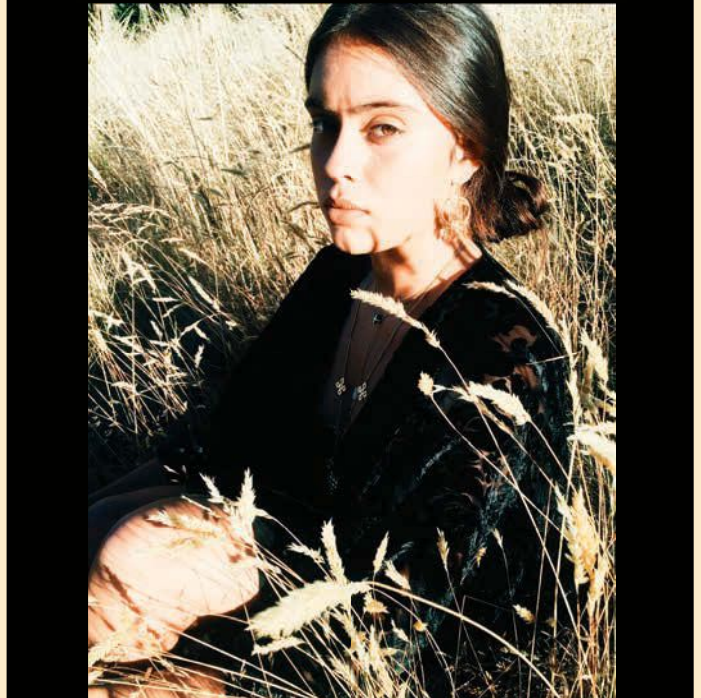
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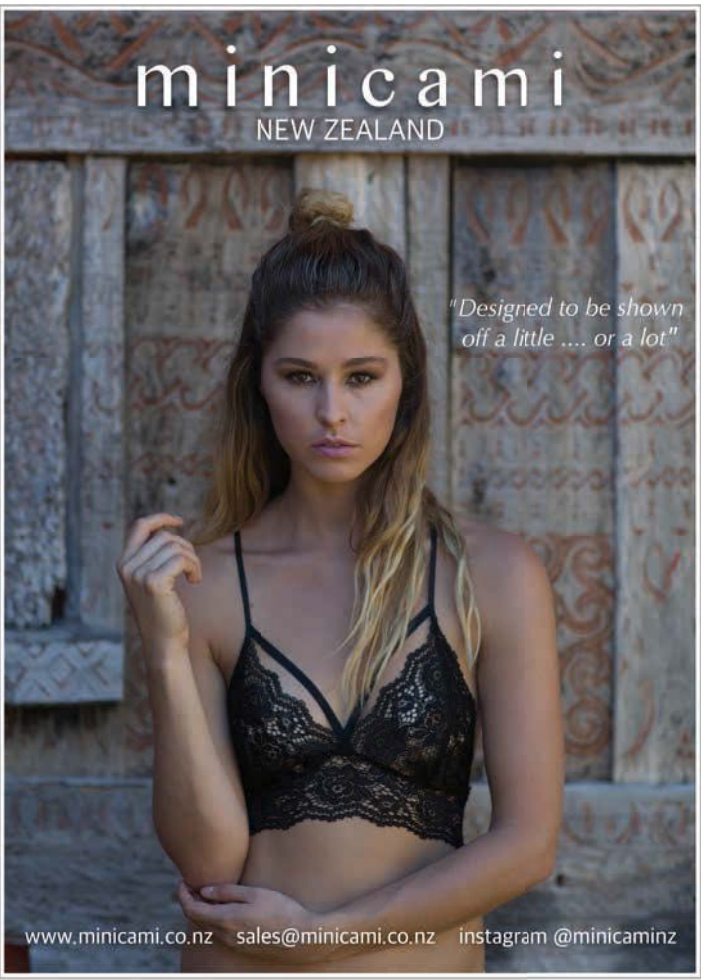
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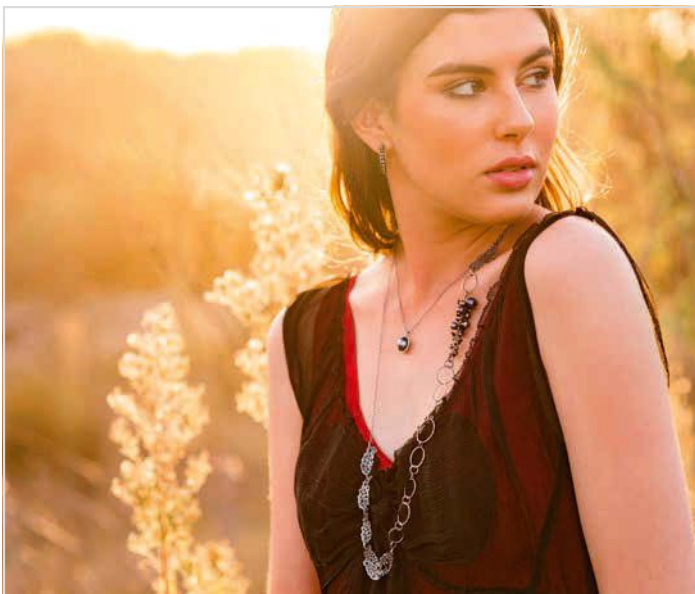
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MY THINGS

He has painted the faces of Rihanna, Katy Perry, Madonna and Michael Jackson. His work has been featured in Italian, French and US *Vogue* and he's the maestro behind Carrie Bradshaw's infamous look. In New Zealand for the launch of his Kabuki Magic makeup collection for MAC, makeup artist Kabuki shared some of his favourite products, fashion and haunts.



Vivienne Westwood boots, \$1070

Vivienne Westwood scarf, \$560



Love & Object vintage cuff, \$729



MAC Kabuki Magic Precision Brush, \$74

SHOES: VIVIENNE WESTWOOD

"I have quite a few shoes from her and I love the freedom of design; you don't find that often with men's shoes."

GO-TO LABEL: VIVIENNE WESTWOOD AGAIN

"Because I kind of grew up with it. To me she's the real deal. Also Comme des Garçons; I love clothes that when you put them on you feel liberated in some way."

JEWELLERY: VINTAGE "I love the Paris flea market for vintage; I like to discover little things."

TO RELAX: MOVIES "I have a huge television that comes down from the ceiling where I watch classic movies I've recorded from TCM. It's like my own private movie theatre."

DESTINATION: JAMAICA "I just did a shoot with Joan Smalls there and it was incredible. It helped that I stayed at a beautiful luxury resort. The coolness of the people, wild nature, it's just breath-taking."

CURRENTLY COVETING: NOH THEATRE MASKS "I've been eyeing them online... there's something timeless about them. They're dramatic and yet they're restrained."



Comme Des Garçons jacket, \$1,690 from Scotties



Antique Noh theatre mask



Kabuki behind the scenes of the Kabuki Magic for MAC campaign

SKINCARE: AVÈNE CICALFATE RESTORATIVE SKIN CREAM

"I use this myself and I also use it on shoots."

HAIR PRODUCT: ORIBE DRY TEXTURIZING SPRAY

MUST-HAVE MAKEUP TOOL: MAC KABUKI MAGIC PRECISION BRUSH "It was based on a brush that I once had and could never find again — it doesn't exist anymore. It's a very soft eyeshadow-blending brush; you have so much control with it."



Avène Cicalfate Restorative Skin Cream, \$20

Oribe Dry Texturizing Spray, \$69

BREAKFAST: COFFEE "It's a New York breakfast."

INDULGENCE: PROSECCO

CAFÉ: ANGELINA'S IN PARIS "I like it because they have the best hot chocolate."



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