

# BEAUTY BEAT

Stephanie Darling discovers the magic of honey as a skincare ingredient and has an extreme treatment overhaul.



## road test

This week I try...  
*liposculpture*

**The lowdown** I am fronting up to see liposculpting empress Dr Meaghan Heckenberg for the full metal jacket, targeting bra overhang, my waist and hips. I love the bit in the literature that states, "It is best suited for people who are in good physical shape [haha] with firm and non-flaccid skin." Local anaesthetic is injected to numb the tissue before Dr Heckenberg gets to work. She wields micro-cannulas, moving them back and forth rigorously through the fatty tissue to dislodge the fat cells. A suction machine then sucks the fat out. At the five-hour mark the doctor, a perfectionist, gets me to stand up to make sure everything is even and then performs tweaks.

**Pain factor** Ten out of ten. This procedure is not for the faint-hearted. It was eye-watering initially, then I had two days off work and it took a month for the stiffness and soreness to subside. I also had to wear compression garments for 12 days to minimise the swelling. But you know what they say: no pain, no gain.

**Downtime** Five hours.

**Results** The results were amazing from the start. My waist is defined again and the bra overhang banished.

**Where to get it** Sydney: Be Sculptured, besculptured.com.au. Cost: \$9500. Melbourne: Dr Peter Paraskevas, sculptureclinic.com.au. Cost: \$9500.

Follow Stephanie Darling on Instagram @mrssdarling



### luxe to less

L'Occitane Immortelle Divine Cream, \$145.  
Kiehl's Pure Vitality Skin Renewing Cream, \$87.  
Almost Peggy Face Honey face wash, \$27.

**Trend Honey** This hits a natural skincare home run: it has high antibacterial properties, is rich in vitamins and antioxidants, and acts as a humectant that attracts moisture while regulating oil. Even better, it's ideal for all skin types. What more could you ask for?

## cult FOLLOWING



Tasmanian hair stylist Wendy Iles has created a three-step hair formula favoured by Marion Cotillard: Shampoo (sulphate-free but with lathering satisfaction), Conditioner (with active repair factors) and Finishing Serum (protects against damage). Iles Formula 123, \$169, ilesformula.com.

## ASK STEPHANIE

*How do I keep my dog clean between shampoos?*

Daily brushing, if you can, is good for the coat and skin. If you're allergic to your dog's hair, wear a mask when you brush, and wash your hands afterwards. Try Shear Magic Flexi Slicker brush for dogs, \$30, mypetwarehouse.com.au.

Send beauty questions to stephanie@darlingbeauty.com.au.