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How to
camouflage
a bad skin day

**FIVE EASY
EXERCISES TO DO
AT YOUR DESK**

Below
the belt
makeovers



DRIVE YOURSELF MILD

The quirky yet simple way
to find calm in your car



UNDER COVER

MAKE TIRED EYES AND PIMPLES "GO INCOGNITO" WITH THESE CLEVER CAMOUFLAGING TIPS AND PRODUCTS

TIRED EYES

No-one likes to hear they look as exhausted as they feel. If the skin around your eyes looks dark, puffy or wrinkled, try using an eye cream with optical light diffusers. "These act like microscopic mirrors on the skin surface," Emma Hobson, education manager at The International Dermal Institute, says.

"By reflecting the light they can dramatically reduce the appearance of dark circles."

Concealer can help lighten the area but Hobson says to make sure it's not too matt as this can accentuate fine lines. For brown circles, she suggests using a yellow-tinted concealing cream under your foundation to lighten and even the tone. A trick to minimise

redness and make eyes look brighter is to apply white eyeliner along the waterline. **TRY (1)** Dermalogica Total Eye Care SPF 15 (\$64, 1800 659 118) is a cream formula that contains optical light diffusers. Gently pat it on around the eye area after cleansing. **(2)** RMS Beauty "Un" Cover-Up in 22 (\$48, 1800 007 844) is a light, yellow-based cream. Dab it on, starting at the darkest area, then gently tap your fingers over it until it blends.

PIMPLES

Woken up with a pimple? Get rid of it quickly by treating the blemish as well as hiding it. "An active spot recovery product that also contains a tint to conceal the breakouts is a great dual-action treatment," Hobson says. **TRY (3)** Jane Iredale Zap & Hide Blemish Concealer (\$62, 1300 360 601) is a dual treatment: Zap is a clear stick with antiseptic botanicals to control breakouts; Hide is a creamy concealer to cover blemishes.

REGROWTH

That skunk stripe of grey hair is my biggest beauty bugbear, for which I used to visit the salon every few weeks. However, at-home instant root concealers have let me extend the time between these costly visits. The temporary colour sprays can be targeted to lightly build up colour on a specific area. **TRY (4)** Charles Worthington Salon At Home Instant Root Concealer (\$17.99, 1800 809 282) helps disguise both greys and roots.

UNEVEN PIGMENTATION

"Specialised camouflage foundations are the best products to hide pigmentation if it's quite severe," Hobson says. Alternatively, she suggests applying a corrector that's slightly lighter than your skin tone. Once that's dry, apply foundation over the top.

TRY (5) Colorescience Mineral Corrector Palette (\$79.20, 1800 648 851) contains five colours that can be used separately or blended to camouflage any imperfection. **(6)** ModelCo Fluidsplash 3-in-1 Foundation (\$26, (02) 8354 6700) is a primer, concealer and foundation all in the one product.

SCARS

Scar coverage requires a twofold approach. Firstly, ensure it's protected with a sunscreen that contains skin-healing ingredients. Then to disguise it, make-up expert Napoleon Perdis recommends applying a green tint to counteract redness, then dotting on a full coverage concealer on top. "Mattifying the scar is important as the surface is quite shiny," Perdis adds. "Touch up with a translucent powder, applied with a pressing motion to prevent moving the concealer."

TRY (7) Napoleon Perdis Pro Palette Conceal & Correct (\$60, (02) 8595 0911) has a yellow concealer to counteract purple/blue tones; mauve to counteract yellow/orange/brown; and mint to counteract red tones.

BROKEN CAPILLARIES

Broken capillaries occur when the walls of the veins that carry blood to the skin weaken and swell, becoming more visible. They can be caused by harsh cleansers and exfoliators, extreme temperatures, smoking and alcohol, plus they can weaken with age. Hobson recommends camouflaging capillaries with a green-tinted concealer under your foundation. "The green counteracts the red, providing a more even skin tone."

TRY (8) Physicians Formula Gentle Cover Concealer Stick (\$14.95, (03) 9509 4511) is a creamy green product. **(9)** Skin Doctors Vein Away Plus (\$44.95, 1800 227 722) reduces the appearance of broken capillaries.



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