

BEAUTY BEAT

Stephanie Darling gives fat freezing a warm reception and revels in the power of an overnight face mask.



Trend Masking It Your skin loses lots of moisture while you sleep, so try an overnight face mask to help rehydrate thirsty skin. What could be easier? Just cleanse as normal, apply the mask before you go to bed, then rinse it off in the morning. Get it on!



luxe to less

Clarins V-Facial Intensive Wrap mask, \$62.
The Body Shop Ethiopian Honey Deep Nourishing Mask, \$40.
3CE White Milk Sleeping Mask, \$32.



road test

This week I try ...
fat freezing

The lowdown Cryolipolysis is a controlled cooling technique that freezes stubborn fat cells, so the idea of this treatment appealed to me immediately. There is a little bit of prep and post required: no alcohol for 24 hours before and after the treatment and no caffeine for two hours before and after. When I arrive, Amy, who is also a nutritionist, takes notes about my lifestyle and we decide which area to target. A special vacuumed applicator is then applied to my tummy and the temperature inside the applicator is lowered to 6°C. Fat cells, apparently, can't survive at this temperature and over the next two to three months they are gradually eliminated. At the end of the process, Amy massages my tummy to crank up the circulation. Post treatment, I need to drink two litres of water a day.

Pain factor My tummy feels pretty numb during and for an hour after the treatment but there is no pain.

Downtime The whole procedure takes an hour and a half.

Results At the two-month mark, my stomach does look flatter. Next on the hit list are my hate grips.

Where to get it Sydney: Body Catalyst, bodycatalyst.com.au. Cost: \$499 for one area. Melbourne: Body Catalyst opens later this month.

Follow Stephanie Darling on Instagram @mrssdarling.

cult FOLLOWING

There is something irresistible about a make-up palette and Napoleon's Nude U Palette fits the bill. Try creamy day hues to open up the eye area, tawny shades for contouring and brow definition, and a seductive dusty mauve for night. Napoleon Perdis Nude U Eyes, Cheeks and Brows Palette, \$79, napoleonperdis.com.



ASK STEPHANIE

What is the best way to apply sunscreen before swimming?

For even application, remove all your clothes and put it on in the nude. Try Nivea Sun Protect & Moisture Moisturising Sunscreen Lotion (\$21 for 400ml, nivea.com.au), which reduces UV damage and moisturises at the same time.

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