

Natural beauty

Beauty editor Lisa Tristram picks her favourite eyecare essentials and winter make-up colours, and chats to Rebecca Powner, found of Awe Cosmeceuticals.

Mindful beauty spot

Sometimes when you feel down on yourself, it's tempting to think the solution is a new dress or hairdo. However, non-acceptance of self stems from your thoughts, not your appearance, so changing how you look isn't the answer. Caring for and about how you look is an important part of self-care, but for positive self-image and confidence, you first need to change how you think about yourself.

Leigh-Ann Comarmond is the creator of Mindful Beauty Therapy™. www.enthrallingbeauty.com.au

S is for shea butter

Shea butter is incredibly nourishing for skin and is great for stretch marks, wound healing, dry or thinning ageing skin; it even has a natural SPF of around 5. Deluxe Shea Butter sources its A-grade 'nkuto butter' directly from African female co-operatives – brilliant for dry skin, psoriasis, eczema, scars, and wrinkles. www.deluxesheabutter.com



Winter colour palette

Cold, dark days call for rich, warm make-up colours to brighten your appearance and mood.

Try: Luk Beautifoods Lip Nourish in Cherry Plum (\$29.95, www.lukbeautifood.com); Eco Minerals Blush in Uluru (\$36.00, www.ecominerals.com.au); and Zuii Certified Organic Quad Eyeshadow Palette in Passion (\$49.50, www.zuiiorganic.com)



Road test: Sonia Orts Alchemic Facial

Sonia Orts' D-I-Y home facial is based on ancient beliefs about the alchemic power of nature, precious stones, and the moon's phases. It combines the four elements - Earth, Fire, Wind and Water - in four carefully crafted products which are made from natural and organic ingredients. First the exfoliating Powdered Floral Cleanser (earth) is mixed to a paste with water, and massaged into the skin. Then the retexturising, nurturing Purifying Powdered Radiance Mask (fire) is mixed with rosewater, and applied as a paste. This is followed by the antioxidant-rich Aqua Serum Elixir (water) to calm and hydrate skin and prepare it for the deeply moisturising Whipped Hydrating Cream (air), which literally melted into my skin. A beautiful self care ritual to spoil yourself with! (full size pack \$279.00 or trial kit \$79.00, www.soniaorts.net)