



# BEAUTY BEAT

STEPHANIE DARLING GETS CHEEKY, THE RETURN OF AN ICONIC HAIR PRODUCT AND HORSE-POWERED HAPPINESS.



## road test

This week I try...  
*equine therapy*

**The lowdown** I'm finally at the mystical spa retreat, Gwinganna, in the luscious Gold Coast hinterland. I'm inducted into the "ways" (no alcohol, no "devices", early to bed and early to rise) and book many fabulous treatments. Equine therapy, which involves a psychotherapist and four horses, is the most intriguing and I've been given the heads-up by a number of the brethren that this is the bomb. You enter a paddock, choose the horse that you feel a connection with, and get up close and personal with it, downloading your innermost feelings. My initial choice was a disaster: he tried to bite me. (Rejection!) The therapist then moved me on to my perfect match – an endearing horse called Jack who I latched on to, speaking into his neck.

**Pain factor** I dissolved into tears the moment I entered the paddock. The outpouring of emotion was really overwhelming and at the end of the session I felt completely drained, yet oddly euphoric.

**Downtime** 50 intense minutes.

**Results** It's best to do this treatment midway through your stay so you can readjust and spoil yourself with luxurious spa treatments to rebalance. At the end of my three-day stay, I felt light-spirited and looked really relaxed.

**Where to get it** Gwinganna, gwinganna.com. Cost: \$175.

**At home** Pat your pets for the feel-good factor, and pack Subtle Energies Mogra (an "oil of joy") Rejuvenating Gold Cream, \$49, for travelling.

LUXE  
TO LESS



try these...

Bobbi Brown Cheek Palette, \$75.  
Guerlain Météorites Perles de Blush, \$70.  
Clinique Blended Face Powder, \$50.

**TREND BROAD-STROKE BLUSH** We love the fresh-faced look at the Michael Kors autumn/winter 2015 ready-to-wear show in New York. Its mastermind, make-up artist Dick Page, used a translucent base and highlighted and exaggerated the cheeks with a pretty pink all-over blush. Keeping the coverage light and airy is the key to the freshness of this look, the perfect make-up solution for a healthy autumnal glow.

## cult

### FOLLOWING

Back in the day, when Beach Blonde Sea Salt Spray first launched, beauty editors were mad for its beachy coconut scent and clever, tousling texture. When it was discontinued, the outcry was deafening, so now it's back. John Frieda Beach Blonde Ocean Waves Sea-Salt Spray, \$17.



## WE ASK AN EXPERT

MAKE-UP ARTIST BOBBI BROWN

*How can you make your foundation last longer?*

"I recommend topping up your regular foundation with a loose powder that matches your skin tone to set the look in place. The trick is to blend it well, so the powder melts into your skin."