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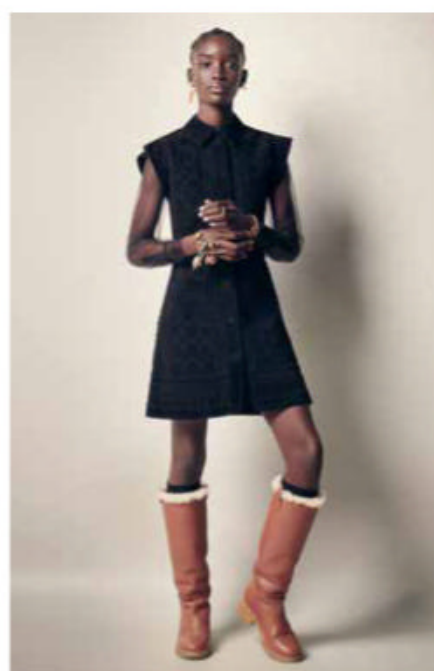
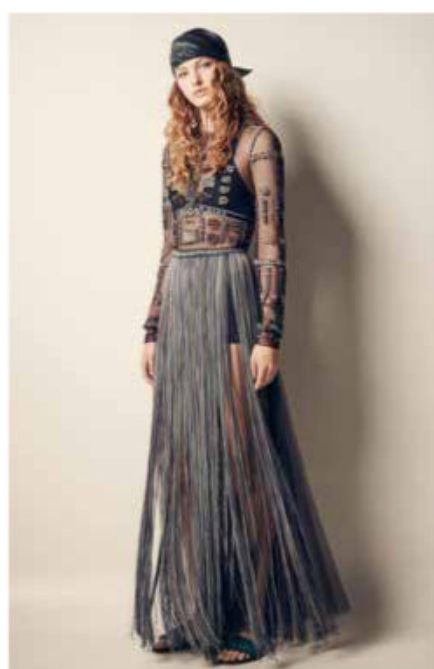
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Nicole Kidman on acting, love and her scorching new hit, *The Undoing*

Nicole wears Valentino dress, \$6900, valentino.com; Givenchy necklace, \$2250, (02) 8197 0420

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PHOTOGRAPHY BY JAKE TERREY. HAIR BY SOPHIE ROBERTS/THE ARTIST GROUP; MAKEUP BY LINDA JEFFERIES/THE ARTIST GROUP; STYLING BY NAOMI SMITH.



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GET THE COVER LOOK

Re-create Nicole's cover look with makeup by Natio. **ON FACE** Ageless Illuminating Primer, \$17.95; Semi-Matte Full Coverage Foundation in Vanilla, \$19.95. **ON EYES** Mineral Eyeshadow Palette in Mochas, \$18.95 **ON CHEEKS** Blusher in Rosewood \$13.95. **ON BROWS** Define Eye Brow Pencil in Light Brown, \$15.95. **ON LIPS** Intense Colour Lip Crayon in Dusty Rose, \$9.95. Nicole wears Christian Dior dress; Dior Fine Jewellery earrings, necklace and ring.

PHOTOGRAPHY BY HOLLY WARD; SEVAK BABAKHANI. MAKEUP BY PETER BEARD/THE ARTIST GROUP; HAIR BY MICHELE MCQUILLAN/M.A.P.



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Without sounding like a whinger, I have to admit putting out a mag this year has been fraught with frustration – think COVID restrictions, WFH complications and production mayhem. Thankfully, a few joyful moments have helped offset the stresses. Take this week, for example, when I got to hang with Hollywood supernova Nicole Kidman (excuse the intense bragging – this isn't an everyday occurrence, trust me). For two years, I've been gently badgering Nicole's long-time publicist, Wendy Day, for a cover shoot and interview – finally, just days before going to print, our wish was granted. We whipped into gear, gathering every luxury fashion item in Sydney and assembling a kick-ass glam team in record time. We were poised for the usual on-shoot celebrity demands, but they never came. Instead, Nicole arrived bang-on time with no minders, entourage or makeup. She was more concerned about who was collecting her kids from a play date than whether the catering was vegan. Yet when the camera clicked, Nicole shifted to star mode, twisting her Pilates-honed body into lens-loving poses. It was a wonder to watch her working it; I hope you love the images by photographer Jake Terrey as much as us. But beyond the pics, it's Nicole's determination to champion women and promote female creatives that really impresses. For starters, her production company has committed to hiring female directors to help correct the current sexist stats (only 12 per cent of directors working on the top 100 grossing films are female). "Women bring the same things that any talented director brings, but they just haven't been given the opportunities." Cue applause.

Still on the topic of supporting women, our report on Australia's childcare crisis is a must-read for all working mums. We've been saying it for years: staggering fees are costing women their salaries and careers, and explain Australia's relatively low rate of women participating in the workforce. But it took a pandemic to prove what women have known all along: if childcare is free, mums can continue to work, feed their families, and boost the economy at the same time. Win, win, win. In fact, it's estimated that \$5 billion spent on making childcare more affordable would deliver an \$11 billion windfall to the economy. Whatever side of the political divide you reside, it's clear the system needs an overhaul, like, yesterday! Turn to page 64 for writer Georgie Dent's compelling report and find out how we can all work together to create change.

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to criminalise coercive control – and save women's lives. Domestic violence is an epidemic in Australia and the dangers of coercive control are real and terrifying. It's time to act, before another woman is senselessly murdered at the hands of her partner. Read our reports, find real-life stories and sign the petition at nowtolove.com.au/coercivecontrol

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Nicky

Nicky Briger
EDITOR



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PHOTOGRAPHY BY SEVAK BABAKHANI.

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Puff sleeves, painterly florals and dazzling bling blend femininity and frivolity

- 1 Hermès **BAG**, \$11,535, hermes.com. 2 Gucci **DRESS**, \$4500, gucci.com. 3 Chanel **BROOCH**, approx \$1965, 1300 242 635. 4 H&M **DRESS**, \$89.99, 1800 828 002. 5 Valentino **SHOES**, \$1640, valentino.com. 6 Cartier **EARRINGS**, POA, cartier.com.au. 7 Marni **BAG**, POA, marni.com. 8 Miu Miu **SUNGLASSES**, \$377, at net-a-porter.com. 9 Roger Vivier **SHOES**, \$3110, rogervivier.com. 10 Rejina Pyo **BLOUSE**, approx \$575, at modaoperandi.com. 11 Miu miu **HAIRCLIP**, \$1460, miumiu.com.





Louis Vuitton
BAG, \$3350,
au.louisvuitton.com.



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Pieces straight from your childhood dress-up box nail the look, from tulle trims to dainty pumps and neat bows

- 1 Van Cleef & Arpels **NECKLACE**, POA, 1800 983 228.
2 Cecilie Bahnsen **DRESS**, \$2144.89, at net-a-porter.com.
3 Prada **BAG**, \$2750, prada.com. 4 Chanel **BRACELET**, approx \$1965, 1300 242 635. 5 Cecilie Bahnsen **DRESS**, \$3463, at net-a-porter.com. 6 Christian Dior **SUNGLASSES**, POA, (02) 9229 4600. 7 Christian Dior **SHOES**, \$1790, (02) 9229 4600. 8 Miu Miu **BAG**, \$2420, miumiu.com. 9 Jil Sander **SHOES**, \$1070, at mytheresa.com. 10 Molly Goddard **BLOUSE**, approx \$1065, at modaoperandi.com. 11 Timeless Pearly **EARRINGS**, \$379, at mytheresa.com.



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\$1950, fendi.com.

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POOL PARTY

Stella McCartney, fashion's First Lady of sustainability, creates swimwear that ticks all our boxes: body-sculpting shapes, a poppy palette and planet-friendly fabrics made from ocean plastic and textile waste.

CHARITY CHIC

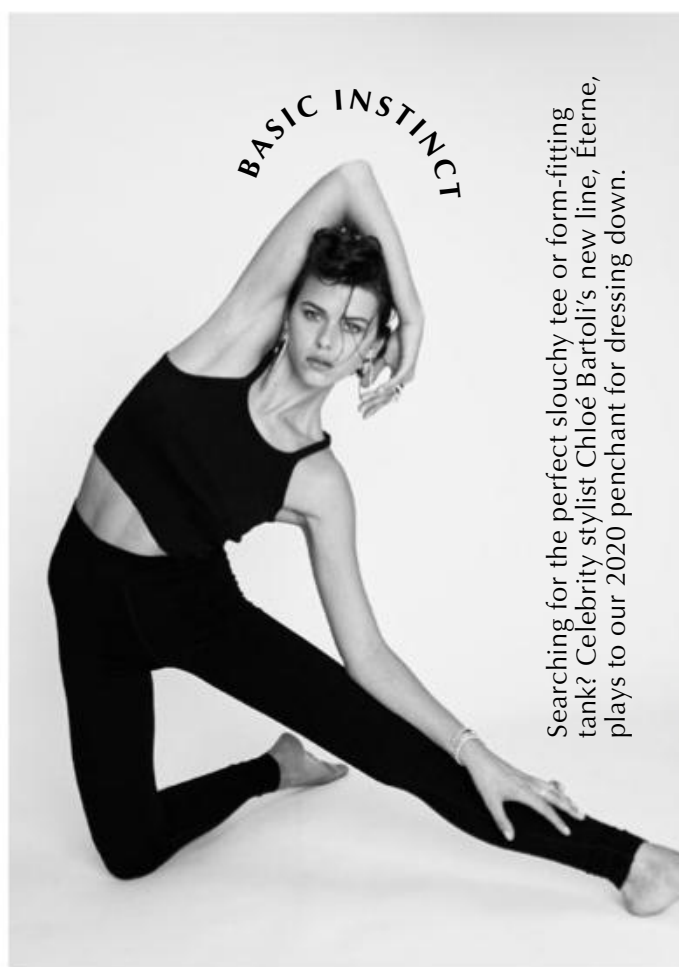
To mark 20 years of Ralph Lauren's iconic Pink Pony Campaign, 100 per cent of local proceeds from these tees will go to Cancer Australia.

Ralph Lauren T-shirt, \$149, ralphlauren.com.au.



ENDURING STYLE

Born in 1985, the cult Pasha de Cartier watch returns with some state-of-the-art updates: two interchangeable straps, sapphire or blue spinel detailing and personalised engraving.



Searching for the perfect slouchy tee or form-fitting tank? Celebrity stylist Chloé Bartoli's new line, Éterne, plays to our 2020 penchant for dressing down.



Loewe x Ken Price Fringes bucket bag, \$3100, loewe.com.

Island time

Mod-tropical prints inspired by American artist Ken Price and intricate basket-weave bags set a tone of laid-back luxury at Loewe – and comprise the holiday wardrobe of our dreams.

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Kate Spade
New York creative
director Nicola Glass.

Queen of SPADES

Keep calm and carry on – Nicola Glass, creative director of Kate Spade New York, creates handbags and fashion to make your heart sing. By Kathryn Madden

While 2020 may have seen the sartorial rise of the slipper and sweatpant, one surprising item has emerged as a top-seller: the handbag. Luxury e-tailers cited a soaring demand for designer carry-alls during the depths of lockdown, despite the fact that no one was leaving the house. Perhaps the handbag offered a sense of normality in uncertain times, and provided – quite literally – something to hold onto.

Nicola Glass, creative director of Kate Spade New York, has been clutching her Everything Tote, a playful yet practical raffia-jacquard design. “Right now, as I transition from remote working to spending a few days in the office I find myself constantly reaching for this tote,” says Glass. “It’s fun and colourful, but also super lightweight, and it truly does hold everything.”

The past six months have been quietly productive for Glass, who took the reins at the iconic Manhattan label in 2018, sprinkling it with a certain cosmopolitan flair (Glass originally hails from Ireland). “My design inspiration has historically centred on my travels, but with this new way of life I’ve been looking to my home and nature instead,” she says. “This time has really made me refocus on the core [ethos] of the brand and the pieces we create each season. The fashion industry as a whole is getting a much-needed reset and I’m hoping it leads to more thoughtful and purposeful design.”

One thing that requires no resetting, though, is Kate Spade’s signature aesthetic of exuberant colour, polished prints and feel-good extras. “Now more than ever people are looking for something joyful and fun in their lives, and that’s deeply rooted in our brand DNA,” says Glass. “I think we’re uniquely positioned to give

NYFW spring/
summer 2020
(and left).

“NOW MORE THAN
EVER PEOPLE ARE
LOOKING FOR
SOMETHING JOYFUL
AND FUN IN THEIR
LIVES, AND THAT’S
DEEPLY ROOTED IN
OUR BRAND DNA”
— Nicola Glass

that to consumers. Our novelty pieces are a favourite among customers right now, which shows people are looking for a bright spot – and they know they can come to Kate Spade for that.”

The house’s autumn collection saw the launch of the Spade Flower Jacquard Collection, a fresh take on the house’s iconic logo. Four spade symbols combine to form a neat floral motif that’s emblazoned on all manner of bags, from canvas shoppers to round cross-bodies, plus stylish ready-to-wear fashion.

Now Glass is looking towards her Holiday 2020 collection. “It’s inspired by celebratory gatherings – both large and small. I imagined loved ones – friends, family, pets – coming together around the table and enjoying long, leisurely meals, cocktails or game nights,” she explains, adding that she took up cooking during lockdown. “One of the best things that’s come out of our new reality is the value and beauty of home, and the world you create within those walls ... I love the idea of making an evening at home a special celebration – everyone dressed up in their holiday best, with sparkle and shine in abundance.”

And really, Kate Spade New York epitomises the Christmas soiree we need this year, all high-glamour party dresses and glittering jewels. Or perhaps you’ll still be in your sweats and slippers, but with a fabulous new tote tucked under your arm.



CLOCKWISE FROM ABOVE

Everything Spade Flower Jacquard large tote, \$589; Drum Logo Jacquard medium crossbody, \$399; Vanity Spade Flower Jacquard Stripe mini top-handle bag, \$319; katespade.com.au.

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NEWSFEED

WOMEN LIVING FEARLESSLY AROUND THE GLOBE



AFRICA

DOUBLE IDENTITY

A self-portrait series by a young Congolese photographer wins acclaim for highlighting the resilience and beauty of women in a region overwhelmed with violence

Photographer Pamela Tulizo grew up in Goma, a city in the Democratic Republic of Congo that is widely branded as the rape capital of the world. Part of a polygamous family – she has six siblings and an unknown number of half-brothers and half-sisters – Tulizo grew up with a conflicted view of women, seeing them represented in the media as victims of endemic violence, but knowing them to be resilient and capable warriors.

The experience informed her creative work, with her latest project,

Double Identity, a series of 13 self-portraits, winning the prestigious Dior Photography & Visual Arts Award for Young Talents.

“Goma has a very bad reputation, and women are always at the heart of this violence,” Tulizo explains. “All this is true, of course, but alongside that is life: beautiful women who would also like to be represented with their hope, their smile, their talent, their power. I wanted to show the contrast between these two women in a very contemporary way.”

Tulizo, 27, credits her mother, the youngest of her father’s wives, as her inspiration, adding that her father had a difficult personality.

“My mother struggled, but she always held her head high, her strength was always an example for me,” Tulizo says. “My father was very overbearing. When I told him I wanted to become a photographer, he told me: “You can’t do that. It’s dangerous work. It’s man’s work. You’re just a woman.” I was outraged, but it made me think about my identity, about who I am.”

PHOTOGRAPHY BY PAMELA TULIZO.

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"I KNOW HOW
IMPORTANT IT
IS TO HAVE THE
SUPPORT OF
ROLE MODELS
AND LEADERSHIP
IN YOUR LIFE"

– Ellia Green,
Raise ambassador

AUSTRALIA

Letter to my MENTOR

Australian Rugby Sevens star Ellia Green was just 11 when her mother Yolanta, a cancer sufferer, explained what would happen if she ever "fell off the perch".

When Yolanta lost her long battle with cancer in 2018, Ellia – who was adopted as a baby from Fiji – was beyond heartbroken. But her anguish at losing her mother, who she describes as "her greatest gift", was cushioned by the support of her aunt and parent guardian, Beverley Brock, the wife of racing legend Peter Brock.

Now, in her role as an ambassador of the youth mentoring program Raise, Ellia has penned a moving letter to her "Aunty Bev" as part of the organisation's Letter to My Mentor initiative. "When my worst nightmare became a reality, losing the love of my life, Mum, you were there for us every step of the way. I will never forget that," Ellia writes. "I have looked up to you and Uncle Peter for as long as I can remember. You taught me how to be brave when I'm at my most vulnerable."

Raise has provided mentors for more than 5,400 young people across Australia and is currently recruiting for its 2021 program in schools. Visit raise.org.au.

BEAUTY *and* BEYOND

When she was in her twenties, Shannon McGuire worked as a bartender while pursuing her modelling career. She remembers serving a group of men who were placing bets on her ethnicity, guessing whether she was South American, Maori or Indian. When she told them she was Indigenous – a proud Whadjuk Ballardong woman – one of the men said, "You're pretty for an Aboriginal."

As a way of fighting these kinds of micro-aggressions, she founded Miss NAIDOC Perth. She wanted to show the world "the beauty in our culture and people".

Having competed in the 2008 Miss Universe contest, McGuire wanted Miss NAIDOC to be more than a beauty pageant. She designed the leadership program to cover topics such as intergenerational trauma, constitutional recognition and Closing the Gap. "It's a real sisterhood where everyone encourages each other," explains McGuire. "I hope in the next 10 years my daughter's unique beauty is recognised, and that Miss NAIDOC becomes a national program."

NAIDOC Week is November 8-15.



Miss NAIDOC Perth founder, Shannon McGuire, is empowering her daughter, Layla, and the next generation of Indigenous women.



UNITED KINGDOM

FASHION FORWARD

When Bernadette Hagans' leg had to be amputated to save her from a rare and aggressive form of cancer in 2018, the 24-year-old's admirable sense of optimism enabled her to cope with the ordeal.

"I got cancer, but I was being given a chance to live," she has said. "Some people just get told they're terminal. I thought, 'OK, they're amputating my leg, but I've had my leg for 22 years. I got to experience life with two legs and now I get to experience it with one.'"

Her ability to embrace her disability as a part of her fashion aesthetic – she regularly changes the colour of her prosthetic – has won her a rightful starring role in the latest Kurt Geiger campaign, People Empowered. Hagans is the first of 15 activists and community leaders who

will appear in the campaign for the footwear and accessories brand.

The Belfast-based model has a contract with Zebedee Management, a talent agency which solely represents models and actors with physical and learning disabilities, giving them the opportunity to shine on a global stage. Set up in 2017, it now has more than 500 people on its books.

While around 15-20 per cent of the UK's population have a visible or non-visible disability, statistics show that disabled people make up just 0.01 per cent of models featured in fashion and beauty ads.

"I loved the photoshoot because we were modelling the product while also showing my leg as a part of it," Hagans said. "We were showing that this can be fashionable, and I love that."

WONDER WOMAN DRIVE LIKE A GIRL



"Car insurance is just a bit dull, isn't it?" says Sam White plainly. "It's a grudge purchase, and it's an industry that's been created by men, designed by men and run by men – it doesn't speak to women."

Such was the impetus behind the CEO's latest venture, Stella, an Australian car insurance company shaking up tired stereotypes. Namely, it's built by women, for women.

"Statistically, women are much safer drivers than men, and they should be rewarded for it," says White. As such, the business covers the loss of items such as handbags and prams to a much higher value than competitors, and offers considered support to domestic violence survivors. "Most insurance policies say that if your vehicle is damaged by a member of your own household, you're not covered – and I'm sure there was a rational reason behind this," notes White. "But if someone is a victim of domestic violence, it's quite possible that their partner will deliberately damage their car, so we removed that clause to make it suitable for women."

For White, gender equality begins within, and 67 per cent of directors across her business portfolio are women. Plus, in a neat cycle of empowerment, Stella plans to use a percentage of its customers' premiums to help fund the next generation of female-founded businesses.

"Yes insurance can be a bit dull," reiterates White. "But it can also be a force for good."

WE NEED TO TALK ABOUT...

Your INNER CRITIC

The singer, author and life coach reveals how she overcame crippling self-doubt to achieve her big, fat dreams

My inner critic's name is Frank. He sounds like the boys from school who used to tease me for singing all the time. He looks like my ex-boyfriend's grumpy old chihuahua with his tongue perpetually stuck out. Since I was a young child, he's whispered in my ear, "You suck," "You're too fat to swim at the beach," and "Who the hell do you think you are trying to sing on stage?" The voice tells me these stories to make me feel small.

I first became aware of my inner critic when I lost my sister Rowena after a long illness when she was seven

and I was five. That childhood trauma ignited the voice and it has run in the background of my life ever since, like a soundtrack of self-doubt and shame. This inner dialogue stung throughout my teenage years and finally came to an ear-piercing crescendo at age 21 when I had a nervous collapse in London. I was deeply unwell at the time, not sleeping or eating, and experiencing acute anxiety. That mental-health episode forced me to get help and my recovery came in the form of a very good therapist and a very good book by Dr Claire Weekes about anxiety. One of the techniques I learnt involved naming my inner critic

as a way of externalising the voice of my self-doubt, my eating disorder, my anxiety and my internalised misogyny. I started telling Frank to fuck off. It was a reminder that my lower brain is not the boss, I have a higher brain. I am a human being with a developed intellect and I have the ability to talk back to my imposter syndrome. Telling Frank where to go took the fear out of my amorphous thoughts and stopped my rolling panic attacks. If you listen to the silliness of the stories you tell yourself, your choking insecurity loosens its grip.

This is just one of the techniques I share in my new Audible series, *Tame Your Inner Critic*, with neuroscientist Dr Charlotte Keating. It's important to know what you can and can't control. I can't control what people think of me, the weather or COVID-19, but I can control how I think and feel. Once I learnt that lesson, I freed myself to live the adventurous life I'd always wanted but had been too afraid to chase.

When I was 20, just before I moved to London, where I had my nervous collapse, I wrote a list in my diary of all the things I wanted to do when I grew up. I was working in a call centre at the time and was very secretive about my deep-down dreams. I wanted to: write a novel, make beautiful music, act in a theatre, make a million dollars and run like the wind. After learning to tame my inner critic, I was able to tick off all the dreams on my list. And now I'm sharing the tricks I've learnt with the women around me. Overcoming self-doubt is an ongoing process; I still use the same techniques I learnt in my early twenties when I'm feeling panicked, tired or have to show up on a big day. Acknowledging Frank, and telling him to kindly fuck off, reminds me that I'm the boss.

I'm still not a great runner, but I don't let that stop me from running like the wind.

Tame Your Inner Critic is available now, only on Audible at audible.com.au/tame

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ESSENCE OF ITALY

THE NEW TOD'S COLLECTION EMBODIES THE ELEGANT AND SENSUAL STYLE FOR WHICH ITALIAN WOMEN ARE RENOWNED.



FROM LEFT: TOD'S TIMELESS
T TOP HANDLE BAG, \$3,230;
TOD'S TIMELESS T CROSSBODY
BAG, \$1,900; TOD'S TIMELESS
T BAG CHARM, \$1,700.

PRODUCED BY STORY54

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CLOCKWISE FROM ABOVE:
TOD'S HOLLY BAG, \$2,090;
BELLA HADID WEARS
TOD'S OBOE BAG, PRICE
UPON REQUEST; TOD'S
BOOTS, \$2,660.



'Made in Italy' is synonymous with quality and innovation, and the two come together in the debut collection by Walter Chiapponi for Tod's.

Offering his own take on Italian style, the new creative director of the house draws on classic Italian elegance and gives it a contemporary spin for discerning women who appreciate authentic, sensual style.

Accessories are at the heart of Tod's and Chiapponi's bags, including the Signature matelassé and the slouchy Oboe, which occasionally features a patchwork of hides to showcase the fine leather craftsmanship the brand has honed to perfection.

The classic Timeless T of the house is a recurring motif on bags and moccasins such as the Kate Gommino, a chic update on the slip-on pebble sole loafers for which Tod's is renowned. A fresh sense of femininity runs through the footwear, which includes high and chunky heels in bold colours embellished with eye-catching, overemphasised stitching. Animal print and bold buckles add further

interest to heels including the Spiga and Slide styles, designed to take their wearers effortlessly from day to night, while the Cassetta trainers are the new go-to comfortable yet sophisticated footwear for every day.

When it comes to the new-season Tod's wardrobe, it is overflowing with key pieces embodying the timeless designs that define the Italian lifestyle. Think icons such as the classic trench, the leather biker jacket and sleek suiting, along with fluid pussy-bow blouses, ravishing mini-dresses and alluring evening-wear to strike just the right balance between feminine seduction and a masculine edge.

Essential sportswear, crisp shirting and enveloping outerwear round out the offering, which emphasises strong shoulders and a self-assured silhouette. The palette of neutral and warm colours runs from camel and tobacco to green, white and black. Textures such as tweed, cotton and supple leather add interest and a luxurious feel to Chiapponi's sensual and personal take on Italian good taste – designed for a way of life, not just a season.

FOR MORE INFORMATION,
VISIT [TODS.COM.AU](https://www.tods.com.au)

SHOP THE LOOK



TOD'S CASSETTA SNEAKERS, \$810.



TOD'S OBOE BAG, \$2,280.



TOD'S MULES, \$1,300.



TOD'S TIMELESS T BAG, \$3,230.



TOD'S KATE GOMMINO, \$830.



GIRLS

To mark International Day of the Girl on October 11, a new book celebrates the strength and individuality of young women around the globe

RUN

THE WORLD

AHIMA
Ghana

Ahima Tetteh lives with her disabled mother and siblings and helps to provide for the household by selling water in the markets in town. Athletic with a creative spirit, Ahima loves track and field and arts and crafts. The 13-year-old hopes that one day she will be able to attend school so she can provide a better way of life for her family.

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ÉMILIE

Paris

Born in Paris, Émilie Afatsawo has Togolese and French heritage. Her striking red hair (inherited from her great-grandfather) attracts attention wherever she goes with her family, whether in France or around the world.

Although a successful model, Émilie, 13, is a typical teenager who is "keen on Harry Potter" and loves sport. She also enjoys modelling and being in front of the camera for photoshoots, because it helps build her confidence.



ZULAIKHA

South Africa

Three years ago, Zulaikha Patel was among a group of students who led a protest against Pretoria High School's hair policy, which didn't sanction afros. As the teenagers were threatened with arrest, images went viral, and people worldwide began sharing pictures of their own afros on social media in solidarity. Now 16, Zulaikha aspires to be the first female president of the Republic of South Africa. "I'm most proud of my Blackness, it's my identity," she says. "No-one can take away my passion and desire for liberating Africa."





TRINITY

Georgia, USA

Trinity Simone, 16, has a burning desire to make a positive impact on the world. She launched The Youth Will Be All Write initiative, which donates journals to young people in juvenile detention centres to give them an outlet to positively express themselves. "The power of pen and paper can heal, bring peace and allow for change," she says.

HAVANA

Germany

As the daughter of diplomats, Havana Chapman, eight, has lived in six different countries. She loves learning about the planets and has attended Space Camp USA. "When I read about Dr Mae Jamison, I learnt she was the first African-American astronaut, but she also loves to dance and speaks a lot of languages, like me. I think being an astronaut would be a perfect job for me."



AMARI

California, USA

Amari McCoy was born in Ethiopia. When she was two weeks old, she weighed just two kilograms and struggled with breathing issues and low white-blood cell counts. After months of treatments, she finally recovered. Now six, Amari is full of life and determined to do her part to make the world a better place. She can often be found in the school playground playing with the special-needs children or picking up litter in her neighbourhood. "Be a leader, not a follower," she says of her quest to inspire other young people. "Be kind, work hard and don't let anyone dull your sparkle."



AVA

Mississippi, USA

At three months old, doctors reported Ava Clarke – a naturally blonde, fair-skinned African American – as legally blind because her eyes did not respond to light or darkness. Now 11, Ava has never set limits on her abilities, and her charm and arresting looks have won her many fans, including Beyoncé, who invited Ava to appear in her film *Lemonade* and join her on the MTV Video Music Awards red carpet. "I am proud to be an inspiration to anyone who looks different or might have a hard time accepting things about themselves," she says.





MAYA Kenya

Maya, nine, lives in Kenya, where age-old British colonial policies prevent students with dreadlocks from attending public schools. Regardless, Maya proudly wears her hair in dreadlocks, and wants other African girls her age to appreciate their distinct looks. "Everybody is unique and who we are is not determined by our hair, but by how much love we can share with others," she says.





WAMI *England*

Leigh Wami Tucker was born in South Africa, but her family moved to England when she was two. One day she told her mother the children didn't want to play with her because of her "woolly" hair. Her mother told Wami her hair was her crown and made her unique. She began to embrace it, and now, at 15, loves the way she looks. Her message? "Embrace yourself and love yourself unconditionally, because there is nothing more powerful than being authentically you."



SANAA New York, USA

By the age of eight, Sanaa Bygrave had taken up sewing, sketching and designing. She dreams of becoming a fashion designer and hopes to attend the Fashion Institute of Technology, but she knows she has to work hard to succeed in life. Sanaa believes that just being herself makes her special, as does the ability to make her own decisions. She wants all young Black girls to be able to embrace this important and empowering concept.



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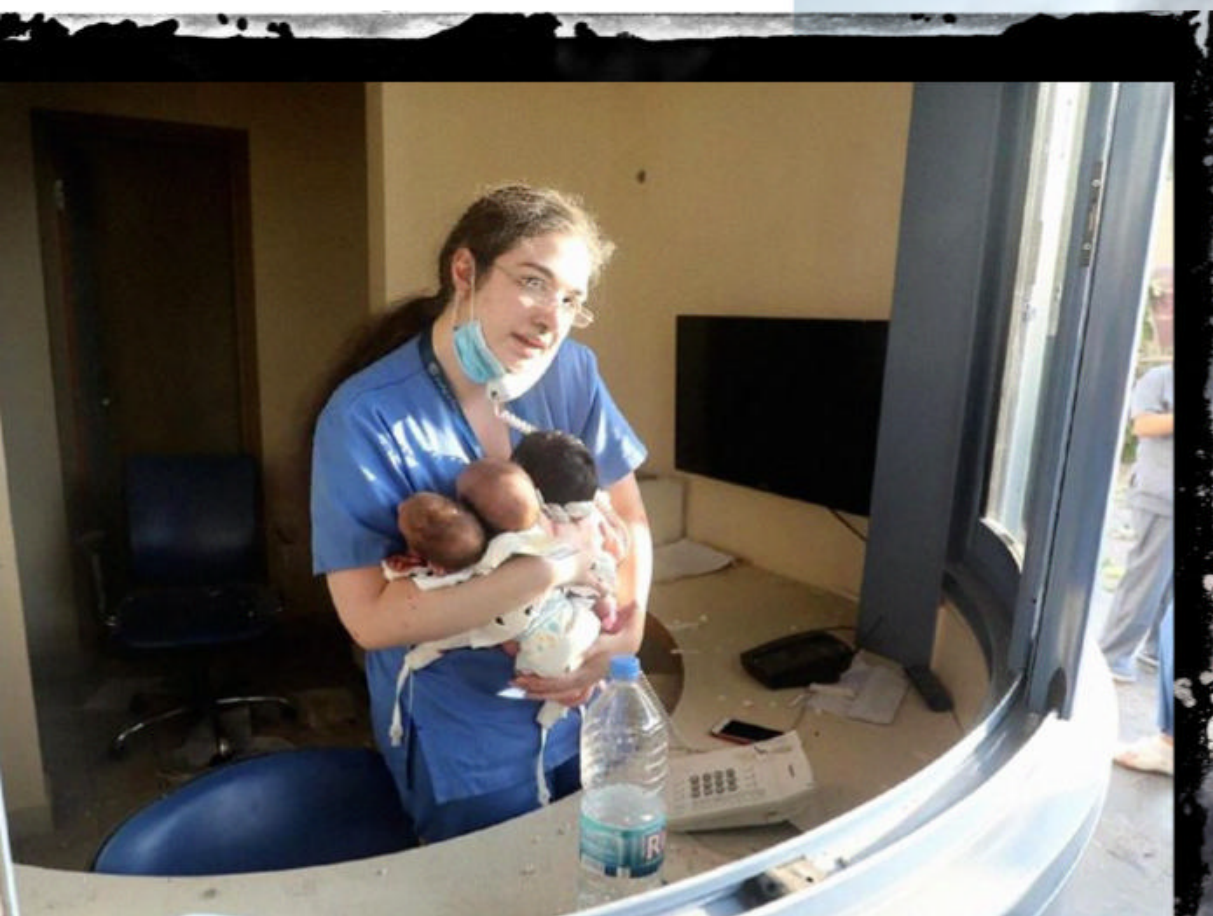
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AFTER *the* BLAST

When a catastrophic ammonium nitrate explosion ripped through Beirut on August 4, it killed more than 200 people, wounded thousands of others and left 300,000 displaced. Sarah Ayoub talks to the women on the frontline about the anguish, the aftermath and, now, the recovery effort





The NURSE

Pamela Zeinoun was working her shift at Saint George Hospital University Medical Center at the time of the blast. As her colleagues lay injured around her, she rescued three premature babies and walked five kilometres to another hospital with them in her arms.

Pamela Zeinoun was a few days shy of her 26th birthday. She remembers the floor shaking beneath her feet at the Paediatric and Neonatal Intensive Care Unit where she had been working since graduating from university five years earlier. Buried under rubble, glass and metal shelves, and with her colleagues motionless and bleeding around her, Zeinoun realised the incubators that had housed the unit's three premature babies – 15 to 20 days old – had shifted from their positions upon impact, and forced herself to act.

"Everything was destroyed," she recalls. "I had rubble above me, next to me, on the floor. I wasn't able [to move] at first because there was a bit of weight on me, but I thought that these babies needed someone, so I just got myself up and ran towards them."

Zeinoun was relieved to find none of the babies – who were born at 30 weeks and weighed less than two kilograms each – had been injured,

despite their fragile bodies. "One of them was crying when I reached him, but the two girls were safe and asleep," she says. "I just grabbed them and ran. But I was very scared, because I still did not know what was happening."

With nearby hospitals destroyed, Zeinoun walked towards Hôpital Aboujaoudé, about seven kilometres from where she works, shocked at the devastation around her. She had about two kilometres left to travel when a family saw her on the street and drove her the rest of the way. The parents of the babies eventually found them at the second hospital, in a reunion she says was incredibly moving. It was only after visiting the infants in their homes a week later that Zeinoun was satisfied

"EVERYTHING WAS DESTROYED. I GRABBED THE BABIES AND RAN. I WAS VERY SCARED"

– Pamela Zeinoun

they were really OK. "I calmed down when I saw the babies with their parents a week after the blast," she says. "Their parents were very welcoming and said they would forever be grateful for what I did for their babies. It was very emotional."

In the days after the blast, the image of Zeinoun holding three tiny babies went viral around the world, and she was praised as a hero. But while she's appreciative of all the love and support she's received, she is adamant that giving help is intrinsic to her people. She is surprised at the strength she has drawn from her experience in the blast, and from the solidarity displayed by her fellow citizens, both in and out of Lebanon.

"What I did was my duty," she says. "[Now] I feel happy and proud when I see Lebanese people from all around the world showing support for [us] and the situation we're passing through. This has made me forget the pain of the blast."

“MY [WEDDING]
DREAMS WERE
FLYING LIKE THE
SHATTERED GLASS”

– Dr Israa Seblani



FROM FAR LEFT The viral image of nurse Pamela Zeinoun carrying the premature babies to safety; emergency services arrive at the port; Dr Israa Seblani's wedding video (left and above) captured both the moments before and after the devastating blast.



been looking forward to, the celebration and dancing that is intrinsic to Lebanese wedding parties – Seblani focused on her calling. “The lab coat is white, my dress is white,” she rationalised as she set about tending to the wounded in a nearby restaurant where she and her groom had sought shelter.

“[People were] shouting, crying, yelling and bleeding, so I started to help, telling them to relax, that we will be fine,” she told *The Washington Post*. “I was like, ‘Israa, your job starts here, you should go for it.’ I couldn’t think about myself anymore. I chose to be a doctor just for one thing: to help people, to offer something to the world, anything I could possibly offer.”

Running on adrenaline and survival instinct, Seblani was comforted by the smiles, prayers and gratitude of those she helped on the day, but waking up the next morning, she mourned for her nation. “I feel so sad about what happened to other people, about what happened to Lebanon. There is a lot of damage, many people were killed and wounded,” she told Reuters. “But also if I want to look at us – myself, my husband, the photographer – how we escaped unharmed, I thank God for protecting us. This alone makes me feel optimistic and to keep the joy of the occasion that I came here to celebrate.”

The BRIDE

US-based doctor Israa Seblani was filming her wedding video near Beirut’s port when the explosion put an end to her big day. She sought shelter in a nearby restaurant with her new husband, where she tended to the injured in her wedding dress.

Having postponed her wedding for almost three years as a result of the Beirut street protests, COVID-19 travel restrictions and the delay on her husband Ahmad Subeih’s visa approval to the US, Dr Israa Seblani felt like she was taking on the world when she flew back to Lebanon, where she had grown up, to tie the knot during the busy Lebanese summer.

When her big day finally came, Seblani felt like a princess. With her posy of flowers perched delicately

beside her on the veil framing her lace hijab in her Beirut photoshoot, she looked every inch the radiant bride as she posed outside the Le Grey hotel, where she was to spend her first night as a married woman.

But her joy was short-lived, and dramatic footage by her wedding videographer captured the precise moment that the explosion ripped through the city, dragging Seblani – convinced she was going to die – across the pavement with its force.

“My dreams and the things we wanted to do together were flying as the shattered glass was flying,” she said in an interview following the blast. “I asked God for one thing: a moment or a second to hold my parents’ hands and tell them goodbye.”

Instead of dwelling on what was lost – the joy of the day that she had



Nancy Gabriel (far left) and Mariana Wehbe are working to restore Beirut's destroyed doors and windows and, in turn, hope to heal their community.



The REBUILDERS

Traumatised by the destruction in their beloved city, Mariana Wehbe, a PR executive, and Nancy Gabriel, a gallery co-founder, established a movement to restore doors and windows to Beirut homes.

Mariana Wehbe had just left a meeting and stepped into the corridor to call her daughter when the explosion hit, a split-second decision that she says spared her being sliced by the glass that showered her workplace. Not far from Wehbe's office, Nancy Gabriel was at home with her children on the 27th floor of their building, their 4.5-metre facade of glass windows offering a sweeping view of the fire preceding the explosion. At the first billows of smoke, Gabriel instinctively pulled her children away to a stairwell, which spared their lives as their entire home was destroyed around them. When Gabriel went to stay at her friend Wehbe's house, they realised what needed to be done and set about establishing *Beb w' Shebbek* – which translates to “door and window” – to repair people's homes, recruiting everyone they knew to help. “We launched an Instagram page, started creating teams of two to three people [to go into people's homes] and now we have our full mission, an office and 150 people on board,” Wehbe explains.

With support from NGO Unite Lebanon Youth Project, which established a special relief fund for their initiative, the two have set up an impressive model, with dozens of deployed groups on the ground, heads of teams conducting assessments, and

Google sheets itemising details, images, measurements and quotes, split by areas and locations. “We work day and night,” says Wehbe. “I am on my phone all day with groups, volunteers and contractors. Nancy takes care of all the procurement coming from abroad. At some point this will have to move into manufacturing [because] this could take two or three years.”

The duo have their work cut out for them: approximately 80,000 homes have been destroyed, and even though they source at least two quotes per repair, their work is looking costly, with a single door costing the project between \$US400 and \$800. These issues are compounded by COVID-19 – the women insist their volunteers maintain social distancing even inside people's homes – and the country's economic collapse, which has seen suppliers looking abroad because banks aren't giving people their money. But even with their aim of repairing at least 3000 homes – at a budget well

into the millions – they are not deterred, feeling a profound responsibility to use their contacts and resources to rebuild their country.

They're also adamant that their project preserves the integrity of their city in all its diversity. “We want to preserve the history of these neighbourhoods, we want our kids to see [Beirut] for what it was,” says Wehbe.

Gabriel hopes their attempts at restoration will bring back some sense of normalcy to their communities, whose memories and daily habits disappeared when their favourite bars, restaurants and boutiques were lost. “It's very easy to turn my back and take my family elsewhere,” she says. “We're trying, through this initiative, to heal our community because the destruction is so massive that it will always visually remind us of our trauma, and we will never heal if we don't erase the consequence of what happened and have our beautiful city back.”

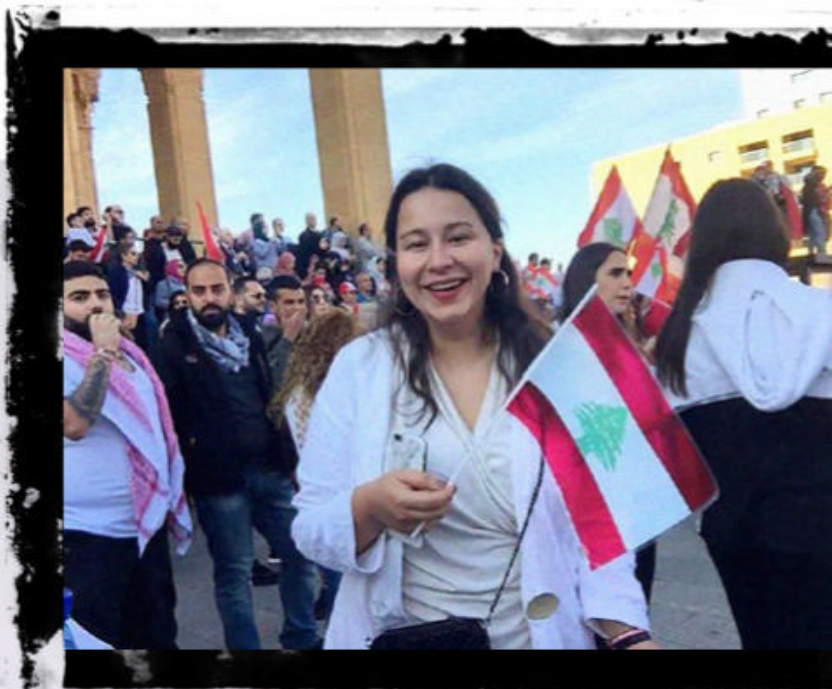
To donate to *Beb w' Shebbek*, visit ulyp.org/donate





"WE WILL NEVER
FORGET AND FORGIVE
THE MURDERERS
OF BEIRUT"
– Oleksandra El Zahran

Social media activist Oleksandra El Zahran has been documenting the aftermath of the blast on Instagram and demanding real change. "And we shall rise again #Beirut," she posted the week of the explosion.



HOW TO HELP

Show your support for the people of Beirut by donating to Impact Lebanon, a non-profit organisation contributing to relief efforts on the ground. Visit impactlebanon.org



The ACTIVIST

Oleksandra El Zahran has used her Instagram account, @polleksandra, to call attention to Lebanon's increasingly turbulent political situation and economic struggles. In the aftermath of the blast in the city of 361,000, she called out the government's use of violence to quell the protests of frustrated youth and its refusal to tend to its grieving citizens.

Oleksandra El Zahran is still emotional when she thinks about August 4, the day her city crumbled around her. She was exercising outside, about four kilometres from the port, when the explosion knocked her to the ground, covering her in shards of glass. Later, when her mother rang from the Ukraine to check on her, the young activist recalls muting her phone so her sobbing wouldn't be heard. Despite injuring her leg in the explosion, El Zahran didn't seek medical treatment the traditional way. High on adrenaline, she first went to donate blood, then asked a medical student in a WhatsApp group for help so she wouldn't clog the hospital system. For El Zahran, who has amassed 86,000 Instagram followers by speaking out

about her country's lack of infrastructure and the way women are treated under Lebanese laws, social media has been a vital tool for wrangling resources and drawing attention to the dire situation.

El Zahran is understandably livid that her government's negligence – it had been repeatedly warned that storing such large amounts of ammonium nitrate would be catastrophic – has once again torn apart her nation and is even more enraged at its failure to engage with people's grief, noting that it has been expats and people around the world who have to come to Lebanon's aid. "[First it was] no money, no water, no electricity, but now they have actually killed their people," she says. "And we will never forget and forgive the murderers of Beirut. They can threaten us and oppress us but they won't break us. There is nothing else for us to lose."

Before the blast, El Zahran was on the frontline of the country's 2019 *thawra*, or revolution, determined to oust a government that has repeatedly

failed to tend to the basic needs of its people. She used her Instagram account to share stories and information from around the country. "At that point social media was doing a faster job than news channels during the *thawra*. If someone got attacked [or] teargas was used, I would post it on my page," she says.

Once again, El Zahran has logged on in the aftermath of the explosion, using her account to mobilise support to help communities in need: collecting toys and colouring equipment for children in damaged neighbourhoods; publicising a resident's need for a medicine, which an expat sent over; collecting money to repair someone's house.

El Zahran hopes the unity displayed in the aftermath of the explosion carries into concrete change for her nation. "Once we adapt we will lose the battle," she says. "We need to [elect] people who have a plan to rescue Lebanon. [Actually] there is nothing to rescue, it's rebuilding the system and the country from zero."



NICOLE *undoing*

She's Australian film royalty, a critically acclaimed Hollywood heavyweight and our First Lady of country music: Nicole Kidman needs no introduction, but let us anyway. On the eve of the release of her new TV thriller, *The Undoing*, editor Nicky Briger meets the woman, the star, the legend

PHOTOGRAPHED BY JAKE TERREY STYLED BY NAOMI SMITH



Givenchy blazer,
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(worn throughout),
\$650, (02) 8197 0420.





Chanel jacket,
\$8890, top, \$17,140,
and pants, \$6480,
(all prices approxi-
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Nicole Kidman slips into our light-flooded Lavender Bay studio in Sydney without fuss or fanfare. Dressed in track pants and a slouchy tee, her hair swept back into a tight topknot, you'd almost be forgiven for missing her entirely, except for the fact she's nudging six foot and seems lit from within, thanks to her famed alabaster skin. She's been up past midnight every night this week, pulling 14-hour days shooting the TV adaptation of Liane Moriarty's *Nine Perfect Strangers*, but you wouldn't know it. She's warm, spry and chatty as she enthusiastically sifts through a full rack of high-fashion pieces: "It feels like ages since I've properly dressed up. I'm excited!"

It's Sunday – her supposed "day off" – yet after today's shoot, Kidman has a slew of Zoom meetings for her production company, Blossom Films, followed by a one-hour session with her dialect coach ("I'm playing a Russian who spent time in America and Britain, so try nailing *that* accent!"). In-between all that "work stuff", she'll eke out time to collect her two youngest kids, 12-year-old Sunday and nine-year-old Faith, from her sister Antonia's place. The juggle is real, even when you're a Hollywood powerhouse with about 60 hit film and TV productions to your name. "She's the hardest working person in the business," says long-standing friend and *Big Little Lies* producer Bruna Papandrea. "Her talent is immense, but it's her work ethic that's truly astounding. She'll work tirelessly not just to get it done, but to get it *right*."

It's been two months since the multi-award winning actor/producer relocated to Australia with her husband, country music star Keith Urban, and their two daughters after the pandemic forced production of *Nine Perfect Strangers* to shift from LA to idyllic Byron Bay. It was a mammoth logistical task to move cast and crew, something Kidman

was involved in as producer: "I've had a lot of sleepless nights, there's been a lot of stress this year, but we're making it work with protocols and limitations. I still can't believe we did it!" But more on that later. Today we're chatting about her latest project, *The Undoing*, an HBO psychological thriller in which Kidman plays New York therapist Grace Fraser who discovers her picture-perfect marriage isn't what it seems. Warning: this six-part nail-biter, written by David E Kelley of *Big Little Lies* fame, requires binge viewing. (The sadists at Foxtel only sent five episodes, so I have an excruciating wait for the finale.) "I want it to be a date-night series – couples to settle on the couch with pizza and devour it," says Kidman, who also sings the opening credits.

Here, she opens up about working during COVID, her "simple life" with Urban and the kids, and her passion for championing female creatives.

marie claire: Welcome back home! I bet you're happy to be filming in Oz with the state of the world right now.
Nicole Kidman: Absolutely; we're just so grateful. The whole time during COVID, I couldn't pop home and see my family, which was really tough. I missed my mum's 80th and her knee operation, so now I'm just trying to be here. Last night, I dropped the kids at a sleepover, and then visited Mum. Friends are asking, "What did you do last night?" and I'm like, "I watched a documentary with my mum!" That's my *big* Saturday night.

mc: Keith, having just hosted the Country Music Awards in Nashville, has got to go into two weeks' quarantine. How are you coping?

NK: We've never been away from each other this long before; it's hard, so we're constantly on FaceTime. That's our world now – and thank god for it. What would we have done without it?

mc: What has this year taught you?

NK: That you never know what's around the corner. Who would've predicted this? But we're still alive and we're all adapting.

mc: And who would've predicted you'd

be shooting *Nine Perfect Strangers* in Byron for six months?

NK: I know! When we asked the actors and crew to move the whole show, they said, "Yeah, let's do it!" To have the opportunity to give jobs to 1400 people from July to Christmas is such a joy for me personally. We're forging ahead when no-one's making anything, and the world's watching.

mc: That's something to be proud of.

NK: Hey, I'm not saying it's been easy. It's like Russian roulette. You never know when the wheels are going to fall off. You have to be so rigorous, and that's a different stress.

mc: Since producing *Rabbit Hole* in 2010, you've gone on to produce *Big Little Lies*, now *The Undoing*, plus *Nine Perfect Strangers* and the upcoming *Truly Madly Guilty* and *The Expatriates*, among others.

What's it like when you're both starring and producing?

NK: It's just stress times 100. But I also have an incredible team and they carry the load. When I show up on set, I stay in character; I can't really produce as that'll compromise my performance. It's an enormous amount of work juggling my projects, my family, the pandemic. It's exquisitely painful at times and then there's enormous joy as well. Because I want it to be good and I care so much, I wake up at 3am and worry, which is a terrible trait.

mc: On top of all of that, you're promoting so much local talent, from writers to actors. I hear you really championed Asher Keddie for the role of Heather.

NK: Asher's talent got her the role, not me. She's doing magnificent work and I wanted her in the show so badly. I was just able to recognise her talent and cheerlead it.

mc: And you get to hang out with Melissa McCarthy – how good is that?

NK: She's *fantastic*! Such a natural comedian, but an amazing dramatic actress, too. You rarely find that. It's an incredible cast and crew.

mc: Speaking of incredible casts, let's talk about *The Undoing*, where you star alongside Hugh Grant. What drew you to the character of Grace Fraser?

"[Life] can be
exquisitely painful
at times, and an
enormous joy"

– Nicole Kidman

“I married into my heart. He’s loved me,
given me confidence, and made
me so much more comfortable”

– Nicole on husband Keith Urban





Christian Dior dress,
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LEFT Kidman alongside on-screen husband Hugh Grant in the new HBO series *The Undoing*, which is also produced by Kidman's company, Blossom Films. **BELOW** With husband Keith Urban.



NK: I love how interior she is; there's a mystery to her. [The show is like] a dark fairytale with this unnerving, eerie atmosphere.

mc: The director, Susanne Bier, is behind some of TV's most gripping recent thrillers, including *Bird Box* and *The Night Manager*. What was it like working with her?

NK: She's a powerhouse. When you work with her, you go, "Oh, I want to be like you!" She's unflappable, whereas I'm far more sensitive. You need that skill as a director, which is why I could never direct. You can't get flustered. She stayed on course to fulfil her vision, and it's truly remarkable.

mc: It's the first time we've seen you and Hugh on screen together (although you both played villains in the *Paddington* films). What was that like?

NK: He's great to hang out with, so naughty. I've known Hugh since my early twenties. My sister and I remember going to dinner with Hugh and Liz Hurley at The Ivy in London and she and I would talk in our secret sister language. Hugh was always like, "What the hell are you saying?"

mc: There are a lot of intense scenes between you; how did you overcome the heaviness?

NK: We just get along. I think having that British-Australian connection helped, and I already knew his wit, so we have an ease, which is great for an on-screen marriage. We went on this intense journey together. There were days when he'd go, "I'm just bugged. Are you?" And I'd go, "I'm wrecked, too. This is harrowing."

mc: At this point in your career, with about 60 films and TV projects to your credit, not to mention an Academy Award, five Golden Globes, two Emmys, countless nominations, what excites you most about your job?

NK: Always the people I get to work with: writers, directors, actors, crew and the process. I just love it. It's like magic when you step on set and it works. You never know if it's going to. And delving into characters, delving into psyches, that's probably being the daughter of a psychologist. Seeing life from different perspectives and being able to explore humanity – I love that. I really want to have a well-examined life.

mc: I think everyone would agree you've had a pretty extraordinary life.

NK: Yeah, but I've had the hits with it too. I've got an incredible life now, though. I actually have a very simple life, strangely enough. Everyone thinks it must be so complicated, but it's not. My creative life is off the charts, but my actual life with my husband and two daughters is quite simple.

mc: You're incredibly close to your mum and your family. Is that central to who you are?

NK: I love her, she's a huge part of who I am. And my sister, her six kids, and my cousin Angie. I'm primarily about that family, and I'm lucky to have that family. We're definitely female-heavy! But as the girls say, "The dog's a boy!"

mc: That's the only testosterone in the house?

NK: Yep! Keith and [the dog] Julian. At times, he just needs to escape with his guitar. Sometimes I'll find him in his closet playing guitar. That's when I know we really need to give him space. Oh, and he googles cars. I'll know when he's stressed 'cause he's googling cars. I couldn't care less what car I'm driving; you can pick me up in any old thing. But Keith and Faith love cars.

mc: And Sunday is interested in directing?

NK: Yes, she's obsessed with it.

mc: You've committed to working with at least one female director every 12 to 18 months. Does that concept of women supporting women fuel you?

NK: Yes, I'm dedicated to the issue – and it's deeply personal. I have a mother who didn't have the career she should've had. She was a nurse, she should've been a doctor, but she couldn't because she wasn't given the opportunities. And she encouraged me to do what I wanted to do and said, "You don't have to be shackled." We need to perpetually be committed to moving the female agenda forward. And I'm hopeful, especially when I see this new generation of girls. But at the same time, let's not disregard the boys! My sister has four amazing boys, and it's important that we teach them to be fully rounded, loving and supportive.

mc: And great allies.

NK: Exactly. I have a husband who's an ally. In the past four months, he's really been carrying the load for me.

mc: Keith recently said he "married up". Did you pay him to say that?

NK: Yep, absolutely. I wrote the script. Honestly though, I married into my heart. He just came along, and protected me. He's loved me, given me confidence, and made me so much more comfortable. He knows who I am and he's opened me up. We have an interesting balance because I'm an introvert and he's an extrovert.

mc: Are you really an introvert?

NK: Yep, I'm deeply introverted. Not when I'm with a small number of people, but I'm not comfortable in crowds. I have trouble public speaking.

mc: But your 2017 Emmys speech about domestic violence was so powerful and fierce ...

NK: That's because it was right from inside, from the heart, trying to shatter that stigma surrounding domestic violence. But I promise you, I'm a homebody. When I do go out, I end up having the best time. There's a tip: push me, make me go out!

mc: Speaking of the best time, what's the latest on the *BLL* group chat?

NK: Reese [Witherspoon] and I talk or text once a week. She's just moved back to Nashville and we're really close. We all just want to work together again. I texted Zoë [Kravitz] and Laura [Dern] and they're in. Watch this space!

The Undoing is airing on Binge and Foxtel from October 26.



Valentino dress,
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Why are women PAYING

Despite decades of dispute, childcare fees are still costing working mothers their salaries – and their careers. After the pandemic further exposed a broken system, the fight for free childcare has a new urgency. By Georgie Dent

Nichole Alexander with her daughters; at times she has spent more than \$1300 a week on childcare.



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TO WORK?

Having worked in finance for almost 20 years, Nichole Alexander isn't averse to running her eyes over a spreadsheet populated with numbers. But there's one figure the Sydney-based mum of three has studiously avoided for seven years: exactly how much she and her husband, a builder, have spent on childcare for their daughters. "At our peak when all three girls were in long daycare we were spending more than \$1300 a week," Alexander says. "We've spent more than \$300,000 after tax on childcare."

They tried many combinations – long daycare, family daycare and a nanny – at different times, but no matter the solution, two factors remained: the juggle was immense and the cost was eye-watering.

"I'm in an absolute minority as a 38-year-old woman, working full-time in banking with three kids, and I know that's because it's too hard and too expensive," Alexander explains. "I'm ahead in my career because I've continued to work, but from a financial perspective, whether I had worked or not, there's barely any difference."

If it hadn't been for a timely piece of advice from an older female boss, Alexander admits she may have resigned. "One of my mentors said: 'You might not be making anything right now, you might even be in the red, but think about your super,'" she recalls. "That was persuasive ... but if you don't love your job or it doesn't pay well, why would you persevere with the juggle? Because it effectively means you are paying to work."



The case for radically overhauling childcare has been fought for decades. Since the 1970s, it has consistently been a top priority for women's rights activists, yet little has changed. Fees for childcare in Australia grew by a staggering 145 per cent between 2002 and 2017, and now absorb nearly one-fifth of many Australian families' incomes. This year's pandemic has made things even harder for already stretched working mothers, highlighting a broken system that is costing women their salaries and their careers.

"Invariably, it is the mums who drop their work to look after children when childcare becomes unaffordable, and that's because the reality is that women earn less in Australia than men do," says early childhood education consultant Lisa Bryant. "When heterosexual families need to work out who works and who doesn't, too often it makes more financial sense for it to be the mother who steps back. That's the pattern that has been followed and replicated for decades."

The high cost of childcare explains Australia's strangely low rates of women participating in the workforce – despite them being highly educated. The World Economic Forum examines how nations are tracking when it comes to equality between the sexes. Its annual Global Gender Gap Report measures the gap between men and women in four areas: education, health, political empowerment and workforce participation. When the first report was published in 2006, Australia ranked a respectable 15th, but every year since it has steadily dropped further behind. In 2019, Australia ranked 49th out of 153, placing it behind countries including Cambodia, Sierra Leone and Kazakhstan for women's workforce participation.

The dismal numbers reflect a bigger issue at play: the presumption that men will be breadwinners and women will be caregivers. It's a notion that is still "very ingrained in Australia", says political journalist and commentator Annabel Crabb. "Women's lives have changed considerably since the 1950s ... we've flooded into the workforce and changed the way we live, commonly juggling work and family, moving in and out of work as our life circumstances change," says Crabb, who has analysed gender dynamics in her books *The Wife Drought* and *Men at Work*. "But for men, there hasn't been a huge change.

How does Australia compare to the world?

1%
GERMANY
4%
SWEDEN
6%
NORWAY
6%
CANADA
10%
OECD AVERAGE
18%
AUSTRALIA

percentage of household income spent on childcare by couples earning an average wage

Men are much more likely to work full-time for their whole lives. Which is why, when you look at the division of work in the home, women on average do nearly twice as much as men."

Half a century ago, in 1970, an average of 17 weeks of paid leave was available to mothers across OECD countries (the term given to the group of 37 countries that stimulate economic progress and world trade). By 1990, this had increased to 39 weeks, and by 2018, the OECD average stood at just under one year of paid leave for every new mother.

In 2020, Australia offers up to 18 weeks of paid leave at the minimum wage. "If you have a look at how the leave is presented, the primary carer scheme is directed at women, while the ancillary two-week scheme is called Dad and Partner Pay," Crabb explains. "It couldn't be clearer who the primary carer is supposed to be."

Crabb continues: "You have to look at who's making the decisions at a leadership level. In the Cabinet, all the key economic decisions are made by the Expenditure Review Committee. There

is not one woman on that five-member group. Every man on there has a wife who is the primary carer. Which is what works for their families – I get it – but it does mean the life experience of the decision-makers is fairly narrow."

Whether by accident or design, economists say policy settings that enable traditional gender roles to prevail cost Australia dearly. The Grattan Institute released new research in August that showed spending an additional \$5 billion annually on making childcare more affordable would deliver an \$11 billion boost per year to the Australian economy, predominantly by facilitating more women to work.

"We can hardly be surprised that many mothers conclude that working an extra day for no or virtually no take-home pay makes no sense," says Danielle Wood, CEO of The Grattan Institute. "Australia's high out-of-pocket childcare costs bite even harder now for families who have lost jobs or hours because of the COVID crisis. It should be central to the government's plans for lifting Australia out of recession."

In April, Prime Minister Scott Morrison made childcare free for families for three months to try to combat the financial turmoil triggered by the coronavirus. The bold intervention came in response to families removing their children from childcare in





FROM FAR LEFT The Alexander family; Dee Behan with her son Max; Behan and Carlie Logie's Make It Free campaign.

unprecedented numbers as they faced job losses and health risks. Plummeting enrolments pushed childcare services to the brink financially and the sector was at risk of collapse.

"While the 'fee-free' package was flawed and put financial pressure on many services and educators, it kept services open and was historic," says Bryant. "Overnight, a conservative federal government showed that radical reform like making early childhood education and care free to parents was not just possible, but necessary."

For Rebecca Browder, a Perth-based lawyer and mum of two, the difference even three months of free childcare made in her household was huge. "About 60 per cent of my salary goes on childcare, so not paying fees was like a pay rise," she says. "It was incredible. We used the money to fix the air conditioning at home and get our car serviced, both things we'd been putting off because we couldn't previously afford them. And we both earn a good living."

After having their son, Henry, four years ago, Browder returned to work three days a week. "When we looked at the cost of childcare and what would work for us as a family, we decided that working three days a week was the best option," she says. Following the birth of their daughter, Lillian, now 18 months, Browder trialled working four days a week because she knew it would be more beneficial from a career perspective. "But we were losing money – our childcare bill was going to be \$40,000 for a year," she explains. After six months, she cut back to three days a week. "We just couldn't justify it."

The salt in the wound for Browder is having two sisters who work as early educators and struggle to make ends meet. "They're some of the lowest-paid

workers in Australia," she says. "The childcare system exploits women in two ways: it exploits mums who are trying to get back to work and it exploits the women who work in early education."

Thankfully, there are some positive indicators that change is on the agenda. Australian billionaires Nicola and Andrew "Twiggy" Forrest are looking to overhaul the system via their philanthropic venture, The Minderoo Foundation. They have set up Thrive by Five, an initiative aimed at giving Australian children the best start to life, with a focus on access to high-quality early education for all children.

"INVARIABLY, IT IS THE MUMS WHO DROP THEIR WORK WHEN CHILDCARE BECOMES UNAFFORDABLE"

– Lisa Bryant

Former South Australian Premier Jay Weatherill heads up Thrive by Five and feels the pandemic has provided an opportunity for change. "COVID has revealed how precarious our system of childcare is," Weatherill said. "This represents a massive opportunity for the nation to rebuild probably its most important service system. The long-term effect of the early years on education, health and economic productivity trajectories is irrefutable."

Weatherill points out that the "extraordinary benefits" to children accessing high-quality early education in their first five years of life – as well as the positive economic benefits associated with facilitating Australian women working to their fullest capacity – constitute compelling grounds for change. "A more effective childcare system would constitute a significant eco-

nomie reform that would transform many Australian families, the national economy and society," he says.

Dee Behan and Carlie Logie, both mums who run their own businesses, were compelled to push for reform after experiencing the reprieve from childcare fees earlier this year.

"The cost of childcare is so high in Australia that it is a real barrier for parents who run businesses," says Behan, co-founder of the lifestyle brand Frankly Co. "The devastating economic impact caused by COVID has just exacerbated how unaffordable it is, while simultaneously proving how essential it is."

While free childcare threw these women a lifeline while they both worked furiously to keep their businesses afloat, "having it taken away, in the middle of a massive economic crash, was devastating," says Logie, the principal designer at Logie Interiors. "After eight long, hard years, I have established myself within the industry. The idea of having to walk away because of the exorbitant costs of childcare is sad and deflating."

Instead of conceding defeat, Logie and Behan channelled their frustration into lobbying for reform. Their campaign, Make It Free, launched in August and in less than a week, more than 130 businesses and 1000 parents had joined the movement. Says Behan: "You don't have to be a parent or a business owner to see that making childcare free makes sense, but as both a mum and an entrepreneur trying to save my business during a pandemic ... I hope it happens."

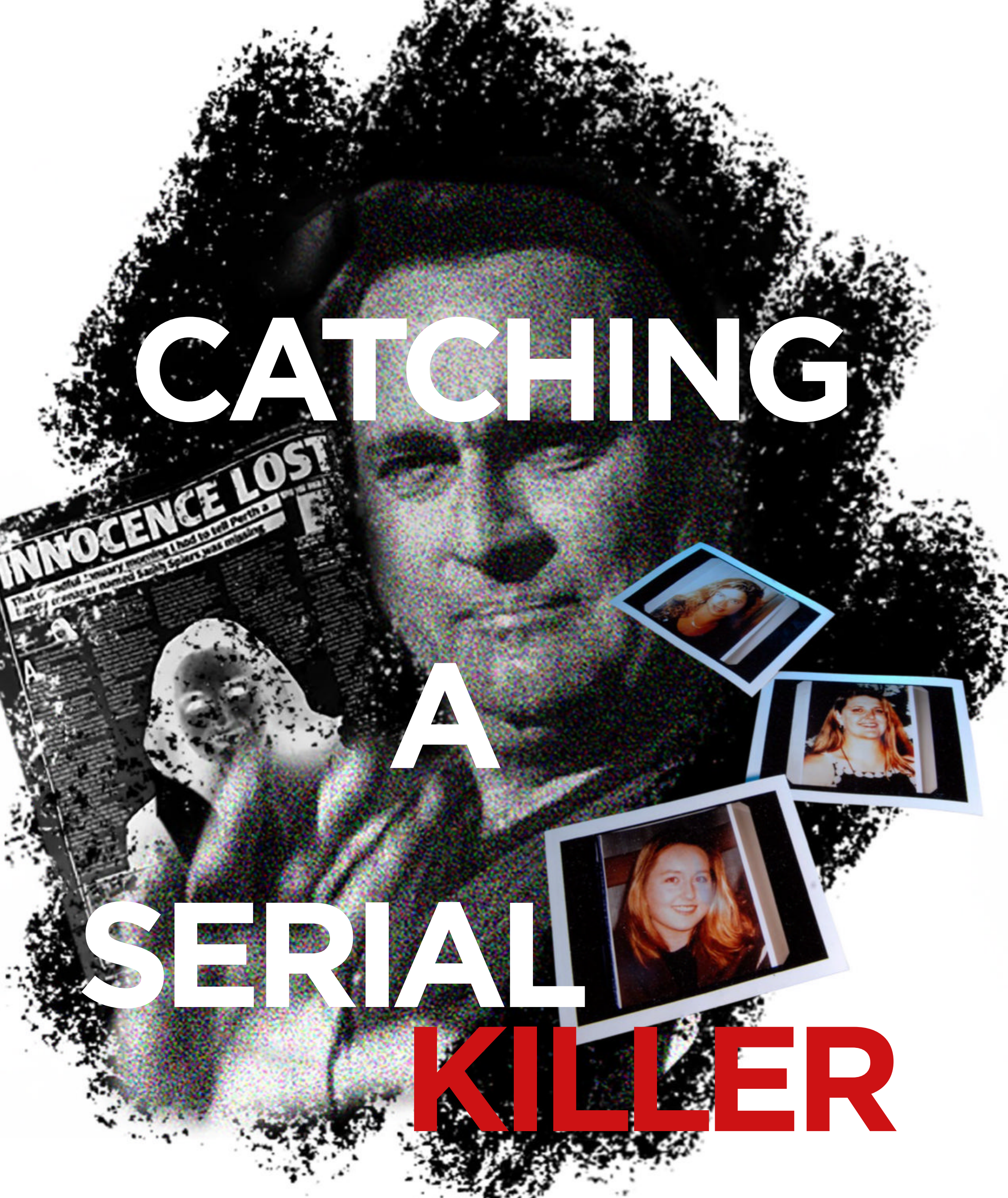
Ways to Create Change

JOIN The Parenthood and Make It Free

SIGN UP to Thrive By Five

WRITE to your local member and let them know how the high cost of childcare affects you

SPREAD the word among your friends, colleagues and family that other countries offer high-quality, affordable early education and care for children, and Australia needs to follow suit.



CATCHING

A

SERIAL

KILLER

When three young women were abducted and murdered in Perth during the '90s, the unsolved crimes haunted the city for decades. Finally, following the most expensive police investigation in Australian history, the Claremont serial killer has been brought to justice. Those close to the case tell Michael Crooks their stories



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For 20 years, they were the unsolved crimes that devastated families, changed the way women went out at night and left a city in fear: three young women plucked from the streets and taken to their deaths.

It began with Sarah Spiers, an 18-year-old receptionist who disappeared on January 27, 1996, after a night out in Claremont. The wealthy riverside suburb had a thriving night scene that included the iconic Continental Hotel and Club Bayview, where Spiers was last seen. Her body has never been found.

Six months after that, childcare worker Jane Rimmer, 23, vanished following drinks at the Continental. Her body was found two months later in bushland 40 kilometres away.

Then, on March 15, 1997, after a night out at the Continental, lawyer Ciara Glennon, 27, was last seen interacting with someone in a car before going missing. A man stumbled across her body three weeks later in bushland 50 kilometres north of Perth. Both Rimmer's and Glennon's necks had evidence of injuries consistent with knife cuts, and they both bore defensive wounds on their arms.

The murders sent shockwaves through the city, but as the Claremont serial killer loomed large, police grappled to find a suspect.

Twenty years later, following a breakthrough from improved DNA testing, police announced on December 22, 2016, that they had made an arrest. The suspected killer was 48-year-old Bradley Robert Edwards.

The former Telstra technician, who had been married twice and volunteered at his stepdaughter's Little Athletics club, was charged with the murders, as well as two other historical crimes: the attack on an 18-year-old at her home in 1988; and the rape and abduction of a girl, 17, in a Claremont cemetery in 1995. Edwards pleaded guilty to the two attacks, but denied he was a killer.

On September 24, after a judge-only trial that ran for seven months, Justice Stephen Hall found Edwards, now 51, guilty of murdering Jane Rimmer and Ciara Glennon. A lack of evidence meant Edwards was acquitted of Sarah Spiers' murder, but Justice Hall said it was "likely" he was her killer. The verdict, at long last, brought justice for the victim's families and those who lives were impacted.



The BEST FRIEND

SARAH WANEK

When childcare worker Jane Rimmer didn't turn up to a Sunday roast on June 9, 1996, her concerned mother began calling family and friends. Rimmer was a responsible, level-headed girl who never missed the weekend catch-up, which often included watching her beloved West Coast Eagles play football.

"I remember getting the call to say Jane was missing," says Sarah Wanek, one of Rimmer's closest friends. Now 47, the Perth-trained nurse lives in San Francisco with her husband, Don, and three children. "I thought it was ridiculous. I thought she'd probably stayed at a friend's after having too much to drink. But then the police called me asking questions. That's when it got real."

Fifty-five agonising days later, Rimmer's naked body was discovered by a woman picking wildflowers. Rimmer's throat had been cut, and a Telstra-issued pocket knife was found near the scene. Several residents testified to hearing screams in the area on the evening Rimmer disappeared. One man heard a woman pleading, "Leave me alone, let me out of here."

"It was traumatic," says Wanek. "You watch TV shows about murders, but you just never think it's going to happen to someone you know, in the

city where you felt so safe. And it happened to a girl who was so lovely."

Rimmer and Wanek were inseparable as kids. Their mums, Jenny Rimmer and Lorraine Forman, were best friends, and the daughters also formed a tight bond. "Jane was a girly girl – she was full of life," says Wanek.

And she adored children. "Jane was yearning for a family. She wanted to get married – she wanted to be loved and have kids to love."

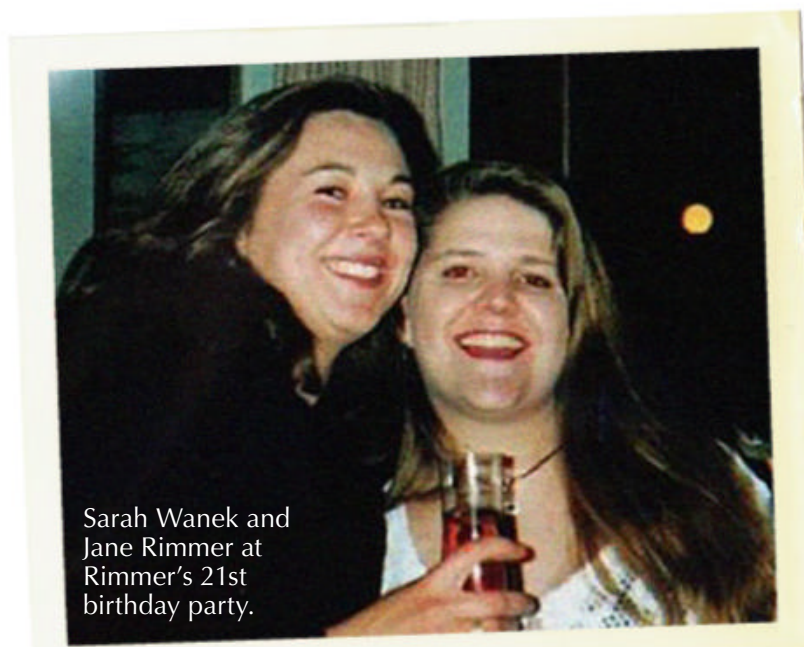
As police investigated the murder, Wanek was brought in to look at the CCTV footage from the night of her friend's disappearance. Earlier that day, Rimmer had been to the hair-dressers before having lunch with her mum. She met friends for drinks at the Continental, but by midnight, as the footage showed, she was alone outside the pub. The vision next revealed a dark-haired man approaching her. Rimmer smiled as if she expected him, appearing to know him. Wanek told detectives she didn't recognise the man, and she now believes it might have been Edwards. "He just looks like every other guy," says Wanek. "For someone like Jane, who wanted to find love, she's easy prey. I can see her going willingly in his car."

Not long after Rimmer's funeral, Wanek went travelling overseas to escape from the trauma of her loss. She suffered panic attacks and anxiety. As the months rolled into years without an arrest, Wanek conducted her own investigation. "I just wanted to do something, anything," she explains. "I needed answers."

Those answers finally came with Edwards' conviction. An emotional Wanek says she is "relieved and elated with the verdict", and is grateful to the many people who took part in the case. "I thank them from the bottom of my heart," she says. "With any luck, Edwards will never be out in public again and [he will] endure a pain and existence he deserves. I believe Jane and Ciara can now finally rest in peace."

"YOU JUST NEVER THINK IT'S GOING TO HAPPEN TO SOMEONE YOU KNOW"

– Sarah Wanek



Sarah Wanek and Jane Rimmer at Rimmer's 21st birthday party.

CLOCKWISE FROM RIGHT A police van outside the Continental Hotel in March 1997; victims Ciara Glennon and Sarah Spiers.



The DETECTIVE

TERRY DOBSON

Before he was assigned to the first of the Claremont serial killings cases, Detective Sergeant Terry Dobson was the lead investigator on Bradley Edwards' first-known attack, when the future killer was just 19 years old.

On the night of February 14, 1988, the detective was called out to a family home in the working-class suburb of Huntingdale, where an 18-year-old had been attacked in her bed.

The woman awoke to find a man on top of her, his hand clasped over her mouth. Terrified, she dug her fingernails into the man's cheek and he clambered off. When she turned, he was standing in her bedroom doorway, wearing what looked like a woman's nightie. She screamed for her father and the man fled, leaving behind a silky white kimono.

"It was a strange attack," recalls Dobson. "He had unplugged the telephone and closed the parents' bedroom door. The kimono got our attention as you don't often have things like that at a crime scene."

On a hunch, a fellow detective suggested they use his mate's tracker dogs to see if the kimono could be traced. The next day, two dogs followed the garment's scent to a nearby house where a couple lived. Inside, police found a sash that belonged to the kimono.

After clearing the husband as a suspect, the detectives learnt the kimono had been stolen from the property. But despite a thorough investigation, the case went cold. "I'd like to say Bradley Edwards was on our radar back then," says Dobson, "but his name never came up."

Dobson had been promoted to the Major Crime Squad when Sarah Spiers, a cherubic beauty from rural



Western Australia who was living in South Perth with her older sister, disappeared while waiting for a taxi in Claremont. "Blood-curdling" screams were heard by residents in nearby Mosman Park on the night.

"My impression was that she was a good girl," says Dobson. "If she wasn't going to get home, she would always let her sister know. It just seemed she had been plucked off the street."

The next week, Dobson took a call from a local detective who believed he had a related case from the year before. A 17-year-old girl had been brutally raped in Karrakatta Cemetery after being abducted from a Claremont park. Says Dobson: "I recall thinking, 'This is him.'"

But it would take many years and two more killings for forensics to prove Dobson right. Until 2008, all the detectives had to link the crimes was a blue polyester fibre from a pair of Telstra trousers found on the bodies of Rimmer and Glennon, as well as the 17-year-old survivor.

Then in 2008, a specialised UK lab made a stunning breakthrough. They found DNA from an unknown male in a sample taken from under Glennon's fingernails that, when it was run through the Western Australia database, matched samples taken from

"THE KIMONO GOT OUR ATTENTION AS YOU DON'T OFTEN HAVE THINGS LIKE THAT AT A CRIME SCENE"

– Terry Dobson

the survivor of the cemetery attack. In 2016, as part of a review of local cold cases, the kimono from the 1988 attack was retested. On it, scientists found sperm stains that also matched the still-unknown male's DNA.

Detectives didn't know their suspect's name, but they knew from the kimono that he had been prowling the area stealing women's clothes, and they had a fingerprint taken from the doorknob of one of those properties. When it was analysed, investigators were stunned to find it matched Edwards'. His fingerprints were on file because he'd been convicted of assaulting a social worker in a hospital in 1990 while there to repair phone lines. Convinced the killer was in their grasp, police began tracking Edwards and collected DNA from a Sprite bottle he had discarded while at the movies with his stepdaughter. It was a match.

"I felt overwhelming happiness for the families," Dobson, now a high-profile defence lawyer, says of the arrest. "And also happiness for all the detectives and the prosecution. When I heard about Edwards being charged, I thought, 'What if that detective who suggested using the dogs wasn't there that day?' You just think about all that stuff – those sliding doors moments."

RIGHT Alison Fan followed the Claremont killings case from day one.



The REPORTER

ALISON FAN

The shocking disappearance of a third young woman from Claremont sparked a palpable sense of fear in Perth, veteran Seven Network reporter Alison Fan recalls. Following the disappearance of Sarah Spiers and the discovery of Jane Rimmer's body, police suspected there was a serial killer at large. When Glennon vanished, there was no longer any doubt. "It was the same area, the same type of girl, the same circumstances," says Fan, now 75 and a grandmother of seven. "It sent shockwaves through the city. Everyone was thinking, 'Serial killer.'"

Fan, one of Perth's most recognisable reporters, has worked on the Claremont killings story from the day

of Spiers' disappearance. "Sarah was a responsible girl, this was not usual behaviour," Fan says. "Claremont is a very affluent suburb where you thought nothing bad could ever happen, but these women got snatched off the street. From then on, women only went out in groups. It completely changed Perth."

The WA Police set up a task force called Macro, conducting what would become Australia's most expensive investigation. The government offered a then-unprecedented \$250,000 reward for information, and celebrities, including Perth-raised actors Isla Fisher and Lisa McCune, pleaded for people to come forward.

Meanwhile, a special taxi rank was set up in Claremont and Club Bayview put out its own reward and had its own bus to take women home.

"IT SENT SHOCKWAVES THROUGH THE CITY. EVERYONE WAS THINKING, 'SERIAL KILLER'" – Alison Fan

The killings also affected Fan personally. The journalist lives in Claremont, and during the '90s, her youngest son, Jason, was studying law at the University of Western Australia alongside Glennon. "You looked at everybody, especially at night," she remembers. "My sons were both going out to the same venues as the victims. I was very concerned about their girlfriends. I remember getting up at 2am to pick them all up."

Over the ensuing years, Fan remained on the case, marking anniversaries, interviewing family and friends. She also scored a rare interview with Lance Williams, the beleaguered public servant who was named as the police's prime suspect in the often controversial investigation. Williams had been spotted relentlessly cruising Claremont and had offered a lift to an undercover female police officer in 1997. While police staked-out his home, he publicly maintained his innocence up until his death from cancer in 2018. "He said he [thought he] was saving the woman," says Fan. "He lived long enough to know Edwards got arrested."

Coming out of semi-retirement to cover the trial for Seven, Fan sat in court every day of what the local media dubbed the "trial of the century", alongside those close to the victims.

Glennon's father, Denis, attended most days. So, too, did Spiers' parents, Don and Carol, and Rimmer's siblings, Adam and Lee. Her father, Trevor, died in 2008; her mother, who has suffered a series of strokes, is in aged care.

Flanked by police, the survivors of the cemetery attack and the home invasion were also at the trial, which, over the course of seven months, included more than one million pages of evidence, heard from 200 witnesses and covered DNA and clothing fibre evidence for weeks.

The guilty verdict closed a grim chapter for the city and finally gave justice to the loved ones of the victims, but heartbreaking questions remain.

"It's good to know the ending," says Fan. "This particular crime changed the face of Perth. But I don't believe in the word closure. The Spiers are still going through the terrible anguish of not knowing where she is. They've got no resolve at all."



Alley Pascoe
contemplating life as
a cottagecore convert

WEARING A H&M DRESS AND R. M. WILLIAMS BOOTS.



Confessions of a COTTAGECORE WANNABE

What happened when writer Alley Pascoe road-tested the viral cottagecore trend in real life? A lot of gardening, some failed knitting and a serious new fringe

It sounds idyllic: escaping to a cabin in the woods to crochet by a fire, sipping herbal tea made from foraged raspberry leaves and eating oven-fresh sourdough. Welcome to cottagecore: the TikTok hashtag, social media movement and way of life that embraces a romanticised cottage aesthetic trademarked by wholesome pottery crafts, baked treats, wispy fringes and prairie dresses. It is not to be confused with grandmacore (baking cherry pie wearing a vintage apron with a rescue cat at your feet) or fairycore (cleansing your crystals in an enchanted field filled with mushroom figurines).

The off-grid-but-make-it-cute trend began in 2018, grew on Tumblr, and blossomed like a daisy flower crown on TikTok this year. The cottagecore hashtag has garnered more than 3.9 billion views (and counting) on TikTok and there has been a 541 per cent increase in likes of cottagecore content on Tumblr since the beginning of COVID. But it really hit the mainstream in late July when Taylor Swift dropped her *folklore* album, which saw her frolicking in the woods cosy in an oversized knit and au naturel curly fringe. Overnight, she was crowned the “Cottagecore Queen”. Always up for a challenge, I decided to have a crack at the title.

Away from the ring lights of TikTok, I set out to discover the true meaning of cottagecore. Spoiler alert: the reality involves more bird shit, dirt and frustrated swearing at knitting needles than social media would have you believe. I asked cottagecore pioneer Jesca Her, who has more than 250,000 followers and

four million likes on TikTok, to explain the trend to me in layman’s terms and she defined it as: “Living peacefully, taking things slow and curating a cosy space of your own where you can relax, drink a cup of tea, knit yourself some socks and bake your own bread.”

While Her was an early adopter, she has witnessed the trend explode this year. “Cottagecore has taken off - there seems to be an increasing appreciation in living a slower lifestyle, growing your own herbs, learning to knit and embroider and keeping a sourdough starter.”

Fellow cottagecore-er Rebecca – better known as @aclotheshorse on TikTok, where she has 370,000 followers – draws parallels between the rise of the movement and the current state of the world. “It makes sense that cottagecore is growing right now because so many of us have been forced to slow down. We can’t afford to spend as much or go on trips we planned, so in that void we have time to think about our priorities and shift our focuses,” she says, recognising the collective dream of ditching the bright lights (and cluster hot spots) of the big city for the simple life.

When my editor asked me to channel my inner Alley Mae (my cottagecore alter ego), I was forced to admit that – despite growing up in a small rural town and loving Kasey Chambers – I wasn’t the outdoorsy, country gal I’d led everyone to believe. My dream weekend is getting off the couch only to look out the window at a dog walking down my street. My idea of baking is buying a \$2.50 packet of choc chip cookies from Woolies. My only hobby is watching back-to-back episodes of *Old People’s Home for 4 Year Olds*. Nevertheless, I persisted.

“Within minutes of the farm tour, a quail promptly shat on my pinafore dress, which I took as a sign of good luck”

I dragged myself off the couch and headed to Springfield Farm in the Southern Highlands of New South Wales for its homegrown permaculture retreat: a weekend of worm farms, chicken coops and cottage goodness. Driving into the tree-lined property surrounded by rolling hills, I felt like a real life Anne of Green Gables. I certainly looked the part wearing my Alice McCall gingham shirt with a Lee Mathews pinafore dress and a pair of trusty R.M. Williams boots (not to mention my new Tay-Tay-inspired fringe).

Within minutes of embarking on a tour of the farm, a quail promptly shat down my pinafore dress, which I took as a sign of good luck for the rest of the weekend. The next day, I woke up to the farm's three cows (named Superman, Batman and Spiderman) staring at me outside my cabin window in the morning frost. I snapped a photo and posted it on TikTok with the caption “Good Moo-rning.” After a hearty breakfast of fresh eggs and avocado on sourdough toast, it was a full day of learning about composting, worms, crop rotation, seed harvesting, pickling and fermenting. I found myself humming the lyrics of Taylor Swift's song “seven” as I foraged for organic cape gooseberries in the orchard. I imagine this is the exact scene Swift pictured when she wrote the lyrics, “please picture me in the weeds”.

Before embarking on my cottagecore escape, I asked Rebecca for her advice. “To put it really simply, I'd say: ‘Stop and smell the roses.’ Embracing cottagecore is all about appreciating little moments and moving through life a bit slower,” she explained. I thought of her as I smelled a handful of fresh compost with rich notes of hay and kitchen scraps.

After failing to take any “cute” photos of the worm farm, I posted a video of myself frolicking under a tree on TikTok with the caption “Am I doing it right? #cottagecore”. The post got 307 views and a comment saying “Love the vibes.” Look, it's not quite Rebecca's million-plus views, but when I sent the video to my mum, she told me I looked like a country music star, so I considered my mission a success. At the end of the retreat, I felt totally uplifted, oh so wholesome and utterly exhausted. Cottagecoring is hard work, you guys.

Back on my couch in Sydney, I tried to keep the cottagecore magic alive, tending to my new tomato plant seedling (named Tommy Toe) every day. I took an at-home pottery class with Maker's Loft and spent a sunny morning in my lounge room kneading clay into something that vaguely resembled a pinch pot. It felt good to get my hands dirty. At Springfield, I learnt that when you eat a vegetable you picked from the garden, the chi stays with you for weeks. I felt the chi in my clay-covered hands, until a car slammed on its brakes and aggressively beeped its horn outside my window. Cottagecore is a lot less serene in the city.



Undeterred, I entered completely unknown territory – my kitchen – and made a fermented chilli sauce with a recipe from the chef at Springfield and my boyfriend's balcony-grown chillies. While they fermented in brine in my pantry, I settled in for a craft afternoon in the office, thinking I could knock over a We Are Knitters sweater kit in a couple of hours because it was rated “easy” and everyone on TikTok was doing it. The team at We Are Knitters told me their kits are in hot demand, explaining, “The lockdown has been a revelation to many people. Not being able to go out has created the need for us to find indoor activities – like knitting.” If knitting is so popular, how hard can it be?

After watching the first-stitch video tutorial 24 times and still failing miserably at “casting on”, I had an intense flashback to my high school home



FROM FAR LEFT Alley Pascoe embraces cottagecore – à la Taylor Swift and her fringe – at Springfield Farm's permaculture retreat. Quail cuddles included.



The COTTAGECORE STARTER KIT

Get among the TikTok trend – in four easy steps

THE LOOK

It's all about the puff sleeves, prairie dresses and paisley prints. Nail the cottagecore aesthetic with pieces from Alice McCall's new collection (which is actually called Folklore), vintage smocks and handmade sweaters.

THE BANGS

Fringe-expert Barney Martin says natural, raw and untamed hair is all the rage this year, thanks in part to Tay-Tay's new look (and forgetting how to use our hair straighteners in lockdown). Feel free to take this story to your hairdresser for #inspo.

THE COTTAGE

Escape to the country for Springfield Farm's next Homegrown retreat on November 20-22 to live the cottagecore dream in a cabin surrounded by farmland and two alpacas called Muffin and Coriole.

THE ACTIVITIES

Challenge yourself and your fine-motor skills with a knitting/crochet/petit point/hand-dyeing kit from We Are Knitters. Then reward yourself with a slice of homemade banana bread and organic butter.



economics class where I accidentally sewed both ends of my pillowcase together and failed the assessment. I gave up on my sweater in a blaze of swear words and posted a plea for help on TikTok. Someone commented "fyp." Feel your pain.

With my balls of wool discarded in the corner, I ended my week by taking a "What Per Cent Cottagecore Are You?" BuzzFeed quiz. Somehow, despite being a failed knitter, I scored a perfect 100 per cent. "You are meant for cottagecore and cottagecore is meant for you. You most definitely have an interest in gardens, sheep, picnics, or flowers. You've probably dreamed of living in a cottage in the middle of nowhere," the quiz confirmed. Look out, Taylor, there's a new Cottagecore Queen in town (sans a knitted sweater).

Reflecting on the cottagecore week that was, my lasting memory is of walking through the paddocks at Springfield Farm from my cabin to the fire pit at dusk. The cool Southern Highlands wind kissed my cheeks as I inhaled the fresh country air and took in the burnt orange sunset on the horizon. The cows watched me as I walked along their fence line. "Lucky bastards," I thought, shaking my head with envy at their picturesque home and carefree lives.

Later, I kicked myself for leaving my phone in my cabin and missing out on a ripper sunset shot for my six TikTok followers. I couldn't help but wonder (in my Carrie Bradshaw voiced monologue), if a cottagecore moment happens in the woods and no-one posts about it on TikTok, did it really happen at all?

HOLLYWOOD HAIR STYLISTS SWEAR BY THESE LEAVE-IN CONDITIONERS



Marc Pilcher - Hair Stylist to
Margot Robbie on "Mary Queen of Scots"

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Cheryl Marks - Hair Stylist to
Rebel Wilson on "Isn't It Romantic"

"When blow-drying
Rebel Wilson's hair on-set,
I first prep her hair with this
conditioning treatment. The
keratin-enriched formula
keeps her hair so smooth
and protected from any
heat damage."

Nadia Stacey - Hair Stylist to
Emma Stone on "The Favourite"

"This hydrating leave-in spray
helps me create such a natural,
effortless look on **Emma Stone**.
The nourishing formula really
softens and detangles her hair
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STYLE AND THE CITY

Patricia Field forged a new fashion frontier through her work on pop culture phenomenons *Sex and the City* and *The Devil Wears Prada*. Now almost 80, the legendary stylist who changed the way women dressed is still stealing the show.

By Hannah-Rose Yee

Patricia Field loves tutus. Adores them. As a costume designer, she's dressed at least three of her characters in long swishy numbers or frisky little ballerina skirts. It's the romance of them: those whispers of tulle, the allusions to dancers and debutantes and dashing Prince Charmings, the way the tiers flutter – yes, flutter – as you spin around. Even if you're spinning in consternation, as Sarah Jessica Parker's Carrie Bradshaw does in the opening sequence of *Sex and the City*, clad in a pearly white tutu that Field fished out of a bargain bin for \$5.

Tutus are part of Field's personal and professional *modus operandi*, a way of dressing that she describes as "optimistic". "Believe me, I would never be interested in doing a war movie, or a

cop show," she says, grinning. "That's just not my style. I feel good with happy fashion. That's my thing."

Happy fashion it may be to her, but for those of us who consumed every sartorial second she produced – from oversized flower brooches to nameplate necklaces and every diva in Prada in between – it's become a lot more.

Field's distinct and discerning eye created trends that transcended the screen (who didn't lust after a pair of Manolos in the noughties?) But her influence also surpassed fashion fantasy. With pop culture as her superpower, Field encouraged and enabled a generation of women to confidently express their personalities through their wardrobe.

The flame-haired designer is speaking on Zoom – her voice is raspy, her accent pure concrete jungle. New York

is in her DNA, it's where she was born, raised and still lives. "I like cities where people have a lot of contact and cross culture," she explains. When she made her first foray into fashion in the '60s, opening a mod-turned-punk boutique beloved by Patti Smith and Debbie Harry, she became part of the fabric of the city. Then, in the mid-'80s, she began styling film and television shows.

In 1998, she received a call about a forthcoming series called *Sex and the City*, which followed a quartet of thirty-something friends living in New York and navigating the minefield of modern dating. The concept was fresh, the execution was hot, but there was something missing in the way it looked.

Parker, the star of the show and a serious fashionista, remembered working with Field on a film and suggested bringing in the stylist to invigorate the







costumes with a little sparkle, shine and, it must be said, sex.

Initially, Field was sceptical about the premise – “Who’s going to watch this?” she thought, when she first read the script – but was eager to do the work. She immediately understood what the series needed: a zingy, high-low fashion sensibility that reflected the reality of New York street style. Field gave *Sex and the City* its own razzle dazzle – a grey tank with a Gucci bag, a cheap vintage dress with a pair of Manolo Blahniks. The kind of clothes thirty-something women navigating the minefield of modern dating (with a cocktail in hand) might actually wear.

The work was long and hard. “There were many episodes of *Sex and the City* that I didn’t watch,” Field admits. “I didn’t do it on purpose, I was busy.” Can you blame her? Field was responsible for thousands of looks over the course of the show’s 94 episodes, rightfully earning herself four Emmy nominations and one win. (In a single season, Carrie wore an average of 140 outfits, matched with 120 pairs of shoes and 100 handbags.)

The sartorial impact was phenomenal: nameplate necklaces, floral pins, naked dresses, bejewelled Fendi baguette bags, midriff everything, underwear as outerwear, those tutu skirts, the very notion of spending exorbitant amounts of money on a pair of shoes ... Field was the architect of it all, understanding from the start that fashion wasn’t merely a form of expression for these women – it was a love story.

“I was doing my best. I liked the job – I’m not belittling it when I say that it was a job,” Field reflects. “I never really

had it in my mind, and I still never do, that this was going to be the greatest show on earth.”

Sex and the City cemented Field as a first-rate tastemaker, even if customers at her boutique had known it for years. In 2007, she was Oscar-nominated for the costumes in *The Devil Wears Prada*, for which she produced a cacophony of coats, cerulean and Chanel on a miniscule budget. Field took the job, despite limited resources, because of the opportunity to work with star Meryl Streep. (“My god, yes!” she said, when asked if she would even be interested in the gig.) More than a decade later, Field says she is still surprised by how much the film resonates with fans. “It makes me happy that they love my work,” she says.

Field has teamed up again with *Sex and the City* producer Darren Star for Netflix’s new release *Emily in Paris*, where she oversaw the costumes, alongside Marilyn Fitoussi. In it, Lily Collins plays Emily Cooper, a marketing executive who moves to Paris and discovers life over there is the most

exquisite cliché, from her charming rooftop apartment to her disapproving – albeit very chic – boss. The costumes are trademark Field: electric colour, impeccable accessories, some very good boots and lashings of Chanel. Couture pieces are styled

IN A SINGLE
SEASON,
CARRIE WORE
AN AVERAGE OF
140 OUTFITS,
MATCHED WITH
120 PAIRS OF
SHOES

BEHIND *the* SEAMS

Patricia Field reflects on her top five fashion moments

CARRIE BRADSHAW'S TUTU

The image of *Sex and the City*'s heroine, sashaying through Manhattan in a tutu, is indelible. Field found the skirt in a sale bin and paired it with a singlet. But producer Darren Star needed convincing. "I told Darren that if the show was a hit, we'd need something completely original – not of that season or a certain time," Field has said. "In the end, the tutu won."

THE MILLE-FEUILLE DRESS

In the two-part finale of *Sex and the City* season six, Carrie languishes in her suite, \$US80,000 of grey Versace tulle pooled around her. "The dress really amped up the emotion of that scene," says Field. Her inspiration? "They're old fashioned, but there are these dolls with long gowns that cover the toilet rolls." During filming, she noticed Parker was sitting on the edge of the bed instead of in the middle of it, engulfed by the gown. "I reset it," she says. "Thank god!"

ANDY'S CINDERELLA STORY

"You're in desperate need of Chanel," is Andy's fashion diagnosis in the makeover scene from *The Devil Wears Prada*. So that's what Field gave her: one spectacular pair of Chanel boots. "I just thought that she was so plain, and she takes this job she basically doesn't believe in. She's not 'fashion'." Then all of a sudden she appears in this over the top Chanel," explains Field. "I have heard that a lot of people really like that scene."

MAKING MERYL INTO MIRANDA

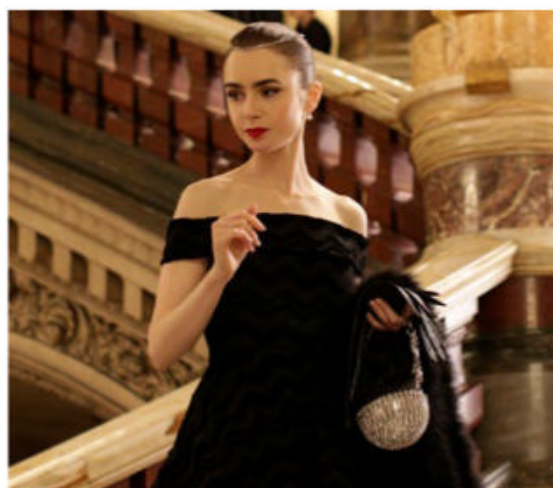
In creating Miranda Priestly, Field pulled archival Donna Karan dresses, a Valentino gown, and an army of coats from a Russian furrier. "Another designer who normally works with Meryl came in with a huge budget, but [the film company] didn't have that money," says Field, who was asked to work with a much smaller budget. "Thank god I have friends in the right fashion places," she jokes.

EMILY'S AUDREY MOMENT

"When you see Lily Collins, she's the spitting image of Audrey Hepburn," muses Field. It inspired her to send the *Emily in Paris* star to the ballet in a black gown and glittering circlet, just like Hepburn wore in *Funny Face*.

LEFT Meryl Streep and Patricia Field working on *The Devil Wears Prada*.

FAR LEFT, FROM TOP Lily Collins as Emily Cooper in *Emily in Paris*; Anne Hathaway as Andy Sachs in *The Devil Wears Prada*; Sarah Jessica Parker as Carrie Bradshaw in *Sex and the City*.



with more avant garde brands such as Dope Tavio and David Dalrymple, both of which are stocked on ARTfashion, Field's online boutique. This is "happy fashion" in action, clothes that offer you an escape from the trackpants you've been wearing since March.

Field's chief inspiration was the city itself. "Paris is completely eye candy," she declares. Field should know – she has already immortalised Paris onscreen in *Sex and the City* and *The Devil Wears Prada*. Field admits she couldn't help but see the similarities between Carrie and Emily – even paying tribute to Carrie through her trademark tutu. "Emily's black tulle skirt in episode 102 is an homage to Carrie's tulle skirt in the series finale of *Sex and the City*," she explains.

These days, Field sometimes worries that she "can't keep up with it". At 78, she's working constantly, collaborating with designers for ARTfashion and designing costumes for shows including *Younger* and *Run the World*. Still, on occasion, she worries. "And then I start getting paranoid that I don't know what I'm doing anymore," she admits.

But she does. She always has. "Women meet me in the street in any city and they recognise me," Field marvels. "They tell me their stories about how when they're sad and blue they lock themselves in their bedroom with *Sex and the City*. I'm happy that I can touch people in such a nice way, honestly. The fans are my joy in life."



INSIDE THE

DARK, DANGEROUS AND

DEADLY

WORLD OF INCELS

آموزشگاه انعکاس منبع جدیدترین اطلاعات، مقالات و دوره‌های آموزشی طراحی لباس و مدشناسی



Enekas.Academy



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In the murkiest corner of the internet, a community of hateful men have united as incels (involuntarily celibates) to soak in their resentment of women, indulge their sick fantasies and share their twisted beliefs. Writer Laura Bates spent a year infiltrating their ranks. What she saw and read will stay with her forever

Most people have never heard of incels. When I was working on my book, they would raise an eyebrow and ask, “In- what?” One person thought it was a battery. Someone else expressed their surprise I was interested in microbiology. The people incels walk past on the street don’t generally know they even exist. That’s why, when incels do crop up in news reports or conversations, they are so easily dismissed as a tiny fringe group of online weirdos. What you hear about them sounds so strange, so extreme, so hard to believe, so laughable even, that it is easy to shrug off. That’s a mistake.

The incel community is the most violent corner of the so-called manosphere. It is a community devoted to an extreme hatred of women. A community that actively recruits members who might have very real problems and vulnerabilities, and tells them that women are the cause of all their woes. A community in whose name more than 100 people, mostly women, have been murdered or injured in the past 10 years.

A year before I started writing my book *Men Who Hate Women*, it wasn’t a community that Alex, a disillusioned young white man in his early twenties, had ever heard of either. He wasn’t a hardened misogynist, just a bored guy surfing the internet with a vague awareness of people talking about sexual harassment and the gender pay gap. Alex had never had a girlfriend, he didn’t have a lot of money, and he felt frustrated and lonely. It didn’t seem fair the focus was on women’s needs while his lot in life, as a supposedly privileged white guy, didn’t seem so splendid. Alex didn’t feel privileged at all.

He spent nights browsing YouTube and body-building sites, looking for tips on how to improve his looks. He discussed tactics in online forums dedicated to video games. Alex discovered the incel community at the same time as I did, which isn’t

surprising considering I made him up. While Alex may have been a fictional person I created to infiltrate the manosphere, there are countless real people like him online.

When Alex first joined an incel forum, he didn’t know much about it, except that it was a community of men who were unhappy being single. Alex was, too. He posted a couple of pretty tame introductory messages, giving basic information about his age, single status and frustration with women. Within a day, he’d been indoctrinated into the “truth”, told that the world was stacked against men like him and advised that he might as well kill himself; his life wasn’t worth living; nothing would ever change. Extreme and pornographic images were used in response to

his posts. Other users were quick to tell him that his whole existence had been a lie: society had tricked him into believing men were in control, when really they were at the bottom of the food chain. It was women who were privileged, who held all the cards and who were given all the advantages. Men were

the true victims. Above all, he was told, over and over again, that women are the devil.

Initially, Alex felt confused, then intrigued, then angry. How was it possible that this was the world he had been living in his whole life without even knowing? But then Alex looked at his own experiences and it started to make sense. It was appealing: until that point, he’d pictured himself as an underwhelming, very average man. But now he realised that he was a survivor. Part of a team of underdogs, fighting evil forces against the odds. Alex could be a wronged, avenging hero. This was a much more attractive version of himself.

After that, Alex didn’t say much. He was a lurker. Like millions of other people on online platforms, his account appeared dormant as he just watched, listened and absorbed. He saw a six-point thread titled *Why I Support the Legalisation of*

“MORE THAN 100
PEOPLE HAVE BEEN
MURDERED OR
INJURED IN THE
NAME OF INCELS”

“THE INCEL
COMMUNITY
IS A VIOLENTLY
ANTI-FEMINIST
MOVEMENT”

Rape. At first, he was bewildered and a little overwhelmed by the messages on the thread. But they were persuasive. They used facts and historical examples to back up their case. It was seductive: a world in which nothing was his fault, in which he was an aggrieved martyr, not the privileged loser he felt society painted him as. Most of all, it was a community. Yes, some of the posts were extreme, some of the replies were hostile and mean. But they treated him like a compatriot. Against the man-hating world they portrayed, he was their brother-in-arms. He was one of them, with a cause to believe in and an enemy to fight. Over time, it became easier and easier to see that women really were the enemy. When he had doubts, the messages he read reminded him that he had been deliberately blinded by the female-centric conspiracy designed to keep men docile and passive. He'd been tricked into allowing himself to be downtrodden and discriminated against. There were thousands of men who all believed the same thing. He quickly became a member of more forums, Facebook groups and private chatrooms. Every single day, he saw hundreds of messages like this: “I hate all women. They're the scum of the earth. If you're a woman and you happen to be reading this – I hate you fucking whore.” Or this: “Women are disgusting vile parasites.” The more he saw, the less extreme it seemed. Eventually, the ideas became normal. And I watched it all through his eyes, feeling physically sick.

In the mid-1990s, a young Canadian woman known only as Alana started a simple website. She was in her mid-twenties and struggling to find love. Hurt by “lonely virgin” jokes and convinced that she couldn't be the only one feeling this way, she started a mailing list and began posting articles to the website she called Alana's Involuntary Celibacy Project.

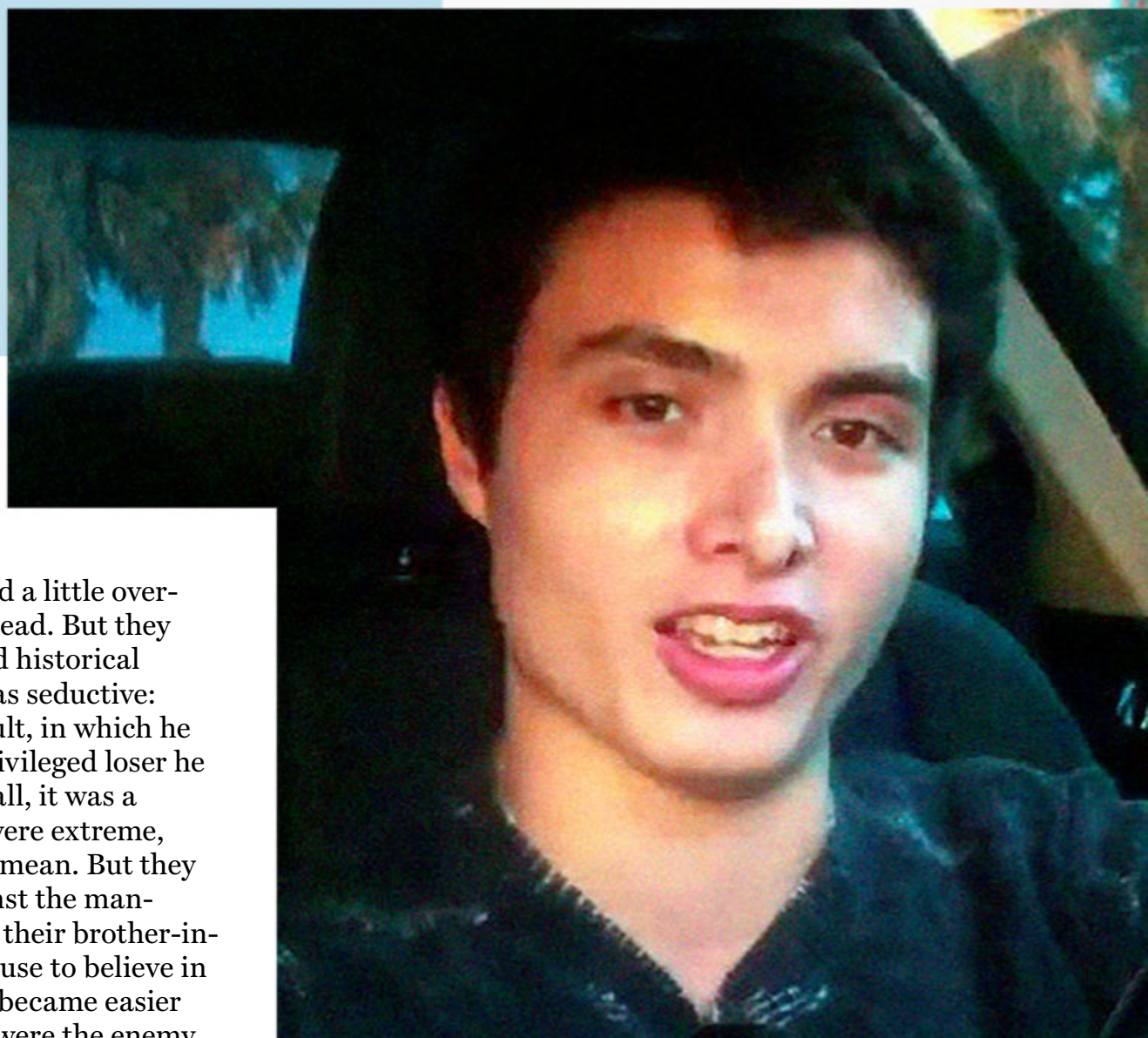
In time, the project grew into a small and generally supportive online community, where men and women shared their fears, frustrations and unhappiness. Gradually, Alana started having more success with dating and drifted away from the community she had started, no longer wanting to focus on her former lack of romantic success.

More than 20 years later, the little project Alana had called INVCEL (a portmanteau of “involuntarily

celibate”) has morphed into something completely unrecognisable. What started out as a small support group has mutated into a nightmarish world inhabited – or so a significant proportion of its content would suggest – by men who hate women. Alana would later tell a *Guardian* journalist: “It feels like being the scientist who figured out nuclear fission and then discovers it's being used as a weapon for war.”

Now known as incels, the community consists of a sprawling network of websites, blogs, forums, podcasts, YouTube channels and chatrooms. The violently anti-feminist movement has seen a marked expansion in the past five to 10 years. New recruits find the incel community in a variety of ways. Some stumble across it while looking for answers to life problems or loneliness. Some segue into its path from other areas of the internet. Some are sucked in through more sinister means, groomed by messages in chatrooms frequented by teenage boys.

The saddest and most disturbing part of my year spent wading through incel forums, disguised as lonely Alex, was how differently the threads affected me towards the end. In the early days and weeks, I frequently lay awake at night, haunted by the graphic and disgusting things I had read. I winced as I painstakingly translated those early posts, understanding the violent meaning behind the jargon I was slowly beginning to decipher. But, as time went on, I became used to seeing women referred to as foids (a “female humanoid” as opposed to an actual human), barely registered the incitements to initiate misogynistic massacres, skimmed over posts about



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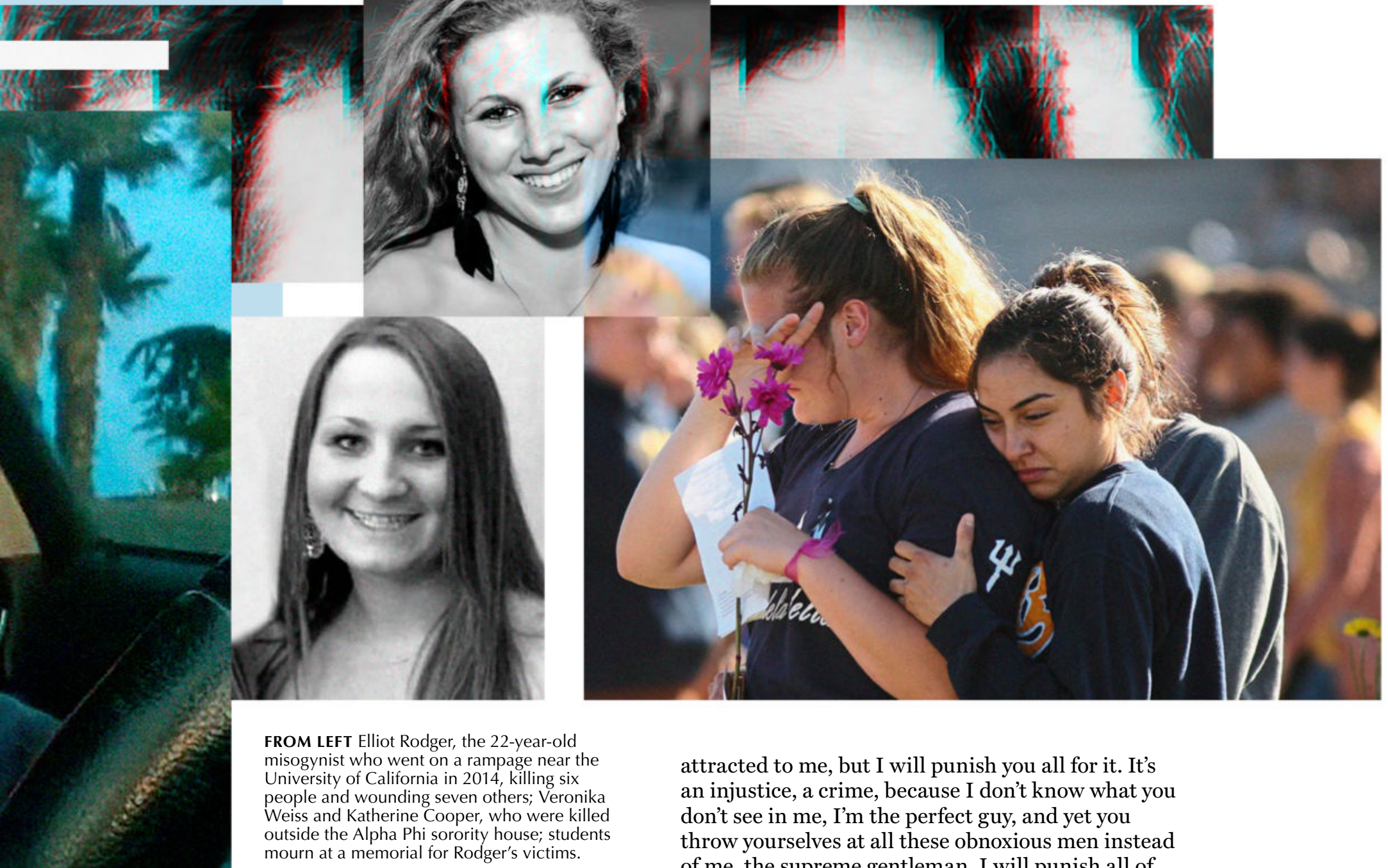
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FROM LEFT Elliot Rodger, the 22-year-old misogynist who went on a rampage near the University of California in 2014, killing six people and wounding seven others; Veronika Weiss and Katherine Cooper, who were killed outside the Alpha Phi sorority house; students mourn at a memorial for Rodger's victims.

rape, because they were just so common. In short, I got used to it. Or, rather, Alex did.

The most common defence of incels is that they are frustrated men letting off steam, that freedom of speech is paramount and that misogynistic ideas on websites and forums do not cause real offline harm.

On May 23, 2014, 22-year-old Elliot Rodger drove to the Alpha Phi sorority house, near the campus of University of California, Santa Barbara, and knocked on the door. When nobody answered, he started shooting at female students nearby. Rodger shot three sorority sisters, killing two of them (Katherine Cooper, 22, and Veronika Weiss, 19) and wounding the third. It was part of a longer killing spree that saw Rodger both shoot victims and deliberately drive into them, killing six people in total and injuring 14.

This wasn't a random or spur-of-the-moment decision. Before driving to the sorority house, Rodger uploaded a YouTube video titled *Elliot Rodger's Retribution*. "Hi, Elliot Rodger here," he begins, before declaring: "Tomorrow is the day of retribution, the day I will have my revenge."

He goes on to lay out his grievances against women, and describes his plans to punish them for rejecting him sexually. Rodger's tone oscillates between plaintive and angry – "I'm still a virgin. It has been very torturous ... I've had to rot in loneliness, it's not fair" – but it becomes darker when he addresses women directly. He fails to ever turn the focus on himself or the role his own behaviour might have played in his situation – a classic hallmark of incel ideology: "I don't know why you girls aren't

attracted to me, but I will punish you all for it. It's an injustice, a crime, because I don't know what you don't see in me, I'm the perfect guy, and yet you throw yourselves at all these obnoxious men instead of me, the supreme gentleman. I will punish all of you for it," Rodger declares, laughing.

"On the day of retribution," he continues, "I am going to enter the hottest sorority house at UCSB and I will slaughter every single spoiled, stuck-up, blonde slut I see inside there. All those girls I've desired so much. They have all rejected me and looked down on me as an inferior man if I ever made a sexual advance toward them, while they throw themselves at these obnoxious brutes."

Rodger, who turned the gun on himself at the end of his rampage, directly links his act of violence to his misogyny, and positions it as a means to secure his status as an alpha male. "I take great pleasure in slaughtering all of you. You will finally see that I am, in truth, the superior one, the true alpha male." He laughs again.

As I spent hours poring through posts honouring incel killers including Rodger, I realised just how much offline impact it can have when men are immersed in incel forums day in, day out. And I started to register just how many of the stories men told about manifesting incel ideas in their daily lives echoed and matched the thousands of stories I receive every year on my website, Everyday Sexism Project (everydaysexism.com), from women who are being harassed, assaulted and abused.

If the questions we ask about incels only extend as far as the likelihood of them committing mass acts of violence, we are missing the point. But the biggest problem is this: at the moment, we aren't asking any questions at all.

Men Who Hate Women by Laura Bates (Simon & Schuster, \$29.99) is out now.



INSTAGRAM *turns* 10

It's the app that defined a decade, changing the way we shop, eat, travel, protest and see ourselves. To mark its anniversary this month, we relive the platform's most memorable moments and movements. By Kathryn Madden



1



THE FIRST POST

The most remarkable thing about Instagram's inaugural post is how unremarkable it is: a heavily filtered and tilted shot of a San Francisco marina. Co-founder Mike Krieger uploaded the image to the app's predecessor, Codename, on July 16, 2010; his business partner Kevin Systrom followed a few hours later with a snap of a dog (and his girlfriend's foot) in Mexico, with the candid caption "test". When Instagram went live on October 6 that year, these photos launched square grids and Nashville filters to the world – and helped rack up 25,000 users within a day. Though the duo sold Instagram to Facebook for \$1 billion in 2012 and later stepped away from the platform, seascapes and golden retrievers remain a permanent fixture.

2



RISE OF THE SELFIE

While early Instagram feeds were a reflection of how we saw the world – think artsy aerial snaps of your shoes or latte – it wasn't long before users started flipping the camera on themselves. In January 2011, Jennifer Lee of Oakland, California, was the first 'grammer to use the caption #selfie (above right), but certainly not the last. With our brand new smartphones always on hand, we captured ourselves holidaying in far-flung locations, wearing makeup, not wearing makeup, wearing clothes, not wearing (many) clothes, working out, pretending to work out ...

So is selfie culture a win for diversity or narcissism gone wild? Plastic surgeons report a worrying rise in women requesting "Instagram face" – the poreless skin and pouty lips popularised by the Kardashians. But we can't blame Kim (above) and co entirely: when the Oxford Dictionary dubbed "selfie" the word of the year in 2013, it traced its origins back to Australian slang. In our grand tradition of abbreviation, we coined the barbie, the brickie, the sickie and, apparently, the selfie.

MORE THAN 430
MILLION INSTAGRAM
POSTS ARE TAGGED
WITH #SELFIE

3

BEYONCÉ'S BUMP

Typically executed with an ultrasound photo, pastel onesie and sappy quote, the pregnancy announcement has become an Instagram mainstay. But trust Queen B to take it to a glorious new level. In February 2017, the pop icon revealed she was expecting twins via a portrait by artist Awol Erizku. In true Beyoncé fashion, it was rich with meaning: her stance, kneeling and cradling her rounded belly in a mint-green veil, was said to channel Venus and a Renaissance Madonna, while the floral garland behind could symbolise fertility or mourning, a nod to her previous miscarriage. Whatever the semantics, it worked – within 11 hours, the post had toppled a snap of Selena Gomez sipping Coke (6.3 million likes) and went on to become Instagram's most popular photo of 2017 (11.18 million likes).



4



THE MEME QUEENS

The early days of Instagram saw the emergence of a new kind of celebrity: the influencer. These were normal people who shot to fame by building a massive following and spruiking designer handbags and detox teas. But just as it was all starting to feel a bit superficial, the satirists came forth. Take Josh Ostrovsky, a Jewish New Yorker with an irreverent sense of humour and a gravity-defying ponytail (his self-dubbed “hair dildo” or “jew-nicorn”). On joining the app as @thefatjewish in 2012, he created and curated memes that mocked social media tropes, then posted them to social media (oh so meta). Since then he’s gained 10.8 million followers, offended at least half of them, launched the wine label White Girl Rosé and amassed a stream of plagiarism accusations.

Meanwhile, @GrumpyCat reached a similar level of stardom and spawned a generation of petfluencers with his moody portraits and droll captions, and the high-fashion world got in on the joke thanks to meme creators such as @Siduations and @hey_reilly. Their witty graphic mash-ups of politics, pop culture and couture provided pure comedic relief, because sometimes all you need in your feed is Donald Trump in a pair of stripper boots (thank you @freddiemade).



THE ACCIDENTAL CELEBRITY

Rewind to 2015 and Celeste Barber was a little-known Aussie comedian and actor who’d done stints on *All Saints* and *Home and Away*. But her life changed on an August day when she re-created a shot of Kim Kardashian lying sensually on an earthen slope (top left).

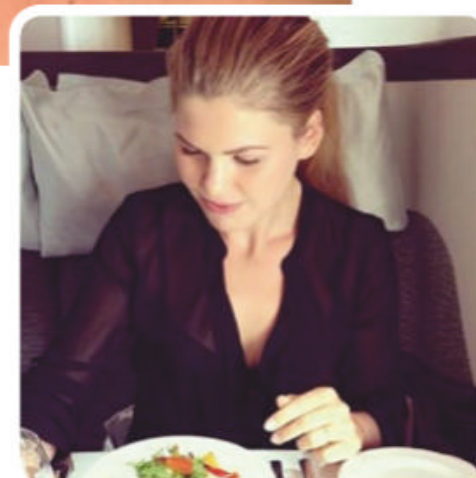
Barber’s granny-knickered parody proved Instagram like-bait, striking the perfect balance between poking fun and getting real. Next thing she was mimicking everyone from Gisele to Gigi and JLo, hanging off the side of a superyacht here, posing in pantyhose there (à la Elisabeth Moss, above). Celebrities must hate her for it, right? Wrong. Comedy is the new currency of cool, and being Barber-ed is a badge of honour. Earlier this year, the star used her platform (7.3 million followers) to raise a record \$51 million for Australian bushfire relief; allocation of the funds has been an ongoing drama, but she’s never stopped doing what she does best. In her own words, “I just want to make people laugh.”

COMEDY IS THE
NEW CURRENCY
OF COOL AND
BEING BARBER-ED
IS A BADGE OF
HONOUR

5



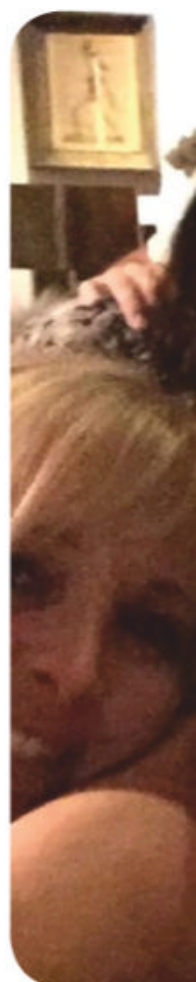
6



THE SCAMSTAGRAMMERS

The late 2010s have been dubbed the golden age of the grifter, and it’s probably no coincidence that this coincides with the golden age of Instagram, a platform built on – to varying degrees – filtering reality. Belle Gibson (above) is one of the most famous fraudsters of our time: a wellness influencer and “brain cancer survivor” who promised her followers that they too could beat the disease by following her wholesome food plan. Except she’d never had cancer. Gibson was convicted of fraud in 2017 by the Federal Court in Melbourne, and ordered to pay a fine of \$410,000.

Next came a crop of less shameful but equally juicy scandals, like when vegan blogger Yovana Mendoza Ayres, @yovana, was caught dining on fish, outraging her tofu-chewing fanbase. And then there was Fyre Festival, a luxury music event promoted on Instagram by supermodels frolicking in the Bahamas. Thanks to the social media campaign, punters splashed out up to \$US12,000 for a ticket. The reality was hundreds of rich kids stranded on an island with half-built huts and soggy sandwiches. Luckily for Instagram, the flop brought about some killer memes.





THE ENTRANCE THAT BROKE THE INTERNET

There are two types of A-listers: those who 'gram, and those who don't. The former – Reese Witherspoon, Chrissy Teigen, Drew Barrymore – use the platform to share their lives, loves, pets and political preferences. The latter – Jennifer Lawrence, Emma Stone, Jennifer Aniston – retain an air of secrecy and intrigue. At least, that was the case until October 2019 when Aniston made her Insta-debut with an epic *Friends* reunion selfie (above). The post was another for the record books, with the actor becoming the fastest-ever user to reach one million followers (in a cool five hours and 16 minutes). Such was the frenzy that her page temporarily crashed. Or perhaps it was just on a break.

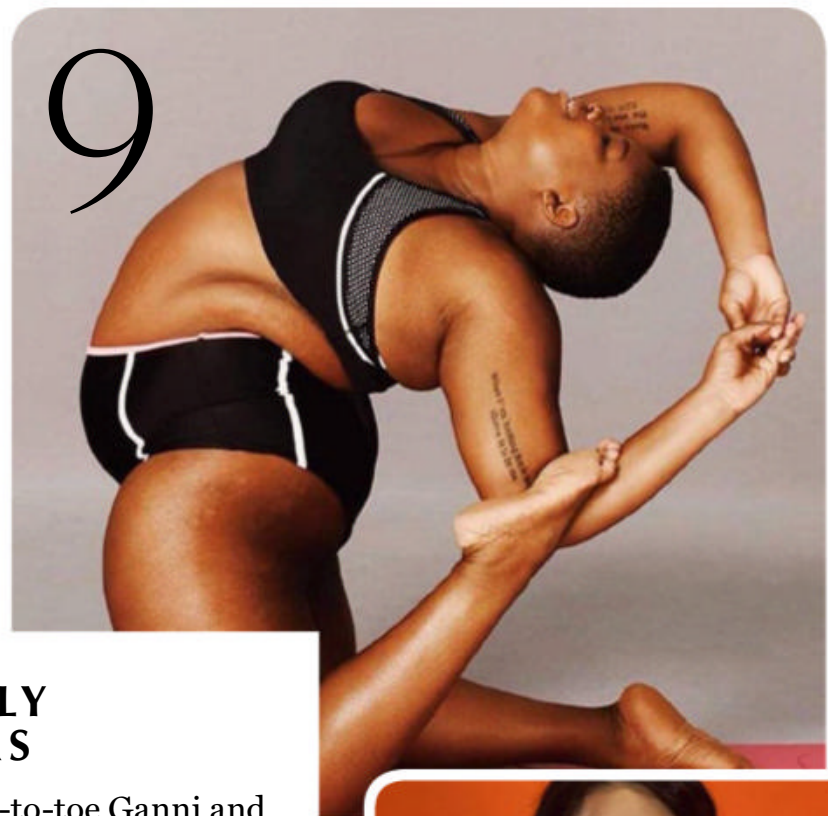
8 THE WORLD-RECORD EGG

The most popular posts tend to share a few common traits: big lips, babies and bathing suits. But in January 2019, one user made it their mission to change that. Under the handle @world_record_egg, a stock shot of a speckled egg (above right) was uploaded with the caption: "Let's set a world record together and get the most liked post on Instagram. Beating the current world record held by Kylie Jenner (18 million)!" The people listened: within 10 days the egg had, ahem, cracked the record, which had been held by Jenner's newborn baby's hand for 341 days. The man behind the egg was later revealed as Chris Godfrey, a London-based advertising creative who's now using his platform to advocate for mental health.



THE UNLIKELY INFLUENCERS

Fashion girls in head-to-toe Ganni and glossy-haired travel bloggers gazing at waterfalls are now part of the fabric of Instagram, but in a sea of sameness, it's those going against the grain who'll be remembered. Over the years we've seen yogis like Jessamyn Stanley (@mynameisjessamyn, above right) smashing wellness influencer stereotypes, trans makeup artists including Nikkie de Jager (@nikkietutorials) challenging traditional beauty ideals, and senior sartorialists proving style has no age limit. The latest to go viral were Taiwanese drycleaners Hsu Sho-er, 84, and Chang Wan-ji, 83, who started trying on their customers' abandoned garments and won hearts and likes with their hilarious haute-hipster looks (@wantshowasyoung).



10

THE ACTIVISTS

For all its frivolity, Instagram plays a crucial role in amplifying marginalised voices and mobilising movements. In 2017 the phrase "Me Too" became a social media hashtag and rallying cry, helping bring down hundreds of powerful men in a renewed fight for women's rights. This year, as the most recent Black Lives Matter movement swept the globe, it also flooded our Instagram feeds, namely through an endless stream of black squares. Blackout Tuesday urged users to go silent on social media and reflect on recent events, though the initiative copped backlash for promoting clicktivism and slacktivism rather than real action. Sure, liking a post isn't going to change the world, but following and learning from brilliant activists might. Right now we're loving author Reni Eddo-Lodge (@renieddolodge), unofficial voice of gen Z Yara Shahidi (@yarashahidi); and Australia's own Mahalia Handley (@mahaliafromaustralia, above).

INSTAGRAM BY NUMBERS

4.2 billion

The number of likes across the platform per day

\$US1 billion

The price Facebook paid to buy the app in 2012

6 in 10

The proportion of online adults who have Instagram accounts

\$US1.2 million

The amount top-earner Kylie Jenner charges per sponsored post

\$US45,000

The amount top dog JiffPom charges per sponsored post

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CULTURE

YOUR FIX OF FILM, MUSIC, ART & BOOKS

NIA DACOSTA

DaCosta has quickly emerged as one of Hollywood's most in-demand directors. Her first feature, *Little Woods*, starring Tessa Thompson and Lily James, was one of 2019's standout debuts. Now comes a sequel to the 1992 horror classic *Candyman*. DaCosta's *Candyman* (due in cinemas October 15) has Jordan Peele (*Get Out*) as co-writer and co-producer, and explores the issue of gentrification and the subsequent effects on Black neighbourhoods and communities. Next year, DaCosta will become only the fourth woman to direct a Marvel film (there have been 22), and the third to helm one solo, as she takes on *Captain Marvel 2*. In the span of three films, DaCosta has demonstrated the range of an unmissable filmmaker. Bring on number four, we say.

The WOMEN BEHIND THE LENS

Meet the directors taking over Tinseltown, painting it red and toppling the patriarchy – all in a day's work

ERIK TANNER/CONTOUR BY GETTY IMAGES.

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ELIZA HITTMAN

Known as a director of understated films that capture the lives of teenagers with painful relatability, Hittman has made one of 2020's best films in *Never Rarely Sometimes Always* (out October 29). The film homes in on the issues of reproductive rights in America, through the lens of 17-year-old Autumn's journey to get an abortion. *Beach Rats* (2017) won Hittman a slew of festival and indie awards, and her latest is predicted to be nominated for an Academy Award. Watch this space.



SHANNON MURPHY

A showing of Shannon Murphy's short film *Kharisma* at the 2016 Cannes Film Festival marked the NIDA graduate's professional entrance to the film industry. Three years later, Murphy debuted her feature film *Babyteeth* at the 2019 Venice Film Festival, where it was nominated for major awards. *Babyteeth* is an arresting debut that's been met with widespread applause for the performances Murphy brought out of actors Eliza Scanlen, Ben Mendelsohn and Essie Davis, and for her stunning cinematography. As Murphy also directed two episodes of the third season of *Killing Eve*, it's clear we'll continue to hear more of her for years to come.



NISHA GANATRA

Ganatra has firmly established herself as a power-player in Hollywood, having won a Golden Globe for her work on TV series *Transparent* and working with heavyweights such as Emma Thompson and Mindy Kaling on *Late Night*, a film that took aim at the white male comedy world. This year, she brought her talents to *The High Note* (in cinemas now), which continues Ganatra's work in destabilising the stereotypes that mar the entertainment industry.



CHOC-TOP SPECIAL MOVIE GUIDE

It seems like forever since we've been to the cinema. Pass the popcorn



BILL & TED FACE THE MUSIC OUT NOW

Keanu Reeves and Alex Winter reunite in comedy that dances along the lines of sci-fi and fantasy. Middle-aged friends Bill and Ted set out on a new adventure when a visitor from the future warns them that only "their" song can save life as we know it.



KAJILLIONAIRE OCTOBER 22

Writer, director and girl-crush Miranda July is back with *Kajillionaire*, an absurdly charming film about Old Dolio (Evan Rachel Wood), a 26-year-old whose con-artist parents trained her to swindle, scam and steal. But their existence is thrown off course when a stranger joins their latest scam.



HAPPIEST SEASON NOVEMBER 26

Abby (Kristen Stewart) is going home with her girlfriend, Harper (Mackenzie Davis), to meet her family for the holidays. The only problem? Harper hasn't told her family she's gay. This rom-com breathes new life into the genre, giving us a couple to root for amid the chaos that is going home for Christmas.

GIRL OF THE MOMENT

Scarlett STEVENS

Not just 'the woman in the band'

"We were at a barbecue, Jack Johnson's drummer was there, and there was a drum kit. I just hopped on the drums and he said, 'You've got a knack for this.' Then, I got to play drums with Jack Johnson on stage," Scarlett Stevens laughs as she recalls the first time she ever picked up a pair of drumsticks.

With a father who's managed the careers of some of Australia's most iconic acts – John Butler, for instance – and both parents running Fremantle's first live music venue, Stevens was practically born into the industry. Not long after that fateful barbecue, she was playing the drums on stage at Bonnaroo festival in Tennessee before starting her own band, The Flairz, at age 10 and joining San Cisco, still her band today, at age 16.

"Growing up, I didn't see many women playing drums and that visibility wasn't really there yet," says the 27-year-old, naming *Josie and the Pussycats* as her key inspiration for taking up drumming, and other artists such as Meg White and PJ Harvey as women who have influenced not only her career trajectory, but also her style.

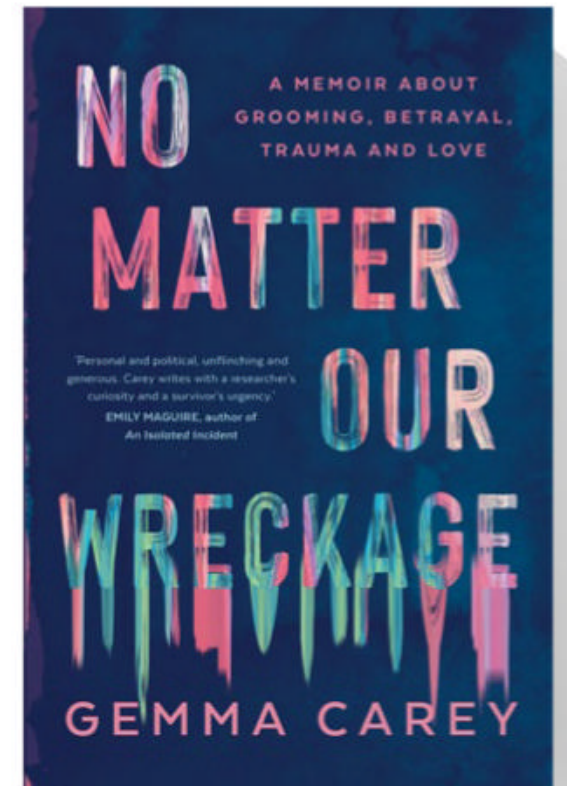
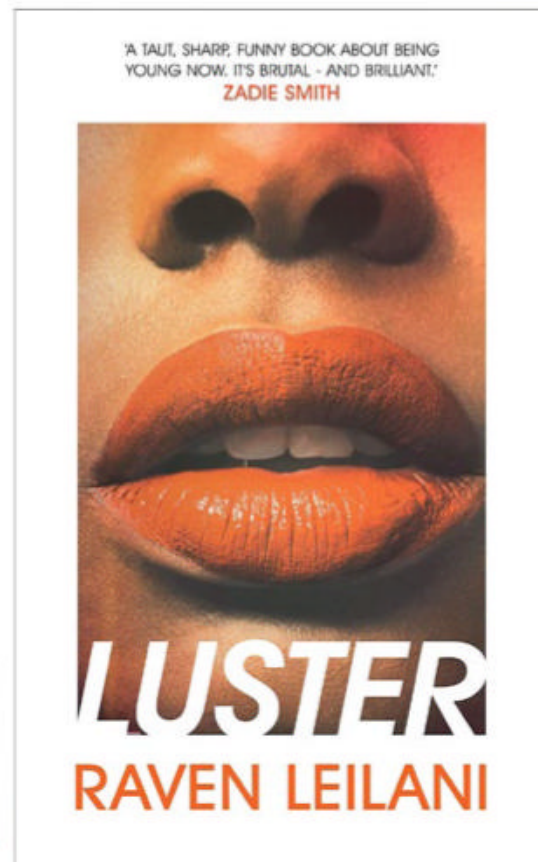
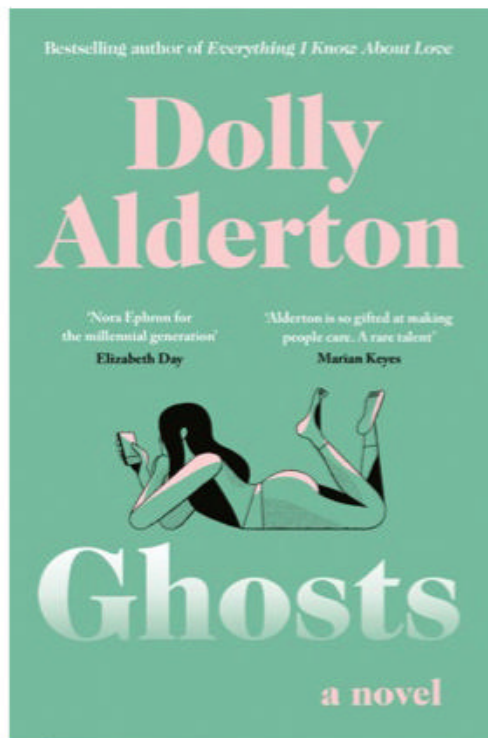
To date, San Cisco have released four albums, toured internationally and garnered a legion of squealing, dancing, dedicated fans. With the release of their new album, *Between You and Me*, Stevens pauses to reflect on being "the woman in the band". She says it's not always been easy, even if now she feels like a veteran: "When I started touring, it was pretty toxic, just going into venues and recording studios and being ignored or being told, 'You don't hit the drums hard enough.'"

"[Being labelled a 'female' drummer] can feel limiting, but there are young girls who want to play the drums, so it's important to speak honestly about succeeding in a male-dominated industry. While those labels can be annoying, we can embrace them; there's nothing wrong with being a woman," she says, with a mic drop.

LISTEN TO
San Cisco's
Between You and Me, out now.

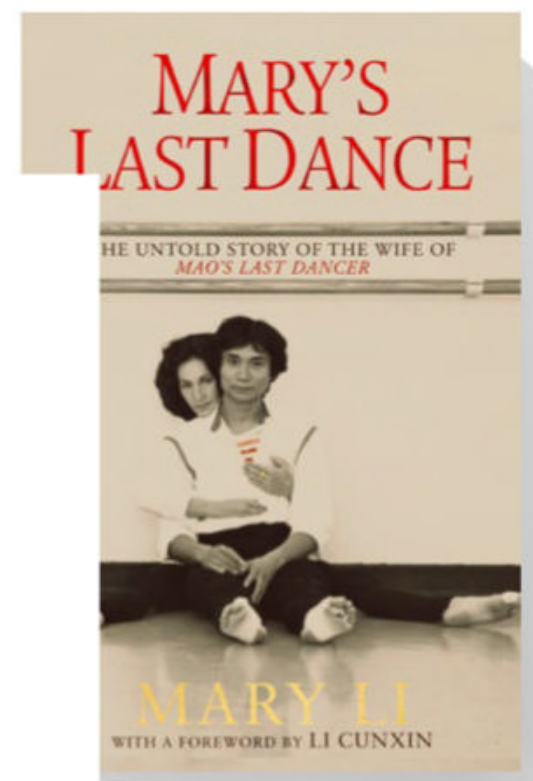
"GROWING UP,
I DIDN'T SEE MANY
WOMEN PLAYING
THE DRUMS"

– Scarlett Stevens



BOOK CLUB

Read all about it. These are the hottest, most-captivating, all-consuming books of the month



GHOSTS

BY DOLLY ALDERTON
(PENGUIN, \$32.99)

Anyone looking for romance in 2020 knows the Dictionary of Dating is full of ever-changing jargon. As the behaviour becomes more obscure, so does the lingo. You may think you know what ghosting is, but Dolly Alderton (co-host of *The High Low* podcast) takes a deeper dive in her debut novel, *Ghosts*. Nina, a successful food writer, thought being in her thirties would mean she had more control over her life, yet everything is unravelling. With a father whose memory is increasingly sparse and a mother in the throes of a midlife crisis, Nina is discovering that ghosts exist everywhere.

HERE IS THE BEEHIVE

BY SARAH CROSSAN
(BLOOMSBURY, \$29.99)

In love and in loss, we talk a lot about closure. But can you grieve for someone, for something, that no-one ever knew was yours? Were they truly yours to begin with if your relationship existed only in secret? These questions are asked by Crossan in her latest novel, which follows Ana as she grapples with the death of Connor, a married man who was her lover for three years.

LUSTER

BY RAVEN LEILANI
(PAN MACMILLAN, \$32.99)

Luster has been one of the most talked-about books of the year, and is one of the rare exceptions that actually lives

up to the hype. Edie is 23 years old when she meets 46-year-old Eric on a dating app. She is a Black woman who works as an assistant editor and has a habit of sleeping with her colleagues. He is a white man in a sort-of open marriage. It's a subversive debut that explores the limits of sexual boundaries and the complexities of racial politics in relationships.

NO MATTER OUR WRECKAGE

BY GEMMA CAREY (ALLEN & UNWIN, \$29.99)

How much can one person take? Gemma Carey's searing memoir is not only a collage of trauma – from childhood sexual assault and grooming, to death and chronic illness – but also a testament to the

resilience of a woman determined to find answers through grief and love. Be ready to have your assumptions about forgiveness challenged and reshaped.

MARY'S LAST DANCE

BY MARY LI (PENGUIN, \$34.99)

She was in love and at the height of her career as a ballerina, a principal dancer in Houston. Then, inexplicably, Mary Li disappeared from the spotlight. Seventeen years ago, Li Cunxin enchanted the world with *Mao's Last Dancer*, but that memoir told only one side of the story. Now, Mary Li takes centre stage as she traces her life and the sacrifices she made to give us a complete picture of this extraordinary family.

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FASHION

CATCH *the* SUN

Swimwear stars in this month's sartorial selection, from sleek and streamlined basics to fresh shapes and hot colours in our annual shopping edit. Beyond beachwear, find luxury looks and transeasonal layers for work and the weekend alike.

Frankies Bikinis top, \$135, and briefs, \$135, frankiesbikinis.com; Celine by Hedi Slimane boots, \$5600, and bag, \$3450, (02) 9232 7051; Christian Dior earring (in model's right ear), \$1250, (02) 9229 4600; Kailis earring, \$1690 for pair, kailisjewellery.com.au; Saint Laurent by Anthony Vaccarello necklace, \$595, ysl.com.au.

PHOTOGRAPHY BY HOLLY WARD.

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castaway

Luscious lace, diaphanous skirting and bohemian extras set the scene for a far-flung summer dream.
Meet me where the sky touches the sea

PHOTOGRAPHED BY HOLLY WARD STYLED BY NAOMI SMITH



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Christian Dior top, \$2600, bralette, \$1450, and skirt, \$6800, (02) 9229 4600; Kailis earring (in model's left ear, worn throughout), \$1690 for pair, kailisjewellery.com.au; Christian Dior earring (worn throughout), \$1250; Saint Laurent by Anthony Vaccarello necklace (worn throughout), \$595, ysl.com.au; Christian Dior ring (worn throughout), \$780, and ring (on pinkie finger, worn throughout), \$610.





Lee Mathews
blouse, \$399,
leemathews.
com.au; Stylist's
own scarf (worn
throughout).



Christian Dior top,
\$9900, and skirt, POA,
(02) 9229 4600; Eres
bikini briefs (worn
throughout), \$458 for
set, at sylviarhodes-
lingerie.com.au.





Celine by Hedi
Slimane jeans, \$940,
and boots (worn
throughout), \$5600,
(02) 9232 7051.



Esânt top, \$260,
esant-esant.com.





Frankies Bikinis top, \$135,
frankiesbikinis.com; Celine
by Hedi Slimane bag,
\$3450, (02) 9232 7051.

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Celine by Hedi
Slimane vest, \$1650,
(02) 9232 7051;
Matteau top, \$160,
matteau-store.com;
Christian Dior briefs,
\$1450, (02) 9229
4600; Saint Laurent by
Anthony Vaccarello
belt, \$545, ysl.com.au;
Tiffany & Co. earrings,
\$4200, tiffany.com.au.





Frankies Bikinis top,
\$135, and briefs, \$135,
frankiesbikinis.com;
Celine by Hedi
Slimane skirt, \$3650,
(02) 9232 7051.
Makeup by Peter Beard/
The Artist Group. Hair
by Michele McQuillan/
M.A.P. Model: Chayde
Nettle/Priscillas Model
Management. Shot on
location in Jervis Bay,
New South Wales.

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Isabel Marant coat, shirt and boots, all POA, isabelmarant.com; Celine by Hedi Slimane bag, \$3550, (02) 9232 7051; Tiffany & Co. earrings (worn throughout), \$4200, and bracelet (worn throughout), \$9550, tiffany.com.au.

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Bally cardigan, \$1325, bally.com.au; Bassike top, \$295, bassike.com; Celine by Hedi Slimane bag, \$3950, (02) 9232 7051; Tiffany & Co. chain necklace (worn throughout), POA, tiffany.com.au; Chanel necklace (worn throughout), \$875, 1300 242 635; Louis Vuitton rings (worn throughout), \$5750 each, au.louisvuitton.com.

ABOUT. *a girl*

A uniform of classic layers,
utilitarian details and dazzling jewels
befits this thoroughly modern muse

PHOTOGRAPHED BY DANIEL GOODE
STYLED BY RACHEL WAYMAN

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Christian Dior blazer,
\$7000, and pants,
\$3200, (02) 9229 4600;
Balenciaga shoes,
POA, (02) 8067 9034;
Max Mara bag, \$1885,
au.maxmara.com; Celine
by Hedi Slimane bag,
\$2250, (02) 9232 7051;
Meadowlark necklace,
\$719, and ring (worn
throughout), \$1045,
meadowlark.com.au.

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Isabel Marant top,
\$900, at davidjones.
com; Chloé pants,
\$1699, at davidjones.
com; Gucci belt, \$610,
1300 442 878.





Maggie Marilyn coat,
\$1730, maggiemarilyn.
com; St. Agni top, \$279,
st-agni.com; Salvatore
Ferragamo boots, POA,
ferragamo.com; Furla
bag, \$769, furla.com.

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Lee Mathews cardigan, \$429, leemathews.com.au; Marni tunic top, \$1395, and bag (over shoulder), \$2995, (02) 9327 3809; Bottega Veneta bag, \$6380, bottegaveneta.com.

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Marni top, \$1145, (02) 9327 3809; Celine by Hedi Slimane jumper (tied around waist, worn throughout), \$2950, (02) 9232 7051; Dries Van Noten pants, \$809, at davidjones.com; Fendi bag, POA, fendi.com; Paco Rabanne necklace, \$695, at parlourx.com.



Dries Van Noten shirt,
\$749, at davidjones.com;
Bally pants, \$1225, bally.
com.au; Frame belt, \$257,
at edwardsimports.com;
Tiffany & Co. necklace,
POA, tiffany.com.au.
Hair by Michele
McQuillan/M.A.P.
Makeup by Linda
Jefferyes/The Artist
Group. Model: Zoë
Barnard/IMG.
Fogia Bello armchair
from Fred International.



SPLENDOUR *in the grass*

Like your luxury with a dash of drama? Bullfighter boleros, racing-stripe pants and touches of parachute bring a sense of adventure to these high-fashion looks

PHOTOGRAPHED BY GEORGES ANTONI
STYLED BY NAOMI SMITH



Louis Vuitton dress and top, both POA, boots, \$1400 (worn throughout), ring, \$5100, earrings, \$2480, and bracelet, \$11,500 (worn throughout), au.louisvuitton.com.
OPPOSITE PAGE: Louis Vuitton jacket, top and pants, all POA, necklace, \$4100, au.louisvuitton.com.







Louis Vuitton dress, POA,
earrings, \$2330, and ring,
\$5100, au.louisvuitton.com.
OPPOSITE PAGE: Louis
Vuitton jumper, \$2690,
skirt, \$1920, earrings,
\$2480, au.louisvuitton.com.







Louis Vuitton cardigan, \$4050, dress, \$4700, and earrings, \$2330, au.louisvuitton.com.

OPPOSITE PAGE:

Louis Vuitton jacket, \$6150, vest, \$3850, top, POA, pants, \$1820, and earrings, \$2330, au.louisvuitton.com.

Hair by Sophie Roberts/The Artist Group. Makeup by Linda Jefferyes/The Artist Group. Model: Hannah Elyse/Chadwick.





SHARP objects

Striking separates, smart
suits and slick accessories –
these pieces mean business

PHOTOGRAPHED BY LEVON BAIRD
STYLED BY MONICA RUSSELL



BOSS top, \$529, trousers, \$369, and bag, \$499, hugoboss.com; Louise Olsen gold earring (worn throughout), \$280 for pair, dinosaurdesigns.com.au; Sarah & Sebastian clear earring (worn throughout), \$720 for pair, sarahandsebastian.com. **OPPOSITE PAGE:** BOSS coat, \$1899, belt, \$179, and boots, \$849, hugoboss.com; Sarah & Sebastian ear cuff (worn throughout), \$395, sarahandsebastian.com.





BOSS dress, \$779, and bag, \$799, hugoboss.com.

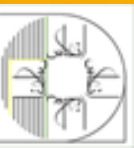
OPPOSITE PAGE: BOSS coat, \$1499, blazer, \$679, trousers, \$369, bag, \$999, and sneakers, \$449, hugoboss.com; Sarah & Sebastian earring (model's right ear), \$495 for pair, sarahandsebastian.com.



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BOSS blazer, \$849, trousers, \$419, and bag, \$1399, hugoboss.com. Dinosaur Designs earring (model's right ear), \$360 for pair, dinosaurdesigns.com.au.
OPPOSITE PAGE: BOSS dress, \$849, hugoboss.com; Sarah & Sebastian ear cuff (model's left ear), \$795, sarahandsebastian.com. Makeup by Gillian Campbell/The Artist Group. Hair by Koh/Vivien's Creative. Model: Ajok/Vivien's Models.



SHOPPING

101 ideas

Whimsy is wearable
for spring: look to lush
neutrals, breezy shapes
and cool accessories

Auteur **BRALETTE**,
\$300 (sold as set with
briefs), auteurstudio.com;
Country Road **SKIRT**, \$179,
countryroad.com.au; Furla
BELT BAG, \$479, furla.com;
Phoebe Hyles **EARRING**
(model's right ear), \$139
(sold as pair), phoebehyles.
com; Briwok **EARRING**,
\$105 (sold as pair), briwok.
com; Zara **NECKLACE**,
\$35.95, zara.com.



Consider this minidress the style equivalent of your crisp white shirt: wear it anywhere.

Camilla and Marc **DRESS**, \$499, camillaandmarc.com; Source Unknown **SHOES**, \$115, thesourceunknown.com; Zara **EARRINGS** (model's right ear), \$29.95 (sold as pair), \$29.95 (sold as pair), and **NECKLACE**, \$29.95, zara.com; Reliquia Collective **ANKLET**, \$129, reliquiacollective.com.



SHOPPING



Saba **TOP**, \$99, saba.com.au;
Aje **SKIRT**, \$455, ajeworld.
com.au; Max Mara **BELT**,
\$495, au.maxmara.com;
Albus Lumen **BAG**, \$250,
albuslumen.com; My Island
Home **EARRINGS** (model's
right ear), \$70 (sold as pair),
and \$95 (sold as pair),
myislandhome.com.au.

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Shirring is trending for all the right reasons
– who knew elasticated fashion could look so chic?

H&M DRESS, \$249,
1800 828 002;
Phoebe Hyles
EARRINGS, \$149,
phoebehyles.com.



The straw bag is the ultimate multi-tasker: wear it on
the beach, the street and beyond.



Bec + Bridge **TOP**, \$170, becandbridge.com.au;
Lee Mathews **SHORTS**,
\$399, leemathews.com.au; Brie Leon **BAG**,
\$159, brioleon.com; My
Island Home **BRACELET**
(worn as earring in
model's right ear), \$95,
EARRING, \$120 (sold as
pair), and **BANGLE**, \$110,
myislandhome.com.au.

PHOTOGRAPHY BY TIM ASHTON. STYLED BY MONICA RUSSELL. HAIR BY KYVE/WORK USING ORIBE. MAKE-UP BY KRISTYAN LOW/DLM USING SISLEY PARIS. MODEL: VARSHA/CHADWICK.

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Auteur **DRESS**, \$400, auteursstudio.com; Maria Farro **SHOES**, \$199, mariafarro.com; Oroton **BAG**, \$279, oroton.com; Valére **EARRINGS** (model's right ear), \$250 (sold as pair), and \$199 (sold as pair), valere.com.au.



1. DRAMA AFTER DARK

All-black evening wear gives licence to layer your jewels – think double bracelets worn on each wrist, plus a hint of sparkle.

Esse Studios **BLAZER**, \$640, essestudios.com; Gucci **CORSET**, \$2980, gucci.com.au; Michael Lo Sordo **PANTS**, \$590, at net-a-porter.com; Pandora Pavé Heart Hoop **EARRINGS**, \$99; Pandora **NECKLACES** (from top): Logo Pavé Circle Collier, \$179, and Sliding Clasp, \$179, worn with Moments Small O **PENDANT**, \$79; Pandora **BRACELETS** (on model's left arm, from left): Moments T-Bar Snake Chain, \$229, and Link Chain, \$199, (both also worn on model's right arm); Pandora **RINGS** (from top): Shimmering Wish, \$69, Sparkling Marquise Double Wishbone (also worn on model's right hand), \$179, and Shining Wish, \$59, au.pandora.net.

THE PIECE:
Pandora Moments
T-Bar Snake Chain
Bracelet, from \$229.

One PIECE THREE ways

Refresh your look – whether dressed down or styled up – with an iconic bracelet

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2. EVERYDAY CLASSICS

Silver jewellery is at once timeless and trending; wear yours with men's shirting, pared-back pinstripes and relaxed denim.

Frame **BLAZER**, \$895, and **SHIRT**, \$495; AV **BRA**, \$89; Frame **JEANS**, \$439, all at edwardsimports.com; Pandora Shining Wish **RING**, \$39; Pandora Pavé Snake Chain Pattern Hoop **EARRINGS**, \$79; Pandora Classic Beads Earring **STUDS**, \$49; Pandora **NECKLACES** (from top): Sliding Clasp, \$69, and Polished Ball, \$89; Pandora Moments T-Bar Snake Chain **BRACELETS**, \$99 each, au.pandora.net.

3. OFF-DUTY COOL

We've said it before and we'll say it again: mix your metals. Here, rose gold and silver bracelets provide a fitting finishing touch.

Gucci **SHIRT**, \$1200, gucci.com.au; Michael Lo Sordo **BUSTIER**, \$190, at net-a-porter.com; Esse Studios **PANTS**, \$400, essestudios.com; Frame **BELT**, \$345, at edwardsimports.com; Bottega Veneta **BOOTS**, \$2140, bottegaveneta.com; Pandora Long Link Cable Chain **NECKLACES** (worn together), \$349 each; Pandora **BRACELETS** (on model's left arm, from top): Moments T-Bar Snake Chain, \$229, and Chain Link, \$199, and Moments T-Bar Snake Chain, \$99, (all also worn on model's right arm); Pandora **RINGS** (from left): Shimmering Wish, \$69, and Shining Wish, \$59 each, au.pandora.net.

PHOTOGRAPHED BY MASON STEVENSON/ARTBOXBLACK. STYLED BY NAOMI SMITH. MAKE-UP BY KRISTYAN LOW/DLM. HAIR BY KYE/WORK. MODEL: HOLLY MAGSON/CHADWICK.



In the SWIM

There's only one thing you need to be summer-ready this season: a sleek swimsuit or beachy bikini from this colour-coded selection



Cameron (left) wears Peony Swimwear swimsuit, \$290, peonyswimwear.com. Rae wears Palm Swimwear top, \$130, and briefs, \$140, palmswimwear.com.



1 Peony Swimwear top, \$210, and briefs, \$90, peonyswimwear.com.
 2 Fella Swim top, \$143, and briefs, \$77, fellaswim.com. 3 Calvin Klein top, \$129.95, and briefs, \$59.95, calvinklein.com.au. 4 Onia swimsuit, approx \$240, onia.com. 5 Triangl bikini, \$99, triangl.com. 6 Aqua Blu swimsuit, \$164.99, aquablu.com.au. 7 Faithfull the Brand top and briefs, \$94.50 each, faithfullthebrand.com. 8 Suboo top, \$120, and briefs, \$130, suboo.com.au. 9 Suboo swimsuit, \$220, suboo.com.au. 10 Glassons top, \$19.99, and briefs, \$16.99, glassons.com.

MODERN MONOCHROME

Peony Swimwear top, \$130, and briefs, \$140, peonyswimwear.com.

SUNSHINE STATE

Kerryn (left) wears Fella Swim top, \$154, and briefs, \$80, fellaswim.com. Cameron wears Suboo swimsuit, \$180, suboo.com.au. Also pictured: Faithfull the Brand bag, \$119, faithfullthebrand.com; Mayde towel, \$119.95, maydestore.com.

- 1 Palm Swimwear swimsuit, \$230, palmswimwear.com.
- 2 Jade Swim bikini, \$250, jadeswim.com.
- 3 Peony Swimwear top, \$130, and briefs, \$90, peonyswimwear.com.
- 4 Roxy top, \$59.99, and briefs, \$49.99, roxyaustralia.com.au.
- 5 She Made Me top and briefs, \$115 each, shemademe.com.
- 6 Fella Swim swimsuit, \$231, fellaswim.com.
- 7 Frankies Bikinis top and briefs, \$135 each, frankiesbikinis.com.
- 8 Hunza G bikini, \$245, hunzag.com.
- 9 Faithfull the Brand, top and briefs, \$94.50 each, faithfullthebrand.com.
- 10 Zimmermann bikini, \$310, zimmermannwear.com.



Onia swimsuit, approx \$266.46, onia.com; Phoebe Hyles hat, \$390, phoebehyles.com; Reliquia bracelet, \$229, reliquiacollective.com.

PRETTY IN PINK

1 Aqua Blu swimsuit, \$184.99, aquablu.com.au. 2 Castamira swimsuit, approx \$302, castamira.com. 3 Hunza G bikini, \$245, hunzag.com. 4 Mink Pink swimsuit, \$99.95, minkpinkworld.com. 5 Ephemera top, \$190, and briefs, \$100, ephemeralive.com. 6 Zulu & Zephyr swimsuit, \$200, zuluandzephyr.com. 7 Fella Swim top, \$143, and briefs, \$75, fellaswim.com. 8 Ephemera top, \$220, and briefs, \$100, ephemeralive.com. 9 La Porte bikini, \$340, laporteswim.com. 10 Paper London swimsuit, \$230, paperlondon.com.





PHOTOGRAPHY BY BEC LORRIMER/SAMI AM MANAGEMENT; STILL-LIFE BY SEVAK BABAKHANI; STYLED BY MONICA RUSSELL. COMPILED BY ELLA BLINCO JURY. HAIR BY KYE/WORK AGENCY. MAKEUP BY TENELLE SORGIOVANNI/LION ARTIST MANAGEMENT. MODELS: CAMERON STEPHENS, RAE RODRIGUEZ AND KERRY PAASILA/IMG.

REAL RESULTS

SENSITIVE OR ALLERGY-PRONE SKIN? TREAT IT TO THE HYDRATING EFFICACY OF LA ROCHE-POSAY TOLERIANE ULTRA DERMALLERGO SERUM

When your skin is sensitive, you have to be very particular about trying new products. Of course, you want something that won't cause irritation and can help to reduce redness, flaking or dryness. But imagine if it could also help to create a barrier to reduce allergens and environmental factors that create further mischief.

Enter, Toleriane Ultra Dermallergo Serum. Through rigorous testing, this daily dose of hydrating care has been scientifically proven to significantly comfort ultra-sensitive and allergy-prone skin. The serum adds moisture, leaving skin hydrated for 48 hours. It is gentle when applied (keep somewhere cool for 30 minutes before applying to increase the soothing benefits) and reduces visible redness. Within an hour, the natural skin barrier is strengthened.

In a recent trial by Beauty Crew's Abbey Richards and Julie Tran, the results were promising. Here, they share their experiences.



JULIE TRAN, AGE 36

"I was extra pleased to be a part of this product trial. The serum itself is clear and not too heavy. There is no scent, it just absorbs very nicely into my skin.

I have rather flushed cheeks but it has gradually reduced the redness day by day. I love that there are no preservatives, fragrance or alcohol — I find that is what agitates my sensitive skin. I can feel that my skin has strengthened thanks to this serum."



ABBEY RICHARDS, AGE 36

"Toleriane Ultra Dermallergo Serum is a thick serum that spreads over the face really well and instantly provides a plump and hydrating feel to the skin. It works best as a stand-alone serum, as I found that it didn't layer very well with other products. If you're looking to simplify your routine, this would be perfect. It definitely delivers on the hydration and was super gentle on my sensitive skin."



SKIN ESSENTIAL

Toleriane Ultra Dermallergo Serum hydrates for 48 hours and helps to strengthen the natural skin barrier. The serum is alcohol- and fragrance-free, as well as the first in the La Roche-Posay range to contain the highest concentration of Neurosensine™. Combined with with Osmolyte (to help support the skin's barrier), and La Roche-Posay's antioxidant-rich Thermal Spring Water (to hydrate and soothe the skin), it's a powerful formulation that delivers soothing action and reduces discomfort.

Available now at Chemist Warehouse, Priceline, Adore Beauty and select pharmacies nationally. To find your nearest stockist and/or purchase online, visit laroche-posay.com.au.

LA ROCHE POSAY
LABORATOIRE DERMATOLOGIQUE



BEAUTY

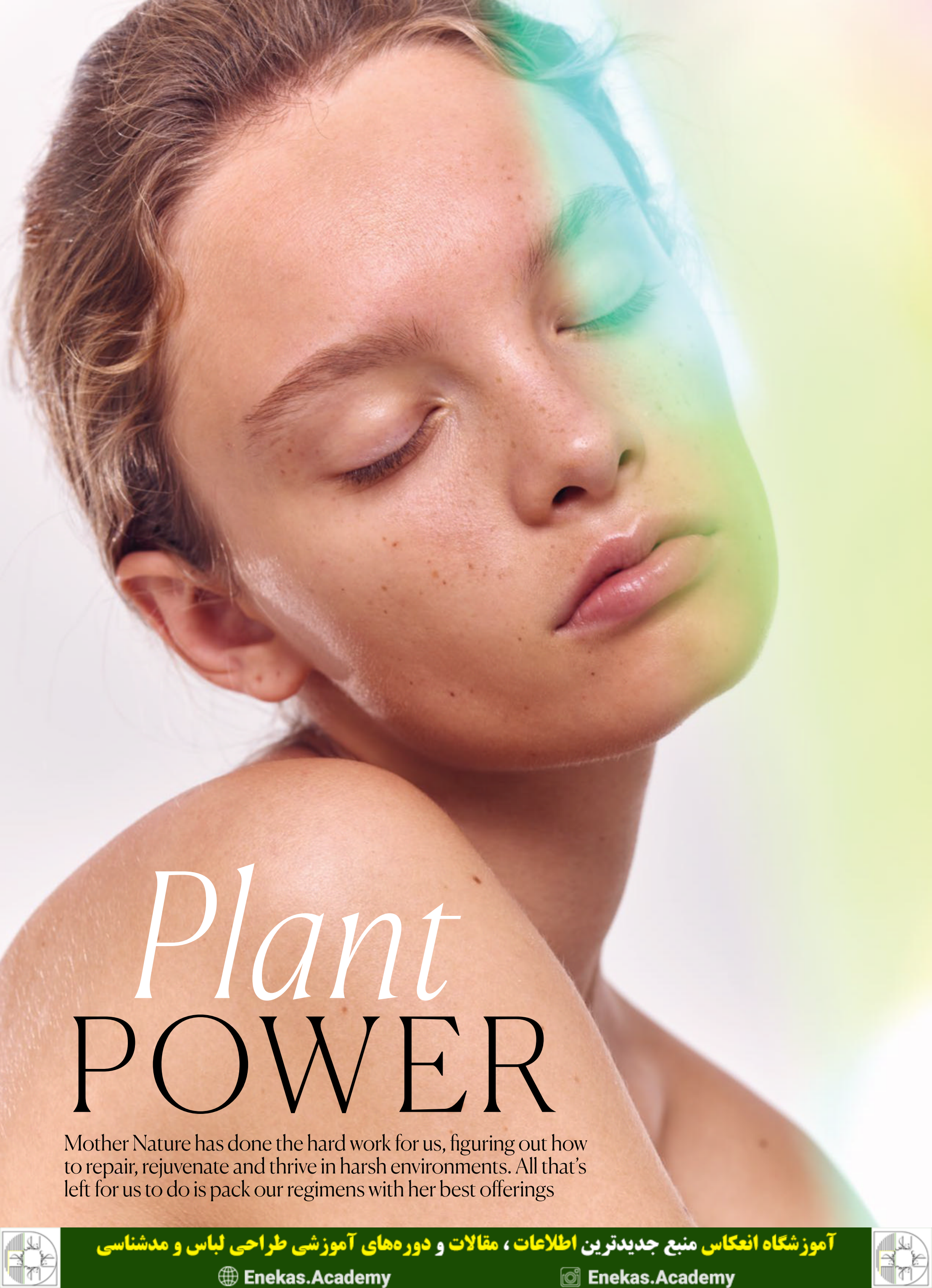
SUNNY FORECAST

There is a moment for most of us at the beginning of summer when we look in the mirror and feel just a bit – blah. The antidote is bronzer and the impact is instant. Whether you're after a hit of radiance or just-back-from-Bali tan, dust bronzer over the high points of your face with a fluffy brush and build colour from there. Our favourite formulas have a hint of shimmer to make skin glow in all the right places.

CLOCKWISE FROM TOP: **CHARLOTTE TILBURY** Airbrush Bronzer in Medium, \$75; **INIKIA ORGANIC** Baked Mineral Bronzer in Sunkissed, \$65; **SISLEY** Phyto-Touche Illusion d'Été, \$125; **MECCA MAX** Bronze-A-Thon 3D Bronzing Trio, \$30; **LILAH B.** Sun Kissed Bronzer, \$67; **CLARINS** Bronzing Compact, \$55; **CHANEL** Les Beiges Healthy Glow Illuminating Powder in Sunset, \$91; **REVLON** Skinlights Bronzer in Havana Gleam, \$24.95; **DIOR** Backstage Glow Face Palette in Glitz, \$76.

PHOTOGRAPHY BY SEVAK BABAKHANI. TEXT BY BROOKE LE POER TRENCH.





Plant POWER

Mother Nature has done the hard work for us, figuring out how to repair, rejuvenate and thrive in harsh environments. All that's left for us to do is pack our regimens with her best offerings

آموزشگاه انعکاس منبع جدیدترین اطلاعات، مقالات و دوره‌های آموزشی طراحی لباس و مدشناسی

 Enekas.Academy

 Enekas.Academy



Beauty nerds will appreciate this: plant extracts are nothing new, but what scientists are figuring out is that when plants thrive in more natural environments, they deliver more powerful extracts. Using more parts of the plant, like adding stems and leaves to petal extracts, pays dividends too. So while the ingredients may sound familiar, they're actually able to do more. Traditionally, we've looked to plants for protection from the elements (hello, antioxidants) and to help skin calm down (oh hi, lavender). Now plants are a go-to for skin-refining enzymes, natural alternatives to line-smoothers, and exciting new ways to energise exhausted cells. We're taking the fortitude, resilience and beauty we see in the natural world, and encouraging our complexions to take on these same characteristics. To follow, a no-fuss guide to the latest plant-powered formulas alongside tried-and-tested favourites we love.



JURLIQUE Herbal Recovery Signature Mist, \$55.

HUNT & GATHER

Formulas made from mindfully farmed, hand-picked ingredients are growing in popularity. One of the A-Beauty leaders in this field is Jurlique, which grows a huge range of botanicals, including lavender, roses and chamomile, on a property in South Australia using biodynamic farming principals. Among other things, this means ingredients grow in healthy soil with no chemical fertilisers, making the extracts more nutrient-dense and effective when they hit your skin.

POLLUTION SKIN MATHS

ANTI-POLLUTION SKINCARE IS REALLY JUST ANY FORMULA WITH INGREDIENTS THAT COUNTERACT THE DEGENERATIVE DAMAGE THAT OCCURS WHEN OUR SKIN IS EXPOSED TO THE ENVIRONMENT AND FREE RADICALS. AS YOU MIGHT EXPECT, PLANTS HAVE BUILT-IN DEFENCE SYSTEMS TO AVOID THIS KIND OF ASSAULT, AND SO ARE A GREAT SOURCE OF PROTECTION IN SKINCARE TOO. HERE'S HOW TO ADD MUSCLE TO YOUR DAYTIME SKINCARE REGIMEN WITH BOTANICALS:



AM SERUM:
YSL Pure Shots
Light Up
Serum, \$109.



PRIME:
GROWN
ALCHEMIST
Anti-Pollution
Primer, \$49.



BASE:
CHANTECAILLE
Just Skin Anti-
Smog Tinted
Moisturizer SPF
15, \$119.



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WASH YOURSELF

Packed with earthly delights, these nourishing cleansers work double-duty with healthy ingredients that set up your skin for the next step

1 YOUTH TO THE PEOPLE

Superfood Cleanser, \$50. Cleans and cares for skin with cold-pressed antioxidants extracted from kale, spinach and green tea.

2 SEEH SKINCARE Makeup Melting Cleansing Balm, \$63.95. A gentle formula that dissolves makeup and impurities with shea butter as well as rosehip and jojoba oil.

3 TATCHA One Step Camellia Cleansing Oil, \$77. An editor favourite that's packed with skin regenerating botanicals including green tea, rice and algae.

4 GLOW RECIPE Papaya Sorbet Enzyme Cleansing Balm, \$51. This balm-to-milk oil has calming papaya enzymes to gently resurface skin and papaya oil to soften.

JUST ADD FRUIT ENZYMES

Papaya, pineapple and pomegranate are more than just a party in your mouth. They are also high in acids, giving them serious glow-y skin credentials. When slathered on, they gently break down the keratin proteins in dead cells so they fall away. This action is so gentle that the enzymes are also often added to granular formulas so skin can benefit from both chemical and manual smoothing. They can also be paired with brightening and anti-inflammatory ingredients to help skin look lit-from-within.



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WE LOVE:

- 1 **ESMI** Gentle-Foliant Hydrating + Ageless Volcanic Sand, \$105.
- 2 **JOSH ROSEBROOK** Active Enzyme Exfoliator, \$113.
- 3 **ASPECT** Fruit Enzyme Mask, \$62.
- 4 **KORA ORGANICS** Turmeric Brightening & Exfoliating Mask, \$62.



4

GLOW YOU GOOD THING
ONE OF OUR FAVOURITE WAYS TO FAUX GLOW IS SLATHERING ON THIS SERUM-WITH-BENEFITS FROM CELEBRITY SPRAY TANNER JULES VON HEP. IN THE BLEND: HYALURONIC ACID TO BOOST THE MOISTURE IN YOUR SKIN, AVOCADO, COCONUT AND CHIA SEED OIL TO NOURISH, AND JUST ENOUGH DHA (THE INGREDIENT THAT TANS SKIN) TO DELIVER A DAILY DOSE OF GLOW.



ISLE OF PARADISE
Face Hyglo
Self-Tan
Serum, \$44.



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CALM DOWN, ALREADY

When your skin is prone to redness or sensitivity, your regimen needs ingredients that will tackle inflammation and help your barrier recover. Botanicals are especially good at this because plants survive harsh conditions and have nutrients that also promote resilient qualities in skin. "Chamomile is one of my most-loved skin calmers," says Sarah Brown, founder of Pai Skincare. "In its purest form – an extract, not essential oil – it's bursting with matricin and chamazulene, which settle irritation." Another super-calmer is rosehip oil. "It has magical powers," says Brown. "It's packed full of omegas and beta carotene, which makes it a highly regenerative multi-tasker, treating everything from dryness to sun damage." Some other Zen masters: hemp seed oil in The Body Shop's mask is rich in fatty acids, which hydrate and heal inflamed skin. Garnier's night cream has jojoba, argan and lavandin essential oils to soothe skin while you sleep, and Ere Perez's booster serum has the desert fruit quandong to coax calm skin into being more resilient.

INGREDIENT WATCH ALGAE

Algae is having a moment. "It's such an interesting ingredient because it lives on coastal wetlands, which are mud patches created by the tide," says Brown. "Its habitat means that it has to protect itself from dehydration and sun exposure – properties it then transposes when applied topically to your skin." Benefits include hydration, softening and detoxification.

TRY:

SUKIN Rehydrating Gel Cream, \$22.95. **DR. LEWINN'S** Recoverëderm Ultra-Calming Restorative Cleanser, \$29.95.



TRY THIS BOTANICAL + HI-TECH FACIAL

Blending modern tools with clean formulas and ancient techniques like cupping, Onda Beauty's Signature Facial (available in New York, London and Sydney) is the ultimate plant-powered skin treat. Here's how it works: skin is double-cleansed, then dead cells are removed with an enzyme scrub and a zingy mask. A vibrating tool then clears pores. To boost radiance further, skin is treated to 20 minutes of light therapy under the Omnilux machine, a nutrient-rich algae mask infused with high-pressurised oxygen and a firm massage. There's also cupping to really make skin glow. Can't make it to the salon? Visit ondabeauty.com.au for clean, plant formulas.

CULT BUY

VINTNER'S DAUGHTER Active Treatment Essence, \$350.



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5 INNISFREE Green Tea Seed Serum, \$54. **6 PAI** Light Work Rosehip Cleansing Oil, \$72. **7 ERE PEREZ** Quandong Green Booster Serum, \$40. **8 THE BODY SHOP** Hemp Overnight Nourishing Rescue Mask, \$35. **9 GARNIER** Organics Regenerating Lavandin Anti-Age Sleeping Cream, \$19.95.

BUG LIFE
OUR SKIN'S MICROBIOME IS COMPRISED OF MORE THAN ONE TRILLION BACTERIA, WHOSE DAY JOB IS TO FIGHT INFECTION, WARD OFF DAMAGE AND BOOST IMMUNITY. IN FACT, IF YOUR FACE IS DRY OR SENSITIVE, YOUR MICROBIOME IS LIKELY COMPROMISED. FORTUNATELY, PROBIOTICS CAN INCREASE THE SUPPLY OF BACTERIA, WHILE PREBIOTICS CAN HELP THEM THRIVE.



TRY:
ELEMIS Superfood Glow Priming Moisturiser, \$78;
SENSORI+ Detoxifying & Rejuvenating Serum-In-Oil, \$118.

LINE FIGHTERS

Retinol is considered the gold standard for line smoothing, but it doesn't suit everyone. As many discover, it can be irritating for sensitive skin. Enter plant-based bakuchiol, a gentle alternative. "It's proven to work in the same way as retinol, without the dryness and sun sensitivity," says Nedahl Stelio, founder of Recreation Beauty, noting that it can also be used by pregnant women*. Another extract with the potential to rival retinol comes from the immortelle flower and can be found in L'Occitane



TRY:
1 RECREATION BEAUTY Vibrant Skin Face Oil, \$96. **2 L'OCCITANE** Immortelle Divine Serum, \$115 **3 TRILOGY** Bakuchiol+ Booster Treatment, \$39.95.

DARK SPOT SOLVER

The cult formula is packed with extracts of lemon, liquorice, chamomile and sandalwood that get to work calming skin, while glycolic and lactic acids help fade pigmentation.

TRY: OLE HENRIKSEN Glow2OH Dark Spot Toner, \$39.

DO THIS THE INVESTMENT SKIN RESET

While it can feel as though we're constantly in need of a recharge, it turns out that's actually the case for skin when it wrinkles and sags.

Nobel Prize-winning research has shown that when the teeny batteries (mitochondria) that supply cells with the energy to regenerate power down, cells are able to renew faulty parts. But as we age, that no longer happens and they suffer damage. Sisleya scientists took inspiration from this research for their latest formula. In the brand's four-week program, ingredients including ginkgo biloba and peony have been shown to detox the cell of damaged parts and boost repair, while protecting healthy ones, all of which smooths lines and dials up radiance.

SISLEYA L'Intégral Anti-Âge La Cure, \$1400.

PHOTOGRAPHY BY FERNANDO GOMEZ/TRUNK ARCHIVE/SNAPPER IMAGES; STILL-LIFE BY SEVAK BABAKHANI. *ALWAYS CONSULT YOUR DOCTOR BEFORE STARTING A NEW SKINCARE REGIMEN WHILE PREGNANT OR BREASTFEEDING. WORDS BY BROOKE LE POER TRENCH.

ENRICH YOUR HAIR GREAT LOCKS

These days, the best-performing haircare is packed with the kind of plant extracts we're used to seeing in skincare.

Consider adding a vitamin-packed scrub that detoxes your scalp while sloughing away flakes, lipid-rich masks for stressed hair, everyday wash formulas with oat protein and green tea to boost moisture retention, and styling sprays packed with antioxidants to protect while they refresh second-day hair.

REFRESH

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DEEP
CLEAN

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TREAT

WE LOVE:

4 R+CO Centrepiece All-In-One Elixir Spray, \$46; 5 JOHN FRIEDA Detox & Repair Masque, \$17.99. 6 KYN Scalp Scrub, \$21.70. 7 KEVIN.MURPHY Angel.Wash, \$40.95.

7

DAILY
WASH

Current Mood

Actor and director Anjelica Huston talks to Brooke Le Poer Trench about freedom, nostalgic scents and monkey business



GUCCI Bloom
Profumo di Fiori,
EDP, 100ml, \$205



A

njelica Huston has spent many years playing great matriarchs. From her turn as the wicked step-mother opposite Drew Barrymore's Cinderella in *Ever After* and her iconic Morticia Addams, to my favourite of all her characters,

Etheline Tenenbaum in *The Royal Tenenbaums*. She's so compelling in every single one of these roles that it's hard to believe she doesn't have children of her own. But then again, her (Oscar-winning) day job is the ability to morph into people she's not. "Acting is a very liberating profession. It's all about observation and transformation and finding out what makes people tick," Huston tells me. "There is a lot of depth and understanding involved in the study of other homo sapiens."

To be fair, she's been able to study some of the more fascinating among us. Take Jack Nicholson, with whom she fell in love almost at first sight in 1973 and was with for 17 years. Even though they met when he wasn't a household name, she has said he always had that killer smile. Before that, as a model in her late teens, she was in a four-year relationship with a man twice her age: a manic-depressive fashion photographer.

What would she tell her younger self if she met her now? "Not to be so hard on herself or so eager to please," she says. This surprises me because her outward appeal has always been a combination of self-assurance, effortless talent and unfiltered opinions. Huston credits her father, the larger-than-life director John Huston, with helping her live a bold life. "My dad used to say, 'Just do it, honey! Don't procrastinate too much. Make your decisions clear, even though they might not be popular,'" she recalls, noting that the person you need to please most is yourself. "You must be the one in charge of your actions."

This segues nicely into why we are chatting in the first place: a fragrance inspired by this notion of authenticity. The new Gucci Bloom Profumo di Fiori was blended by master perfumer Alberto Morillas and is characterised by a trio of jasmine bud extract, tuberose and rangoon creeper. Huston describes the scent as "intoxicating" and says that despite wearing the same fragrance (which she declines to name) for the past 30 years, she now has this perfume in high rotation too.

Scent is powerful and evocative. Huston spent her childhood in Ireland and the better part of her adult life in Hollywood, so I ask her to share her most

"It takes confidence and imagination and courage to be free, and also a healthy ego"

– Anjelica Huston

nostalgic scents. "My mother's scent of Shalimar, evergreens at Christmas time, bread baking in an oven, tomatoes ripened in the sun, night-blooming jasmine in Los Angeles in June, sage and chaparral in New Mexico, wood-burning fires, my dad's and my late husband's Montecristo cigars, wet grass, bog water, roses in springtime."

Her memories paint a vivid picture, as does the campaign for Gucci Bloom. It's basically a fantastical, trippy garden sequence that triggers instant FOMO (you know, if you're prone to that kind of thing): alongside Huston, there's singer-songwriter Florence Welch, actor and model Jodie Turner-Smith and fashion designer Susie Cave. The attitude of both the protagonists and the campaign is that we are free to be whoever we want to be. What does it take,

right now, to be who you want to be, especially if you don't easily blend in? "It takes confidence and imagination and courage to be free, and also a healthy ego," says Huston. "Freedom is daring to be and to act as you believe. It's a beautiful concept and I think it makes you a better and nicer person in the end."

In Huston's mind, being truly free is about taking responsibility for your actions, your happiness and ultimately your destiny. "There's a strength and purity in making your own decisions and living with them," she says. That's easier said than done. What does she say to friends struggling with these ideals? "Just try to be the best version of you. Otherwise you won't be able to live with yourself." Has she ever helped someone be completely free, I wonder? "Well, not people," she admits. "I worked on a wonderful campaign to free chimpanzees from a terrible existence as laboratory experiments. We got them out of four-foot by seven-foot [1.2m x 2.1m] cages and into sanctuaries. I feel very good about that effort."

As for what Huston does when she wants to feel liberated: "I love to walk in the rain – it reminds me of Ireland as a child when I was perhaps at my most free." A valuable reminder that it's not always a bad thing to forget your brolly.



Anjelica Huston in the new Gucci perfume campaign.

ALL ABOUT *eyes*

Tired of people asking if you're tired?
The fix could be in teeny pots of creams,
de-puffing patches and shimmery shadows.
By Brooke Le Poer Trench and Alex Duffy

5 STEPS TO YOUNGER LOOKING EYES

It's never too late to care for the delicate skin around your eyes, says dermatologist Dr Shyamalar Gunatheesan, of Clifton Hill Dermatology. Consider your lines and dark circles on notice.

USE PROTECTION

Not surprisingly, SPF is your most powerful youth preserver. "Be sure to extend it to the temples and skin at the corners of your eye sockets," says Gunatheesan.

THROW SOME SHADE

Wear sunglasses religiously, says Gunatheesan. The larger the better, so you protect as much of the skin around your eye as possible and avoid squinting.

UNDO DAMAGE

No matter how careful you are, skin still needs help fighting free radicals and repairing pollution-based damage. In the am, smooth on an eye cream packed with antioxidants such as vitamin B3 and C, and red algae extract.

HIT THE RETINOL

At night, an eye formula with retinol works over time to stimulate collagen and elastin in this delicate area. Gunatheesan also rates DNA-repair enzymes that help the tissue recover after the assaults of the day.

PACE YOURSELF

You can have too much of a good thing – only ever smooth on a light layer of eye cream. Being too heavy-handed can lead to irritation and even puffiness in the morning.



“At night, an eye formula with retinol works over time to stimulate collagen and elastin in this delicate area.”
– Shyamalar Gunatheesan

MICHAEL KORS COLLECTION A/W 2020

Treatment to Try

WHAT IT IS: Thermage FLX Eyes

WHO IT SUITS: “Anyone lifting their lids to put on eye shadow,” says Dr Nina Wines, principal dermatologist at Northern Sydney Dermatology & Laser clinic (nsdermatology.com.au), noting the treatment suits all skin types.

HOW IT WORKS: A handheld device with a teeny tip delivers radio frequency energy into the skin of the upper and lower eyelid, right up to the eyebrows, heating up the dermis and collagen, which causes it to tighten and regenerate over time.

PAIN FACTOR: There’s no down-time, but “you may feel a sensation of heat during the treatment”, says Wines. “The intensity can be dialled down if it’s too much.”

THE RESULTS: “A few patients show immediate improvement, but most notice gradual firming over six months,” says Wines. “Studies indicate the beneficial changes to skin collagen can last more than two years in some cases.”

COST: From \$2000



HIDE & SEEK

Our favourite concealers hide flaws and brighten under-eye skin. For best results, opt for one that is one or two shades lighter than your skin tone, says makeup artist Ross Andrewartha. “That way, your base covers darkness and then concealer will even tone and add light to your face.”

FROM TOP TO BOTTOM: ARMANI BEAUTY Luminous Silk Concealer, \$66. LA PRAIRIE Skin Caviar Perfect Concealer, \$260. REVLOL PhotoReady Candid Antioxidant Concealer, \$19.95. SHISEIDO Synchro Skin Self-Refreshing Concealer, \$50.



1 **SENSORI+** Detoxifying & Rejuvenating Eye Mousse, \$108. 2 **BOBBI BROWN** Vitamin Enriched Eye Base, \$84. 3 **PINK HIBISCUS** Eyelights Eye Balm, \$79. 4 **CLARINS** Total Eye Lift, \$100. 5 **NATIO** Plant Peptide Firm & Smooth Eye Cream, \$21.95.



DEPUFF YOUR PEEPERS

When you need to wake up morning eyes or prep for an event, these treatments will help you hit refresh under the eyes, stat.

6 **CHANEL** Le Lift Firming Anti-Wrinkle Flash Eye Revitalizer, \$194. A lifting and illuminating power couple: roll on the vitamin C serum and then lock it in with the patches.

7 **PEACE OUT** Puffy Eyes Biocellulose Under-Eye Patches, \$43. Loaded with antioxidant-rich passionfruit extract, these jelly patches hydrate and prep skin for make-up.

8 **BIOEFFECT** EGF Eye Mask Treatment, \$125. With their revitalising epidermal growth factor, Bioeffect’s hydrogel patches lift, hydrate and brighten eyes in 15 minutes.



ALBERTA FERRETTI A/W 2020





SWIPE ON

Mascara might be one of the oldest eye-opening tricks in the book, but there's nothing dated about these high-tech formulas

1 MARC JACOBS BEAUTY At Lash'd Lifting & Volumizing Mascara, \$41. A wavy-bristle wand sculpts lashes with each stroke to lengthen and curl, while the biotin peptide and provitamin B5 formula conditions lashes.

2 DIOR Diorshow Iconic Overcurl Mascara in Iconic Sequins, \$56. A layer of Dior's sparkling top coat leaves lashes glossy, defined and shimmering in the best possible way.

3 HOURGLASS Unlocked Instant Extensions Mascara, \$44. Like lash extensions in a tube, this vegan formula uses film-form fibres to stretch each lash upwards and outwards.

MOSCHINO A/W 2020

FINGER PAINTING

When you don't have the patience for brushes, use fingertips to dab, blend and smudge a liquid or cream shadow onto lids for a fuss-free shortcut to soft colour with a natural finish.

FROM LEFT TO RIGHT: TOO FACED Melted Chocolate Liquid Matte Eye Shadow in Chocolate Bunny, \$27. **MECCA MAX** Zoom Shadow Stick in Mauve, \$18.

REVLON ColorStay Glaze Stick in Luster, \$19.95. **KOSAS** 10 Second Liquid Eyeshadow in Fahrenheit, \$45.



Q: Should you get a lash lift?

A: As anyone who owns a lash curler can attest, simply redirecting your natural lashes towards the heavens instantly opens your face. According to celebrity brow and lash stylist Amy Jean, a keratin lash lift treatment will give you a defined, natural look that lasts. "The treatment strengthens lashes by coating them in keratin fibres, as well as perming them into a straight upward direction," says Amy Jean, noting there's little to no upkeep and results last eight to 10 weeks.

MISSONIA A/W 2020

TOOLS OF THE TRADE

Ready to refine your brush-work? All you need is a few key players.

4 ZOEVA 145 Concealer Blender Brush, \$22. Buffs under-eye concealer into skin for a natural-looking finish.

5 MANICARE E13 Smudge Brush, \$10.95. The short, densely packed bristles blend eyeliner for a perfectly diffused smoky eye.

6 CHARLOTTE TILBURY Eye Liner Brush, \$38. Create a crisp winged liner or etch colour along the lashline for subtle definition.

7 SIGMA E25 Blending Brush, \$27. Fluffy and oh so soft as it sweeps on colour and blends eye shadow.

BUFF

SMUDGE

LINE

BLEND

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COLOUR ME PRETTY

Take the guesswork out of eye shadow with curated shades for every mood.

YOU WANT...

Grown-up Glitter

Make eyes sparkle with high-shine sienna, caramel and copper shades.

8 CHARLOTTE TILBURY Luxury Palette of Pops in Pillow Talk, \$80.

YOU WANT...

Everyday Neutrals

Softly define and contour eyes with universally flattering latte and chocolate tones.

9 BOBBI BROWN Stonewashed Nudes Eye Shadow Palette, \$70.

YOU WANT...

Pretty Pastels

Dip your toe into colour with a sheer wash of pastels along your lids.

10 FENTY BEAUTY Snap Shadows Eyeshadow Palette in Pastel Frost, \$39.

YOU WANT...

After-Dark Drama

This gradient taupe and charcoal colour palette makes smoky eyes foolproof.

11 LANCÔME Hypnôse Eyeshadow Palette in Brun Adore, \$87.

YOU WANT...

Moody Blues

Brighten eyes with wearable deep-blue and navy shades that will take you from desk to date.

12 DIOR 5 Couleurs Couture in Denim, \$107.

Ease into bright eyes with a wash of neutral shimmer across lids and a bolder shade along your lash-line

EASY FIX

Hidden within this felt-tip liner is an innovative vegan adhesive that is pressure sensitive, meaning a bond forms as soon as you press lashes to the liquid line. Even better: you can adjust them without more liner.

THE QUICK FLICK Quick Lash Adhesive Liner, \$24.

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VALUED AT
\$59.95



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آموزشگاه انعکاس منبع جدیدترین اطلاعات، مقالات و دوره‌های آموزشی طراحی لباس و مدشناسی

 **Enekas.Academy**

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AMBER HAZE

A hit of amber keeps our favourite summer scents from smelling overly sweet. Aerin's rose, peony and orange fragrance is spiced with incense for after-dark appeal, while Narciso Rodriguez is pure summer with frangipani and vanilla. For a shareable spritz, Hermetica's androgynous blend of vetiver and pink pepper is on point.

1 HERMETICA Redmoon EDP 50ml, \$199; **2 NARCISO RODRIGUEZ** Narciso EDP Ambrée 90ml, \$179; **3 AERIN** Ambrette de Noir EDP 50ml, \$320.

edit

FIFTY SHADES

We're not quite ready for shouty, summer nails. Right now, dove grey is our stylish, easy-to-wear dream shade.

CHANEL Le Vernis Longwear Nail Colour in New Dawn, \$41.

Freshly Picked

Inspired by shimmering flower petals, Bobbi Brown's collaboration with New York's It-florist, Flower Girl NYC, pairs wearable colour with glowing skin. Our pick is the blush and highlighter duo that swipes on a healthy glow in seconds.

BOBBI BROWN Blush & Glow Duo in Fresh Melon / Magnolia Glow, \$50.

PIT STOP

Spare a thought for your underarms. This all-natural serum has exfoliating AHAs to brighten pigmentation and prevent ingrown hairs. We're also smitten with the formula's fresh-from-the-shower bergamot scent too.

KOSAS Chemistry AHA Serum Deodorant in Serene Clean, \$24.



To add soft definition to lips, we're reaching for blushing nude shades. Swipe on these weightless formulas for a long-lasting tint.

CHANEL Rouge Allure Ink Fusion in Ambiguïté, \$56; **CLARINS** Velvet Lip Perfector in Velvet Nude, \$32; **SEPHORA COLLECTION** Glossed Lip Gloss in Booked, \$21.

PUCKER UP

Lipstick lovers know the importance of a smooth canvas before applying colour. The job just got easier with Karen Murrell's scrub stick, which exfoliates dry skin and hydrates with natural waxes.

KAREN MURRELL Sugar Scrub, \$32.

SHOT STUFF

Self-care has never been more straightforward. Vida Glow's new ultra-concentrated liquid supplement replenishes collagen over time for smooth skin, glossy hair and strong nails. Each day, throw back one tiny bottle – there's no messy mixing or laziness to get in the way of your best intentions.

VIDA GLOW Collagen Elixir, \$75 (for 10).



RAY OF HOPE

For sensitive types, chemical sunscreens can leave skin feeling irritated and itchy – and that's before you've even stepped out into the sun. If that sounds familiar, switch to a non-irritating shield that lists zinc oxide or titanium dioxide (or both) as key ingredients. Ultra Violette's new zinc-based formula has a matte finish we love, while Avène's formula calms redness and has a flattering sheer tint.

ULTRA VIOLETTE Clean Screen SPF50+ Mineral Facial Skinscreen, \$45; AVÈNE Antirougeurs Unify SPF 30, \$41.95.



SHINE ON

An extra dose of moisture could be the missing link in your haircare regimen. Oribe's mist defends against dehydration, Aveda's leave-in treatment repairs with botanicals and Redken's formula helps prevent breakage.

REDKEN Extreme Length Leave-In Treatment with Biotin, \$36; ORIBE Invisible Defense Spray, \$66; AVEDA Botanical Repair Strengthening Leave-In Treatment, \$55.

SPOT OF BOTHER

As sweat, oil and SPF build up on skin, impurities crop up. For under-the-surface bumps, cleanse with a purifying gel to decongest pores. For targeted treatment, swipe Dr Dennis Gross' salicylic acid gel onto blemishes to dissolve deep impurities, or try Payot's cult paste to speed healing.



1 LA ROCHE-POSAY Effaclar Micro-Peeling Purifying Gel, \$29.95; 2 DR DENNIS GROSS Breakout Clearing Gel, \$64; 3 PAYOT Pâte Grise L'Originale, \$46.

MARC JACOBS A/W 2020

He gives her
an allowance

He insists on
dropping her off
and picking
her up

He tracks
her location

He monitors
her phone calls
and messages

He checks
her receipts

He says
she's better
off without
her 'friends'

He puts
her down
in front of
other people

He doesn't like
her going out
without him

He makes it
hard for her to
see her family

He has
strong opinions
of what she
should wear

Join the dots

**Persistent humiliating,
demeaning and intimidating
behaviour in a relationship
isn't something to ignore.**

Coercive Control is a sustained pattern of dominating behaviour which can include emotional abuse, isolation, sexual coercion, financial abuse and cyber stalking. It is a complicated situation that can evolve over many years, leaving victims feeling trapped and worthless. While it plays out in all types of domestic relationships, it is women who are overwhelmingly affected – with tragic outcomes. It is up to all of us to recognise the signs and join the dots.

Criminalising Coercive Control will save lives. If you or someone you know is affected by abuse, call 1800 RESPECT on 1800 737 732.

CRIMINALISE

COERCIVE

CONTROL

marie claire SYRUP Girlfriend

beautyheaven
REVIEWS AND REWARDS

BEAUTY/crew



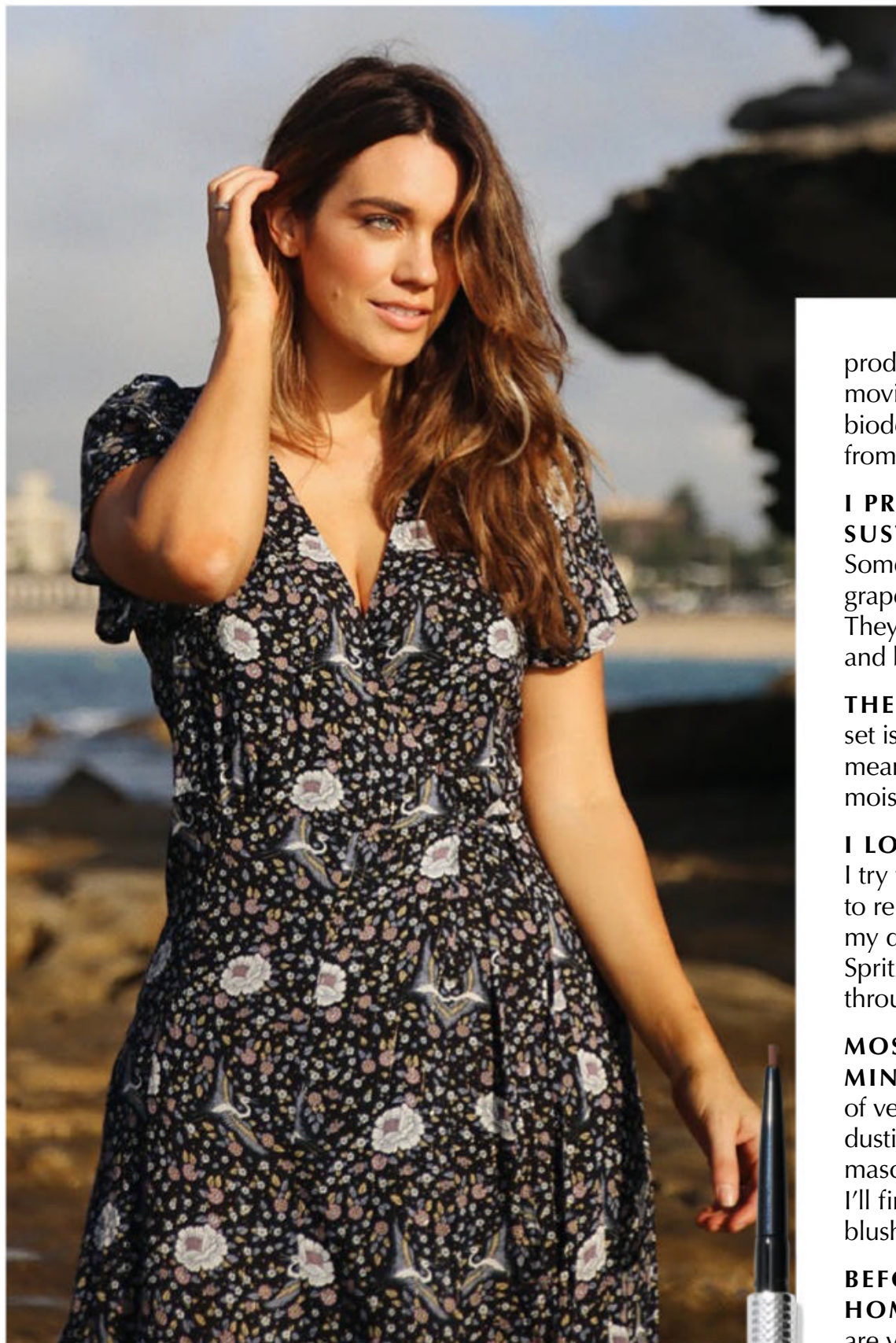
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LAURA WELLS



Model Laura Wells is an environmentalist and Garnier ambassador dedicated to helping the world make more sustainable choices

MY FIRST BEAUTY MEMORY is my mum telling me to always use sunscreen if I want to look good in later life.

MY BEAUTY PHILOSOPHY has changed dramatically. I used to think that we all have to look a certain way to be beautiful, but that just isn't the case. I really believe that beauty is the energy you give off and how you treat people and the planet.

CLEANSING WITH MICELLAR WATER transformed the texture of my skin. I use the Garnier Organics formula twice a day with washable cleansing pads from Face Halo, which don't

produce any waste. We need to be moving toward packaging that is actually biodegradable, compostable or made from 100 per cent recycled material.

I PREFER NATURAL AND SUSTAINABLY SOURCED SCENTS. Sometimes I'll opt for essential oils, like grapefruit, sweet orange and jasmine. They remind me of the ocean, summer and being outside.

THE BEST SKIN TIP I've picked up on set is: prep, prep, prep! For me, that means always drink plenty of water and moisturise before applying makeup.

I LOVE MICRODERMABRASION. I try to have a treatment once a month to remove dead cells. It has really helped my dry skin feel so much healthier. Spritzing with an Argan-based mist throughout the day helps too.

MOST DAYS, I AM A MAKEUP MINIMALIST. I'll put on a light layer of vegan-friendly foundation with spf, a dusting of bronzer, my Ere Perez mascara, and if I need a pop of colour, I'll finish with a little of Luma cream blush on the apples of my cheeks.

BEFORE I SHOP, I ALWAYS DO MY HOMEWORK. I try to buy brands that are vegan, not tested on animals, sustainably sourced and with minimal, recyclable or compostable packaging. It can be difficult sometimes, but researching a brand before purchasing now just feels normal.

HAIR MOISTURISER HAS SAVED MY STRANDS. Since using Garnier's Banana Hair Food, it's so much stronger. And the scent reminds me of all those tropical holidays we can't take right now. If I forget to pack it, I cover my hair in coconut oil instead.

1 BAREMINERALS Complexion Rescue Tinted Hydrating Gel Cream, \$53. **2 BENEFIT** Precisely, My Brow Pencil, \$45. **3 GARNIER** Fructis Nourishing Banana Hair Food, \$11.95. **4 ERE PEREZ** Avocado Waterproof Mascara, \$34. **5 LUMA** Just A Touch Lip & Cheek Tint in Lady Luck, \$29.95.



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CLOCK STOPPERS

A buzzword among biologists, epigenetics is making waves in skincare and promising faster results



ESTÉE LAUDER
Advanced
Night Repair
Synchronized
Multi-Recovery
Complex, \$110.

We have good and bad news on the ageing front. The latter is that we don't have a time machine. The good news? We have more control over the way our skin ages than we ever thought possible. "Within a certain biological capacity, we are able to decide ... how gracefully we age," says Paolo Sassone-Corsi, a professor at the University of California and director of the Center for Epigenetics and Metabolism. "Our DNA is not our destiny."

This is an about-turn. For many years, genetic scientists assumed that our DNA and the way it impacted our life was locked. However, the message now is that behaviour matters.

SCIENTISTS ARE LEARNING HOW TO PREVENT FURTHER DETERIORATION, AND ALSO REVERSE THE EFFECTS YOU CAN ALREADY SEE, BY SWITCHING "GOOD" GENES ON AND "BAD" ONES OFF

"We believe that only around 25 per cent of ageing is predetermined by your genes, and 75 per cent or so is influenced by environmental and lifestyle factors," says Sassone-Corsi. That means your diet, stress levels and the skincare in your bathroom cabinet all play a role in how your genes behave.

In its simplest terms, epigenetics studies our ability to switch genes on and off. When it comes to medicine, these breakthroughs are significant for autoimmune disease and some types of cancer. But there are ramifications for skin, as biologists identify the genes responsible for ageing. "The body system is highly programmable," says Sassone-Corsi.

This matters because, as we age, our skin forgets how to act young. The "good" genes that keep skin firm stop working, and the damage-accelerating genes really get their groove on. And while there are many ways skincare ingredients help skin heal, this factor might be one of the most important.

Recently, Estée Lauder reformulated one of their cult products, Advanced Night Repair, to include an epigenetic micro-signalling molecule that was seven years in the making. The switch their "Chronolux" technology flicks back on increases cell renewal and boosts collagen production. In clinical studies, after three weeks of twice-daily use, 94 per cent of subjects reported their skin's elasticity improved and 84 per cent said their lines appeared diminished. Even better, this gene-signalling technology means the new serum works 25 per cent faster than the current formula. Bottom line: skincare that can teach our skin how to stop acting its age is worth considering.

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- **Australian Bio-Active Maritech® Reverse** – a potent marine algae that is clinically proven to soothe, protect and reduce the visible signs of ageing.
- **ProRenew CLR™ Probiotic Complex** – an advanced topical probiotic that helps boost the skin's overnight renewal process.
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^Results based on a 1-week consumer trial as part of an independent laboratory study.

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Restless STATE

What do you do with your ambition, manifesting and goal-setting when life as you know it hits pause? Brooke Le Poer Trench finds out how to live with disquiet

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This time last year I was writing a feature on manifesting – which is to say, the self-help philosophy of using meditation, goal-setting and self-awareness to get exactly what you want. At the heart of this idea is the practice of saying no to things that are almost good enough, to make room for the dream (insert job, relationship, home) you’ve been mentally mood-boarding. All of which can make you feel significantly more in control of your life.

At the time, my article made sense to me. In fact, I dwelt on these principals while ruminating on an international move last year. We could have stayed in our life, which we really, really liked. But that nagging feeling that we could feel more grounded and connected to our life if we were “home” stopped my husband and me from sticking with what we knew. And so we uprooted our family and returned to the country we’d farewelled 17 years earlier. Fast-forward 10 months, and this kind of rose-tinted thinking is a little harder to recruit. With news of a slowing economy and entire business sectors in hibernation, I’ve started to wonder: is settling the new manifesting? Has ambition become a kind of self-harming? Can we #liveourbestlife when we can’t move forward?

“This is a really tough thing to manage, particularly because of society’s focus on productivity and accomplishment,” says Melbourne-based psychologist Briony Leo. “We base a lot of our self-worth on what we do rather than who we are.” The latter, notes Leo, works (somewhat) when the world is normal. Problems arise, however, when we don’t have as much to show for our time. “Whenever anything affects your ability to be productive, the question very quickly becomes, ‘Who am I in the world if I’m not progressing towards a goal?’”

Ah, but what about the global nature of this experience, you say? Oddly, the knowledge that we’re all in this together doesn’t always help; in part, that’s because a daily scroll of social media can make it seem as if everyone else is making sourdough while the sun shines. As much as we all know to take the curated feeds of the people we follow with a grain of salt, that’s not easy to remember after a session down the rabbit

hole. “We can’t help but compare ourselves to people who seem to be doing better,” says Leo. “And nobody needs that added pressure.”

Instead, connect (you know, IRL) with friends you can be honest with about how you’re feeling. “Just choose wisely,” says Leo. “Some friends might not have the capacity to be supportive or might be overwhelmed themselves.” In happy news, if you show that same generosity and altruistic behaviour towards other people in your life who need a helping hand, you activate circuits in the brain that are key to fostering wellbeing, according to research by Richard J. Davidson, a professor of psychology and a neuroscientist at the Center for Healthy Minds at the University of Wisconsin-Madison.

Another technique Leo says can help us adjust is “radical acceptance”. Put simply, when feelings of restlessness, lack of motivation or anxiety come up, acknowledge them rather than pretend they don’t exist. “That way you give up the ‘Why me?’ struggle and focus your energy and attention on ‘What now?’” And try not to give your inner critic too much airtime. Ordinarily, her daily brow-beating might be quite motivating, but when you can’t take action in the same way, “self-compassion is really important”, says Leo. “Be a friend to yourself.”

There are practical things to consider, too, when it comes to dealing with feelings of frustration. Think of everything your mother told you to do when you were a teen (and had no control) and do that: make an effort to exercise at least 30 minutes a day, get at least eight hours of sleep and try to limit the boozing. All of which can help draw focus away from the things about your situation that feel limiting. “That kind of [negative] thinking keeps your focus small, defensive and weak,” says Kay Wilson, a Sydney-based energy healer and empowerment coach. “Being selective about where you let your thoughts dwell is honestly the best form of self-care in this environment.”

Finally, try something Leo calls “time perspective therapy”. “Fast-forward to three, six or even 12 months and consider how you’ll look back on this time,” she says. “This can be really hard in our

modern world where things happen quickly, but being able to put things in context is psychologically helpful.” In a nutshell: remember there is sunshine after the rain. For me, losing my daily commute, living in stretch pants for a few months and spending more time at home was the pressure-release valve I needed. Would I trade-in the redundancy that also came with this

shift to give it all back? Do I wish I could ignore the part of me that dreams? Nope. I have gained more than I’ve lost from this strange year ... even if I’ve had to tread water to get there.

“WE BASE A LOT OF OUR SELF-WORTH ON WHAT WE DO RATHER THAN WHO WE ARE”

– Psychologist Briony Leo



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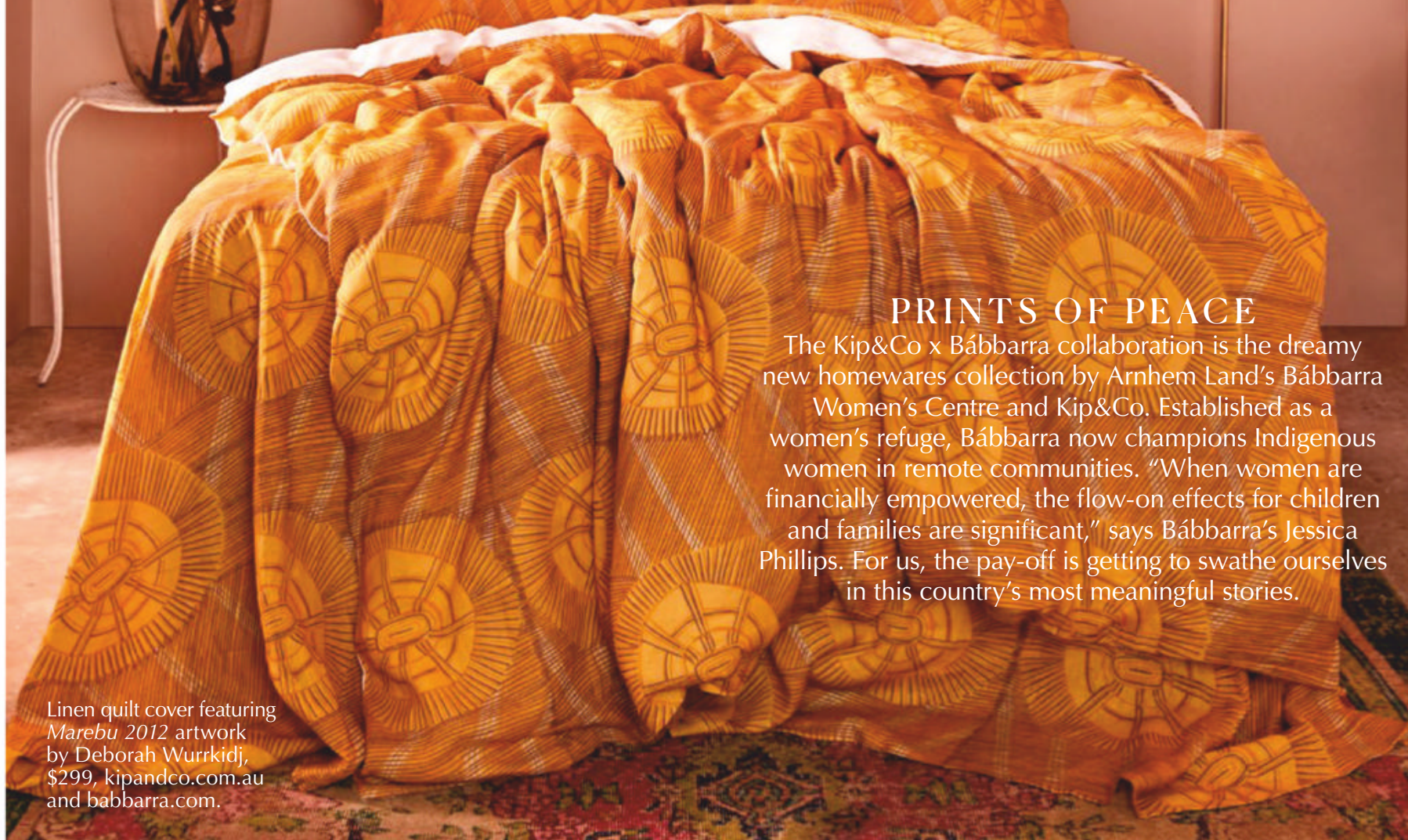
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LIFESTYLE

FOOD, TRAVEL AND INTERIORS INSPIRATION



PRINTS OF PEACE

The Kip&Co x Bábbarra collaboration is the dreamy new homewares collection by Arnhem Land's Bábbarra Women's Centre and Kip&Co. Established as a women's refuge, Bábbarra now champions Indigenous women in remote communities. "When women are financially empowered, the flow-on effects for children and families are significant," says Bábbarra's Jessica Phillips. For us, the pay-off is getting to swathe ourselves in this country's most meaningful stories.

Linen quilt cover featuring
Marebu 2012 artwork
by Deborah Wurrkidj,
\$299, kipandco.com.au
and babbarra.com.

PHOTOGRAPHY BY CAITLIN MILLS. TEXT BY ANNA MCCOEE.

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Point of interest

Iranian-born chef Sabrina Ghayour takes us on a Middle Eastern flavour trip



HARISSA CHICKEN NOODLE LETTUCE CUPS

SERVES 4-6

2 boneless, skinless chicken breasts
75g rice vermicelli noodles, cooked according to the packet instructions and rinsed until cold
75g fine green beans, thinly sliced
4 spring onions, thinly sliced from root to tip
1 carrot, peeled, cut lengthways into thirds and then into matchsticks
30g (about 1 small packet) fresh coriander, finely chopped
3 heads of Baby Gem lettuce, leaves carefully separated
Sea salt flakes
Freshly ground black pepper

DRESSING

2 tbsp clear honey
1 heaped tbsp rose harissa
1 tbsp soy sauce
1 tbsp olive oil
Finely grated zest and juice of 1 unwaxed lime
1 heaped tsp nigella seeds
Sea salt flakes

1 Bring a saucepan of water to a gentle boil, add chicken and poach for 8-10 minutes, or until juices run clear when thickest part of meat is pierced with a sharp knife. **2** Remove chicken with a slotted spoon and leave to cool. Shred the meat and then roughly chop. **3** Mix all dressing ingredients together in a jug or small bowl. **4** Reserve 2 tbsps of dressing, then place everything, except lettuce, in a mixing bowl. Season with salt and pepper and combine well. **5** Place lettuce leaves on a serving platter. Divide chicken noodle mixture between the lettuce leaves and serve drizzled with reserved dressing.



NOTE

Ghayour likes to serve these chunks of aromatic chicken in wraps, but they also make a great addition to salads of every description.

MARINATED GREEN CHICKEN

SERVES 4-6

650g boneless, skinless chicken breasts, cut into 4cm chunks

MARINADE

30g (about 1 small packet) fresh coriander, roughly chopped
30g flat-leaf parsley, roughly chopped
30g chives, roughly chopped
2 tbsps dried dill
1 tbsp ground fenugreek
1 tbsp garlic granules
½ tsp chilli flakes
4 heaped tbsps Greek yoghurt, plus extra to serve
1 tbsp olive oil
Sea salt flakes and freshly ground black pepper

TO SERVE

Tortilla wraps
Cherry tomatoes, quartered

Red onion, sliced
Coriander leaves
Aleppo pepper chilli flakes

1 Put all marinade ingredients in a food processor and blitz until you have a smooth purée. **2** Place chicken chunks in a mixing bowl, pour marinade over and mix together well. Cover bowl with cling film and leave to marinate in refrigerator overnight. Alternatively, bake chicken as soon as oven is up to temperature. **3** Preheat oven to its highest setting. Line a large baking tray with baking paper. **4** Spread out chicken on prepared baking tray and bake for about 12 minutes, or until cooked through. **5** Serve immediately in tortilla wraps with yoghurt, tomatoes, sliced red onion, coriander leaves and pul biber (chilli flakes).



CHICKEN AND APRICOT PASTRIES

MAKES 6

Vegetable oil
 1 large onion, finely chopped
 300g boneless, skinless chicken thighs
 2 tps curry powder
 1 tsp ground turmeric
 1 tsp ground cinnamon
 100g dried apricots, very thinly sliced
 1 tbsp apricot jam
 Juice of ½ lemon
 30 g (about 1 small packet) flat-leaf parsley, finely chopped
 2 x 320g ready-rolled all-butter puff-pastry sheets
 1 egg, beaten
 1 tsp nigella seeds
 Sea salt flakes and freshly ground black pepper

1 Place a large saucepan over a medium heat and pour in enough vegetable oil to coat the base of the pan. Add the onion and cook for a few minutes until softened and translucent, without browning. **2** Add the chicken, spices and salt and pepper and stir to coat the chicken well. Pour in enough boiling water to cover ingredients, then simmer over a gentle heat for 1 hour or until the chicken is cooked through and tender. Remove from the heat and leave to cool. **3** Remove the chicken from pan and finely chop, then put into a bowl. Add the apricots, jam and lemon juice, along with the remaining sauce from pan. Add the parsley then use your hands to mix well, ensuring the chicken is thoroughly coated. **4** Preheat oven to 220°C (200°C fan). Line a large baking tray with baking paper. Cut each pastry sheet into 4 squares. Divide the chicken mixture into 8 and form into sausage shapes. Lay a sausage shape diagonally on each pastry square, then fold over the corners of each pastry square and pinch together to seal. **5** Place smooth side up on the prepared baking tray, brush with the beaten egg and sprinkle with the nigella seeds. Bake for 20–22 minutes until a deep golden colour. Leave to cool slightly before serving.





NOTE
This is a spicy salad, but you can tame it by using less chilli to taste.

**SWEETCORN,
BLACK BEAN AND
AVOCADO SALAD**
SERVES 10-12

- 6 corn cobs

2 avocados, peeled, stoned and diced

400g can black beans, drained and rinsed

4 kaffir lime leaves, very finely chopped

4 spring onions, thinly sliced

1 small red pepper, cored, deseeded and finely diced

1 small green capsicum, cored, deseeded and finely diced

2 long red chillies, deseeded and finely chopped

30 g (about 1 small packet) fresh coriander, finely chopped

2 heaped tbsp mayonnaise

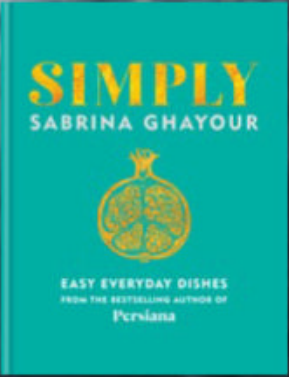
Drizzle of olive oil

Sea salt flakes

Freshly ground black pepper
- 1 Cook the corn cobs in a saucepan of boiling water for about 10 minutes, until tender. Drain and rinse under cold water until cool, then drain again.

2 Hold each cob upright on a chopping board and, using a sharp knife, cut from the top to the bottom to slice off the kernels in strips.

3 Put kernels into a bowl with all the remaining ingredients and mix together well. Season to taste with salt and pepper, and serve.



This is an edited extract from Simply by Sabrina Ghayour (Hachette Australia, \$32.99), out now.

PHOTOGRAPHY BY KRIS KIRKHAM.



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HOUSE of HACKS



FROM LEFT Anna Sorokin (aka Anna Delvey) in New York state Supreme Court on grand larceny

An emerging interior designer dips into her extensive bag of tricks to turn “just a rental” terrace into a home that punches well above its weight in terms of light, space and Instagrammable moments





ELEVATED VINTAGE

Upping the ante on second-hand pieces, Sarah Shanners had a vintage Harbro curved bench re-upholstered to give it new life. With the help of new handles from MadeMeasure, she also turned an old sideboard into a showpiece.



In Melbourne, the Victorian-era terrace house is the spiritual stomping ground of the young and restless. The buildings line the streets of the city's fringe in close proximity to galleries, gigs and natural wines. But history hasn't been kind to these charming cottages, which fell out of favour for the better part of the 20th century.

Seven years ago, Sarah Shanners, design manager at Simone Haag Design Studio, and her husband, Patrick, moved in to this Clifton Hill terrace. As it turns out, she was just the woman to nurture the architectural rescue puppy back to good health. For all the obvious charms of solid-timber floors and high, ornate ceilings, the single-fronted home, with its petite L-shaped living room, was undeniably small, dark and a little too beige for her liking. It was "just a rental", but that didn't stop the couple from investing their time and resources into drastically improving their living environment.

Their home is now warm, open and curated, and a showroom of new interior-design ideas.

PERSONAL STORY

The ambient, artsy chic at Shanners' home is forever unfolding. "This look is a reflection of me as a person: relaxed, colourful and warm. It's not one style, it's a story," she says. The aesthetic has developed over many years of accumulating ideas and objects. "As a design, it will continue to evolve, in this house or the next. There will be a day when I wake up and think this wall served me well, but it's time for a change. It doesn't have to last forever."

SMALL WONDERS

Scale is a useful tool for amplifying a small space and Shinnars takes full advantage in her living space by using a number of smaller seating elements rather than one large modular sofa, opening up the space so it feels more generous in size.



THE HIGH/LOW MIX

Shinnars deftly mixes serious design pieces with vintage and the home equivalent of fast fashion in a personal style masterstroke. In the living room, under the glow of an Ikea lamp, there is a Cassina Wink chair that makes the vintage leather sofa look deliberately '80s maximalist. The Wink chair is the ultimate investment piece. "It's a classic icon that will stand the test of time," says Shinnars. "It will always find a place in our home regardless of where we live."



LEASE ON LOVE

Most renters go through an arduous approval process to so much as hang a picture. Sarah and Patrick went much further: a full paint job. "It's just a rental, but it's my home, and the beige walls were soul-de-destroying for someone who loves colour," says Shinnars. Spending time and money on a rental is risky, but the couple made the smart move of starting with a two-year lease. They also negotiated to split the cost of materials with their landlord. A PBJ Design House wall unit hangs in the dining area. They will have to repair the wall when they leave, "but it is an investment in my happiness," Shinnars says.

Who lives here

Sarah Shinnars, the design manager at Simone Haag Design Studio, occupies the house with her husband, Patrick, and their cat, Eleanor. They moved in seven years ago and began renovating four years later.

GAME-CHANGING COLOUR

Named Dulux Gold Dust, the colour sprinkles the bedroom and hall in magic. Shinnars found her inspiration for the honey hue on a sourcing trip to New York, at India Mahdavi's Ralph Pucci showroom. The colour challenges the eye, but Shinnars loves using her own home as a testing ground for new ideas. "It's hard to get colours like that across the line with clients, but my own space gives me licence to experiment," she says.

SPLITTING THE COST WITH THE LANDLORD WAS "AN INVESTMENT IN MY HAPPINESS" – Sarah Shinnars

TAKE

When the world feels too far away,

ME

great photography delivers it to our doorstep.

THERE

Five photographers share the stories behind their works of wanderlust



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NAWURLANDJA LOOKOUT

Kakadu, Australia, by Emilie Ristevski

After many months of travel restrictions, Australian photographer Emilie Ristevski is feeling nostalgic for the magic of Kakadu National Park. “Once your feet have wandered through this red earth, the feeling will stay with you forever,” says the creative mind behind @helloemilie. This image was captured as the sun went down over Burrungkuy and the Arnhem Land escarpment at the Nawurlandja Lookout.

“In this moment the sky filled with beautiful warm, earthy tones and slowly disappeared into dusk.” Her new book, *Forever Wandering*, features images from the furthest corners of the globe. Her experiences in Indigenous Australia’s spiritual heartland are among the most affecting, “I’ve always been fascinated by the Dreamtime stories connected to this land. I feel there is so much we can learn from a living culture that has connected and lived on our harsh but beautiful land for so many thousands of years.”

Available in hardback: *Forever Wandering* by Emilie Ristevski (Hardie Grant Travel, \$29.99), out now.



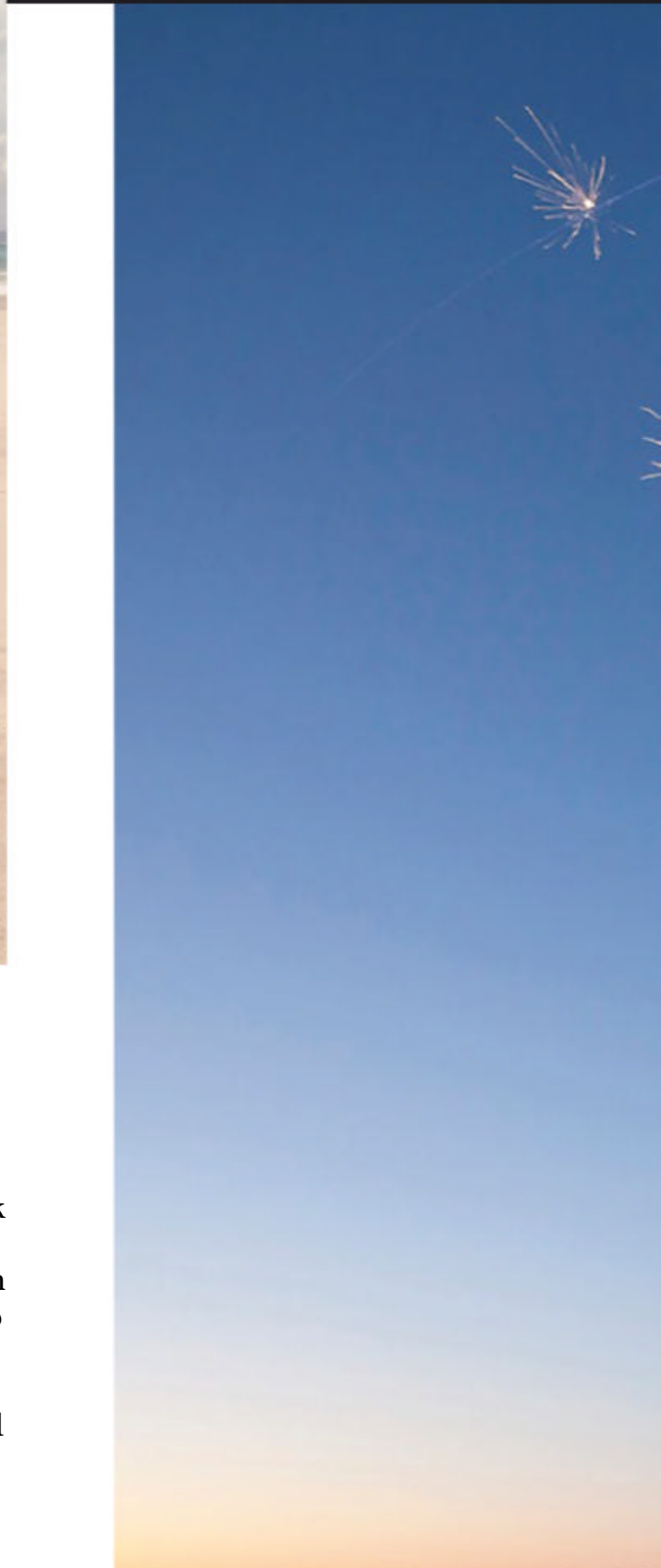


ANDAMAN ISLAND

India, by Sean Fennessy

“India isn’t really known for pristine beaches, but there is one exception, if you’re prepared for two flights, a ferry ride and a very bumpy drive,” says Sean Fennessy. Lucky for the blank spaces on our walls, the adventurous Australian photographer was up for the expedition. “Technically closer to Myanmar than mainland India, the Andaman Islands are best known as home to the uncontacted Sentinelese tribe (worth a google!) and are only just opening up to tourists now.” Fennessy was on assignment shooting a new resort for an American travel magazine when this candid moment caught his lens. “The manager was eager to manufacture a beach shot for me with an umbrella, lounge chairs and cocktails, but I found this scene of the staff setting up to be more interesting.”

Available framed or unframed in three sizes, from \$510, at moderntimes.com.au.



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A DREAM WITHIN A DREAM

Stokksnes, Iceland, by Emilie Ristevski

Another work from Ristevski, this image is a direct link to the black-sand beaches of Stokksnes, in southeast Iceland – no travel exemption required. She describes this up-close-and-personal interaction with a native Icelandic horse as a “dream-like encounter with nature”. The fact the chance meeting took place under the surreal veil of early-morning mist only added to the reverie. Ristevski’s creative mission is to forge connections with the wilderness through imagery. Job done!

Available in hardback: *Forever Wandering* by Emilie Ristevski (Hardie Grant Travel, \$29.99), out now.



NEW DAY

Bolivia, by Kane Alexander

Framed in oak and hanging on the wall of the Jordan furniture showroom, this piece by Melbourne-based photographer Kane Alexander transports the viewer to the world’s largest salt flat, Salar de Uyuni in Bolivia. With a bag full of camping supplies, fireworks and water, Alexander had no option but to hitchhike to the salt flats – the tourist charters all refused to leave him in temperatures of -15°C in one of the world’s most desolate landscapes. Setting up a tent with winds and a rockhard ground was the next challenge. “After a very cold and harsh night, I woke up before dawn, set up the camera with freezing hands and then lit the fuse on the firework. I ran back to the camera to capture *New Day* then enjoyed the rising sun.” The artist says making works like this is a ritual in overcoming fear. “The challenge of reaching these environments, being isolated and at the mercy and beauty of nature exposes us to ourselves and a deeper understanding of existing, or simply letting go of false ideas to make space for being alive.”

Available as a framed 87x129cm print on archival photographic rag paper, \$2600, at jordan.com.au.



NYMPH

Isle of Skye, Scotland, by Kate Ballis

Through Kate Ballis' infrared filter, the world is ablaze with saturated colour. Her latest series, *Liminality*, is a visual deep dive into the Celtic folklore of the Isle of Skye, a land said to be carved out of fire and ice, where fairies rule over humans. "This is a different telling of the fairies, who were later portrayed as diminutive, trickster fantasy figures," says the photographer of this image, which immortalises the area's Fairy Pools in print. Picking up a car in Glasgow, she spent nights at Loch Lomond and Fort William, before taking the car ferry to the Isle of Skye. "It was the travel epitome of entering a fairytale."

Available as a framed pigment print on cotton rag, \$4900, gallerysmith.com.au.





ZABRISKIE DUSK

Death Valley National Park, US, by Lisa Michele Burns

More than just a pretty picture, this image of Zabriskie Point, the hottest place on earth according to historic climate data, was captured to incite change. The work is part of a print collection by Lisa Michele Burns, The Photographic Forecast, depicting the world's most vulnerable landscapes. The Australian photographer drove solo from Las Vegas, before hiking for a week in Death Valley National Park. "Stepping out of the car, the heat hit me like a steaming blanket. I'd never felt heat like this before but with the sky glowing in beautiful pastel tones, I had to get closer to capture some photographs." This shot was taken on a rocky hilltop, amidst gale force winds. "It was a moment with so many elements involved, the heat, the wind, the natural beauty, that I was overwhelmed with inspiration and stayed until dark just gazing at the landscape."

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In 1995, the release of an album named *Jagged Little Pill* made a former teenage pop singer a household name and went on to define an era. Twenty-five years later, Alanis Morissette's edgy honesty on everything from body image to sexual assault has helped shift the musical landscape for female artists.

By Hannah-Rose Yee

Alanis Morissette





FROM LEFT Alanis Morissette performing in San Francisco for the *Jagged Little Pill* tour in 1995; the cover of *Jagged Little Pill*; accepting the Moonman at the MTV Music Video Awards in 1996.

OPPOSITE PAGE With her then-fiancé Ryan Reynolds at the premiere of his film *Blade: Trinity* in 2004; with her husband, Mario "Souleye" Treadway, and their son Ever in 2011.



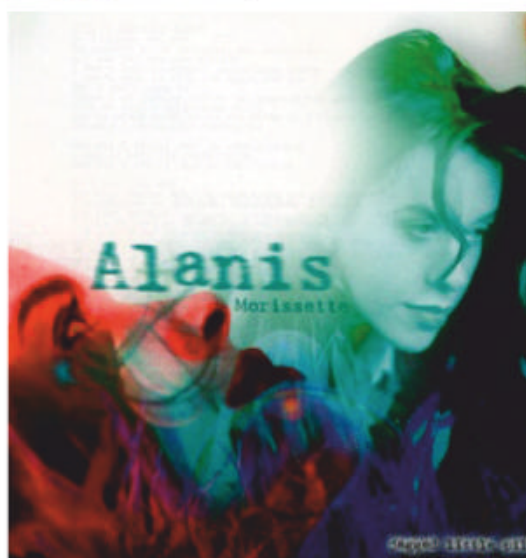
Alanis Morissette was born on June 1, 1974, in Ottawa, Canada. Her talent revealed itself early. At age six, she was enrolled in piano, dancing and singing lessons. By the time she hit double digits, Morissette was a Nickelodeon star. She used her pay cheque to produce a demo, which led her to finding a manager and a record deal all before her mid-teens.

On her first two records, Morissette was promoted as the sweet Canadian girl next door: a "cheesy" pop princess, as she was once described. (The cover of 1991's *Alanis* was mostly Morissette's teased curls.) "It felt like a dramatically different person," says Andrea Warner, author of *We Oughta Know: How Four Women Ruled the '90s and Changed Canadian Music*. "The music she originally made was more a creation of what a label wanted from her and not her own agency."

Behind the scenes, though, Morissette was raging against the machine. At 16, she was successful enough as an artist to purchase her own car, but was forbidden by her management from adorning it with the number plate of her choosing. (She wanted it to read 'RAUNCH'.) "This happens to a lot of young pop stars. People want them to stay 16, and that can't happen," explains Karen Fournier, author of *The Words and Music of Alanis Morissette*.

Though *Alanis* sold 100,000 copies in Canada, its follow up, *Now Is The Time*, was a disappointment and her record deal was officially over.

Morissette wanted to keep making music, but was desperate to establish her own voice. What emerged was *Jagged Little Pill*, an astonishing record that created a new template for a female artist: refreshingly frank, disarmingly furious. Her edgy candour, on everything from bad relationships to career woes and female stereotypes, endeared



"THE RECORD COMPANY WAS AFRAID OF HOW INTENSE IT WAS ... WELL, I'M 19 AND I'M INTENSE"

– Alanis Morissette

was recorded that evening as a demo, without sound engineers or interfering label executives. Just Morissette in a booth with her big, core-rattling voice.

In 1995, the songs were collated into an album called *Jagged Little Pill*. It would go on to become one of the bestselling records of all time, at its peak selling half a million copies in one week. Lyrically drawn from Morissette's journals and full of the anxieties and ambitions of young women, the album vibrated with an urgent and relatable fury. On it, Morissette sweated and swore, and her honesty crept down the microphone and into your soul.

"I think [the record company] thought it was a little too caustic and they were just afraid of how intense it was," Morissette has recalled. "I said, 'Well, I'm 19 and I'm intense.'"

When Alanis Morissette landed in Los Angeles in March 1994, the city was still reeling from a devastating earthquake. Glen Ballard, the lyricist behind Michael Jackson's "Man In The Mirror", was one of the locals affected by the natural disaster. He had barely managed to put his recording space back together when the 19-year-old singer walked through the door.

Morissette was in town for a specific reason. At the time, the artist was virtually unknown in the US but a sensation in her native Canada. A former child star with two fizzy dance-pop albums under her belt, she was desperate to establish herself with a new sound. For that, Morissette needed a writing partner. Enter Ballard, and his earthquake-shaken studio.

Together, the pair collaborated on hit after hit after hit: the seriously catchy "Ironie" (which is famously not ironic), the barnstorming revenge track "You Oughta Know" and the sardonic "Hand In My Pocket", which unspooled out of Morissette in less than an hour. Once written, each song



her to a legion of fans. “She found power in her own vulnerability,” says Warner.

In interviews, Morissette answered every question without flinching, from boyfriends and insecurities to drugs (she never touched them) and nervous breakdowns (she has “had a few”).

Morissette won four Grammys in 1996, Radiohead opened for *her* on tour. But the immediate and enormous triumph of *Jagged Little Pill* came with personal repercussions for the singer. “She was 21 and she worked herself literally almost to a nervous breakdown,” says Fournier.

Partially, it was the pressure of the album’s phenomenal success. But it was also a result of the reaction to that success. Morissette was publicly slated by fellow female artists including Joni Mitchell. *Rolling Stone* put her on the cover but, in its review, wisecracked that the album’s greatest achievement was that “it doesn’t suck.” *Jagged Little Pill* was ubiquitous at the time, but it was also pretty quickly kind of a joke,” explains Warner.

Compounding this criticism was the fact that Morissette had spent her early teens either alone or surrounded by men, many of whom felt it within their power to comment on her body. This endless dialogue, coupled with career pressure and depression, gave way to an eating disorder. There was also abuse, the magnitude of which she would eventually detail on the 2001 song “Hands Clean”, a single, she explained last year, that is “the story of rape, basically.” “Almost every woman in the music industry has been assaulted, harassed, raped,” Morissette added earlier this year.

After the release of *Jagged Little Pill*, it would take three years and one 18-month world tour before Morissette would release her next record, *Supposed Former Infatuation Junkie*. Like its predecessor, this album contained the same raw expression Morissette had come to signify, even if it never achieved the same lofty sales figures. “She hasn’t hidden any of her difficulties,” says Fournier. “A lot of pop stars have this veneer where everything looks great. With her, the talent is there but on top of that is this enormous empathy that she builds with the audience.”

One subject Morissette has never shied away from writing about is her relationships. Amid lyrics about movie theatre blow jobs, “You Oughta Know” (on *Jagged Little Pill*) is really about the pain of being left for another woman. Many have tried to guess who the man was who did her so wrong, but Morissette never revealed his identity. She has, however, been open about the inspiration for her 2008 record, *Flavors of Entanglement*: her ex-fiancé Ryan Reynolds.



ABOVE Morissette with the cast of the *Jagged Little Pill* Broadway musical on opening night on December 5, 2019.

The pair met in 2002 at a party thrown by Drew Barrymore when she was 28 and he was 26. She described their relationship as “very passionate.” “He’s like a soul brother to me, except that I want to jump his bones,” Morissette said in 2004. But three years later, their engagement was off, and Reynolds soon began dating Scarlett Johansson. *Flavors of Entanglement* was drawn from Morissette’s post-breakup pain. At the time, she admitted that the “rock bottom” experience made her swear off hyper-public relationships. “Everything broke and it was an amazing and horrifying time,” she said.

In 2009, Morissette met Mario Treadway, a rapper who performs as Souleye. They were married at their LA home in 2010, days before her 36th birthday. Their first child, a boy they named Ever, arrived in 2010, followed by their daughter, Onyx, in 2016, and another son, Winter, last year. However, becoming a mother hadn’t been an easy journey. The singer has spoken about suffering “a bunch of miscarriages”, which she said left her with “so much grief and fear”.

Fournier believes that, if asked to name her biggest achievement, Morissette would submit her family. “I don’t think it has anything to do with her career,” says Fournier. “I would hazard to say that being a mother is one of her biggest successes, and having a stable family life ... managing all of that with the career.”

It’s been 25 years since *Jagged Little Pill* dominated the airwaves. The album has become a cultural sensation, spawning a Broadway musical directed by Tony Award-winner Diane Paulus (*Hair*, *Pippin*) with an accompanying book by Oscar winner Diablo Cody (Best Original Screenplay for *Juno*). It’s clear the songs still resonate today. “This is a record about taking back your power after people have attempted to repress you, and take advantage, and prey upon you,” explains Warner. “That is a universal message.”

The singer, now 46, is sanguine about the impact of more than three decades of fame. In late July, she released her first studio album in eight years, *Such Pretty Forks in the Road*. “The more I share vulnerably – it makes life easier,” she has said. “Fame has a way of isolating you from other humans. So when I’m writing about these topics and people come up to me, I’m able to go, ‘Oh. Yeah. Me too.’”



THE WOMEN WHO MADE ME

MELANIE C

Where did Sporty Spice get her girl power?
The superstar and solo artist salutes the strong
females in her life (hint: friendship never ends)

JOAN O'NEILL

My mum was always different to my friends' mums. She was glamorous, cool and a singer in a band. As a kid, I'd go to watch her perform at pubs in Liverpool, and I remember feeling really proud. She'd pursued music even though her dad was dead against it, and as well as gigging on weekends she was working full-time to raise her family and put food on the table. I got my strong work ethic from her, and we've never really had a cross word.

When I became a Spice Girl, in many ways I was living Mum's dream as well as mine, and that made us even closer. She appeared in our "Mama" music video in 1997 and came up on stage with the band at Wembley Stadium last year. Even today, aged 71, she's still gigging and rocking out. As a group, we're very vocal about female empowerment, and what's interesting is that all five of us have very strong mums: they've each had to overcome different things and have really shaped and moulded us. We have our mums to thank for the power of the Spice Girls.

SPICE GIRLS

The number one thing I've learnt from the Spice Girls is that we need to celebrate individuality and treat everyone the same; it's very relevant with what's gone on in the world this year. When we come together, we're powerful. That's really what happened with the Spice Girls – this magic energy between the five of us.

Melanie B is very upfront and blunt, but she's shown me that sometimes it's important to have that honesty. Geri's



The Spice Girls in the '90s: (from left) Melanie B, Melanie C, Geri Halliwell, Victoria Beckham and Emma Bunton.

"THE SPICE GIRLS ARE MORE THAN BANDMATES OR COLLEAGUES ... WE'D KILL FOR EACH OTHER"

– *Melanie C*

really creative and taught me to express how I'm feeling. Emma appears soft, but she's tough as nails. As a soft person myself, I've realised it's OK to have that vulnerability and be strong as well. Victoria and I were probably the quietest members in the band, but she's achieved a lot because she knows what she wants. And she does it in her own way, which is quietly but confidently and with determination.

Reuniting with the girls last year [for a UK tour] was the most joyous time. As a group, we're more than bandmates or colleagues, we're family. We were actually there for the birth of some of the Spice children, and we know each other's parents, grandparents and siblings. Sometimes we drive each other insane, but we would kill for each other. We'd love to do more shows. Obviously 2020's a bit of a write-off for all artists, but it would be a wonderful thing to spread some joy across the world when we can.

SCARLET STARR

Like many women I've allowed myself to be treated poorly at times, but having my daughter, Scarlet, made me stronger. I'd never want her to be treated that way, so I've had to [lead by example].

I've chosen to keep Scarlet out of the public eye. I completely respect everybody's different, but I want her to have a normal childhood – whatever normal is. If she chooses a profession that puts her in the spotlight, that's her decision.

Scarlet's grown up watching me perform as a solo artist and in [musical] theatre, but to see me as Sporty Spice in a stadium last year blew her mind. That said, she became blasé pretty quickly. She and her friends actually dress like Sporty Spice in '90s tracksuits without even realising it (Scarlet wouldn't have it that her mum created that look). She's very proud of me. But she's 11, so I'm also really embarrassing.

Melanie C's new album, Melanie C, is out now.



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