

denizen

ISSUE SIX | AUTUMN 2013 | \$12.90

Where
we
belong

MEMBERSHIP CLUBS
THE ART OF THE SOCIAL CLIMB

- PLUS -

AUTUMN STYLE
RESTAURANT ETIQUETTE
THE REAL SUPERMODELS
LONDON NAVIGATOR





COVETED

Ladylike Luxe

Set in the stunning courtyard of the École Nationale Supérieure des Beaux-Arts in Paris, the Lanvin winter 2013 collection by Alber Elbaz did not disappoint. Navy and nude were teamed together in retro full skirts that finished just below the knee, while raw-edged ruffles adorned skirts, shirts and tiered collars. Juxtaposed against the ostentatious ruffles and fur were simplistic skirt suits in black and military khaki, with handy pocket detailing for any wayward trinkets. Bright pinks and muted plums were layered over large floral and butterfly print patterns, and accessorised with chunky chains and bold medallions bearing statements like 'happy', 'cool' and 'help' in gold cursive lettering. The overarching look was ladylike, albeit with a hint of a little girl playing dress up.

www.scottiesboutique.co.nz



WELLBEING

A NOCTURNAL REVIVAL

Aromatherapy Associates has long been a firm favourite of the elite, even counting the late Princess Diana as one of its many fans. They're renowned for their exquisite blends of therapeutic oils and their Revive Evening Bath and Shower Oil is a game changer. The revitalising blend of geranium, ylang ylang, patchouli and sandalwood works wonders in the bath or shower, or massage it into your skin for a delightful wake up call. It promises to enhance your self-esteem as well as your sociability, though we think that's more to do with your fragrant aura rather than any newfound wit. Those in London will find it at notable stores such as Fortnum & Masons, Liberty and Selfridges, while locally it can be found at East Day Spa.

www.eastdayspa.co.nz

KNOWLEDGE

HOW TO: DE-SEED A POMEGRANATE



The pomegranate is filled with a delicious bounty of ruby red seeds that are ripe for the taking, if you are successful in parting them from their pithy membrane that is.

1. Hold the pomegranate in one hand and score the fruit into fourths. Plunge the knife into the middle of the fruit, and break apart into quarters.
2. Take one of the quarters and flip it over so that the fruit's seeds are facing down in the palm of one hand.
3. Pick up a wooden spoon with your other hand and whack the skin of the pomegranate so that the seeds spill out into a bowl below. Repeat the above steps for the remaining three wedges.
4. Use seeds immediately or refrigerate your stash in an airtight container for up to two weeks.



Grooming



PILATES INSTRUCTOR

VANESSA AT RE:AB
2 Selbourne St, Grey Lynn
(09) 360 2929
www.reab.co.nz

POLO LESSONS

ROSS AINSLEY
(021) 677 557
rossainsley@gmail.com

PERSONAL TRAINER

PAUL GOVIER
THE EXERCISE ROOM
(09) 307 2080
www.theexerciseroom.co.nz

SPORTS INJURY SPECIALIST

WARWICK LIGHTBOURNE
CORNWALL INJURY CLINIC
265 Campbell Rd Greenlane
(09) 524 6121

EYEBROW SPECIALIST

PAL OR ASHA AT EAST DAY SPA
(09) 363 7050
www.eastdayspa.com

AT HOME MAKEUP SERVICE

BROOKE MCALISTER
(021) 548 836
brookemcalister@me.com

FACIALIST

SALLY MOSELEN AT SPA PARNELL
8 Heather Street, Parnell
(09) 300 7157
www.spaparnell.co.nz

BRAZILIAN WAX

OFF WAX BRITOMART
56 Galway Street, Britomart
(09) 302 0201
www.offwaxbar.co.nz

MEN'S IPL HAIR REMOVAL

PRESCRIPTION SKINCARE
243 Remuera Road, Remuera
(09) 529 5784
www.prescriptionskincare.co.nz

MEN'S WAXING SPECIALIST

CAROLINE AT OFF WAX
8 Osborne Street, Newmarket
(09) 520 3212
www.offwaxbar.co.nz

IN-HOME SPRAY TAN

HANNAH CARSON FOR
INSTABRONZE
(021) 063 1045

PERSONAL SCENT CREATING PERFUMER

JO MALONE
37 Te Ara T huhu Walking Street,
Britomart
(09) 309 4418
www.jomalone.co.nz

CUT-THROAT SHAVES

ROOM 104
8 Commerce St, Auckland
(021) 665 040
room104.co.nz

BLOWDRY

DRY & TEA
Cnr Kent and York Street, Newmarket
(09) 522 1679
www.dryandtea.com

MANICURIST

LEAH LIGHT
(021) 640 690
www.leahlight.co.nz

IN HOME HAIRSTYLIST

CHLOE ZARA HAIRSTYLING
chloezarahair@gmail.com

BOTOX SPECIALIST

ANGELA FRAZER AT
PRESCRIPTION SKIN CARE
243 Remuera Road, Remuera
(09) 529 5784
www.prescriptionskincare.co.nz



Clear skin REVOLUTION

The Clarisonic has transformed our daily cleansing ritual.

Skin cleansers are a huge part of the beauty market, and there are literally thousands of products to choose from. With this in mind, it's remarkable that a product like the Clarisonic Mia Skin Cleansing System hasn't been marketed before. The Clarisonic isn't a cleansing product; it's a cleansing tool. It does for the face what an electric toothbrush does for the teeth – using 300 oscillations per second to clean the skin, removing six times more makeup and twice as much dirt and grease as regular cleansing. It's an impressive claim, one that we can vouch for after a successful trial.

The process is simple: add your preferred cleanser onto the brush head and press start. The gentle sonic micro-massage feels blissfully relaxing, and it works alongside the natural elasticity of your skin for the ultimate face massage. This twice-a-day ritual only takes a minute, and the Clarisonic even comes equipped with a timer to ensure that your forehead, cheek, nose and chin are all evenly cleansed.

"Cleansing is the first and most basic step in skincare, so it makes sense to do it properly," says East Day Spa owner Ina Bajaj. "Many clients that come into the spa for a Clarisonic

treatment will end up taking one home with them – it's one of our most popular products."

Aside from its cleaning benefits, the Clarisonic also helps reduce the appearance of fine lines and wrinkles, as well as getting rid of those pesky blackheads. And because it promises better product absorption, your cleansers, moisturisers and serums will be more effective, thus lasting longer.

It's a staple in many A-listers' bathroom cabinets – Jessica Alba, Cameron Diaz and Demi Moore are just a few of its famous fans. However, the Clarisonic has only just begun to cause a stir here in New Zealand. We're sold on this revolutionary beauty tool that creates maximum results with minimal effort. So why not add another brushing routine to your nightly ablutions – your face will thank you for it.

The Clarisonic is available exclusively from East Day Spa Auckland, Melbourne and Wellington and at Spring FootSpa Queenstown. Customised Clarisonic facial treatments are also available at East Day Spa.
www.eastdayspa.com



POWDER PLAYER

A good powder can be a lifesaver, and we think that the **Light Loose Reflecting Powder** from NARS is just that. Or try Bobbi Brown's **Skin Perfecting Retouching Powder** - it's a handbag essential that will take you from the office to an evening outing with just a sweep of the brush.



ARM YOURSELF WITH THE BEAUTY BLENDER TO ACHIEVE FLAWLESS FOUNDATION APPLICATION AND A SERIOUSLY RADIANT GLOW. THINK OF IT AS YOUR VERY OWN ON-HAND MAKEUP ARTIST.

www.eastdayspa.com

GET YOUR GLOW ON

While gulping down buckets of water and slathering on moisturiser can help keep dry skin at bay, there's nothing like the restorative effects of a facial to speed up the hydration process. Packed with oxygen and minerals, Sothys' seasonal facial helps restore your lackluster complexion to its former glory, making the transition into cooler temperatures a smooth one.

www.sothys.com



BAT FOR LASHES

The runaway success of the Hypnôse range has inspired Lancôme to create **Hypnôse Star** - a dual-sided brush which gives your lashes volume and curl for a glamorous, show-stopping flutter. And then there's their brand ambassador - the doe-eyed, seductive siren Betty Boop who's known for her mile-long lashes and bedroom eyes. Who better to aspire to?



WHILE YOU WERE SLEEPING

Amp up your skincare regime while you snooze with these new night creams from Yves Saint Laurent and Estée Lauder. **YSL's Forever Youth Liberator Night Crème** promises smoother and more luminous skin; while **Estée Lauder's Advanced Time Zone Night** aims to rewind the visible signs of ageing with its amino acid complex hit.