COSMOPOLITAN

AUSTRALIA • DECEMBER 2016

Inside!
AUSTRALIA'S 30 MOST ELIGIBLE BACHELORS 2016

'Pressure makes diamonds'
Delta's new edge... and why we dig it

THE PARTY ISSUE

DRESSES
YOU'LL FALL FOR

SHOES
YOU'LL LUST OVER

MAKEUP
THAT STICKS AROUND ALL NIGHT LONG

ACE THE SIDE HUSTLE
Extra $$$ for your extra lifestyle

OHM YEAH!
YOGA MOVES TO TONE UP FAST

FLIRT LIKE YOU WON'T BE GOING HOME ALONE
Expert tips from a man who knows




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BIKINI
KINDA
life
BILLA
BONG
SEA DREAMS TWISTED BRALETTE /
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FOR HIM

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COSMOPOLITAN









Chocolate covered strawberries

Break your chocolate of choice into a heatproof bowl. Bring a medium saucepan of water to simmer over medium heat, then turn off the heat and set the bowl of chocolate over the water to melt. Once smooth, hold strawberries by the stem to dip them, then garnish with shredded coconut, crushed nuts or drizzle with more chocolate. Leave for 30 minutes to set, then dig in. Delish!



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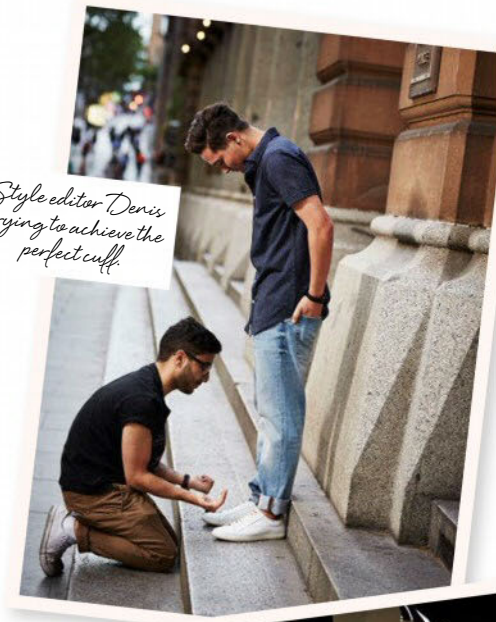
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FROM THE EDITOR



Enjoying a glass of Henkell while choosing our Bachelors.



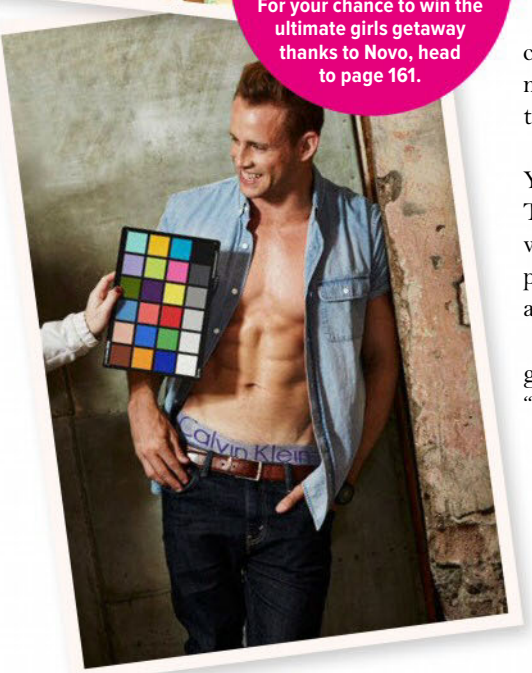


Style editor Denis trying to achieve the perfect cuff.



COSMOPOLITAN · tinder PRESENT bachelor 2016

The Cosmo & Tinder Bachelor Party will be the hottest party of the year thanks to Novo, Henkell and ulta3. For your chance to win the ultimate girls getaway thanks to Novo, head to page 161.



Cosmopolitan, on the whole, focuses on and celebrates women. That's our thing. And, not to blow our own trumpet or anything, we're pretty good at it. But sometimes we can get so caught up in our version of girl power that we forget there's a whole other half a population out there.

We're lucky enough to have a massive array of top blokes in this country, doing brilliant things and just generally being awesome. Like Ryan the RSPCA inspector, who wants to singlehandedly rescue every dog in Australia, or Josh from the Royal Australian Navy, who's hard at work protecting our shores. We figured it's time we celebrated them, too.

And thanks to our hook-up with Tinder, we *can* celebrate them – not just the actors, the singers, the models… but also the average Aussie bloke. Who, it turns out, ain't so average. Far from it.

So here it is. *Cosmo*'s first ever Bachelor of the Year. A celebration as Australian as Vegemite and The Big Banana. These final 30 men are part of what makes Australia, well, *Australia*. We're very proud of the Great Aussie Bloke. Turn to page 139 and you'll see why.

And now, it's over to you. Vote for your favourite guy because, as most of them said themselves… "Why not?"

Enjoy the issue.

Claire x

Claire Askew, EDITOR
@claireaskew





Lounging around on the job with personal trainer Brando.





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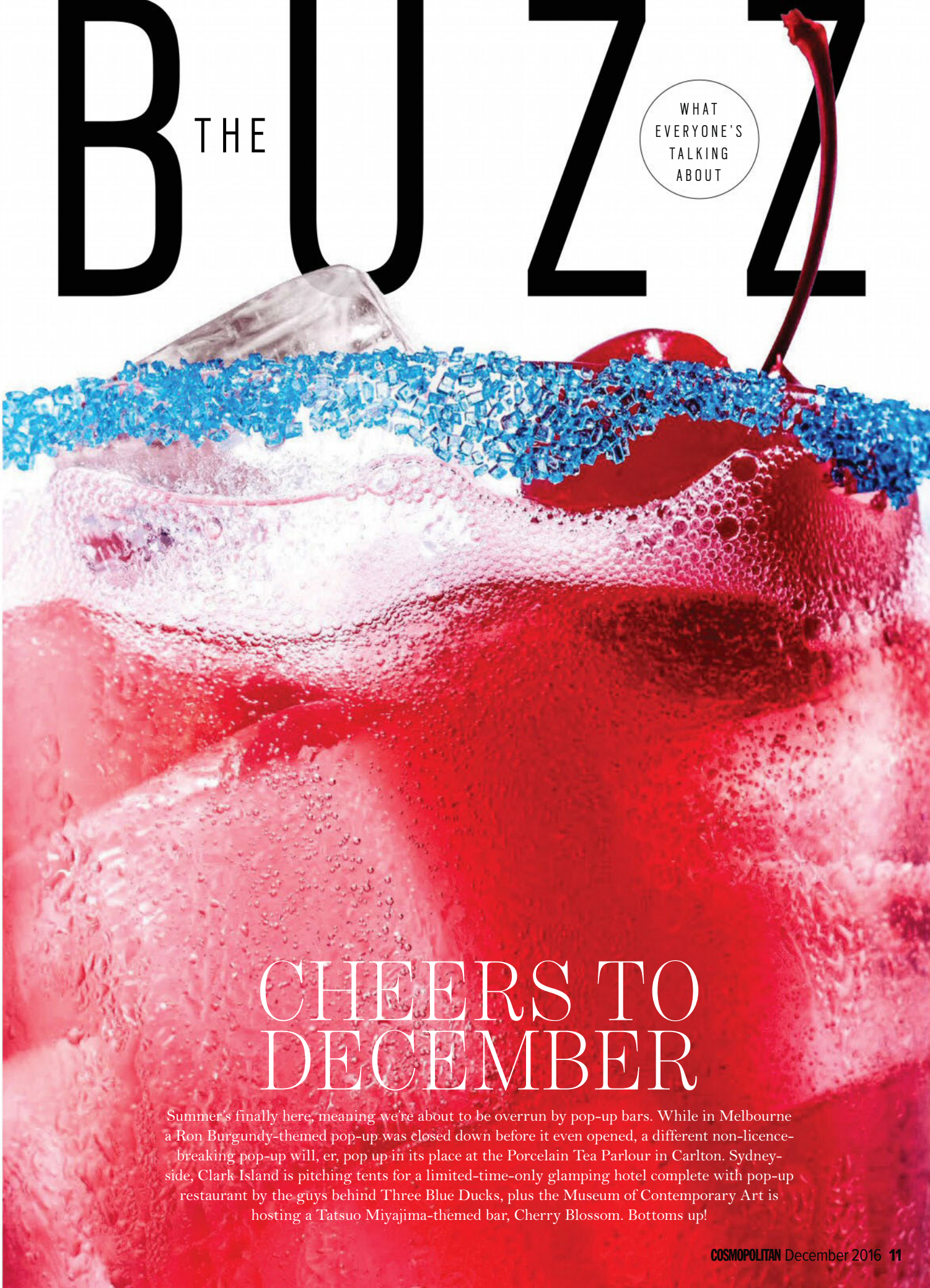
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THE BUZZ

WHAT EVERYONE'S TALKING ABOUT



CHEERS TO DECEMBER

Summer's finally here, meaning we're about to be overrun by pop-up bars. While in Melbourne a Ron Burgundy-themed pop-up was closed down before it even opened, a different non-licence-breaking pop-up will, er, pop up in its place at the Porcelain Tea Parlour in Carlton. Sydney-side, Clark Island is pitching tents for a limited-time-only glamping hotel complete with pop-up restaurant by the guys behind Three Blue Ducks, plus the Museum of Contemporary Art is hosting a Tatsuo Miyajima-themed bar, Cherry Blossom. Bottoms up!

WORDS BY MEL EVANS. PHOTOGRAPHY BY BEN GOLDSTEIN. PROP STYLING BY CASSIDY IWERSEN. FOOD STYLING BY JAMIE KIMM

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The *Cosmo* zeitgeist-o-meter

THE LATEST IN THE WORLD OF POP CULTURE IN ONE HANDY COLUMN

No "ducking" autocorrect

Some legend has solved the problem of wanting to type f*cking in a text, and ending up with "ducking". How DUCKING annoying is it?! So, the hack is: save a fake contact as "f*ck f*cker" and "f*cked f*cking" (obvs without the asterix... we're censoring). Your phone then thinks it's a contact – and it doesn't *dare* try to autocorrect a name. Text on, pottymouths!

"Scrollaxing"

Finally, our favourite pastime has its own verb: "scrollaxing". It's basically sitting on the couch, watching *The Simpsons* re-runs, scrolling through Instagram/Facebook/Tinder (swipeaxing doesn't have the same ring). You're not concentrating on the TV but you're not fully engaged in your feed, either. But with each scroll you feel a little more zen.

Second-hand apps

What goes around comes around with the new wave of apps designed to help you sell your unwanted shit. Shedd is a new fashion marketplace where your good things go to someone else. Carousell and letgo also sort you should you have a bunch of crap someone may benefit from.

Comebacks

Lady Gaga has just released new music for the first time in about 30 years (well that's what it feels like) and Lisa Mitchell just threw another album, *Warriors*, at us too. Oh and at the time of print we were hoping Hillary Clinton makes a comeback to the Whitehouse (as POTUS this time, not FLOTUS). Long bow? Don't care – it's Hillary.



Isla is in *Nocturnal Animals*, out November 10.

THE EVOLUTION OF ISLA FISHER

Let's track the reasons this flame-haired heroine is one of our faves, shall we?

1994: Starred as Shannon Reed on *Home and Away*. Thus our obsession with the plucky redhead from Summer Bay begins…



2002: Meets ~~Ali G~~ Sacha Baron Cohen. We wonder what their date nights were like.



2005: We meet Gloria in *Wedding Crashers*. We also learn how to perfect crazy eyes: "Don't leave me ever… 'cos I'd find you…"



DEC, 2013: Finds a BFF gym buddy in the form of Kirsten Dunst. A match made in SoulCycle heaven.

2013: Stars in *The Great Gatsby*. Teaches us never to run onto the road when Leonardo DiCaprio is driving.



MAY, 2015: *ING* Direct (doesn't count if you didn't emphasise the "ING" like Isla) hires her to front their funky new campaign. We're sick of the colour orange, but Isla's not bad.

DEC, 2015: Donates $1m to Syrian children and refugees, reaches goddamn Mother Teresa levels of badassery.

MAR, 2016: Hangs with the Kardashians to watch *Grimsby* in what may be the weirdest movie night ever.



NOV, 2016: Stars in *Nocturnal Animals* with twin Amy Adams. Not *actual* twin. But, you know, actual twin.

FILMMAGIC; GETTY IMAGES; WIREIMAGE

Cosmo Reads

All the titles you need to know about for your next #shelfie

NEW FICTION

VIRGIN AND OTHER STORIES
by April Ayers Lawson
The South is alive with sexual and spiritual awakenings in this collection of stories, where the lines between vice (porn) and virtue (saving yourself for marriage) are blurry at best.

THE CHEMIST
by Stephenie Meyer
The *Twilight* mogul moves from blood-sucker romance to heart-stopping drama with a thriller about a kickarse scientist and ex-government agent on the run.

THE RED CAR
by Marcy Dermansky
When her boss and mentor suddenly dies in a car accident, Leah inherits the vehicle at the centre of the destruction. Behind the wheel, Leah finds the woman she'd lost – herself.

FAITHFUL
by Alice Hoffman
In high school, Shelby abandoned a friend as soon as tragedy struck. Years later, living her best life in NYC, she comes face-to-face with her guilt.

SWING TIME
by Zadie Smith
The acclaimed author of *White Teeth* and *On Beauty* returns with a thoughtful tale of two childhood BFFs whose shared passion for dance takes them on divergent life paths.

WORDS BY ANGELA LEDGERWOOD. MEL EVANS. PHOTOGRAPHY BY BEN GOLDSTEIN/STUDIO D

BUZZ COSMOPOLITAN

AND THIS MONTH... **PLUG INTO COSMO**

We done gone made a podcast! Presenting, *The Buzz*. Each week, we'll peek into the dating life of the twenty-(and-thirty)-something woman. Hang with us each week as we wax lyrical on all things love, sex and life. There's no such thing as TMI. True fact. Find us on iTunes, Cosmopolitan.com.au and our Facebook, Cosmopolitan Australia.

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STYLE LESSONS FROM LEMONADE

'Cos Beyoncé does more than just slay!



WHEN QUEEN BEY DROPPED HER VISUAL ALBUM *LEMONADE*, THE WORLD COLLECTIVELY GASPED. And now? Well we're still left wondering, *Who the eff is "Becky with the good hair"?!* It wasn't just the combo of cryptic messages and mind-blowing visuals that caught our attention: let's discuss the *farshun*. Each video had its own distinct look, meaning we've now got some serious lessons in summer styling. Beyhive, take note…

▸ GET ZESTY

Citrus tones were among the hottest on the runways for the season. From mustards to bright yellows, this colour is on the money. Team yours to perfection with your glowing summer tan.



$79.95, Zara (02 9376 7600)



▸ EMBRACE "VICTORIANA"

Think lace, crochet, high necks and ruffles. To avoid looking like your nanna's doily, go for modern silhouettes. This maxi dress is perfect for a summer party teamed with a stacked heel and some gold jewellery.



$495, Spell (spelldesigns.com.au)



$449, Camilla (camilla.com.au)

▸ TRY TRIBAL

Not for the fainthearted, tribal print is another key trend this season. Make like Bey and go for strong colours. This Camilla top will make you feel like Superwoman – it has a damn cape, for Bey's sake!



$169.99, Interval (02 9256 8450)

▸ BE ROMANTIC

Another key colour palette, romantic pastels are where it's at. Take Beyoncé's cue and look for shades of rose, purple and mint. This playsuit has summer written all over it!



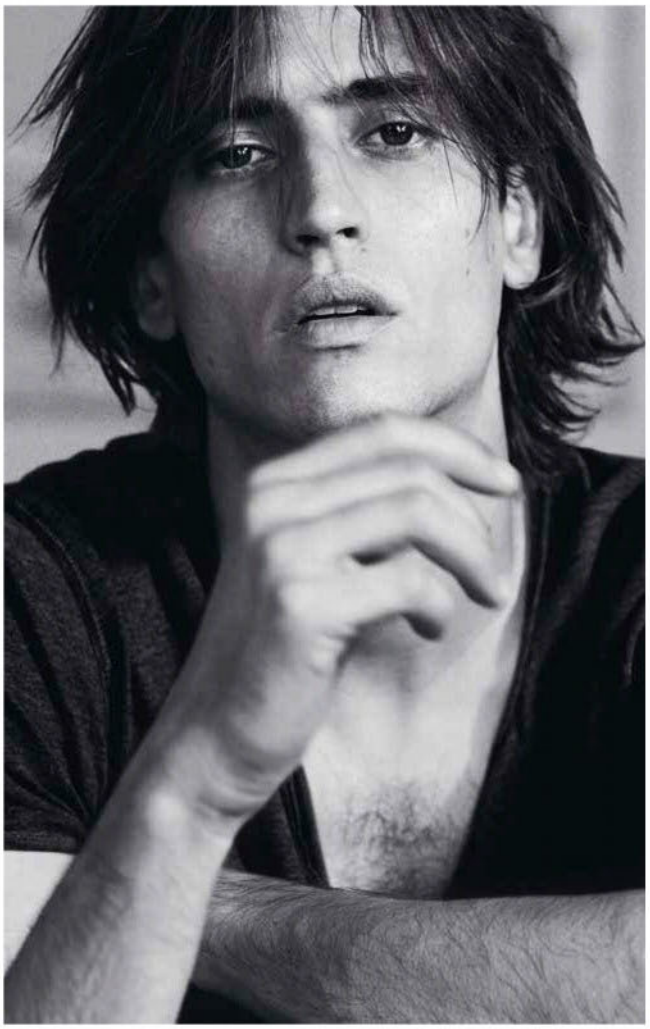
▸ ATHLEISURE VIBES

Team it with a pair of khaki ankle boots, gold hoops and a heavy dose of swag for a night of dancing with the girls.

Crop: $20; pants: $30, both Prettylittlething (prettylittlething.com)

WORDS AND STILL-LIFE STYLING BY DENIS TODOROVIC. STILL-LIFE PHOTOGRAPHY BY RODNEY MACUJA/BAUER

#THISISZADIG





THIS IS HER! THIS IS HIM!

THE NEW FRAGRANCES



ZADIG & VOLTAIRE

CONFESSIONS



YOU REVEAL YOUR MOST EMBARRASSING, RIDICULOUS, WHAT-WAS-I-THINKING MOMENTS

1

"I WAS NEWLY DATING THIS GIRL, AND I BROUGHT HER BACK TO MY PLACE. RIGHT AS WE'RE GETTING UNDER THE COVERS TO HOOK UP, SHE ROLLED OVER AN EMPTY M&M'S WRAPPER – I'D BEEN SNACKING IN BED THE DAY BEFORE. SHE GAVE ME THIS LOOK LIKE, *REALLY?* SHE TOTALLY CALLED ME OUT. BUT SHE DIDN'T LEAVE!" – SY, 26

2 CELEB CONFESSION
"I got home after a long day of work and saw my girlfriend on the couch watching a nature show. I walked over to her – her back was to me – gave her a big, long hug, and nuzzled her neck. I lifted my head and looked into her face. It wasn't my girlfriend. It was her sister. I tried to recover by casually asking what she was watching. It was a show about baboons and their ability to distinguish their own family members."
– BEAU MIRCHOFF, AWKWARD

3 "I emailed my English professor, begging to write my essay on this one topic. He then read my email to the entire 200-person lecture as an example of what *not* to do."
– MADDIE, 21

4

"I always brag about the fact that I've never gotten a ticket. I'm a very safe driver. But I've never told anyone, not even my mum, that I once ran over my best friend's foot with my car."
– ALEXANDRA, 24

5 "I once took a girl to a restaurant for Valentine's Day – and secretly paid for the meal with a gift card from my aunt."
– MICAH, 24

6 "I bought a shark jaw at a science shop and put it in my room. One day, I slipped and my arm fell onto the jaws and got cut up. I had to get stitches. Now I lie and tell hot guys that I got bit by a shark!"
– THERESA, 31

7 "I was on this road trip with my friend and a guy she'd just started dating. I really had to poo. I went in a bag and threw it out the window. #NoShame."
– MELANIE, 25

8 "My boyfriend and I decided to spice things up by taking sexy videos of each other naked and Snapping them to one another. I was so in the moment that I posted it to a Story. I screamed and took it down right away. My family follows me on Snapchat!"
– NICOLE, 20

9 "I threw on a jumper from my laundry pile and rushed to class. When I took my jumper off, four neon lace G-strings fell out – they'd gotten stuck inside when I did the laundry. Everyone who sat around me stared and laughed. I tried to play it off like they were headbands, but they knew." – ELIZABETH, 21



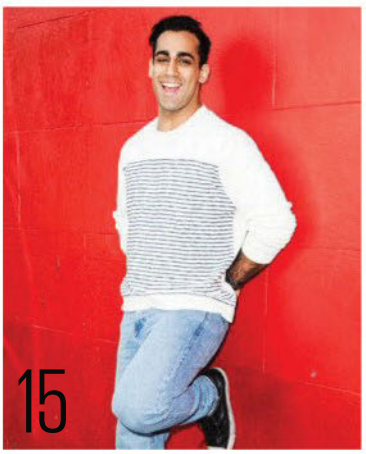
"I was directing makeup for a fashion show and I realised my skirt was totally tucked into my stockings. Luckily it was before most of the people got there, but I had already walked down the street like that." – MARA, 31



"I was in the ER, and they assigned me this hot doctor. When he listened to my heart, he said it was beating abnormally. I needed to get it tested. Nothing was wrong with it – it was because of his beautiful face!" – LAUREN, 22

12 "MY HUSBAND AND I DECIDED TO TRY TINDER FOR FUN – BUT WE DIDN'T TELL FRIENDS. THEN MY PROFILE PIC SOMEHOW WOUND UP IN THIS INDIE ZINE, AND A FRIEND FOUND IT ONLINE. WE WERE OUTED." – JULIA, 34

GUY CONFESSIONS



13 *"My favourite kind of sex is when the girl hasn't showered. That kind of dirty is so hot."* – KWAME, 25

14 *"My wife and I were on holiday. In a drunken haze in the dark, I found our bathroom and I let it fly. Then my wife screamed. What I thought was the toilet was the marble top of her nightstand."* – GUS, 40

"I got a back wax, and the waxer knew who I was. How? We'd had a one-night stand three weeks before." – ARIEL, 25

EDITED BY EMILY C JOHNSON. PHOTOGRAPHY BY ALLIE KIRCHER; AARON RICHTER. GETTY IMAGES


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THIS MONTH'S WORST DATES

Um, awkward much?

"We went to a movie. After, he said he didn't have time to take me home. He left me there!" – BRITNEY, 21

"I was driving this guy home from a first date, and he spent the car ride telling me all about how we didn't click." – KAITLYN, 23

"We were about to have sex when he said he had to call his mum first. He took 'mummy's boy' to a new level." – KRISTA, 23

"This cute guy asked me on a date to a Mexican restaurant. I was so excited. Then he texted me to cancel, saying that his mum was making a Mexican dish for dinner, so he was just going to stay home instead." – KARLA, 26



"He came out of the bathroom with nothing on except my hand towel covering his junk. When he removed the towel, he had on a penis pump and was holding lube. He asked me to tickle his balls. I made him leave." – MALISSA, 28

"We met up for margaritas. Afterwards, I brought him home, and he puked all over my bathroom without telling me. I found out when my roommate walked into it." – MORGAN, 22

DOUCHE-O-METER

JUST CLUELESS | UM, NO | CHEQUE, PLEASE! | SO OFFENSIVE | EPIC FAIL | LITERALLY DERANGED

SHUTTERSTOCK

MARKY PONDERS

THE HAPPY FACTOR

The sun is shining, the birds are chirping... and it's LITERALLY THE SADDEST TIME OF THE YEAR. **Emma Markezic** wants to change that



STYLING BY CHARLOTTA BACKLUND. PHOTOGRAPHY BY PAUL SUESSE/BAUER. HAIR AND MAKEUP BY GEORGIA HULL/RELOAD AGENCY. *MARKY WEARS* TOP BY ZARA; BANGLE & BRACELET BY AMBER SCEATS

As you read this, it's creeping up on December. You're scouring party frocks on ASOS, writing Christmas lists and marvelling at gift wrappers like, "How are you folding with the precision of a Japanese origami master when I can barely change a toilet roll?!" But underneath all the glitter, this is actually the most melancholy time of the year. At least it is for a lot of people. There's something about the festive season that acts like an ugly green lens, reminding you of what you don't have rather than what you do... So how do you stop yourself from sucking on a candy cane of discontent over the holidays?

I'LL TELL YOU HOW

You change the way your brain works. Not even kidding. The problem for most of us is we're looking for bliss in the wrong places. We tend to think of happiness as a future goal – something to strive for and work towards by accumulating experiences and friends and good hair days. But happiness is just a skill. In fact, it might make it easier if we just call it "enjoymenting" from now on. And ticking off an imaginary list in your head doesn't help you ace enjoymenting at all. You think it does because you get little buzzes of joy when you achieve one. Boyfriend – tick! Perfect birthday selfie – tick! But get this: you can be alone, unemployed, have a zit as big as Donald Trump's head and still be happy.

THE FIRST STEP IS LETTING GO

One of the biggest things that stops us from being happy are the intrusive thoughts we let marinate in our brains like so much rotting meat. Banishing them is *impossible*. But therein lies the trick – being happy isn't the absence of depressing thoughts; it's knowing what to do with them. Of course you'll have niggling mind nuggets that bother you every so often, and the end of the year is rife with them. December just has a glorious way of reminding you about all the resolutions you haven't nailed and lotteries you haven't won. What you have to do is let them bubble up and then just let them go. It takes some doing, I grant you. But practise and I promise it gets easier. Replace those nuggets with pleasure bombs, i.e. a reward you give yourself any time of day. All it takes is reminding yourself what you have to be buzzed about, or how belief in yourself always pays off. Essentially, only you get to decide how you react to something, so why not make it exceptional. Everyone has their setbacks. Even Beyoncé had the whole Becky thing. But did she just take it? No, she took Becky, admitted she had good hair and spun the whole thing into gold.

MY POINT IS

It's easy to feel sorry for yourself over the festive period, espesh if you let that niggling feeling everyone is having a better time than you take hold. But don't let the Becky of your life ruin Christmas. You're way better than that. And besides – while it's true you can't buy happiness, you can buy a full-length sequinned ASOS frock with free shipping in time for NYE. And that's just as good.

THING YOU WON'T BELIEVE IS TRENDING RIGHT NOW... Horse yoga. That's right – doing hard-arse pretzel moves on top of an actual, gigantic equine animal. Mind you, if it detracts in any way from my inability to do downward dog, then giddy up.

Follow Emma on Twitter and Instagram @markyknowsbest.

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Delta FORCE



THE SELF-CONFESSED 'GIRL'S GIRL' MAKES NO APOLOGIES FOR BEING WHO SHE IS – NOT ONLY THE NICEST CELEBRITY WE'VE MET (YES, REALLY), BUT ONE OF THE MOST ENDURING AS WELL. 2016 HAS SEEN HER KICK SOME SERIOUS ARSE THANKS TO HER METICULOUS EYE FOR DETAIL, NEW-FOUND EDGE AND UNDYING OPTIMISM, WRITES SHARI NEMENTZIK





IT'S STUPID A.M WELL, FOR ME AND WE'RE AT A STUNNING CLIFFTOP HOME IN SYDNEY'S EASTERN SUBURBS TO SHOOT DELTA GOODREM, 32. THE VIEW IS INSANE

and I should be 'gramming it (see page 90 – "Can Anyone Be an Influencer?"), but I'm more concerned with the fact I'm yet to have a coffee and there's nothing nearby.

Delta has arrived, given everyone a hug and is now getting some final touch-ups from hair and makeup before go-time. She finds speakers, plugs in her laptop and presses play. None of us are familiar with the song – yet – but we do recognise the voice. Is this Delta's song? Is she playing her own stuff? She is. Glances are exchanged amongst the *Cosmo* team: a mix of "WTF?" and "I could get into this!" And then it plays again. And again – before it's abruptly paused and Delta gets on the phone to urgently request a change to some note here and a riff (I think?) there and some new "ahhhh"-like harmony, which she sings a few times over, to make sure whoever is on the end of that line understands exactly what still needs doing before it's deemed done. She's precise down to every single beat and chord and clear in her command. It sounded fine to me (although admittedly I'm not musically inclined), but apparently it's a bit messy.

PREVIOUS PAGE SWIMSUIT: $190, PALM (PALMSWIMWEAR.COM). PANTS: $279, KATE SYLVESTER (KATESYLVESTER.COM). EARRINGS: *WORN THROUGHOUT* $169 FOR SET, SAMANTHA WILLS (SAMANTHAWILLS.COM). CHOKER: $365, LINDEN COOK (LINDENCOOKDESIGN.COM). RINGS: FROM $69 EACH, NAJO (NAJO.COM.AU). *THIS PAGE* DRESS: $269, HANSEN & GRETEL (HANSENANDGRETEL.COM). *OPPOSITE PAGE* DRESS: $960, ANNA QUAN (ANNAQUAN.COM). THICK SILVER BANGLE $199; PEARL RING: $59.95, BOTH MIMCO (MIMCO.COM.AU). THIN SILVER BANGLE: $12, MINIMALIST JEWELLERY (WWW.MINIMALISTJEWELLERY.COM.AU). SILVER RINGS: FROM $69 EACH, NAJO (NAJO.COM.AU)

This is a side to Delta I've not seen before – and I've been interviewing her for a few years now. It's a bit of a shock to the system, to be honest. She has always been bubbly and goofy – and *so* nice that sometimes it's hard to believe she's not faking it. She's not, though. She really *is* that nice. Still, nice alone doesn't equate to a successful career spanning 16 years. Sure, it's helped. But *this* Delta that I've got a glimpse of today is why she's survived longer than most in a cutthroat industry. She's passionate and bold and, above all, a complete and utter perfectionist. The song, "The River", continues to play on rotation throughout our first shot and Delta keeps finding flaws. "I'm so sorry, I promise this is the last time you'll have to listen to this," she says, downloading the latest version. "I have to get it in by 12, but I will play other songs right away."

The thing with Delta that is so inspiring is her strong sense of self and unfaltering passion for music. Thankfully, she has the self-awareness to know it looks a bit odd to play your own song over and over at a magazine photo shoot, but shit needs to be done.

She also has a chameleon-like ability to adapt, and pushes the boundaries of her comfort zone continuously. Take "The River", for instance – it's unlike anything we've heard from her before. "I'm constantly looking for the variety of life," she says. "Somebody said to me once, 'if the opportunity comes up, always try different things'."

You only need to look at this year to see that Delta's talents and zest for life extend beyond her musical prowess. "It's been a big year," she says.

Let's recap: She kicked off 2016 on stage as Grizabella in the musical *Cats*, her team won *The Voice*, she starred on *House Husbands*, her album *Wings of the Wild* soared to number one, and now she's topping it off with a nationwide arena tour.

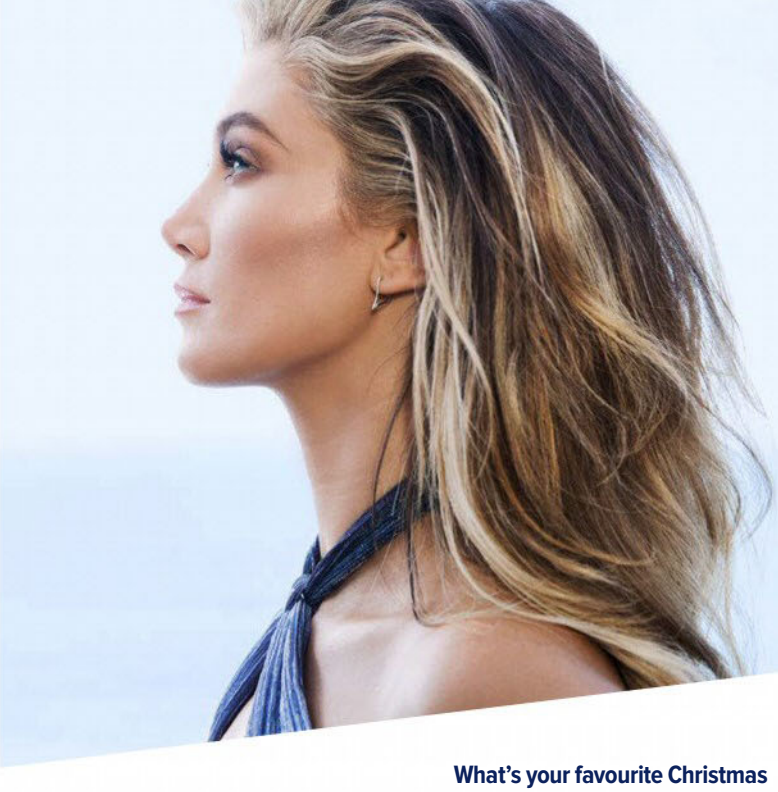
"I feel really thankful for this moment in my life and, as Joni Mitchell says, 'I've looked at life from both sides'," she smiles. "So when it's a beautiful chapter, the stars are aligning and you feel like you've got a rhythm, you've got to just be grateful and enjoy it."

So it's little wonder she's *Cosmo*'s Women of the Year 2016 Hall of Fame inductee. When you look at the arc of Delta's life, she's never given up. How do we know? Because we've all grown up with her. She's rolled with the punches, which, in fairness, have been rather fierce. She's lived her life under the spying eyes of the paparazzi, fought a very public cancer battle [Delta was diagnosed with Hodgkin's lymphoma at 18] and has been criticised for everything – from being too nice (yes, really) to her "unrhythmic" dancing (as Marlon Wayans puts it). But she's gained strength from it all and become a role model in the process. In a world of one-hit wonders and 15 seconds of viral fame, Delta's part of an exclusive club of lasting success stories – and it's refreshing.

But with success comes a stupidly jam-packed itinerary. "I can't wait for a holiday!" she beams, glancing at the pool of the location house. "I worked through summer last year, so this year I'll get to spend more time outdoors and with friends and family here at home."



"When it's a beautiful chapter, the stars are aligning and you feel like you've got a rhythm, you've got to just be grateful"



With just 10 minutes to go before Delta's got to race off to the airport to catch a flight, we still need to get the "hero" shot. Everyone's in a flurry, but not Delta. She's on the sun lounge, just chilling. "Pressure makes diamonds," she says, while we scramble around her. That's the thing with Delta; nothing ruffles her feathers these days (by feathers I mean her really, *really* good hair). And she's just nailed the shot – with eight minutes to spare.

When you're overseas, what do you miss most from home?
I love the sound of the birds and the trees and the smell of the air in Australia; I miss that. But my family and friends, they will always be top of the list and now I have a new nephew, my brother's baby, that's where my heart goes back to.

Sweet! You must be really excited for Christmas then...
I am the most Christmas-y person you'll probably ever meet. I love Christmas *that* much. I feel like my parents nailed Christmas growing up; it looks like my mum robbed a David Jones store every year.

What's your favourite Christmas present you've ever received?
I remember getting my first microphone when I was 10 years old. It had a tiny little diamond on it and that was the best thing I had ever seen in my entire life. I fell in love with it – I still have it at my mum's house actually.

What gets you through one of those "bleurgh" days? I put on some music and I dance it out, normally to Fatboy Slim's "Rockafella Skank" or "Right Here, Right Now". It really pumps me up and I get in the groove, have a dance and then get rid of it, get it out of my skin. Listening to really hard-core hip-hop gets all of your aggression out and then you're over it. It's great for the soul.

What do you think is the most important life lesson? There are many lessons to learn in life. Keep adapting to change. You're on your own journey – give it everything you've got and enjoy every moment. It is so simple, but people can sometimes forget that we've only got this time right now.

If you could go anywhere without being recognised by fans, where would it be? Probably to the beach a little more, to be honest. I was papped at the beach when I was younger and that kinda made me a bit more wary of going there. It's meant to be a time to relax and have fun, without worrying.

The sun's shining and you have the day off, what do you do?
I love an early morning walk – that just resets me. I love getting my coffee, having a bit of music on and feeling the early morning sunshine. Then I'd go to have a glass of rosé with friends and switch off.

What is it about summer that makes you feel sexier? You've got a bit of a tan, a bit of a glow on, you've put moisturiser and shimmer on your body, have a nice backless dress to wear and your hair's all messy and sea-salty. It's barefoot and no-makeup vibes for me!

Do you have any summer traditions? I love a BBQ! If someone invites me over to a BBQ, I'm always in! I love a family BBQ, where I can play a bit of tennis outside and go in the pool.

What do you usually take along?
Normally sweets. I'll bring pavlova and lamingtons, because I'm not a very good cook; no one trusts me. I have a hat that my friends bought me that says, "I bring the vibe", so that's my job – to make sure that the music's alright and the candles are lit.

What is the secret to great summer hair? I have to say, I'm lucky my hair does behave. It likes to be wild; it's perfectly happy if I go for a swim or go into the ocean and it likes to have its own mind. I love when my hair goes into summer mode and it gets curlier and gets a bit messier.

You're driving along with the windows down; what song are you blasting? I love '90s music! I mean, if the Backstreet Boys are playing in a car jam, the music's going up and we are singing "Backstreet's Back". I do love a bit of Macklemore & Ryan Lewis when it comes to a car trip, a bit of [starts singing] "can we go back, this is the moment".

If you could raid one woman's wardrobe, whose would it be?
Sarah Jessica Parker. Everything from *Sex and the City* to what she wears now – I just love that sense of style.

"You're on your own journey – give it everything you've got; enjoy every moment"

Finally, what are your top summer style and beauty must-haves?
I love ModelCo shimmer – I am obsessed with that – and I love the Asyana moisturiser tan (Asyana Tan Extending Tinted Moisturiser). I must always have my nails done because I hate it when they chip – my favourite colour is a summery white. A good moisturiser like the Dr Spiller collagen cream and my sunscreen is vital – I wear that every single day. And you need a maxi dress.

STYLING BY CHARLOTTA BACKLUND. PHOTOGRAPHY BY NICK LEARY/DLM. CREATIVE DIRECTOR: LEISA MAAIT. HAIR BY MICHAEL BRENNAN/ARTIST GROUP. MAKEUP BY NONI SMITH/ARTIST GROUP. STYLIST ASSISTANT: ANA ZUPANOSKA. *DELTA WEARS THIS PAGE JUMPSUIT:* $350, BEC & BRIDGE (BECANDBRIDGE.COM.AU). *OPPOSITE PAGE DRESS:* $599, GINGER & SMART (GINGERANDSMART.COM). SILVER RING: $129, NAJO (NAJO.COM.AU). PEARL RING: $59.95, MIMCO (MIMCO.COM.AU). BELT: STYLIST'S OWN

IN HER OWN WORDS

Delta x

Nickname:
I've had many nicknames lately it's been: BD ♥

The song that always gets me on the dancefloor:



Anything Michael Jackson & 90's music

I never go to a party without: One of my besties

Draw a picture of yourself on NYE:



My ultimate party outfit:
Something fun and sparkly



At the club, you'll find me:
a) Chatting up the barman.
b) Doing shots.
c) Busting some serious moves on the dancefloor.
d) Chatting to friends in the corner.
e) Other.

My best party trick:
"I Bring the vibe" ha!!

The naughtiest thing I've ever done at a bar:
Danced Coyote Ugly Style on the bar!... ...no that was just in my dreams



May you have a fun the year your ALL, Ready to celebrate a new chapter! L.O.V.E D+



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HOW TO WEAR... *Dungarees*

Style the overall right and you'll look cute all over! The devil's in the unexpected detail...



GROW UP
Pair your dungarees with surprising textures like a silk shirt or lace, or an interesting silhouette like a batwing top. Just add a sexy heel and lashings of lipstick for a polished and grown-up feel.

DOUBLE-BREASTED?
Boobs and bibs can be a tricky combo. You'll need thin, adjustable straps and a light fabric as you want it to skim your chest. If your lady lumps are on the large side, wear the bib so the top hits just above the middle of your chest.

SEX APPEAL
Bare a little skin to avoid any frump factor (cropped tops look hot under an overall). Sex it up another notch with a sly single undone strap.

PROPER PROPORTIONS
Prone to camel toe? Go one size bigger than normal for a cool, oversized feel. If long overalls come up short on your leg, tuck them into a mid-calf boot for a retro '70s vibe.

SHOE 'SPO
Team long overalls with an ankle boot or caged heel, and a short overall with a platform mule or a pair of wedges. If you have height on your side, mix things up with a slide or leather sandal like Alessandra Ambrosio.

Alessandra Ambrosio

BAUER-GRIFFIN/GC IMAGES

WEAR IT LIKE...



GWEN STEFANI

Add a bit of street swag by wearing them folded over with a fab heel.



$14.95, Rubi Shoes (rubi.com.au)

$69.95, Eb & Ive (ebandive.com.au)

$16.99, Colette by Colette Hayman (colettehayman.com.au)

$86, Oasis (oasis-stores.com)

$80, Missguided (missguidedau.com)

$40, Boohoo (boohoo.com)



TAYLOR SWIFT

Team a dungaree dress with sneakers for the perfect casual weekend look.



$39.95, Sportsgirl (sportsgirl.com.au)

$24.99 for set, Topshop (topshop.com)

$129.95, Abrand Jeans (abrandjeans.com)

$239, Senso (senso.com.au)

$429, Ginger & Smart (gingerandsmart.com)



OLIVIA PALERMO

A silk shirt instantly dresses up the overall – a perfect look for cocktails.



$129.95, Witchery (witchery.com.au)

$14.95 for set, Lovisa (lovisa.com.au)

$34.99, MRP (mrp.com)

$442.77, Michael Michael Kors (shopbop.com)

$225, Karen Millen (karenmillen.com.au)

STYLING BY DENIS TODOROVIC. STILL-LIFE PHOTOGRAPHY BY RODNEY MACUJA/BAUER. BAUER-GRIFFIN/GC IMAGES; CARLY ERICKSON/BFANYC.COM; GETTY IMAGES

head & shoulders



NEW

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Kellie, 25

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Source: Consumers testimonials, London, March–April 2016; *no visible flakes, with regular use


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Dress like a style queen, dance like a rockstar, flirt like you won't be going home alone. Be the freakin' life of the party!

NATHALIE WEARS TOP: $58; SKIRT: $88, SABO SKIRT (SABOSKIRT.COM). RING: $99, SAMANTHA WILLS (SAMANTHAWILLS.COM). EARRINGS AND LARGE CUFF: FROM $250, SAMANTHA WILLS X AEL KEMI (SAMANTHAWILLS.COM.AU). SMALL CUFF: $12.99, COLETTE BY COLETTE HAYMAN (COLETTEHAYMAN.COM.AU). *MONIKA WEARS* DRESS: $250, BEC & BRIDGE (BECANDBRIDGE.COM.AU).



$79.95, Sportsgirl (sportsgirl.com.au)



$695, Stanzee (stanzee.com.au)



$99.99, Kenzo x H&M (hm.com/au)



$360, By Johnny (byjohnny.com.au)



$290, Bec & Bridge (becandbridge.com.au)

SKIRTS

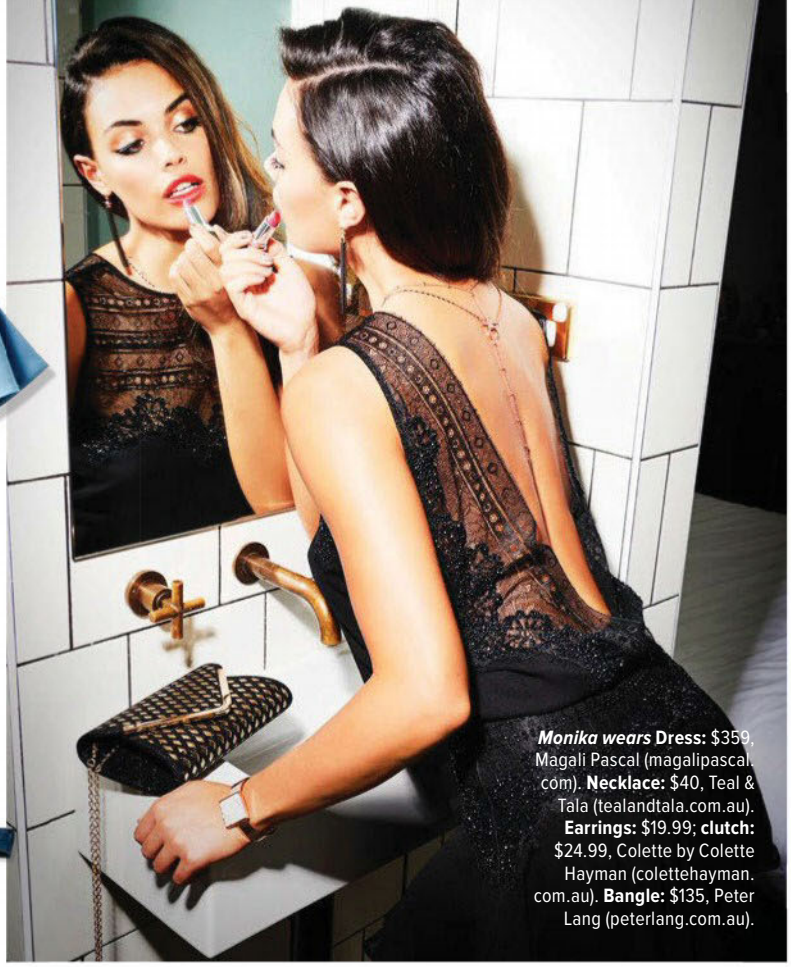
Disco balls, late night booty calls – go razzle-dazzle with sequins and metallic pleats

EDITOR'S TIP

"UP THE ANTE BY PAIRING A STATEMENT SKIRT WITH A DRAMATIC NECKLINE"

– CASSIE LONGWORTH
Market editor

Monika wears **Top:** $134, Elliatt (elliatt.com.au). **Skirt:** $83, Asos (asos.com/au). **Shoes:** $79.95, Verali at Styletread (styletread.com.au). **Bangle:** $295, JY Jewels (jyjewels.com). **Clutch:** $55, Asos (asos.com/au). ***Nathalie wears*** **Bodysuit:** $59.95, AndCo The Label (andcothelabel.com.au). **Skirt:** $199, Coop (trelisecooper.com). **Shoes:** $97, Asos (asos.com/au). **Large cuff:** $129, Mimco (mimco.com.au). **Small cuff:** $189, Samantha Wills (samanthawills.com).



Monika wears **Dress:** $359, Magali Pascal (magalipascal.com). **Necklace:** $40, Teal & Tala (tealandtala.com.au). **Earrings:** $19.99; **clutch:** $24.99, Colette by Colette Hayman (colettehayman.com.au). **Bangle:** $135, Peter Lang (peterlang.com.au).

DRESSES

Bare shoulders and plunging necklines make for a show-stopping party dress



$249, Fame & Partners (fameandpartners.com.au)



$269, Hansen & Gretel (hansenandgretel.com)

A high-class way to try the slip dress trend.



$139, Staple the Label (staplethelabel.com)



$90, Missguided (missguidedau.com)



$169.95, Cooper St (cooperst.com.au)

This figure-hugging number is an hourglass dream.



$420, Alice McCall (alicemccall.com)

$299, Talulah (talulah.com.au)

EDITOR'S TIP

"DON'T BE AFRAID OF EXAGGERATED DETAILS LIKE RUFFLES AND PLEATS"

– CASSIE LONGWORTH
Market editor



***Nathalie wears* Top:** $260, Alice McCall (alicemccall.com). **Shorts:** $99.95, Finders Keepers (finderskeepersthelabel.com.au). **Earrings:** $429, Susan Driver (susandriver.com.au). **Ring:** $119; **bangle:** $149, both Samantha Wills (samanthawills.com). ***Monika wears* Top:** $220, S.E by Sant Elia (santelia.com.au). **Skirt:** $239.95, C/meo Collective (cmeocollective.com). **Earrings:** $229; **choker:** $310, both By Nye (bynye.com). **Bangles:** $450 for 11, Susan Driver (susandriver.com.au).



$29.95, Rise of Dawn (tigermist.com.au)

$279, Magali Pascal (magalipascal.com)



$259.95, So It Goes (soitgoesthelabel.com.au)

TOPS

Eyes up top, boys! Pick party smocks over party frocks for a fresh look

Extra points if you combine two trends: sequins and ruffles.



$119, Asos (asos.com/au)



$149, Hansen & Gretel (hansenandgretel.com)



$149, Isla (islalabel.com)



$189.95, C/meo Collective (cmeocollective.com)



$250, Bec & Bridge (becandbridge.com.au)

Dramatic sleeves are perfect for a night of dancing.

EDITOR'S TIP

"GO BRIGHT OR GO FULL DRAMA WITH UNIQUE DETAIL"

CASSIE LONGWORTH *Market editor*

A GREAT TOP NEEDS A GREAT BRA



From left: $64.95; $54.95; $54.95; $54.95; $59.95, all Fine Lines at Myer (myer.com.au)

Top: $32, Boohoo (boohoo.com). **Shorts:** $50; **shoes:** $60, both Missguided (misguidedau.com). **Bag:** $249; **brooch:** $299, both Mimco (mimco.com.au).

EDITOR'S TIP

"LACE, VELVET AND METALLIC PIECES ARE ALL WINNERS THIS SEASON"

– CASSIE LONGWORTH
Market editor

SHORTS

Legs for days, praise all night. Let your limbs do the talking (and the moonwalking)



$209, Hazel Label (www.hazellabel.com)



$99.95, Pink Stitch (psthelabel.com)



$149.95, C/meo Collective (cmeocollective.com)



$79.95, Staple the Label (staplethelabel.com)



$169.95, Keepsake (keepsakethelabel.com.au)



$59.95, Evil Twin (eviltwinthelabel.com/au)

SHOES & BAGS

Nights are too short for boring bits! Add some glitz and frills for accessories you won't want to take off

Shoes: $69.99, H&M (hm.com/au). **Bag:** $24.99, Colette by Colette Hayman (colettehayman.com.au). **Serving tray:** $100; **cocktail shaker:** $150; **ice bucket:** $100, all Kate Spade NY at Papier D'amour (papierdamour.com.au). **Glassware set:** $500, Papier D'amour (papierdamour.com.au).





EDITOR'S TIP

"GO OTT WITH ACCESSORIES – EMBRACE GLITTER AND FRINGING"

CASSIE LONGWORTH
Market editor

METALLIC



$179.95, Mollini at Styletread (styletread.com.au)



$189.95, Siren from Styletread (styletread.com.au)



$209.95, Sol Sana (sol-sana.com.au)



$265, Senso (senso.com.au)



$59.95, Spend-less Shoes (spendless.com.au)



$150, Sass & Bide (sassandbide.com/au)



$34.99, Forever New (forevernew.com.au)



$44, Missguided (missguidedau.com)



$69.95, I Love Billy at Styletread (styletread.com.au)



$89.95, Olga Berg (olgaberg.com)

MONOCHROME



$189.95, Wanted Shoes (wantedshoes.com.au)



$179.95, Windsor Smith (windsorsmith.com.au)



$209.95, Sol Sana (sol-sana.com.au)



$189.95, Diavolina at Wanted Shoes (wantedshoes.com.au)



$189.95, Wittner (wittner.com.au)



$149.95, The Daily Edited (thedailyedited.com)



$290, Sass & Bide (sassandbide.com/au)



$99.95, The Daily Edited (thedailyedited.com)



$44.99, Colette by Colette Hayman (colettehayman.com.au)



$89.95, Nine West (ninewest.com.au)

COLOUR



$70, Missguided (missguidedau.com)



$63, Prettylittlething (prettylittlething.com.au)



$73.50, Missguided (missguidedau.com)



$239, Sempre Di (sempredi.com)



$69.95, Fiebiger (fiebigershoes.com)



$39, Olga Berg (olgaberg.com)



$249, Mimco (mimco.com.au)



$400, Coach (coachaustralia.com)



$199, Mimco (mimco.com.au)



$34.99, Colette by Colette Hayman (colettehayman.com.au)



1. $9.99, H&M (hm.com/au). 2. $295, JY Jewels (jyjewels.com). 3. $35, Kookaï (kookai.com.au). 4. $569, Susan Driver (susandriver.com.au). 5. $40, Kookaï (kookai.com.au). 6. $349, Swarovski (swarovski.com). 7. $12.99, H&M (hm.com/au). 8. $499, Swarovski (swarovski.com). 9. $959, Thomas Sabo (thomas sabo.com). 10. $399, Swarovski (swarovski.com). 11. $12.99, Colette by Colette Hayman (colettehayman.com.au). 12. $599, Swarovski (swarovski.com). 13. $119, Samantha Wills (samanthawills.com).

JEWELLERY

Jewellery that'll shine in the party lights... and then look great on his nightstand

$299, Mimco (mimco.com.au)

$79, Peter Lang (peterlang.com.au)

$60 (from set), Kookaï (kookai.com.au)

$129, Mimco (mimco.com.au)

$45, Teal & Tala (tealandtala.com.au)

ED'S PICK
100% of profits go to the Avon Breast Cancer Crusade.

$4.99 (pack of 3), Avon (avon.com.au)

$129, Peter Lang (peterlang.com.au)

$129, Samantha Wills (samanthawills.com)

$12.99, H&M (hm.com/au)

$255, Peter Lang (peterlang.com.au)

STYLING BY CASSIE LONGWORTH. PHOTOGRAPHY BY SEVAK BABAKHANI/BAUER. STILL-LIFE PHOTOGRAPHY BY WILL HORNER/BAUER. HAIR AND MAKEUP BY BUDI JUSPANDI/UNION MANAGEMENT. MODELS: NATHALIE DARCAS/SCOOP MANAGEMENT; MONIKA CLARKE/SCOOP MANAGEMENT. SHOT ON LOCATION AT HARPOON HARRY.







MORNING-AFTER CHIC

Grab your sparkly skirt from the floor, add denim and sneak down to the coffee shop



DENIM SHIRTS

Ultimate comfort (no bra necessary)

1. $69.99, Forever New (forevernew.com.au)
2. $390, Karen Walker (karenwalker.com)
3. $89.95, Levi's (levis.com.au)



SUNNIES

Hide last night's stubborn glitter eyeshadow

1. $79.95, Local Supply (localsupply.com)
2. $44, Teal & Tala (tealandtala.com.au)
3. $280, Pared Eyewear (paredeyewear.com)
4. $329, Karen Walker (karenwalker.com)
5. $299, Sunday, Somewhere (sundaysomewhere.com.au)



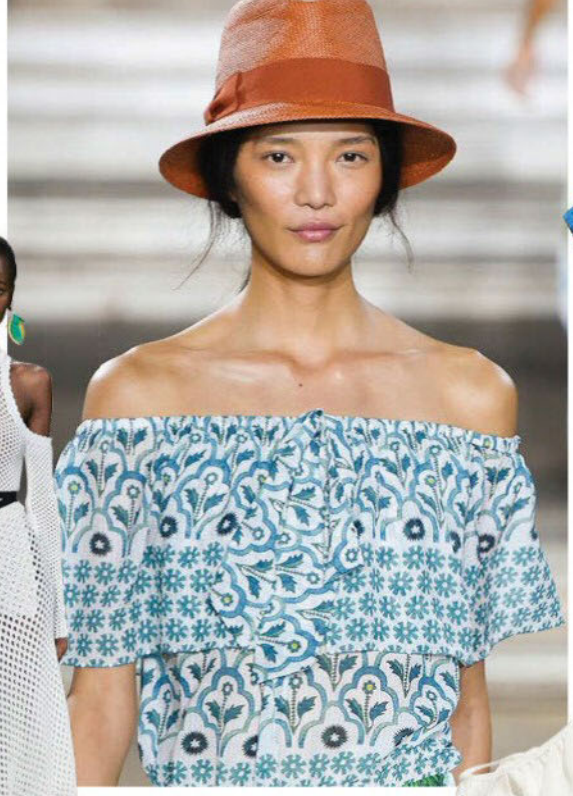
SNEAKERS

It's like your feet are spending the day in bed

1. $139.95, Witchery (witchery.com.au)
2. $249, Senso (senso.com.au)
3. $210, G-Star Raw (g-star.com)
4. $65, Asos (asos.com/au)
5. $59.99, MRP (mrp.com)

STYLING BY CASSIE LONGWORTH. GETTY IMAGES; WIREIMAGE


JOHN FRIEDA
LONDON PARIS NEW YORK
me&john
Together, we can live frizz-free.
The John Frieda brand was the first to fight frizz. Now we can end it*. Introducing the Forever Smooth range that actually works within the structure of the hair. For the first time ever, hair is truly immune to frizz.
Me & John & Forever Smooth™. Together we can.
*with continuous use
JOHN FRIEDA
FRIZZ EASE
Forever Smooth
Frizz Immunity
SHAMPOO
with PURE COCONUT OIL
JOHN FRIEDA
FRIZZ EASE
Forever Smooth
Frizz Immunity
CONDITIONER
with PURE COCONUT OIL
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EDITOR'S PICK

$249.95, Witchery (witchery.com.au)



$299, Thurley (thurley.com.au)

SUMMER'S

SEXIEST TREND

From straight to strapless to peekaboo, shoulders are having a very real style moment. The best bit? It suits everyone



$169.95, Keepsake (keepsakethelabel.com.au)



$139.95, Finders Keepers (finderskeepersthelabel.com.au)



$69.95, Candidate (generalpants.com.au)



$150, By Johnny (byjohnny.com.au)



$169, Lilya (ilovelilya.com)

STYLING BY DENIS TODOROVIC. STILL-LIFE PHOTOGRAPHY BY RODNEY MACUJA/BAUER. JASON LLOYD-EVANS; GETTY IMAGES; WIREIMAGE

SKINNY TAN™

WHAT'S THE SKINNY?

ON SKINNY TAN



TAN & TONE OIL

The miracle in a bottle. Produced with organic coconut oil and plant-based tanning actives, spritz this onto skin after the shower, and walk out the door. Allow to develop over 6 hours, and you'll be glowing by lunch.

ROLLER

Boyfriend sick of tanning your back? He can thank us later. The first ever Roller Tan Applicator will help you get those hard-to-reach spots so you'll never have to ask for help again.



MOUSSE

Want a perfect, dark tan? Look no further babe. Our green-based, whipped coconut-scented Body Mousse will have you glowing for up to two weeks! People will be asking how that trip to Hawaii was…



7-DAY TANNER

The original block-buster product. Perfect for girls who want a subtle glow, or are tanning-virgins. The rich, cremé formula glides onto skin like a moisturizer and will leave you bronzed for 7 Days.



EXFOLIATING MITT

The secret to a perfect tan is a flawless canvas. Buff off dead skin cells with this dual-sided exfoliating mitt in the shower before applying your tan. Your skin will be baby-soft and your tan will last longer.

head & shoulders

NEW

3 Action SCALP CARE

1 Cleanses
2 Protects
3 Moisturises



8 OUT OF 10 AUSSIE WOMEN AGREE THAT NEW HEAD & SHOULDERS IS THE BEST ANTI-DANDRUFF SHAMPOO THAT THEY'VE EVER USED.

TRIED & TESTED
Rated 4/5 stars
by beautyheaven Trial Team members
beautyheaven.com.au

THE SECRET FORMULA TO CONVERT HATERS INTO LOVERS?

Cleanse, protect and moisturise - the answer to complete care for beautiful hair from the root.
Taking inspiration from the three step skincare regime, NEW Head & Shoulders shampoo with Tri-Action Scalp Care Formula to Cleanse, Protect & Moisturise, loves your scalp and hair the right way, so you can stay up to 100% flake free* and get that beautiful hair you crave.

CLEANSE: With an improved lather made up of fine bubbles that do not pop easily, it efficiently washes away flakes and excess sebum, resulting in a more indulgent washing experience.

PROTECT: Micro-minerals go deeper into the places where dandruff-causing fungus resides - even after rinsing.

MOISTURISE: Instantly delivers extra conditioning to lock in more moisture, leave your hair feeling smooth, soft to the touch and full of life.

Were you one of the many who took part in the mystery Head & Shoulders test? Have you tried the new Tri-Action Scalp Care Formula Head & Shoulders shampoo?

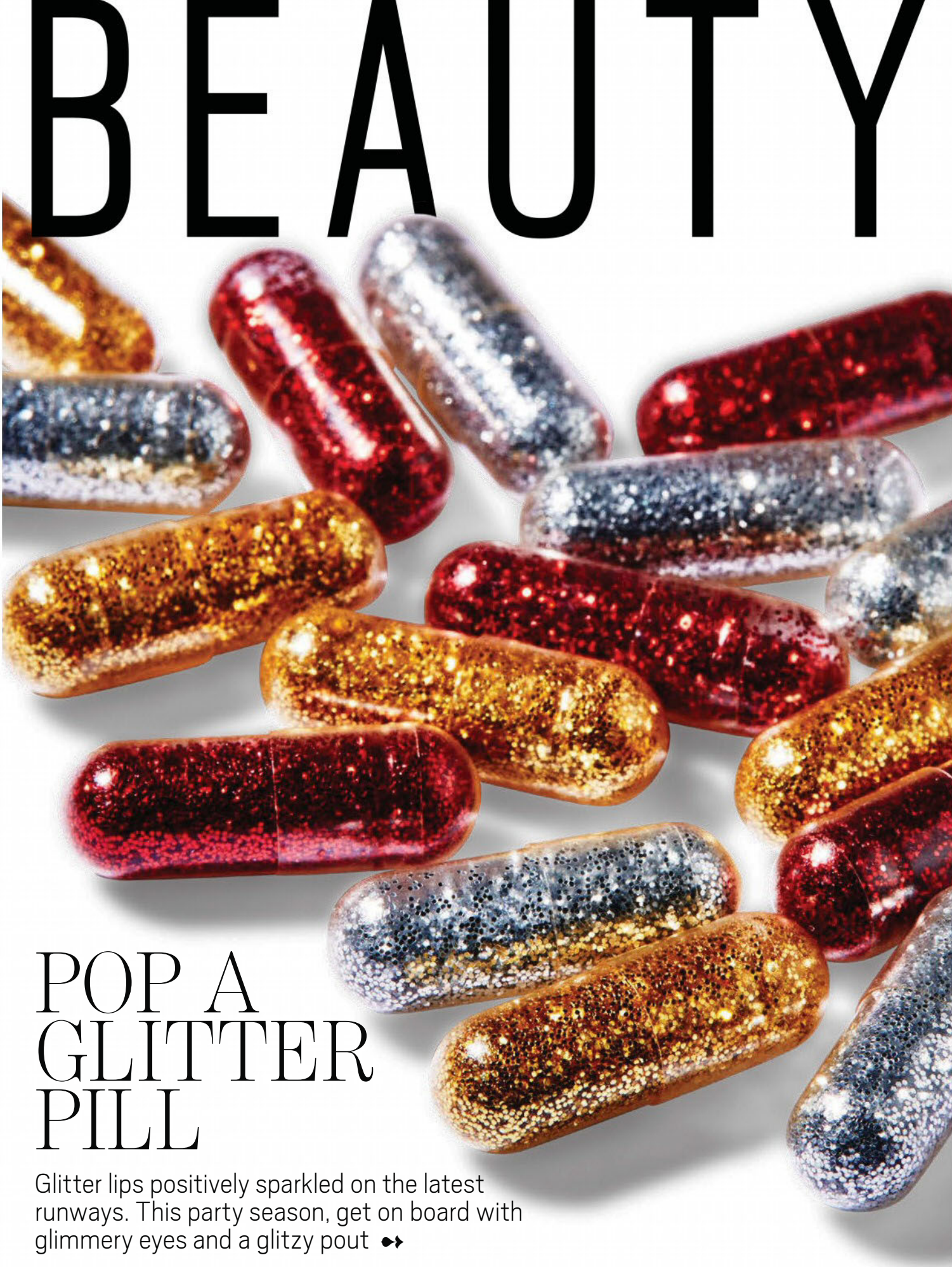






Source: Consumers testimonials, London, March-April 2016; *no visible flakes, with regular use

BEAUTY



POP A GLITTER PILL

Glitter lips positively sparkled on the latest runways. This party season, get on board with glimmery eyes and a glitzy pout ➵

ART DIRECTION BY LAUREN DRAGOSETTI. PHOTOGRAPHY BY ANDREW FINLAYSON/BAUER

Nude by Nature Natural Illusion Pressed Eyeshadow in Seashell, $17.95 each

Eye of Horus Imperial Bronze Liquid Metal Liner in Imperial Bronze, $33





FOR MOST, THERE AREN'T ENOUGH REASONS TO GET STUCK INTO SHIMMER AND GLITTER MAKEUP.

But not only is party season the perfect excuse, it really *is* on trend this year. As seen on the Versace and DKNY runways, twinkling on the faces of Taylor Hill and Bella Hadid, sparkle has never looked sexier. But it doesn't have to be blatant. If you like a hint of somethin'-somethin', then give your nails a coat of high-shine glitter polish like OPI Nail Lacquer in Champagne for Breakfast, $19.95, or go a gorgeous molten gold like SCOUT Cosmetics 5 Free Nail Lacquer in Truly Madly Deeply, $19.95. Want a subtle party eye look? Give just the roots of your lashes a lick of a shimmering eyeliner like Eye of Horus Imperial Bronze Liquid Metal Liner, $33. For the really brave, prime lids then go nuts with a dense glitter powder shadow, making sure you only apply between the lashline and the crease of your eye socket. You can even adapt this trend for day by picking more neutral shades of gold and copper with finely milled shimmer that will glint and glow on eyes and cheekbones.

SCOUT Cosmetics Mineral Shadow Intensive in Picture This, $24.95

CND Vinylux Weekly Polish in Dark Diamonds, $19.95

Napoleon Perdis Loose Eye Dusts in Ice Storm, $35

Nude by Nature Loose Eyeshadow in White Sand, $22.95

Rimmel London Super Gel in Gilty Pleasure, $9.95

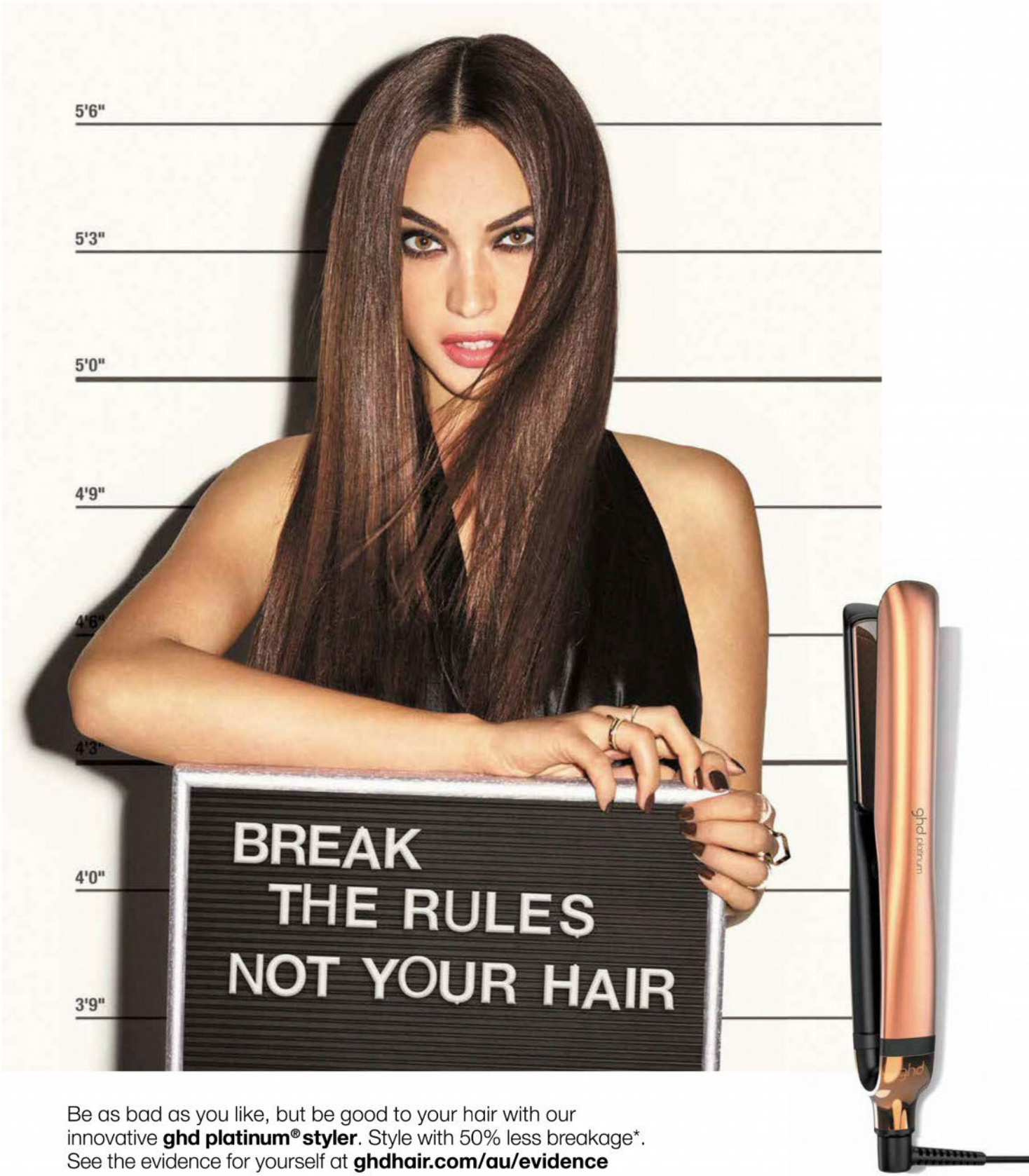
MAC Glitter in Red & Gold, $29. MAC Pigment in Old Gold, $39

Gilded Cage Revelation Eyeshadow in Rose Gold, $38



WORDS BY ALEXIS TEASDALE. STILL-LIFE PHOTOGRAPHY BY PABLO MARTIN/BAUER. GETTY IMAGES: WIREIMAGE

*vs a styler working at 230°C



Be as bad as you like, but be good to your hair with our innovative **ghd platinum® styler**. Style with 50% less breakage*. See the evidence for yourself at **ghdhair.com/au/evidence**

Limited edition copper luxe now available in the finest salons and ghdhair.com

ghd
good hair day, every day

5 WANDS FOR FIERCE LASHES

Just one wave of these magic wands and you'll have the volume, length and definition of your dreams



Rimmel London Scandaleyes Reloaded Mascara, $17.95
Build dramatic volume without the dreaded clump thanks to flexible bristles that boost lashes quickly and last all day long.

Sephora Collection The Mascara from Sephora, $24
Catch every lash and achieve serious volume and length with just a few strokes of this classic bristle wand.





COVERGIRL LashBlast Volume Blasting Mascara, $31
Create the ultimate fanned lash look courtesy of a brush shape with extra touch points to create even and uniform definition.

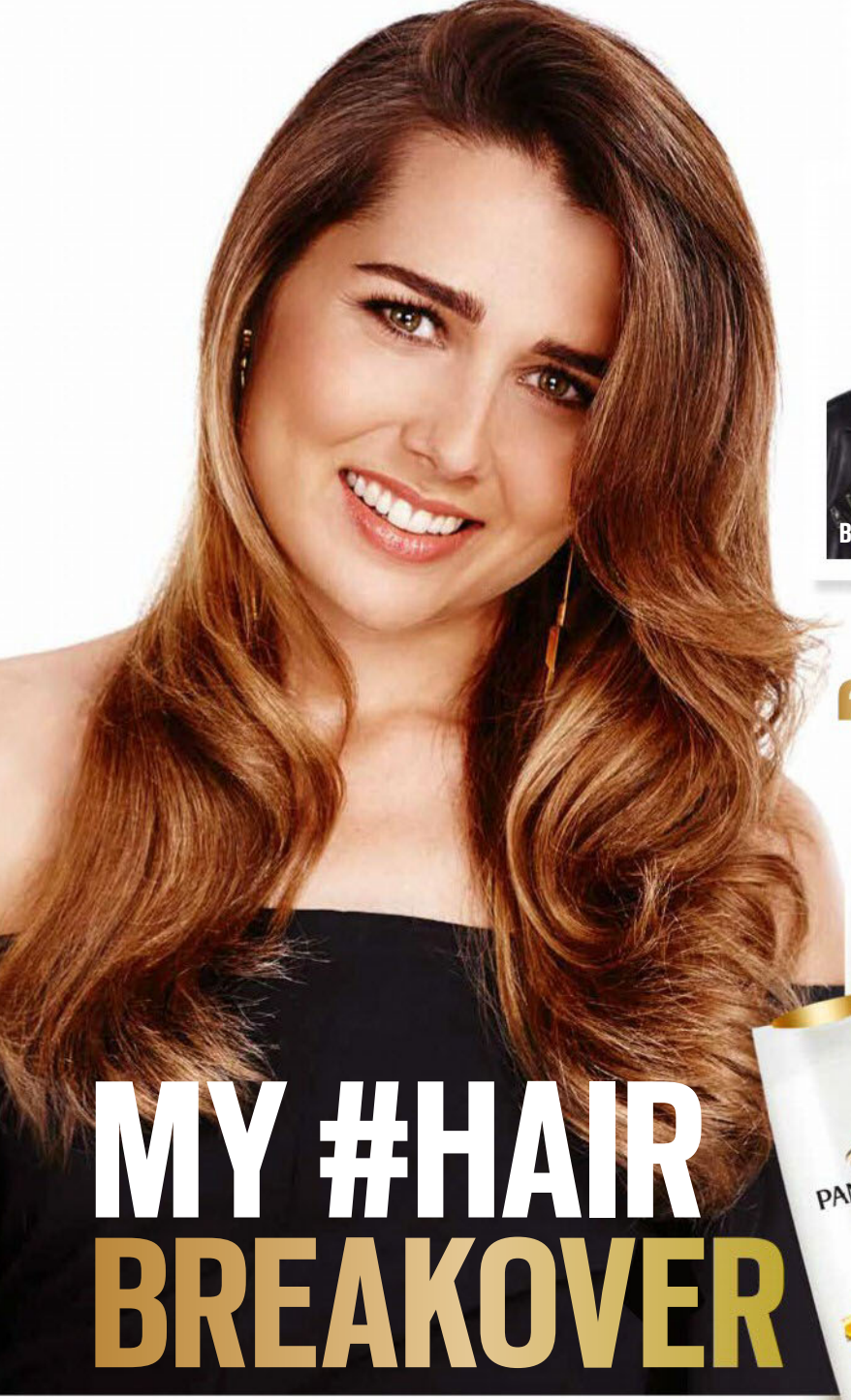
Revlon Ultimate All-in-1 Mascara, $23.95
This micro brush gives you a whole new level of control to hit each lash, perfect for lengthening and separating from root to tip.





MDMflow Greater Than Mascara from Mecca, $54
Your lashes have never looked better thanks to a beeswax formula that conditions and a curved brush that evenly coats the inner and outer lashes.

WORDS BY CASSIDY LOANE. STILL-LIFE PHOTOGRAPHY BY PABLO MARTIN/BAUER; CHRIS JANSEN/BAUER



MY #HAIR BREAKOVER

The actress and former *The Bachelor* contestant is a major *Cosmo* **#girlcrush**. Here, she spills on getting her groove back post break-up

She stole our hearts as one fabulously real and confident finalist on *The Bachelor*, so we were all ears when Heather Maltman stopped by *Cosmo* HQ for a hair makeover and shared her advice on bouncing back from a break-up. "My immediate reaction has always been to protect the other person instead of looking after myself. But I know now that it's much more important to focus my energy on reclaiming my strength." And her first, fail-safe step to regaining that sense of empowerment? One helluva hair makeover. "It's about connecting how you look on the outside with how you feel on the inside – it's important for us women to put ourselves first."



"I LITERALLY LOOKED IN THE MIRROR AND WENT, IS THAT HEATHER MALTMAN? SHE'S STRONG, SHE'S CONFIDENT, SHE'S KILLING IT!"

- Heather Maltman

MY *(hair)* STORY Q&A WITH HEATHER

Q. What makes you feel strong?

A. I feel strong when I'm in touch with my emotions and embracing exactly who I am as a person.

Q. When you change something on the outside, like your hair colour, does it change the way you feel on the inside?

A. Definitely! It's reminded me that I'm incredibly feminine. My lighter locks make me feel really girlie. I feel like a new woman right now!

Q. How does going from brunette to blonde waves make you feel?

A. Completely different. I feel confident and more like myself than I have in a really long time. Pantene Colour Protection is going to keep my blonde locks glossy and vibrant. Winning!





beautyheaven RECOMMENDS

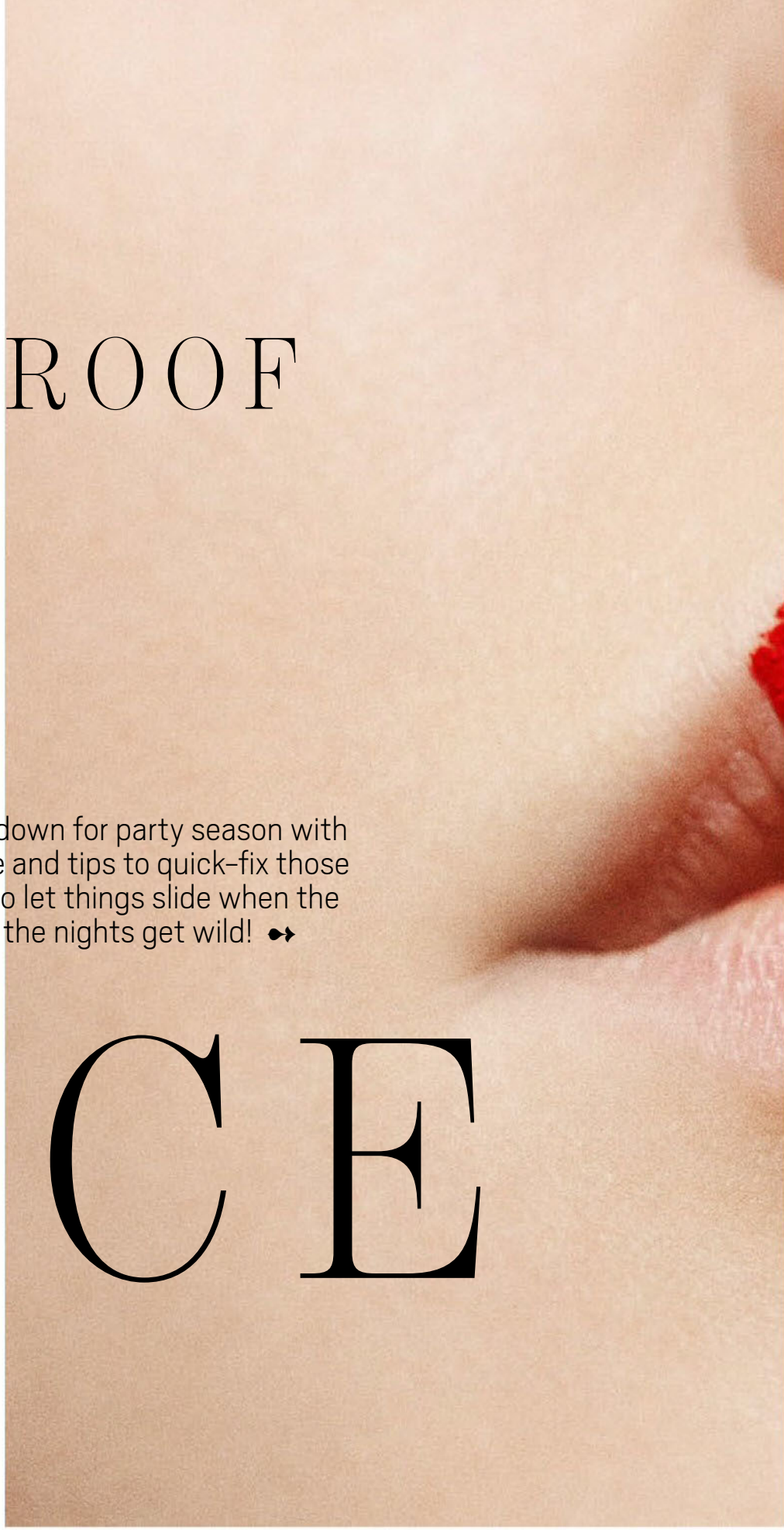
THE RIGHT PROTECTION

CELEBRITY HAIRSTYLIST REMINGTON SCHULZ SAYS: Maintain your hair's colour and radiance by ensuring you use a good quality conditioner after every time you shampoo. The **Pantene Colour Protection range** is enriched with Pro-V Complex to protect and revive colour-treated strands.

WATCH HEATHER'S STORY
COSMOPOLITAN.COM.AU

PARTYPROOF YOUR FACE

We have your look on lockdown for party season with products that won't budge and tips to quick-fix those that do. There's no need to let things slide when the temperatures rise and the nights get wild! ➳





Applying lipstick with a brush will make it last longer. Perhaps choose a smaller one than this...



PERMA PREP

▶ Makeup won't last on dry patches or oily spots. "Exfoliate skin and quench it with an oil-free moisturiser. Then wait five minutes before applying base or primer," says makeup artist Sharon Dowsett.

▶ Primer creates an ultra-smooth canvas and keeps the oils in skin and skincare from interfering with your makeup. "Look for dimethicone cross-polymer in the formula – it gives long-wearing results," says Derek Selby, Cover FX brand ambassador.

▶ Primers aren't the only foundation anchors: try **Laura Mercier Foundation Primer SPF 30, $50** (it has silicones, like most primers, and protects skin against environmental elements). If you don't love the "lube" feel of silicones, try **BareMinerals Blemish Remedy Prep Gel from Mecca, $36 (4),** which slays shine with minerals.





BASE THAT STAYS

▶ "Thin layers last best," says Kim K's makeup mate Mario Dedivanovic. "Apply a little foundation with a brush, then work into skin with a beauty blender. Top with powder on a puff, pressed and rolled to set your base, then mist with a hydrating spray to take weight out of the powder."

▶ For undereyes, "paint on a fine layer of dense concealer, then press a damp triangular sponge dipped in powder on the area," says Dedivanovic.

▶ "Water-in-silicone formulas with oil-absorbing powders resist water and oil. Just shake before use," says Jo Watson, Boots cosmetics innovation technology manager. Check out **Shiseido Synchro Skin Lasting Liquid Foundation, $72 (9),** or **Dior Diorskin Forever Fluid Foundation SPF 20, $86 (2).**

▶ For a waterproof formula, look for dense pigments and acrylate copolymers, which form a water-repellent layer. Try **MAC Pro Longwear Nourishing Waterproof Foundation, $56 (3),** and **It Cosmetics Bye Bye Under Eye Illumination Concealer from Sephora, $42 (6).**

▶ Pros swear by powder. "The best setting agents are mica and silica, and rice starch: it forms a waterproof seal over makeup," says makeup artist Daniel Sandler. Try out his **Invisible Veil Powder from ASOS, $48.**

▶ For makeup setting sprays to work, "drench your face, then allow it to evaporate", says Marc Jacobs makeup artist Gilbert Soliz. **Urban Decay All Nighter Long-lasting Makeup Setting Spray from Mecca, $23,** is the pro choice.



EVERLASTING EYES

▶ Lid primers keep powder shadows in place, but when using pencils or cream colours, "top primer with translucent powder to set", recommends Dedivanovic. We rate **Bobbi Brown Long-Wear Eye Base, $46 (8).**

▶ To make eye pencil go the distance, Dowsett smooths over "some translucent powder with an eyeshadow brush, and then a powder in the colour of the liner. Works for cream shadows as well".

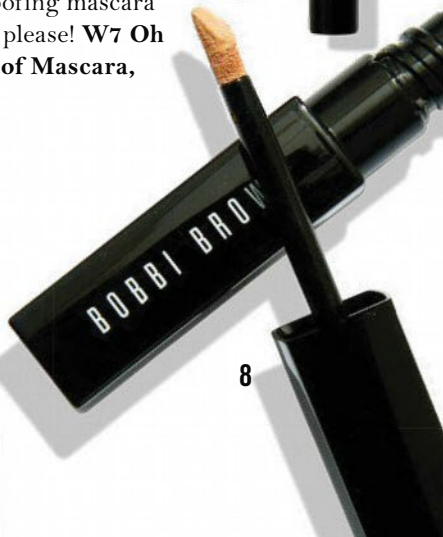
▶ Gel-based eyeshadows and pot liners are waterproof but some are called "cream" just to confuse us. You want the ones that set after 30 seconds and shrink when you leave the lid off. Try **Maybelline New York Eye Studio Colour Tattoo 24hr Cream Gel Shadows in Too Cool and Bold Gold, $11.95 (1).**

▶ Gel eye pencils are waterproof but don't stand up to skin's oils. "Dense pigments, waxes and acrylate copolymers resist oil best," says Sandler. Try **NARS Larger Than Life Long-Wear Eyeliner from Mecca, $36 (7).**

▶ A waterproofing mascara top coat? Yes please! **W7 Oh So Waterproof Mascara, $4.99 (13).**











LIP LOCKERS

"Old-school tricks for lasting lips are ace," says Dowsett. "Fill with liner, then use a brush to paint lipstick in the same shade. Blot, hold a tissue to lips and dust powder over. Apply a second layer of colour."

The more solid the wax and dense the pigments, the longer lipstick stays put. We love **Charlotte Tilbury Matte Revolution, $48 (10).**

Liquid lipsticks, matte lip creams or lip velvets (no one agrees on the terminology) are oil-free, silicone-based pigment bombs that slide on and stain lips for crazy-long velvety wear. Try **Revlon Ultra HD Matte Lipcolor, $23.95 (11).**

Thank you, **Smashbox,** for **Always Sharp Clear Lip Liner from Mecca, $29** (forms a barrier that stops colour feathering), and **Insta-Matte Lipstick Transformer from Mecca, $35,** a clear gel you dab over lipstick to anchor it.



NOW TAKE IT OFF!

So just how do you remove makeup this hardy at the end of the day? With new **Garnier SkinActive Micellar Oil-Infused Cleansing Water, $14.99 (12),** that's just how. Combining the dirt-lifting powers of micellar cleansers with the slap-dissolving properties of light oils, this stuff will whisk away *everything* – no rubbing required.

SAVE OUR SKIN

Nothing says Christmas more than a slew of champagne-fuelled late nights. Now that you know how to keep make-up set all night long, here's how to see your skin through the silly season, too.

Tired, red, puffy eyes are a dead giveaway of a late night. Undereye sheet masks work small miracles for unsightly eyes, whether you pop them on after waking up a little bit dusty or soothe that tender undereye skin before applying the next coat of makeup. Try **Sephora Collection Eye Masks from Sephora, $3 each.** We love the **Pearl Perfecting & Brightening**, the **Green Tea Relaxing & Refreshing** and the **Lotus Moisturizing & Soothing**. Who needs sleep anyway (hint: you do, *real* soon).

One of the many, many joys of alcohol, aside from the odd impromptu karaoke act it can encourage you to pull, is that it *seriously* dehydrates you from the inside out. While you may have downed enough water to cure your desert mouth, your skin still looks dull and dry. Give it an immediate hit of hydration with a formula that contains hyaluronic acid, which literally can hold 100 times its weight in water and will continue to attract moisture all day so you're ready to do it all again once it hits 5pm. A light but moisture-packed formula like **Neutrogena Hydro Boost Gel-Cream, $24.99 (14),** is perfect for sweaty summer mornings.

All those greasy party snacks (read: late-night kebab) wreaking a special kind of havoc on your skin? Target oils and blemishes appearing on your skin overnight with a treatment like **Dermalogica Clear Start Breakout Clearing Overnight Treatment, $26 (16)** that will fight breakouts and congestion while soothing any redness while you're sleeping. Make sure you're cleansing skin before you pass out with a cleanser that lists salicylic acid as an ingredient like **Natio Acne Clear Away Dual Action Cleanser & Toner, $9.95 (17).** It will target any bacteria likely to grow into a pimple by the morning.

Late nights usually = dull complexion, which is not so fun for all those parties you've been dying to look your best for. Brightening products will be your new best friend. We love **Elizabeth Arden Skin Illuminating Brightening Day Serum, $89 (15),** which will give you Gigi Hadid levels of glow thanks to diamond powder that instantly brightens the appearance of skin, while vitamin C and niacinamide work to correct dark spots, redness and uneven tone. If you've got a spare 10 minutes, a brightening sheet mask like **Skin Republic Brightening Vitamin C Face Mask, $7.99,** will *really* boost your radiance and smooth the texture of your skin.

WORDS BY INGEBORG VAN LOTRINGEN. ADDITIONAL REPORTING BY CASSIDY LOANE. PHOTOGRAPHY BY DAVID RALPH. MAKEUP BY LAN NGUYEN-GREALIS, USING MAC. NAILS BY LOUI-MARIE EBANKS USING MAC. MODEL: MARCELA VIVAN/PREMIER. SHOT AT SPRINGSTUDIOS.COM. STILL-LIFE PHOTOGRAPHY BY PABLO MARTIN/BAUER

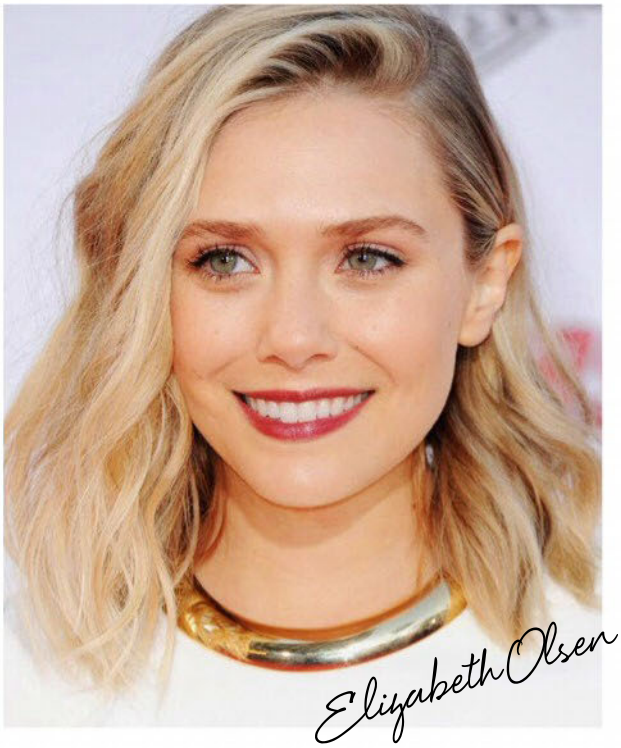
WITH A SIDE OF STYLE

According to the hottest babes around, this season the side part in all its forms reigns supreme



NATURAL

If you've been parting your hair in the middle, it'll want to keep falling that way. After you wash it, blowdry in the part to train your hair to sit in that spot. Then let your natural wave do its thing, scrunching de-frizzing mousse into damp hair. Try **John Frieda Frizz Ease Dream Curls Air-Dry Waves Styling Foam, $16.99**.



SLICK

This style is a win for everyone and every hair type! Prep hair to keep it shiny and smooth with a treatment like **Pantene 3 Minute Miracle Conditioner Daily Moisture Renewal, $7.99.** Pair a slick side-parted pony or bun with a red lip for dressiness (weddings and date night) or with a brush of bronzer at the beach. Don't go too heavy on shine spray. Lightly mist and use a fine-tooth comb or bristle brush to tame frizz.



VOLUME

For extra drama, lift those roots! After parting damp, freshly washed hair, spritz a root-lifting spray into the part and top layers of hair and really rub into the scalp with your fingertips. We love **ghd Root Lift Spray, $22.** Blowdry hair with a round brush, pulling up for extra height.

WORDS BY ALEXIS TEASDALE. FILMMAGIC; WIREIMAGE

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BODY BY ELYSE KNOWLES
TAN BY ULTA3

NEW

OH SO TAN



A glowing, natural-looking tan has never been so easy

Available at ulta3.com.au
and all good pharmacies

Come and hang out
@ulta3 or ulta3.com.au



Mavala Switzerland Mini Color Nail Polish in Cape Town, $8.50
Embrace the Christmas spirit and paint your nails a festive red. This shade is perfect for party season!

Ulta3 Moisturising Lipstick in Wet Red, $3.95
This classic red is the LBD of lipsticks – super-moisturising with an always flawless finish.

John Frieda Radiant Red Colour Protecting Conditioner, $15.99
A must-have for any redheaded ladies, this colour-saving conditioner will keep your tone bright.

Maybelline New York Vivid Matte Liquid in Rebel Red, $17.95
Go for a bright matte lip that will last all night, no matter how many people you kiss under the mistletoe.

Lanolips Tinted Balm SPF 30 in Red Apple, $14.99
This nourishing ointment delivers just the right amount of colour for a glossy red hue.

BEAUTY BUYS

UNDER $20

Bargain beauty buys that'll make you feel like a million dollars

TRESemmé 7 Day Keratin Smooth Heat Activated Treatment, $10.99
Style hair with this heat-activated treatment that will fight frizz and keep strands sleek all night.

The Body Shop Body Butter, $8.95
The perfect size to take on holiday, it's time to return to old-school body butter. You'll give parched skin a hit of hydration that lasts.

Sephora Collection Therapy Mask Mono in Pomegranate from Sephora, $4
Give tired skin an instant refresh with an invigorating anti-fatigue sheet mask.

The Body Shop Shimmer Mist, $17.95
Smell good enough to eat with this fresh fragrance mist that also adds a hint of shimmer to the skin. Great for pre-party!

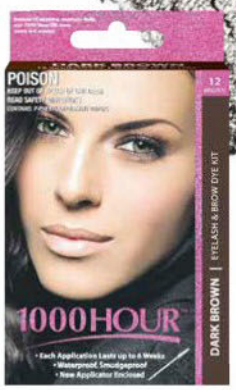
WORDS BY CASSIDY LOANE. STILL-LIFE PHOTOGRAPHY BY CHRIS JANSEN/BAUER

IT'S A LASH PARTY

It's on – and fired-up metallic eyes are everything this season. Here's 1000 Hour Ambassador Tegan Martin to get you started



1000 Hour individual lashes in black flared short 7mm, $9.49



1000 Hour Eyelash & Brow Dye Kit in Dark Brown, $18.95



GET THE LOOK

Take it dancefloor luxe or make it poolside glam – shimmer does extra duty with a custom lash.

STEP 1: To blow eyes up big, framework goes first. A DIY tint maximises lash length and dimension (hello instant extensions). Deepen brows for extra bang.

STEP 2: Metallic silver is summer's hottest accent. Blur shadow into a smoky wash or wet the pigment and, with a brush, draw a graphic wing up top and bottom.

STEP 3: Curl your own lashes, then upload individual fakes. Apply to outer corners only for natural impact or line them up on top and lower lids for showstopper Giorgio Armani SS17 flare.

STEP 4: Blend falsies into natural lashes with your fingertips. Sweep mascara through from base for fusion and extra hold. Wow, right? Work it.



1000 Hour Heated Eyelash Curler, $19.99.

SHOP IT

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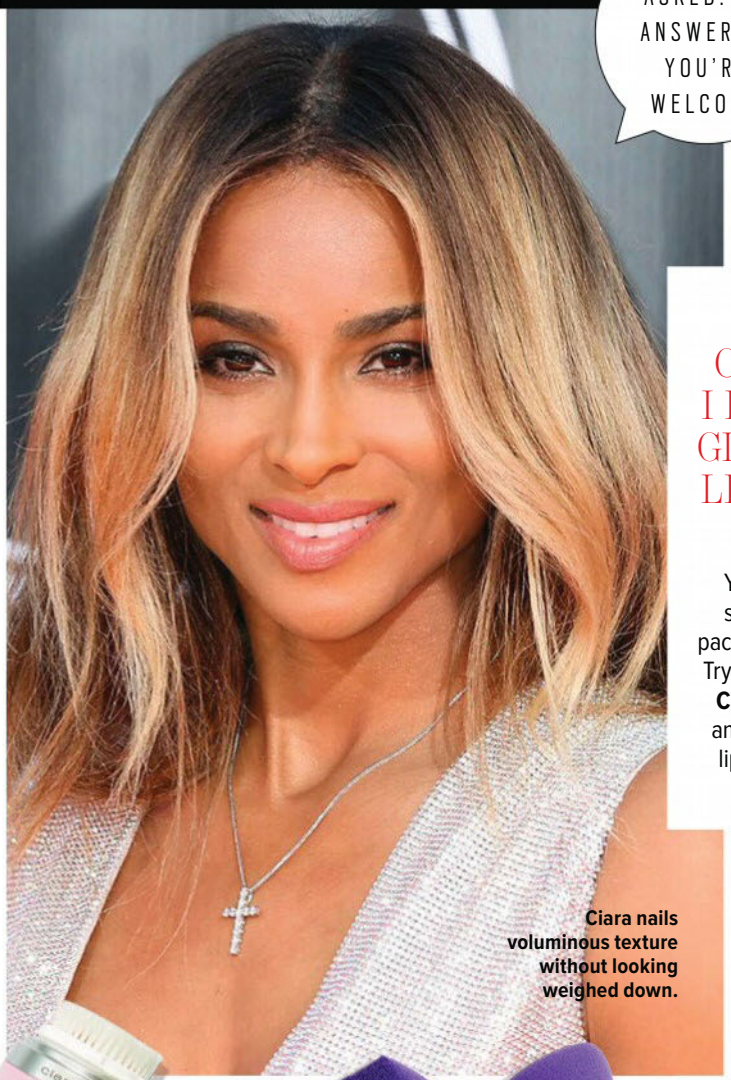
BEAUTY Q&A

YOU ASKED. WE ANSWERED. YOU'RE WELCOME



I still want to wear perfume in summer but it's so hot! Help!

Fragrances often contain alcohol, so spraying it onto skin then going out into the sun is a no-no. Plus you'll be dealing with SPF, which can alter the scent. Instead, spray a light mist on your clothes! It will still linger all day, but won't overpower or go sour. We love this Avon and Kenzo collab: **Avon LIFE by Kenzo Takada for Her, $59.**



Ciara nails voluminous texture without looking weighed down.

MY LIPS ARE CRAZY-DRY BUT I DON'T WANT TO GIVE UP WEARING LIPSTICK – WHAT TO DO?

You simply need to switch to a super-hydrating formula that's packed with nourishing ingredients. Try **Burt's Bees Lipstick in Sunset Cruise, $19.95** – it has moringa and raspberry seed oils to soften lips and will lock in moisture for up to eight hours. Winning!

NO MATTER HOW I WASH MY FACE, WHEN I WEAR SPF IT NEVER FEELS CLEAN. WHY?

It's probably not your cleanser but *how* you're cleansing. You might need help in the way of a washcloth to really buff in your product, or an electric cleansing brush for a deep clean. The **Clarisonic Mia Fit, $225,** is new and teensy so it doesn't take up heaps of room in your shower caddy. We also love micellar gel, which gives an even deeper cleanse. Try **Neutrogena Deep Clean Micellar Gel to Foam, $16.99.**



HOW DO I NAIL MY SHADOW WITHOUT IT FALLING ONTO THE REST OF MY MAKEUP?

Why not just *start* with your eyes and finish with your base! That way you can remove any fall-out. Or, use little sponges made especially to erase mistakes, like **Real Techniques Miracle Mini Eraser Sponges, $16.99 for two.**

QUICK! How can I fake toned skin with summer around the corner?

Easy. Fake tan, of course! A sun-kissed glow detracts from less-than-toned skin instantly. Look for one that includes toning properties too, like **Skinny Tan Tan & Tone Oil, $29.95,** which includes firming guarana berry extract. Confidence in a bottle. **Alexis Teasdale**



WORDS BY ALEXIS TEASDALE. STILL-LIFE PHOTOGRAPHY BY PABLO MARTIN/BAUER-WIREIMAGE

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NEW MAGAZINE OUT NOW!

YOUR NEW WORLD OF HEALTH AND FITNESS

BODY



WAKE UP EARLY, WIN AT LIFE

Wish you were the type to leap out of bed at 5am for a conference call and an hour's cardio? Us too. These superhumans who rise before dawn not only pack three more hours into their working day, but score a few extra health benefits, too. According to a recent study, early risers (who still get their eight hours) tend to have lower BMIs than their tardier bedmates. The rationale is sketchy (something to do with making healthier choices earlier in the day. Hmm…), but we're happy to give it a try.

WORDS BY JOSIE COPSON. STUDIES: 23ANDME; PLOS ONE. GETTY IMAGES



PREP YOUR BODY FOR PARTY SEASON

'Tis the season of boozing and giving our bodies a right ol' beating. To avoid the festive crash, we've got the perfect pretox to party-proof your vitals



PHOTOGRAPHY BY KANE SKENNAR

We could sit here and tell you to make healthy food swaps (choose a protein-rich wrap over a greasy burger and fries) and limit the Cosmopolitans (the ones you sip, not us #obvs), but we all know that ain't gonna happen. The intention may be there, but it's out the window as soon as you get a whiff of Macca's at 3am. So, let's cut the bullshit, admit you're going to let loose this summer and get your body in fighting fit shape *before* the turkey hits the table.

COUNTDOWN TO PARTY TIME

6 WEEKS OUT

CLEANSE YOUR LIVER

"Your liver is the most important organ involved in detoxification, so your goal should be to reduce any liver-loading substances in advance to give your liver a better chance to eliminate alcohol," says nutritionist and personal trainer Nik Toth (@theleanbodycoach). "Start off by avoiding processed foods, trans fats and anything made with synthetic substances or treated with pesticides."

FILL UP ON FIBRE

"Incorporate chia seeds, flax seeds, oats, psyllium husk and fibrous vegetables, such as celery, asparagus and leafy greens into your diet," says Toth. "These will cleanse your bowels and ensure you digest the large amounts of food and drink most effectively."

HIIT THE GYM

Push your body with some high-intensity interval training (HIIT): think 20 seconds of jumping jacks followed by a 10-second rest. You'll spend less time in the gym, but still burn plenty of fat and boost your metabolism. Go hard so that a period of rest come Christmas will actually be beneficial for you.

4 WEEKS OUT

START EACH DAY WITH LEMON WATER

Drinking any water first thing in the morning is good for you, as it helps flush the digestive system and rehydrates the body. Add a dash of lemon and you've got yourself some immunity-boosting vitamin C to boot.

BITTER IS BETTER

"Add bitter foods to your salad, such as rocket, endives, chicory and lettuce, as they support bile production, liver detoxification, aid digestion and get kidneys in tip-top shape," says Toth.

2 WEEKS OUT

START PROBIOTICS

"Take a probiotic tablet daily," recommends Toth. "Alcohol is full of sugar – high consumption of sugar disrupts healthy gut flora, killing the good bacteria and increasing the bad ones. By taking a probiotic daily you can ensure you feed the good guys and boost your immune system."

1 WEEK OUT

SUPER GREENS

"Herbs and supplements like St. Mary's Thistle, globe artichoke and turmeric support the liver," says Toth. "You can also take a liver support supplement."

BRUSH, BRUSH AND AWAY

Dry body brushing is a great tool to stimulate the lymphatic system, which helps rid your body of waste and toxins. Brush upward and towards the major lymph nodes in the body – groin, armpits and base of the neck.

Sh*t! I drank too much and have work tomorrow... what do I do?!

- Eat lean **PROTEIN**; think chicken kebab, without the wrap. Alcohol can have a ricochet effect on your blood sugar, but protein can stabilise that and keep you from feeling nauseous.
- If you absolutely need fast food, **FRIES** aren't the worst choice – at least potatoes have potassium and sodium, which help balance the fluids in your body.
- A glass of **COCONUT WATER** before bed, ideally with a pinch of salt, will help your body rehydrate. Or try a sports drink – it will replenish your body with sugars and help prevent dizziness and next-day weakness.
- Take a **PANADOL** if you feel a headache coming on, but make sure you pop it with some food.
- Eat **EGGS** for breakfast. They reduce the effects of alcohol toxins and help your liver out.
- Have **MISO SOUP** mid-morning – it's a great remedy as it rehydrates and restocks sodium levels, all while aiding digestion.
- Keep drinking that **WATER!**

THE DAY OF...

LINE YOUR STOMACH

"Have a solid meal containing protein, healthy fats and slow-release carbohydrates, such as brown rice, salmon and avocado, as it slows down release of sugar into the bloodstream," says Toth. "This slows down the digestion process, meaning it will take longer for alcohol to be absorbed by your body."

TAKE SPIRULINA

"Spirulina is a great source of B Vitamins, containing B6, which is great against hangovers, plus B1, B2 and B3," explains Toth. "Take at least 1 teaspoon before going out and repeat the same again the next day."

DO SHOTS

No, not *those* shots (well, not yet anyway). A swig of aloe vera juice before going out soothes the lining of the digestive tract in preparation for the harshness of alcohol and helps strengthen your immune system. Be warned: too much can have a laxative effect. Not ideal pre-party…

AT THE PARTY

BE CHOOSY

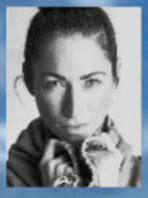
"Choose low-sugar and clear beverages such as vodka and soda, or gin and tonic over more calorie-laden cocktails or wine," says Toth. Clear alcohol is less likely to make you feel ick the next day. The dark stuff contains hangover-inducing substances called congeners.

ONE FOR ONE

For every boozy drink, have a glass of water to help hydrate your body. Look, we know you've heard it all before, but for good reason – this really is the best way to avoid a nasty hangover.

Shari Nementzik

Get fit on the fly



Celebrity yogi Tara Stiles gives you the pre-holiday workout high-flyers swear by, just in time for summer

The average plane seat is 43cm wide with just 71cm of leg room. That won't only cramp your style, but your back, neck and digestion, too. But there's good news: this four-move plan, devised by possibly the world's most famous yogi (well, apart from Gandhi), can fix all that, toning your whole bod at the same time. Let's get flexible!

POSE 1 Downward dog split

TARGETS *Hips and legs*



1 Start in a plank position, then inhale and lift your hips up and back to bring your body into an inverted V. Relax your neck and hold the pose for three breaths.

2 Keeping your hips square, inhale deeply and lift your right leg high. If it feels good, open your hips and shoulders by rolling your right hip higher than your left.

POSE 2 Knee hover

TARGETS ***Shoulders, arms and core***

1 Still in downward dog split, breathe out and bend your right knee, keeping it in the air. Drop it around to the right, until the front thigh rests on your upper right arm. You can even bend your elbows, to create a shelf for your thigh.

2 Now inhale deeply and lean your body forward. Hold for three breaths and on the third inhale lift your left back up to downward dog split pose.

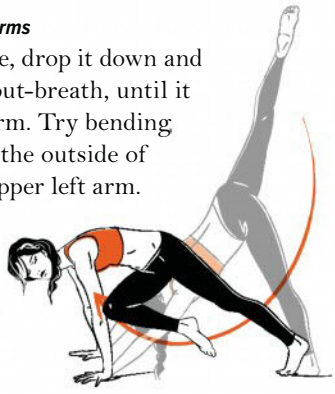


POSE 3 Knee cross

TARGETS ***Core, shoulders and arms***

1 Bending your right knee, drop it down and across your body on an out-breath, until it touches your upper left arm. Try bending your elbows and resting the outside of your right thigh on the upper left arm.

2 Inhale, leaning into the twist, and take three deep breaths. Then, breathe in and lift your leg back up, rising onto your toes this time.



POSE 4 Low lunge

TARGETS ***Legs and core***

1 Exhale and, keeping your left leg straight, bend your right knee as you drop it down and forward, stepping your foot in between your hands.

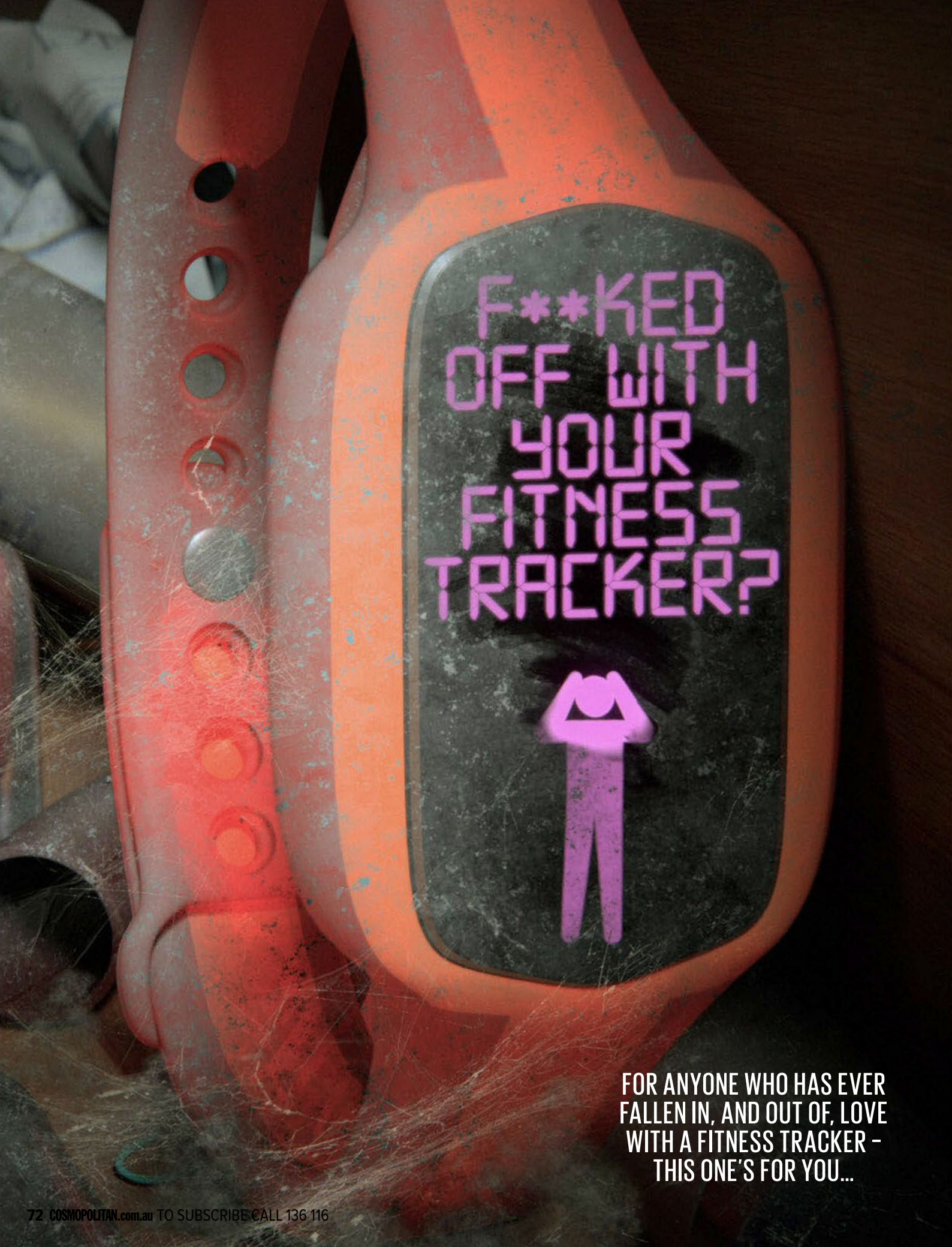
2 For an extra stretch, you can rise up on your fingertips and sink into your hips. Make sure your right knee is directly above your right ankle. Now go find a sun lounge. You've earnt it.



TIP

For an extra glute workout, pulse 10 times when in the lunge position in pose four. Make sure you repeat on both sides – lopsided buns are not a good look.

ILLUSTRATIONS BY LIZZY THOMAS. FOLIO:HD



FOR ANYONE WHO HAS EVER FALLEN IN, AND OUT OF, LOVE WITH A FITNESS TRACKER – THIS ONE'S FOR YOU...

It's that time of year when summer comes around and you look down and realise someone ate all the pies (and Mini Magnums). Again. You approach the problem like all sensible adults, by throwing cash at it. So you invest in a fitness tracker – a mini oracle that knows the unknowable, like how many steps you've taken and the calories you've torched. And they aim to guide you on the road less slobby. Last year, 20 per cent of Australia's adult population owned a fitness tracker, but a survey found that of those who acquire a tracker, a third of owners ditch them within six months. If that sounds like you, here are a few more things you might recognise.

Phase 1: The first flush

You slap on your tracker and feel better *instantly*. You claim it's discreet – easily mistaken for a normal watch. That's a lie. You want people to notice, to comment. You keep your sleeves rolled up for this purpose. And what fun your new friend is – like Stephen Fry entrapped in plastic, brimming with trivia like, "Did you know walking to the printer takes 47 steps?" No, we did not. But that's just fascinating.

Phase 2: Peak obsession

Your life's purpose has crystallised: keeping your tracker happy. Meeting friends for dinner and haven't hit your daily steps target? You do circuits around the table until it's satisfied. You're moving far more, eating way better, and barely suppressing the spit, "It works!" into strangers' faces. You recognise other tracker owners: that colleague scurrying up the stairwell, that bloke prowling the streets after dark (crosses fingers). You're in Fitness Tracker Club, and its first rule is you only talk about fitness trackers, shouting strings of numbers at fellow "trackies": "I slept 8.45 hours!" "I climbed seven flights of stairs!"

Phase 3: The track plateau

One day, your battery dies and before you can charge it, a comatose weekend intervenes. You don't want a tracker to monitor how many minutes you've been active, when walking to the fridge and back takes only two. You know little about your wearable's skills beyond step-counting because that would involve reading the instructions. And you've hit its default 10,000 steps target multiple times. No one in the history of the world has set a higher goal. There are only two possible outcomes here: (1) you will fail; (2) you will succeed and have to up it again – the natural endpoint of this upward trajectory being a target that requires you to walk for 24 hours straight without food or drink, which will eventually kill you. What's more, Stephen has rattled off every conceivable stat about your life and, quite frankly, he is becoming a bit of a bore.

Phase 4: Delusion

Things get weird: you start believing a loop of plastic can think. You've never worried that your shampoo bottle might be checking you out in the shower. But that fitness tracker: it has opinions about you. And they're not good. So you sit at the end of your bed at night and furiously pump your wrist up and down, trying to trick your band into "thinking" you've done more steps. (Memo: it doesn't care.) You find ways to cheat it, blind to the irony that all your time would be better spent trying to cheat, oh you know, *actual death* by doing some exercise.

Phase 5: It's over

It's now been weeks since you wore your tracker. Occasionally, you catch its "eye" (see Phase 4: Delusion) and feel ashamed, but not ashamed enough. What you *really* need is a tracker you can't ever remove, like a *Battle Royale* collar – but less fatal, of course. Instead of those encouraging notifications, it would blurt out things like, "Oi, you, you've been sitting for eight hours straight today" in the quiet carriage. You want to blame the tracker for you not being fit, but you know it'd be like raging at the dictionary because you're rubbish at Scrabble. One day, you whisper, "It's not you, it's me" and slip it into the drawer. There it will befriend your embittered Tamagotchi and live out its days bitching about you. But hey, it got you moving for a while. In fact, it might be the healthiest fling you've had.

REMEMBER THESE?

WE THOUGHT THESE WERE LIFE-CHANGING – FOR ABOUT 10 DAYS

Nail piercings
All the rage in high school, until *that* person got it stuck in a clamp in woodwork and ruined it for the rest of us.

MiniDisc players
The Best Things Ever – until you realised no one sold MiniDiscs, and then the iPod came along and shat all over them anyway.

Skirt-trousers
Gwen did it, the All Saints did it, even Britney did it. We did it, too, got trolled by our mums for looking ridiculous, then stopped.

Foot spas
Seems like a good idea, until buffing your trotters turns out to be gross, and you stash it in the cupboard under the stairs.

Funfair food makers
See popcorn makers, ice-cream machines, or fairy floss contraptions. It's quicker to just go to the corner shop.

WORDS BY JESSICA POWELL. PHOTOGRAPHY BY PETER CROWTHER

GET A TWERK-OUT

Music video gym fashion: moving from the TV screens in front of your treadmill to your own sexy, strong, sweaty self!



Side to Side
BY ARIANA GRANDE

Like to straddle a few bicycles à la Ariana? Stand out in spin class with poppy and bright vibes.



$69.95, Bonds (bonds.com.au)



$50, Nike (stylerunner.com)



$46.77, Spiritual Gangster (shopbop.com)



$180, Puma (au.puma.com)



Fade
BY KANYE WEST

Getting sweaty amongst the weight machines? Do it in neutrals and khaki, in true Yeezy style.



$39.95, Insight (generalpants.com.au)



$80, Adidas by Stella McCartney (stylerunner.com)



$79.99, Rains (stylerunner.com)



$129.99, Reebok (reebok.com.au)



Fancy
BY IGGY AZALEA

Hangin' around the tennis courts looking fancy AF? Go for mono-chromes for a classic look.



$67.99, Lorna Jane (theiconic.com.au)



$59.95, Oakley (oakley.com.au)

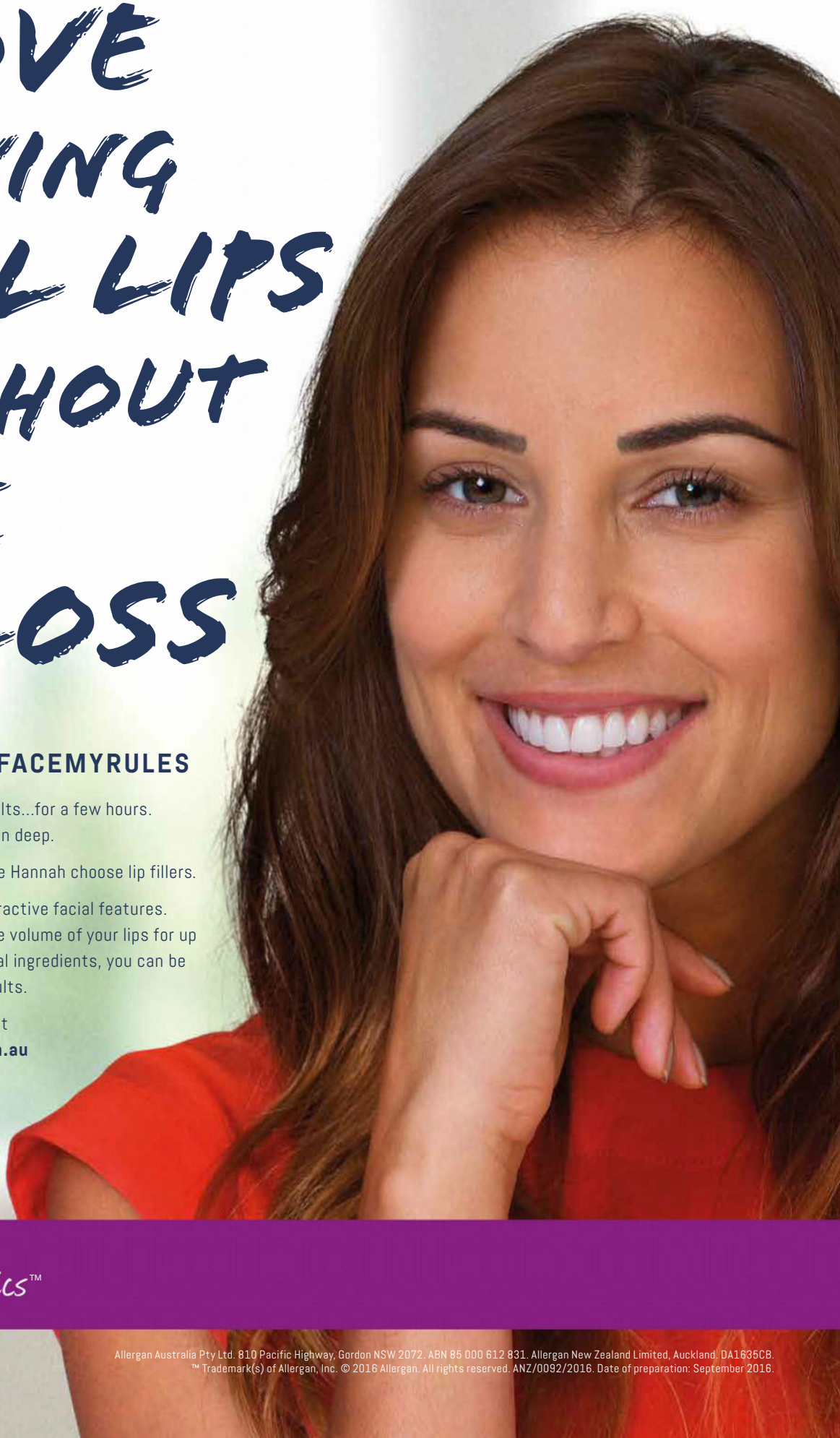
$14, American Apparel (americanapparel.com.au)



$170, Nike (nike.com.au)

STYLING BY DENIS TODOROVIC. STILL-LIFE PHOTOGRAPHY BY RODNEY MACUJA/BAUER

I LOVE HAVING FULL LIPS WITHOUT THE GLOSS



HANNAH, 35 #MYFACEMYRULES

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Eggs on ice



The baby back-up plan

"Social freezing" – young women freezing their eggs for non-medical reasons – is on the rise. But is the trend empowering women or just scaring them into investing in a souped-up savings plan? asks **Mel Evans**

HOW MANY EGGS DO YOU HAVE? I'M NOT TALKING THE DOZEN OR SO YOU'VE GOT SITTING ON THE KITCHEN BENCH.

I'm referring to those little cells chilling in your ovaries. It's likely a lot more than you think. At birth, the average female is born with a couple of million. Seems excessive, yes, but odds are they're going to go to that great big tampon in the sky for a few decades before any of their siblings spawn a mini human.

Still, sometimes life gets in the way and before you know it you're desperately counting your chickens before they're fertilised and hatched. Enter "social freezing": the new frontier. Where egg freezing of the past was almost exclusively reserved for those with fertility issues or for young women undergoing cancer treatment, there's a trend of healthy women who are in a stellar baby-making period choosing to set eggs aside now because they aren't ready for kids – be it for their career, lack of a willing partner or just because they dang don't want kids yet. Isn't choice an amazing thing? Virtus Health estimates there's been a 50 per cent increase in social freezing over the past year, and a recently released online survey showed 32 per cent of single women would consider egg freezing.

"Everyone has that number of '35' in their head as when fertility starts to decline," explains Dr Tristan Hardy, who has a Masters in Reproductive Medicine. "The essential fact is that fertility declines with age because the ability of the egg to form a successful pregnancy declines with the number and the quality of the eggs. When it comes to egg freezing, a young woman under 35 has a 45 per cent success rate [of falling pregnant] from a cycle with an embryo transfer."

Newsflash: if you're between the ages of 35 and 39, you've still got a 78 per cent chance of conceiving naturally within a year. Which isn't something to throw the baby out with the bathwater for. But this ominous "35" has a lot of women seeking out egg freezing when they really don't need to.

The average age women give birth in Australia is 30, compared to 25 years ago when it was 28, and by the time we hit our thirties, a lot of the time we've been too busy with our career/life/Netflix to even realise we *do* want mini replicas of ourselves. Let that thought marinate for a few years and that's when it can sometimes take a bit longer to make one naturally. By the age of 30 there are only 12 per cent of the eggs we were born with left and by 40 we have just three per cent. (Side note: that *sounds* scary. Especially when told to you by someone in a white coat. Think about it, though; if we're born with a couple million, you've still got heeeaps – like a few hundred thousand – kicking around. On the whole, you shouldn't stress; yet I digress.) But it's been this way forever. What *has* shifted is the age women are thinking about having kids. A lot of scientists and doctors say the most fertile a woman will ever be is between the ages of 19 and 26. Which, I hazard to guess, is the age of a lot of you reading this. Are you ready to start a family? If not, Associate Professor Peter Illingworth from IVF Australia agrees there is no rush for women in their late twenties/early thirties to pop their eggs on ice "just 'cos".

"The vast majority of women at 35 can conceive by themselves," he says. "It's after 40 that it gets harder, and the challenge for most women I speak to in their thirties is that they don't know when they will meet the partner they want to have children with. If they don't see anyone on the horizon in a few years, that's when they could look at egg freezing as a potential option."

But 30 is not the new 20 – 30 is the new age to freeze, apparently.

"I MORE HAVE THE FEELING OF, **'IF I MISS THE BOAT,** IT'S MISSED"

You may not have the means or the want to have a baby, but you could have the resources and maturity to make the decision to freeze. Until only recently, egg freezing was still considered "experimental" due to its low success rate; women weren't flocking if they didn't have to. But with new technology comes new fans. Mix these elements together and you've got yourself a recipe for conception. Potentially.

Earlier this year entrepreneur Alyce Tran, 30, froze nine eggs and seven embryos (an egg already merged with sperm) in the hope she can use them in the future when both she and her partner are ready.

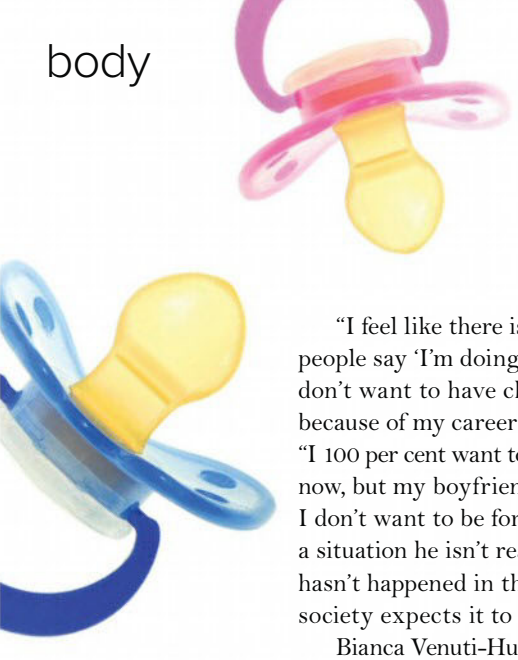
"I'd been thinking about it for two years – I was in denial about the situation," she says. "But I didn't see what would change in my life to cause me to have a baby in the next two years. It clicks over when you have your 30th birthday and you think, *This needs to happen now.*"

Alyce went to a specialist who tested her fertility, finding that if she attempted to conceive naturally before turning 33 she *shouldn't* have any issues. But the pressure still remained for her as she assessed her baby future.

"I figured my boyfriend and I would have a child in three years, but then again you don't know what might happen and how life will play out," she says. "But now I feel like we have tonnes of time and there's less pressure on our relationship."

With the option and the money behind them to make this decision, social freezers are copping flack for their choice to delay having children simply "because they can and they want to". Whatever the reason they are waiting, for all of the women I spoke to it mainly came down to alleviating the pressure associated with finding someone with whom to procreate, and then making said procreation happen.

GETTY IMAGES



"I feel like there is stigma when people say 'I'm doing it because I don't want to have children now because of my career'," says Alyce. "I 100 per cent want to have children now, but my boyfriend doesn't and I don't want to be forcing him into a situation he isn't ready for. It just hasn't happened in the time frame society expects it to happen."

Bianca Venuti-Hughes, 36, froze her eggs this year after seeing her older friends struggle to conceive naturally and knowing the quality of her eggs would start to decline in the coming years. "I didn't want to ignore the science behind that," she says. "The only people I knew who had the procedure done were those having issues conceiving and they were undergoing IVF. I more have the feeling of, 'Well if I miss the boat, it's missed.' There is no second chance and I'm not willing for that to be the situation and I now have the option to have it done."

"NOW I DON'T HAVE TO BE IN SUCH A RUSH TO FIND SOMEONE"

Once the decision's been made, the idea of social freezing *sounds* like a sweet deal: you wake up one morning, rock up to your doc, get pricked with a long needle, take some hormones, extract some eggs, return when you're ready for kids, pop the healthy eggs back in and Bob's your uncle (or your baby).

But even though you have your eggs ready to go, it still doesn't guarantee you will automatically have a baby. For all the advancement and accessibility of such a procedure, Hardy explains we must remain realistic: "If you're under 35 and collect 10 eggs, it's still a 50 per cent chance of having a baby. The more people in the 30-year age group understand that, the more positive it is. They can plan appropriately and balance their career and having children and doing it in a way that suits them."

No pressure. What about the cost? Well it's not cheap, but it's also not re-mortgage-the-parents'-house expensive. Some pay upwards of $10,000 a pop, but sexologist and author Dr Nikki Goldstein says she froze her eggs this year for $7000. The clincher is that an elective procedure of this kind isn't available on Medicare – these are women who aren't in reproductive No Man's Land, after all.

But instead of a holiday or help with a house deposit, women are asking their nearest and dearest to help with the cost of egg freezing for their 30th birthdays.

"My parents helped me out for my 30th birthday and I'm not the only one," Goldstein says. But for her, wanting the procedure at 30 came down to much more than just physical fertility insurance.

"Now I don't have to be in such a rush to find someone, I can stop and look for the basics in a relationship," she says. "I can see if there's intimacy and communication instead of going, *Bang! Let's make a baby!*"

To be honest, the process – being pumped full of hormones and prodded by needles – is not a glamorous one in practice. Then there's the cost of putting the eggs back in, after you'd forgotten about the cost of taking them out: one round of frozen embryo transfer can cost over $3000.

This sort of medical advancement that's now morphed from the experimental to something that seems easier than inserting an IUD should only be treated as a safety net. Illingworth believes that young women who are seeking out egg freezing should do it for the right reasons and not out of fear.

"For many women, if they're planning to have a baby in three years there is no point whatsoever in freezing their eggs because their eggs will be fine," he says. "They need to weigh up what their plans are. Before doing it, think, *If I freeze my eggs now, at what stage in my life will I plan to use them?* he says. It's looking to the future and not being scared, because for the vast majority of women things work out naturally."

Still, the lingering assumption women are only freezing their eggs because they can't find a guy is a stigma Goldstein wants to shed.

"We're still in an era of fertility shaming," she says. "It represents that there must be something wrong with women because they're single, so they have to freeze their eggs. I have a partner… I'm simply doing something great for my future self!"

This may all seem doom and gloom and #putyoureggsout now, kind of thing. But let's chalk the whole thing up to open-mindedness and living in 2016. Social freezing: out of the frying pan and into the freezer.

40% is all HIM

Despite what society says, it's not *all* about us women! Male factor infertility affects almost half of all couples struggling to conceive, according to IVF Australia, while one-third is a combination of both partners. The quality and quantity of sperm declines with men's lifestyle factors and age, with a far greater number of DNA abnormalities occurring in the sperm after age 40.

Yet celebrity silver foxes are applauded for getting their (often younger) wives pregnant, while older women are tsked at for taking the same risk. UK fertility experts are concerned that a whole generation of men are ignoring *their* biological clocks for way too long out of a refusal to "grow up". Just something to consider if you are ready to have kids but he's dragging the chain...

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WORK

REACH PEAK CREATIVITY

Turns out we were onto something when we covered our school books with hearts, butterflies and "math sucks" in bubble writing. Two separate studies have found that doodling helps us retain important info and boosts creativity. "Doodling at work can clear your mind of clutter," says professor of organisational psychology Cary Cooper. "This allows spectacular ideas to materialise on the page." Scribble away!

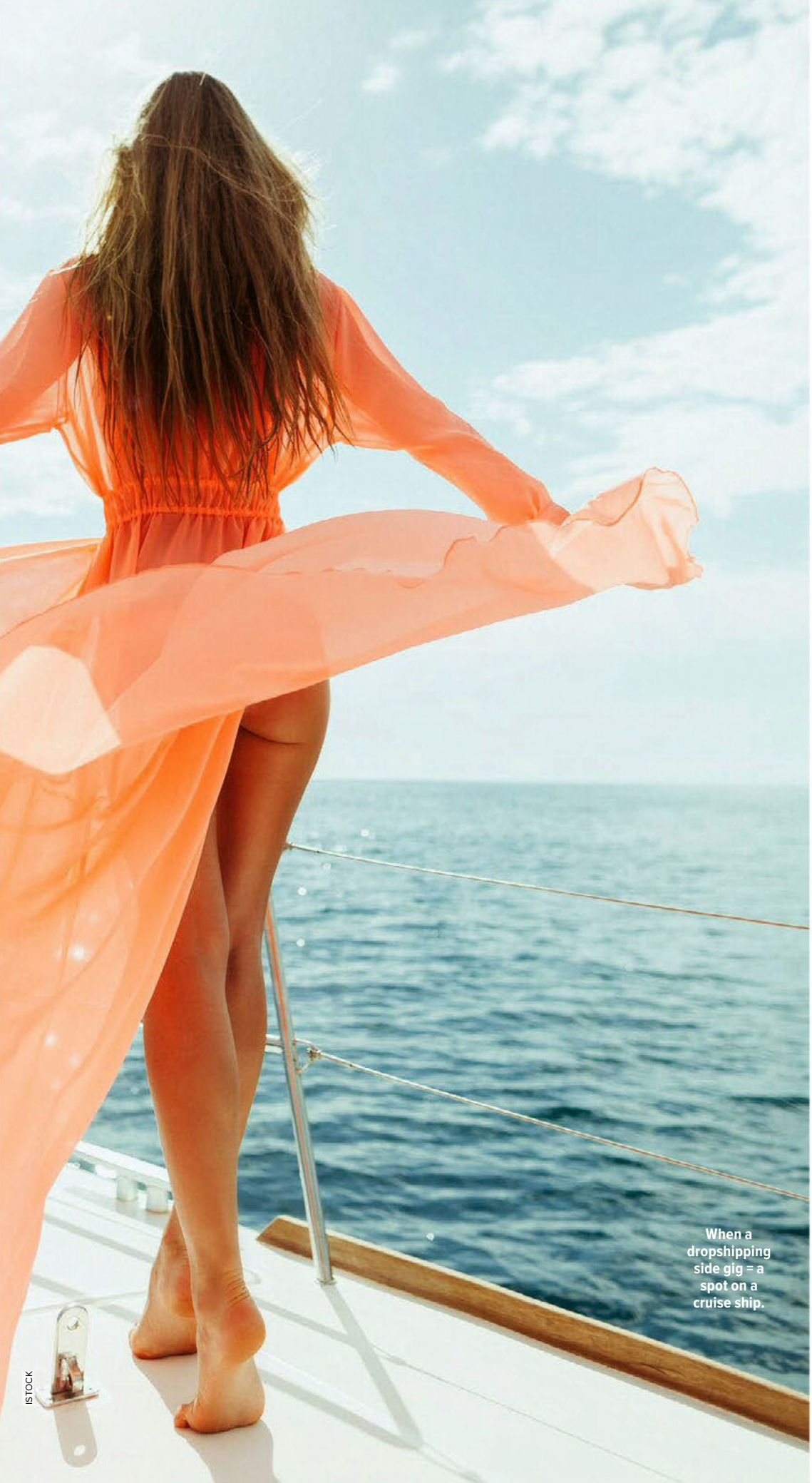


WORDS BY JOSIE COPSON. RESEARCH BY UNIVERSITY OF PLYMOUTH; UNIVERSITY OF WATERLOO. ALAMY

the SIDE HUSTLES *that'll fund your* SUMMER HOLIDAY

Saving up for next year's Euro summer? Got your eye on those statement summer kicks? Or do you just want to buy top-shelf vodka tonics as opposed to house whites on the reg? Why, you ought to give the side hustle a red hot go





When a dropshipping side gig = a spot on a cruise ship.

ISTOCK

If anything has been established about this generation, it's that when it comes to money, we're a thrifty bunch. And stingy AF. The best things in life are free, but you can keep them for the birds and bees, we want money. The problem is, we don't have the right job a lot of the time.

Presenting the side hustle: a sort-of job you wrangle in addition to your main gig, for some extra cashola to get you those li'l luxuries you deserve. Long gone are the days of the 7am market stall. Technology, wonderful technology, has heralded an age of side hustle we can all get behind.

THE GIG

Wedding celebrant

Spoiler alert: a celebrant is a legal gig, not something you can do by ordering a dodgy certificate online à la Barney Stinson.

HOW: Seeing as you *are* legally marrying people, becoming a celebrant comes with some legal strings attached. Much like marriage. If you're eager to witness a couple of lovebirds say those two words, "I do", you must complete a Certificate IV in Celebrancy. You're not legit unless you complete the certificate via a government body. Print-outs from dodgy websites aren't an in, so don't think you can marry two of your friends this weekend.

SET UP: Just to apply, there is a $600 fee, straight up. Then, if your application is successful, you will need to fork out

a $240 registration charge each year. It costs to make people happy, you know.

EARN: Officiating a wedding can earn you the big bucks – up to $600, on average. You have a bit of freedom here to charge what you feel is suitable. Keep in mind there are 8000 registered marriage celebrants in Australia (on top of 23,000 religious ministers who can join a couple in matrimony), so when we say side hustle, emphasis is on the hustle. You may perform a few marriages a year, you may perform none.



THE GIG

EatWith hosting

You probably haven't heard of EatWith (eatwith.com) it's that fresh on the Australian scene. It's a platform where strangers pay you to cook for them.

HOW: Apply online, of course. Your application will then be reviewed, 'cos we don't want a bunch of crazies roaming this platform, wafting the scent of pie to lure in the hungry, do we? Once you get through that, you'll be invited to throw a demo event to show what you have under your sleeve. That will eliminate the vegemite-on-toast chefs out there. Then, finally, you may be granted access to a special training program to help launch your brand as a host. Customers browse your online menus, book a seat and eat.

SET UP: All you need is to like strangers, be able to cook good food and have a living space that can combine these key elements. Like a recipe. Ha!

EARN: As Captain Planet says, "the power is yours!" A little more money-specific, a picnic in St Kilda set eaters back $57, with a 10-person maximum – that's $570 to you (minus the materials you'll need, but there are no fees to pay EatWith).

THE GIG

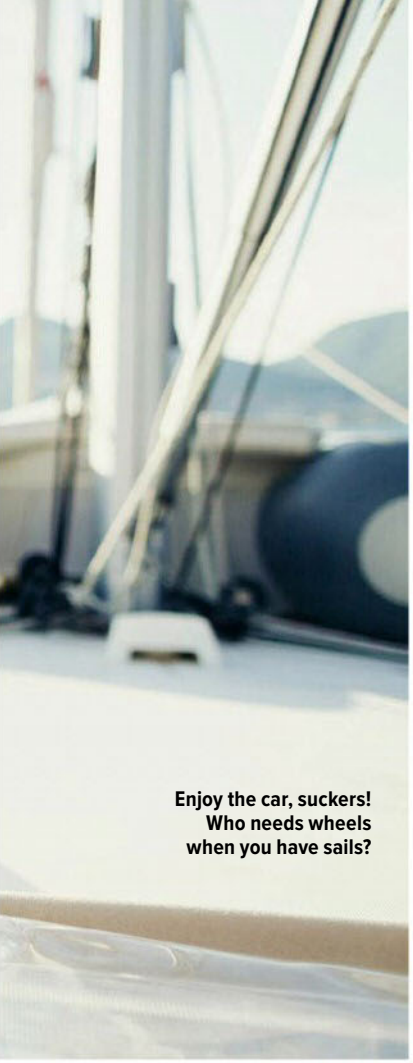
Dropshipper

This version of online retail is a clever concept that allows you to buy products individually and send them directly to customers from the wholesaler.

HOW: Instead of needing the capital upfront to buy a large amount of stock, you connect with a dropshipping supplier, aka a third-party wholesaler, and list their merchandise for sale. Once you get an order, you forward it to the supplier, who sends it onwards to the customer – you're the middle-man who doesn't come into any physical contact with people or product. In a nutshell, you don't buy anything 'til you've already sold it to the customer. Then you buy the product at a lower price (as you want to sell it at a profit) and it's the supplier's responsibility to ship the product directly from their warehouse to your customer. It's like running a business from your loungeroom, with a little less responsibility.

SET UP: Sites like Drop Ship Australia (dropshipaustralia.com.au) and Shopify (shopify.com) offer access to suppliers for free, plus seller resources, tools and support. You'll still have to register as a business, with an ABN, to keep it above board. You don't need a lot of cash behind you, as you really only buy as you go. No need to worry about a website set-up: use eBay. Think about how you'll market the business, too – social media is the easiest method to get the word out there in the beginning. But think about those annoying shoe ads people are tagged in on Facebook: don't be that guy.

EARN: This part is harder to say, as earnings are determined by what you sell and how much you sell of it. You determine your profit margins – usually smaller-ticket items deliver



Enjoy the car, suckers! Who needs wheels when you have sails?

larger profit compared to high-ticket items like electronics. But with little set-up costs and no need for a bricks-and-mortar shop front, you're sort of out in front from the get go. Shopify estimates owners can generate a monthly income of $1000-$2000 within a year, by working 10-15 hours a week. Wholesalers will also likely charge a fee (usually a couple dollars per product) for their services, so factor that in.

THE GIG

Uber X driver

We'll be the first to admit Uber is not new territory, but female Uber X drivers are definitely on the up. 10 per cent of Uber X drivers are female. Seems like a small number, but with over 36,000 Uber drivers in Australia, that's about 3600 that are female. And the number is rising as the stigma dissolves.

HOW: As with pretty much 98 per cent of side hustles, you sign up online. Enough said. Then you go through security checks to make sure you're an upstanding member of society, because #uber. Seven years' worth of criminal background and driver history checks is what happens, to be precise.

> PET SITTING: AN AGE-OLD DREAM, NOW A NEW-AGE POSSIBILITY, MORE EASILY FACILITATED WITH RANDOMS ONLINE"

SET UP: Back in the day, you could only be a driver if your car was less than nine years old. Pah! That's the case no longer. There are companies like Splend and HyreCar and a whole fleet of private lenders that will rent you some newer wheels to drive people around in. If you don't have a totally prehistoric vehicle, all you've gotta do is ensure it's road-worthy, insured, and that your licence is up-to-date to dodge any avoidable drama.

EARN: The ball is in your car. Depending on how much free time you have, you can drive as little or as much as you wish. A handy online calculator tells us that if we Uber 10 hours a week, or more specifically 12-5pm on Saturday and Sunday, we can pocket $400 a month minimum. Drive during surge pricing and that ups to $1200.

THE GIG

Car rental

Have a car sitting idle in the driveway all day while you're at your desk? Why not loan it out?

HOW: List it online and set your price and availability. Sites like Car Next Door (carnextdoor.com.au) and Drive My Car (drivemycar.com.au) are popping up everywhere.

SET UP: You just need to provide the wheels, making this bonus cash money opportunity sort of easy. Granted, much like Uber, your car can't be a rust-bucket. Different companies call for different terms, but usually we're talking no older than 15 years, sometimes 10. Bonus: your car is generally covered against collision, third party property damage and theft, whether it's being driven by you or your neighbour. To get rid of the seedy, there's a set of guidelines and customers are screened for credit history. Most owners spend less than 30 minutes a month managing their car. Renters can pick up your car and return it without you needing to meet them.

EARN: This all depends on the type of car you own and how often it's rented. You can set a daily or hourly rate – also depending on the company you sign up with. More specifically, when you sign up with a site such as Car Next Door, you get 50 per cent of earnings in the beginning, moving up to 75 per cent when you're more established (minus fees).

THE GIG

Pet sitting

An age-old dream, now a new-age possibility – dog walking, home visits or sleepovers are far more easily facilitated with randoms online.

HOW: Get Googling, stat! Sites devoted to the cause, including Paw Shake (pawshake.com.au) and Mad Paws (madpaws.com.au), connect you with owners in need of a sitter.

SET UP: If you have enough time (remember, pet sitting isn't just for Christmas) and space to share with a furry friend, this may well be your calling. Sign up, go through the relevant background checks, get your reviews up and then you're on your way.

EARN: According to Mad Paws, you can make on average up to $400-500 per week, putting in 20 hours of dog sitting for two dogs over five days. Over a weekend, you might make $250 by dog sitting two dogs, and dog walking other dogs over the weekend. These rates will vary, but can give you an idea of what to expect.

WORDS BY MEL EVANS; JEMMA ZIELONKA, ISTOCK

'THAT TIME I WAS THAT GIRL AT MY WORK CHRISTMAS PARTY'

Everyone loves a Christmas office party, right? But imagine being responsible for cutting the celebrations short. That's what happened when Lily's* antics took the vibe from fun and tipsy to total disaster *cringe*



Sparkly dresses were hanging on the back of office doors and all the girls were painting their nails for the big night ahead. Who doesn't love a festive season party? And this year, we were extra excited because we'd worked our butts off and had a really good year, so the owners of the consultancy I worked as a sales rep for organised a Sydney Harbour booze cruise. I had another reason to be bursting with butterflies, too; this was my chance to hook up with my hot colleague, Hamish*.

We'd been flirting for weeks but because I lived over an hour away from the office, I rarely went out for work drinks with the team and so we'd never taken it further. He used to joke I didn't go drinking with them as I couldn't handle my wine and, stupidly, I retaliated. I promised I'd make up for it at the Christmas party and even teased we'd be skinny dipping off the boat.

As the day ended, I downed one of the beers that were being passed around to calm my nerves before I put on my brand new silver dress. I couldn't wait for Hamish to see me.

The dress must have worked – he stuck by me from the moment we boarded the boat, and kept bringing me glasses of champagne, which I drank quite fast.

There were 150 or so colleagues of mine on board and we had such a great view of the city. There's nothing like a good party to bond with your workmates and everyone was getting on and toasting to our success – it was an awesome vibe, and by 8pm I was pretty drunk.

'When are we skinny dipping?' laughed Hamish at one point.

A couple of the guys heard him but I laughed it off. An hour later, and a few more glasses of bubbles down, the swimming joke was still going round, but suddenly it didn't seem so crazy in my head and a few others were up for it too. There was no way that I was skinny dipping (I wasn't *that* drunk!), but while I was sitting with my legs over the side of the boat, it was like I didn't have a stop button. Three others were in position to jump, but only I actually did it.

In my drunken haze, the only thing I remember thinking when I hit the freezing water was, *I've ruined my hair.* I had bigger troubles, though. One of our senior managers jumped in to 'save' me.

I never thought I was in danger and as he and the crew dragged me back on board I kept telling everyone I didn't need rescuing. Truth is, I hit the water hard; I was in one of the world's busiest harbours… drunk. I could've drowned, been sucked up by the engine or hit by another boat. At the time I was too drunk to realise the extent of how awful it was but now I cringe when I imagine how I must have looked wrapped in a towel, crossly refusing hot drinks and calling the others 'wusses' for not jumping in too.

"While I was sitting with my legs over the side of the boat, it was like I didn't have a stop button"

The evening, which we had all been counting down to for months, came to an abrupt halt after that. There was moaning and pointing in my direction, but I was in such a bubble I had no idea until much later that the boat was docking early. The captain called time on our big Christmas do after my big plunge out of fear for our safety – and his reputation, of course.

Given how wet and irritable I felt, it was actually a huge relief to be getting off the boat. But everyone else was so mad at me. I jumped in a cab and Hamish surprisingly came back to my colleague Josie's* house, where I was staying. It was exactly how I wanted the night to end – albeit this was much earlier than expected – and I did end up in bed with Hamish. But instead of hooking up, I passed out next to him – fully clothed.

In the morning, with panda eyes and a killer headache, the situation hit me. Josie kept saying she couldn't believe I'd done it and told me how my rescuer, who I didn't even know, had leapt in after me because there was huge panic that I was going to drown. I felt physically sick.

She and Hamish tried to play it down and didn't tell me the cruise was cut short because they saw how upset I was. I knew I was in trouble – I thought I'd be fired. I spent the weekend in a total panic, unsure if I could ever face the office again.

But quitting wasn't an option, so I crept in on Monday desperately hoping it would quickly blow over or people would laugh about it.

No chance. It was a tumbleweed moment when I walked in. Nobody even looked at me as I went straight to my desk, biting my tongue to stop myself from crying. Soon after, I was hauled into my boss's office. I was sure I was about to get fired.

But what followed was almost worse. My rescuer, a well-respected senior manager in the company, was also in there and as I stammered an apology I felt like a stupid kid. I couldn't even look him in the eye. The severity of the situation was explained; it could have been fatal. It was then I was told how the cruise had been cut short because of me.

I was given a formal warning and apologised to everyone. People were fine but I didn't want to fuel any more gossip so I gave Hamish the cold shoulder and in the end he moved on to someone else.

Eventually, I stopped dreading walking into the office, but I didn't want to be known as 'that girl from the Christmas party' for the rest of my career and I left the company not long after.

This Christmas party season, I'll still be single, but I'll be sober and sensible, too, which I think is far preferable to being the office party disaster."

AS TOLD TO EMMA LEVETT. *NAMES HAVE BEEN CHANGED. SNAPPER MEDIA

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A Boss

Navy culottes are a failsafe colour and length for conservative offices.



1. $139.95, MNG (theiconic.com.au). 2. $330, By Johnny (byjohnny.com.au). 3. $259, Interval (02 9256 8421). 4. $760, Meli Melo (melimelo.com.au). 5. $14.99, Lovisa (lovisa.com.au). 6. $549, Beau Coops (beaucoops.com).

WEAR IT LIKE

A Parisian

A frayed tweed suit with a silk cami is very, "Coco Chanel does lunch."



1. $299.99, Thurley (thurley.com.au). 2. $139.95, C/meo Collective (cmeocollective.com). 3. $199.99, Thurley (thurley.com.au). 4. $499, Karen Walker (karenwalker.com). 5. $169.95, Wittner (wittner.com.au). 6. $75, Peter Lang (peterlang.com.au).

WEAR IT LIKE

A Street Styler

For a more modern approach, look for suits that come with a bomber jacket.



1. $269, Cue (cue.cc). 2. $89.95, Witchery (witchery.com.au). 3. $189, Cue (cue.cc). 4. $395, Oroton (oroton.com.au). 5. $149.95, Nine West (ninewest.com.au). 6. From $49 each, Krystle Knight Jewellery (krystleknightjewellery.com).

WEAR IT LIKE

A Grown-Up

Give your classic monochrome look some edge with a pair of loafers.



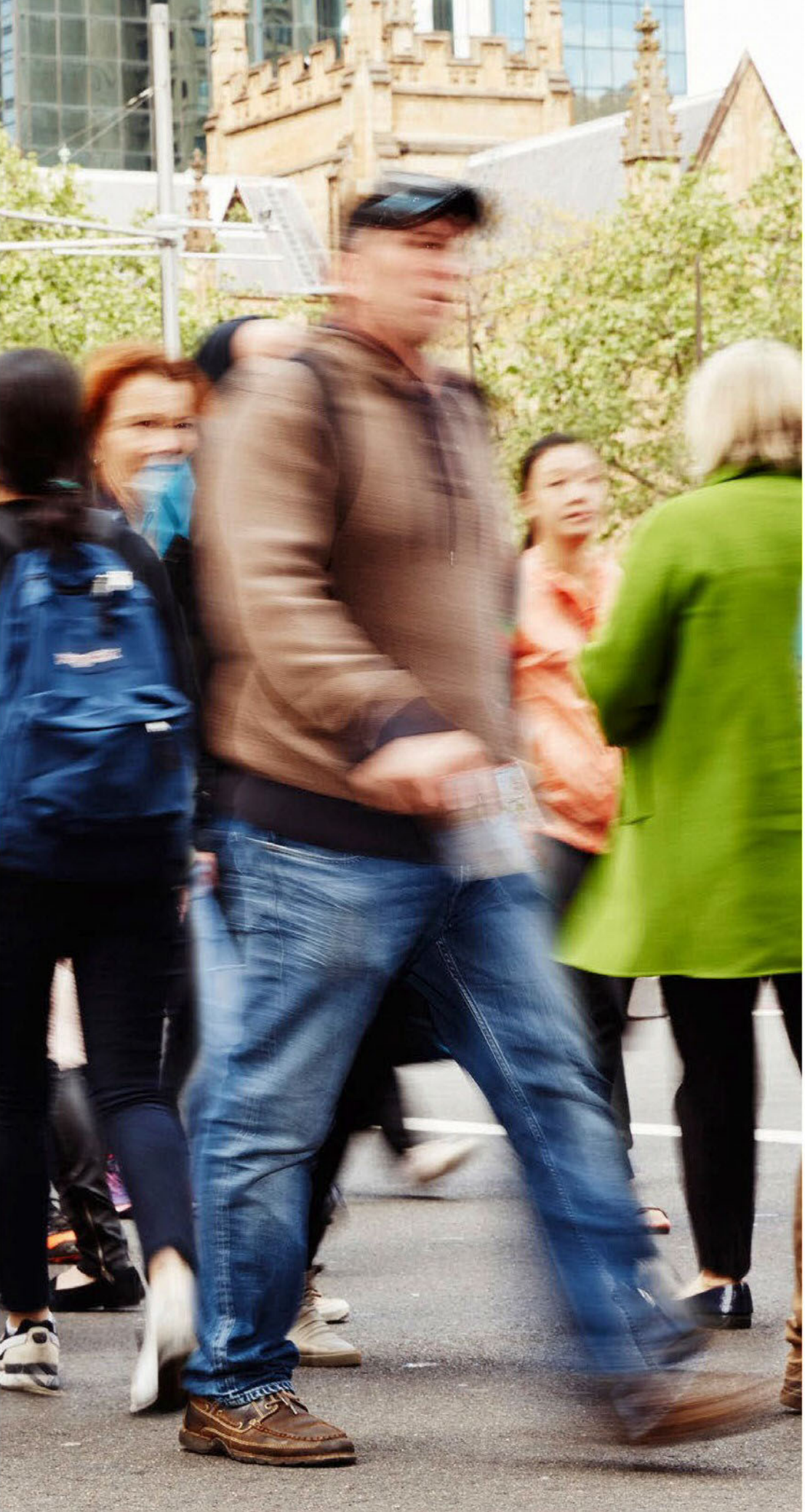
1. $169.95, Guess (guess.net.au). 2. $169.99, Oskar the Label (oskarthelabel.com). 3. $169.95, Marciano (guess.net.au). 4. $69.99, Colette by Colette Hayman (colettehayman.com.au). 5. $425, Beau Coops (beaucoops.com). 6. $199, Mimco (mimco.com.au).

STYLING BY DENIS TODOROVIC. STILL-LIFE PHOTOGRAPHY BY RODNEY MACUJA/BAUER. GETTY IMAGES; JASON LLOYD-EVANS



CAN ANYONE BE AN INFLUENCER?

NO. NO, THEY CAN'T. *COSMO*'S **SHARI NEMENTZIK** TRIED – AND FAILED



"Influencer": a person who has the power to influence many people; a person who gets paid to promote their favourite brands through social media; a person I want to become.

More than just a buzzword, these influencers have serious perks that come with their clout. With VIP invites, a loyal following of people who like everything they do (yas kween!) and payment for posting pictures, it's very little wonder I want in. Jules Lund, founder of TRIBE, an app that connects brands with influencers, had me at, "You can make $2000 or more by…" He lost me after $2000, but how hard could it be to take a picture, whack a filter on it and add some clever hashtags? Well, as with anything that seems too good to be true, there's a catch to this instant Insty cash flow. You need at least 3000 followers to be deemed an "influencer".

So started my obsession with followers, filters and all things 'fluencing. I decided to become a person with a "K" next to their number of followers on Instagram. Armed with my knack for a good pic and pun, I was confident I had this – plus, I didn't have to look far to find a mentor. Enter Insta guru Jules. With him to guide me through the maze of hashtags, captions and filters, surely I'd be raking in the big bucks within a couple of weeks, no?



No. It's been eight months since I started my @findingmy features Instagram account and I have 801 followers, 800 of whom are family, friends, others I begged to #followme and bots – the other is @juleslund.

Turns out 'fluencing ain't my forte. Do you know how tiring it is to come up with 10 hashtags for every post? There're only so many times you can use #followme without looking desperate (that's once). And as for following 50 new accounts every day? Well that's just a full time job in itself. Why am I doing all of this? According to Jules, it's part of the potion to achieving a money-making K.

"Everyone thinks influencers just take a good photo, but the reality is, it's how they caption it, hashtag it and how they engage with people who aren't in their community," says Jules.

You may be a little lost; let's wind back to the start, when my editor asked me to become Insta-famous for the sake of this story.

> "I didn't want to spend my weekend at Bluesfest tagging my favourite bands; I wanted to dance to them"

#projectinfluencer

With my very first step to Insta-fame complete (that was finding my mentor, Jules), it was time to set up my account. Jules sat me down and walked me through what it takes to be an influencer. Before anything else, you need a name. In my case, Jules suggested I think of something to do with my job as the features director of *Cosmopolitan*, as that's the inside knowledge I can share. I came up with @findingmyfeatures – and it was a hit. "The name is unreal," he said. Winning so far.

Next, he suggested adding an email address or another form of contact information to my bio. I added the link to my profile page at the magazine. Tick. To gain initial followers, follow all your friends on Facebook. Simple. I'm no tech genius, but I was all over this – 400 followers in 48 hours (thanks friends). Just 2600 to go.

Now to the tricky part: how do you get complete strangers to follow you? You pay them.

OK, OK, I jest. But really, I'm convinced a whack to the wallet is an easier option than gaining an "organic audience". "Give more than you take," Jules told me over and over. What he means is that you have to give a lot of yourself to your socials – and I mean, *a lot*. In order to build a following, you have to follow at least 50 new accounts a day. From these 50, you're lucky if three follow you back. On my best day, I had four of the 50 return the love.

Jules also told me to leave thoughtful comments on other people's posts, so my commute was consumed by finding the perfect emoji to complement my "great shot" and "love *insert brand here* too!" captions. And



guess what? The only person who replied was @sandrabullock476 – not to be confused with THE Sandra Bullock, as I did at first.

On top of these chores (yes, *chores* since you don't enjoy them, but if you do them well you should get paid at the end) I had to re-post pictures from famous people and add ALL THE TAGS, to attract some of their following, as well as Like random pictures in my target audience. For every 100 Likes I should, statistically, have received 1.6 more followers. I was lucky to get one for every 200 hearts tapped – and even luckier if they followed me for more than a day. Despite doing all of this, day in and day out for several long weeks, my number of followers fluctuated more than my love for Kimye. At one point, I was following 3400 accounts, yet 609 were following me (Jules did tell me to unfollow accounts that didn't follow me back, but who has a spare three hours to

TOP 20 HASHTAGS ON INSTAGRAM

If you're at a loose end and need some hashtag-spo, look no further than this list.
1. #love **2.** #instagood **3.** #me **4.** #follow **5.** #tbt **6.** #cute **7.** #like **8.** #photooftheday **9.** #followme **10.** #tagsforlikes **11.** #happy **12.** #beautiful **13.** #girl **14.** #picoftheday **15.** #instadaily **16.** #fun **17.** #smile **18.**#igers (this is short for "Instagrammers") **19.** #selfie **20.** #friends



Cosmo's wannabe Insta influencer tried every trick in the book, to no avail.

PHOTOGRAPHY BY PAUL SUESSE/BAUER. STYLING BY CASSIE LONGWORTH. ART DIRECTION BY LAUREN DRAGOSETTI. *SHARI WEARS* TOP: $60, TOPSHOP (02 8072 9300). SKIRT: $149.95, NEUW AT GENERAL PANTS (GENERALPANTS.COM.AU). SHOES: $265, SENSO (SENSO.COM.AU). *OPENING PAGE* DRESS: $169, STEELE (STEELELABEL.COM). SHOES: $169.95, WANTED SHOES (WANTEDSHOES.COM.AU)

go through all of them? Not me). "They're bots," he told me. "Well, they are real people but they are trying to do exactly what you're doing – follow new accounts and then unfollow them if they don't follow you back."

And it doesn't end there. For every single post, I had to: add my location, tag relevant people and places, aim for 10 hashtags (#love and #instagood are most popular), choose the best filter (filtered pics are 21 per cent more likely to be viewed and 45 per cent more likely to be commented on), make sure my images are bright and, here's the clinger, post them at the right time. People are most likely to view your posts on their way to and from work, so 8am and 6pm are peak times to post.

Meanwhile, I was so wrapped up in what was happening in the online world that I was giving no love to my poor boyfriend, who fell asleep night after night to the glaring light of my Instagram app. Every outing with him or friends was turned into a brainstorming sesh: "Guys, what hashtags would you use for this picture of a pug with a pineapple on its head?" I was turning into someone I wasn't proud of. I wasn't living in the moment anymore, I was just fretting over what filter to put on it. And I didn't even get that right. "I think your lens looks like it needs a wipe," said Jules. At least he's an honest mentor…

#instatired

After seven weeks of trying to perfect every post and hearting every darn picture on my news feed, my energy dwindled. I didn't want to spend my short commute commenting; I wanted to read the news. I didn't want to spend my weekend at Bluesfest tagging my favourite bands; I wanted to dance to them. Most of all, I wanted to enjoy my food instead of agonising over a witty caption for my green tea milkshake (I wrote, "A matcha made in heaven", which got me a LOL, 63 Likes and a very melted beverage I no longer wanted).

I'd had enough of this Insta-fame life and even contemplated buying some followers. "Paying for followers isn't the best because you pay for a bunch and then they unfollow you," says Jules. "They are like bots. And we can detect if you have paid followers, so we'd ban you from our platform."

JULES' TOP TIPS FOR INSTA-GLORY

- Add contact info to your profile.
- Go into settings and select: "Follow all your friends on Facebook".
- Leave comments.
- Follow at least 50 new accounts a day. After a few days, unfollow those not following you back.
- Regram well-known people and tag them.
- Like posts in your target audience.
- Use geotagging.
- Tag people/places.
- Link your Twitter account to push followers to your Insty account.
- Add hashtags and filters.
- Consider timing.
- Clean your lens often.

I'm now 33 weeks into my little experiment and clearly I need help getting over this social media slump. "If you want to continue your growth, you have to dedicate 2-3 hours a day to it," explains Jules. "You're showing them your life with posts of cupcakes and goody bags, but you have got to give your followers more so you're inspiring and educating them, as opposed to just reflecting what's around you." He has a point. I've been so consumed in snapping pretty pics and thinking of clever captions that I've neglected the fact my passion is interviewing people and sharing stories.

Clearly my journey to that K is going to be a *very* long one – I suspect Jules knew that. "Now you understand why influencers deserve to get some rewards for themselves. Earning money on TRIBE should only ever be seen as a reward – not a motivation – for building an audience."

For me, I'm happy sharing my blurry pictures and bad puns with my family, friends and @sandra-bullock476. Because fretting over followers ain't no life for me.

But please #followme! @findingmyfeatures.



ALL LOCKED OUT

GET IN BY 1.30, DOWN YOUR DRINKS BY 3, AND GOOD LUCK GETTING HOME! MEL EVANS INVESTIGATES WHY THIS GENERATION IS STILL BEING LOCKED OUT BY THE FUN POLICE

IT'S 1.31AM AND I'M STANDING OUTSIDE A BAR ON OXFORD ST IN SYDNEY. I've been rejected. Feeling *de*jected, I see my friends inside, shooting pleading looks through the glass. I'm not drunk. I wasn't lippy. It was as simple as being in the wrong city at the wrong time. "I can't let you in," shrugs the bouncer. Why? "It's 1.31," he says, pointing to the neon time on his watch to prove the point. So with that, my friends finish their drinks – poured into a plastic cup at the stroke of midnight (just in case they had the urge to glass someone) – meet me outside, and we begin the quest to hail a cab. All for the sake of our own safety. Apparently.

A little further away in Bomont, Ren McCormack, a sassy teen from the city, has just learnt that his sleepy new town has banned dancing and rock music. Some other events happen, then Kenny Loggins comes in and *everybody cuts, everybody cuts, everybody cuts footloose.* And Kevin Bacon does some dancing in an abandoned mill.

OK, you got me – I'm talking about *Footloose* there. But the first paragraph is real, and for a few of Australia's biggest cities, this fiction has become a reality.

THEN AGAIN, IF YOU BELIEVE WHAT YOU READ, ALL THAT MAY BE ABOUT TO CHANGE AS PREMIER MIKE BAIRD CONSIDERS OVERHAULING THE LOCKOUT LAWS. BUT WE'RE GETTING AHEAD OF OURSELVES...

FOR THOSE OF YOU LIVING UNDER A ROCK, IN 2014, BARRY O'FARRELL'S NSW STATE GOVERNMENT SUMMONED IN THE LIQUOR AMENDMENTS ACT 2014 IN THE WAKE OF THE TRAGIC DEATHS OF THOMAS KELLY AND DANIEL CHRISTIE, BOTH OF WHOM WERE KING-HIT WHILE OUT IN KINGS CROSS. The new laws were passed virtually overnight to combat alcohol-fuelled violence and with them came a throng of restrictions. There is no denying something had to be done about the thugs. But what happened was New South Wales was turned into a bit of a "Nanny State".

While these laws are widely referred to as "lockout laws", they encompass a range of restrictions around how we buy and consume alcohol, such as a 10pm cut-off of takeaway alcohol sales. No longer can you grab a cheeky bottle of riesling post-dinner. No sir – you may hurt someone.

"There was no industry or public consultation in making the laws," says Tyson Koh, campaign manager of anti-lockout advocacy group Keep Sydney Open. "The law was hastily rushed in and I know for a fact many politicians were recalled from their holidays and it got tabled and passed in a day without proper consultation."

Side note: our government can rush in this legislation, but we still don't have gay marriage? And in mid-October, Mike Baird reneged on his greyhound racing ban basically 10 minutes after he promised legislation. Priorities, people. Priorities.

ON THE STREETS

Still, if I'd have gotten into that dang bar on Oxford St at 1.31am, I'd have been turfed out one and a half hours later, hustled onto a narrow footpath with a couple of hundred of my closest friends, in a drunken orgy of frustration and smoke-machine inhalation, only to be denied a taxi because the driver is "going in the other direction". 3am is the witching hour where fun well and truly goes to die and the buses/trains don't run. At least the government seems to be prepared to listen to *that* whinge, as it toys with the idea of extending public transport to 4am on Friday/Saturday nights, as opposed to the usual 12.30am last train on my line.

Yet what the lawmakers fail to recognise is that by enforcing last drinks and curfews, we're a generation that blasts through the standard drinks as quickly as possible. We're not pacing out our night; we're binge drinking in a shorter amount of time. I'm not saying that's healthy or good in any sense, but if I have a bouncer standing over me telling me to finish my just-bought $10 vodka, I'm going to neck it. It was TEN DOLLARS for Pete's sake.

And while I may happily totter home post-drink, when there is no more liquor to squander, the hoard will look elsewhere. Since the laws came into effect, arrests of ecstasy dealers went up by 92 per cent, and 37 extra arrests were made for cocaine dealers last year. It just goes to show you can take the alcohol away, but you can't take away the urge to party. The closure of bars has also driven people out to the inner-city 'burbs where illegal warehouse parties thrive. You've got no bouncers, no regulation, lots of bootleg alcohol and rampant drug use. Often they are so secret the police don't know about them, let alone send their officers out to shut them down. And if one party is shut down? They just start a new one in the warehouse a few blocks over next weekend. $5 at the door, bring in whatever you like.

In a contradiction to what we may see in the news, Scott Weber, President of the Police Association of New South Wales, says there is no statistical data supporting a rise in drug use as an implication of the laws – just a rise in arrests. And he doesn't want the lockout laws to be watered down.

"There was a big problem and there's been a massive change," he says. "[We'd had to put on] 40-50 extra police to deal with all the drunken violence each weekend."

THE DEATH OF CULTURE

Forget people not being able to get rat-faced in a pub past 3am; thousands of jobs have gone, as no fun = no foot traffic = no bars = no bartenders. This prompted Matt Barrie, CEO of freelancer.com, to write an 8000-word essay on LinkedIn, "Would the last person in Sydney please turn the lights out?" His critique explains

84%

less foot traffic in Kings Cross between 2012-2015

that between 2012 and 2015, Kings Cross foot traffic decreased by 84 per cent and because of this, the once-thriving streets are now home to derelict and boarded-up businesses. That's what happens when bars are taking in 60 per cent less than usual, as was the case with Hugo's Pizza – voted Australia's Best Nightclub, and found to have the best pizza IN THE WORLD at the American Pizza Challenge. Meant nothing when the place was hit with 36 "stringent conditions", forcing the place to close and 70 people to lose their jobs. The owners of Hugo's Group declined an interview on the grounds of wanting to focus on their future projects.

One of the sadder sights is the perpetual closure of the live music



GETTY IMAGES

venues that once housed our most famous exports. Many artists – Art Vs Science, Flume, Jimmy Barnes – have spoken out about how they would've never got their start if it weren't for small bars supporting them. It all begs the question, "How will Australian talent rise up if they have nowhere to start?"

Most of these establishments had no warning their days were numbered. The city ghosted them. Which is a sad development in the psyche of a country that is traditionally a champion of small businesses and the "Aussie battler". Now the government has done an about-face, turning its back on the little guy to support the conglomerates that bring in the money. One of the big businesses? The casinos. Last financial year (2014-15) it was estimated NSW reaped $2 billion in gambling taxes. But hey, maybe it's just a coincidence that The Star and soon-to-be-finished Barangaroo were completely left out of the lockout boundaries.

So what has the government done about injecting the culture back into our dying city? They have put together a 25-point plan outlining a new public transport proposition and entertainment and cultural pop-ups. One of those being a one-night-a-year event where businesses are encouraged to stay open later. One night to party? Go crazy, kiddies.

It gets more embarrassing than that. International acts like Drake, Madonna and Ed Sheeran were all denied entry to bars in Sydney's CBD when they arrived after the 1.30am lockout. Justin Timberlake's entourage was also blocked from heading into their own party after arriving at 1.45am. Rules are rules, but it's dire when even JT can't rock his body. That's what these massive international acts will go back to the States saying – that our bars and clubs aren't worth the trip. Meaning less people will come and check out local acts that are so deserving of a big break. And so the cycle continues. As cycles tend to do.

"Obviously what set off this saga were some very tragic deaths that occurred in Kings Cross," says Koh. "But the light has been sucked out of Sydney. It means young people, and people who enjoy listening to DJs, dancing and watching bands, have less spaces to socalise … When you piece it together these contribute to our identity as a city. We all benefit from late-night culture."

SO ARE WE SAFER?

The laws had to be in operation for two years before any report could be conducted into whether they've actually worked in wiping out *all* of the fun. The Callinan Report, put together by former High Court judge Ian Callinan and released back in September, suggests lockout laws could be relaxed, finding that Kings Cross *is* safer. 80 per cent fewer people in an area equals less punch-ups? Groundbreaking. It's noteworthy that assaults increased at The Star after the lockouts were put in place. Only by two a month, but increase is increase.

246

serious alcohol-related injuries in the emergency department of St Vincent's in the year following the laws

In response to the Callinan Report, 4000 people marched down Oxford St in Keep Sydney Open's October rally, calling for the lockout to be lifted and the sale of takeaway alcohol reverted to midnight.

Man, it's not a good time to be the Premier of NSW. Mike Baird landed his lowest approval rating since he assumed office. Which at the end of September was at 39 per cent. So at the time of print, the Baird Government were reportedly toying with the idea of implementing the report's suggestions and pushing lockout to 2am, with last drinks at 3.30am and takeaway alcohol permitted until midnight. *Cosmo* contacted the office of Premier Mike Baird, who declined an interview.



THE REST OF AUSTRALIA

Take a whip around the country to see how your state stacks up

For all the grilling of Sydney, it's easy to forget the people who deal with the idiots this legislation was formed around. Dr Nadine Ezard, director of the Alcohol & Drug Service at St Vincent's Hospital, on the frontline in Kings Cross, has noticed a decrease in alcohol-related violence.

"It was like a conveyor belt of carnage on a Friday and Saturday night," she says. "Evidence shows the later you get your drink the violence goes up," she says. "You bring the time back, the alcohol-related violence goes down."

In the year following the new restrictions, the number of serious or critical alcohol-related injuries in the emergency department of St Vincent's was numbered at 246, compared to 318 the year before.

WE SHOULD HAVE THE CHANCE TO ENJOY THE RITES OF PASSAGE OUR PARENTS DID, BEING YOUNG, ENJOYING THE DEFINING MOMENTS OF OUR YOUTH.

ANY MORE OPTIONS?

So yes, we see it's been positive in many ways – but where is the middle ground? Did we cap the speed limit around the whole state to 50km/h because higher speeds equal higher fatalities? No – we enhanced education about driver safety, upped police presence and put together awareness campaigns. So surely there were other avenues we could have explored instead of slapping on these restrictions – a suggestion Michael Christie, the father of one-punch victim Daniel Christie, echoes.

"Could there be better ways to monitor these few people that come in and spoil it for the rest? I would assume there definitely is. Did we have to do something dramatically in the first place to get everyone's attention to sort of make this a top-of-mind discussion? I think that has worked," he admitted on SBS's *The Feed*. "[If the lockout laws eased tomorrow] I wouldn't feel bitter about that at all. I think come here with an open mind and some balance has to be achieved. Does that mean change within Kings Cross is forbidden? No it doesn't. Does it mean there should be positive and negative change? Possibly yes to get the mix right."

On other possible avenues, Weber explains, "The NSW Government has been putting out more media and more ads in regards to that. You've had Danny Green speaking about violence, and the Foundation for Alcohol Research and Education (FARE) wants to change the way people advertise alcohol. [With the laws] we needed a solution that was quick with already-tested results. They were tested in Newcastle since 2008; now there are more licensed premises. This has shown you can change the culture."

Perhaps it will reverberate down the motorway to Sydney and we've got to go through the shitstorm that is now, in the hopes we may come out the other side better and less "punchy". And I hope we do. For as it stands, what sort of city are we building for the next generation? We should have the chance to enjoy the rites of passage our parents did, out all night partying with our mates, being young, enjoying the defining moments of our youth.

"It's a joke," says Tim Philips, director of Third Drawer Down Hospitality, which owns Sydney bars Bulletin Place and Dead Ringer. "It's like putting a towel on a stab wound," he says. "The issues are squarely on the dickhead alpha male culture. We need to invest in more policing, a night-time mayor, better CCTV, better public transport. The golden years of Sydney are slowly fading, while friends abroad watch, not knowing whether to laugh or cry."

The mission is not over, but never before have we needed so badly to *fight for our right to party.*



NSW

State-wide: *No alcoholic take-away after 10pm.*
Sydney: *1.30am lockouts*, no drinks after 3am, no shots after midnight in the CBD.* Newtown trialled voluntary lockouts for six months in 2015, with many premises now taking them on voluntarily after assaults decreased by 40 per cent.

VIC

Melbourne: *A three-month trial of 2am lockouts in 2008 that was ultimately quashed.* Back in 2008, Melbourne trialled their own lockout laws. They didn't work and after three months it was decided the lockouts did more harm, with Minister for Liquor Regulation Jane Garrett saying they are "a disaster for the fabric of our social and cultural identity". They abandoned the laws and created 24-hour public transport.

QLD

Brisbane & Surfers Paradise: *2am last drinks; 1am lockouts from February 2017.* In June Brisbane ushered in legislation that means people can no longer buy alcohol after 2am, with last drinks at 3am in "safe night precincts", spurred on by the death of Cole Miller in January. The second stage of the laws comes into effect in February, which will include a 1am lockout. "We are risking the heart of the city and great businesses and musicians," Nick Braban, the secretary of Our Nightlife Queensland, told Triple J's *Hack*.

ACT

Canberra: *Rejected plans for lockout legislation.* Canberra now has more street cred than NSW. Still, it has attracted its share of alcohol-fuelled violence. In 2015, one in five assaults happened in Civic – the epicentre of the city's bar and club scene – with three-quarters of those happening on Friday, Saturday or Sunday. This year, Canberra Liberals introduced legislation that will provide up to 25 years in jail for perpetrators of one-punch attacks causing death.

SA

Adelaide: *3am lockout, no free drinks from midnight, no shots after 2am.* The Late Night Code of Practice controls the pouring of drinks into certain types of glassware, the drink varieties on sale, and focuses on better managing the queues outside premises. The State Government has reported a 25 per cent decrease in alcohol-fuelled antisocial behaviour as well as a 29 per cent decrease in alcohol-related admissions to Royal Adelaide Hospital.

WA

Perth: *Lockouts trialled for six months in 2009, asking premises to shut an hour earlier (from 6am to 5am) and proposing last drinks from 4am. Lockout was ultimately quashed.* "Most alcohol-related incidents do not occur on licensed premises – premises are highly regulated and licensees are incentivised to take harm minimisation measures to prevent assaults and other alcohol-related incidents," said Simon Barwood, head of WA Nightclub Association.

NT

Darwin: *3am lockout, with word this may move to 1am.* This past financial year, police statistics estimated a 9 per cent drop in alcohol-related assaults in Darwin. This came after certain measures, like the Banned Drinks Register (limiting "problem drinkers" from purchasing takeaway alcohol) and premises voluntarily taking on more measures to control problem drinking.

TAS

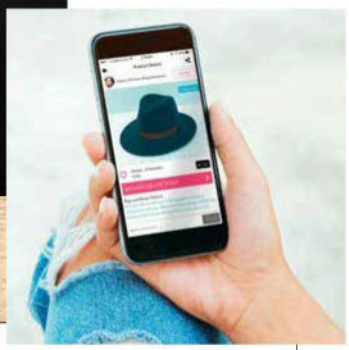
Has "no plans" to table lockout legislation. In a move to curb violence and rapid intoxication, September saw new legislation brought in that means pub and club owners could face fine of $3140 for advertising shots, cheap drinks or for pouring liquor into drinkers' mouths.

"IT'S LIKE PUTTING A TOWEL ON A STAB WOUND. THE ISSUES ARE SQUARELY ON THE DICKHEAD ALPHA MALE CULTURE."

*AT TIME OF SENDING TO PRESS



@edgeofmydesire



INSIDER TRADING

Fashion lovers like Melissa Whitelaw are flocking to the new fashion marketplace app Shedd to buy and sell must-have designer pieces

Model/blogger Melissa Whitelaw loves fashion – it's up there with fitness and music as one of her favourite things (after her family, of course!). Over the years, she's developed a cool, street-ready style, featuring a mix of pieces from high-end designers and Australian favourites. It's an enviable wardrobe for sure, but now it's practically bursting at the seams. Keen to clean it out (and find a few bargains, too), she's turned to Shedd, a brand-new marketplace app for fashion lovers.

Whether you're Kondo-ing your life or just looking to make some extra money from your unused items, Shedd can help you sell and buy clothing you no longer want or need, just by snapping a photo. Shedd offers a carefully curated collection of new and pre-loved clothes, shoes and accessories, with more than 10,000 items on offer from hundreds of different brands. It's never been easier to buy it, wear it, shedd it.

MEET MELISSA: Melissa Whitelaw is a model, blogger, musician and health and fitness fanatic. As if that's not enough to keep her busy, she's also studying journalism.

HER STYLE: Melissa can sum up her style in two words: street chic. She loves sports-luxe pieces, and while her look is comfortable and casual, it always has an edge. "I like to keep it relatively relaxed but at the same time want to look put-together, too," she says.

BEST SECOND-HAND FIND: After scoring a cult Givenchy Bambi tee for a bargain, Melissa is sussing out the adidas sneakers, Saint Laurent cross-body bags and Chanel espadrilles on Shedd.

WHAT MELISSA IS SHEDDING: To make room for more designer buys, Melissa has to part with some pieces she's just not getting the wear out of. Some of the must-have items she's selling on Shedd? Saint Laurent sunglasses, a PE Nation tank, New Balance sneakers and a statement-making Rag & Bone fedora.



HOW TO USE SHEDD *Download the free app now*

SNAP
Take a picture of your items and post them in less than 30 seconds

CHAT
Talk privately with potential buyers to arrange meet-ups or delivery

SHARE
Post your items on Facebook

CASH-IN
Make money from your unworn fashion items!

shedd
BUY IT. WEAR IT. SHEDD IT.

GET IT ON Google Play

Download on the App Store

shedd
BUY IT. WEAR IT. SHEDD IT.

SOMEWHERE BETWEEN THE STORE AND HOME MY STYLE CHANGED

@edgeofmydesire

SHEDD IT

Style changes at the drop of a hat? SHEDD it. Fashion leaders like Melissa Whitelaw @edgeofmydesire don't wait for styles to change, they lead the charge by SHEDDING their unwanted items and snatching up the new. SHEDD is the ultimate app for selling your new and pre-loved style to the fashion savvy around you. Let your look evolve as your wardrobe revolves – buy it, wear it, SHEDD it!



GET IT ON Google Play

Download on the App Store

THIS SUMMER I'LL BE WEARING...

THE WOMEN WHO *REALLY* DECIDE WHAT WE'LL BE FLICKING THROUGH ON THE RACKS EACH SEASON, AND THEIR TOP PICKS FOR THE PIECES OF THE SUMMER



Dress: *worn as kimono* $109.95; **cami:** $59.95; **jeans:** $89.95; **rings:** $12.95; **shoes:** $79.95, all Sportsgirl (sportsgirl.com.au). **Watch:** Shalini's own.

HERO PIECE

THE WRAP DRESS

SHALINI PAPAS, BUYING DIRECTOR AT SPORTSGIRL

"The versatility of the wrap dress makes getting ready even easier. Whether you choose to wear it on its own on those hot summer nights, or over jeans kimono-style for a casual but cool everyday look, this piece is sure to be on high wardrobe rotation."



Dress: $280; earrings: $40; Shoes, bracelet: Bianca's own, all Kookaï (kookai.com.au).

HERO PIECE

THE LACE DRESS

BIANCA VAGNER-CROMB, ASSISTANT BRAND MANAGER AT KOOKAÏ

"The lace dress, like this Donatella Dress, will definitely be a key style for Spring racing this year. I love the bold colours, the incredible texture of the organza fabric and the silhouette it creates. The dress is hand cut to ensure the placement of the print is perfect. It's even more special knowing how much work goes into one dress."



HERO PIECE

THE METALLIC SHIRT

LAUREN ORMAECHEA, PR/ SHOWROOM ASSOCIATE FOR H&M

"Some items of clothing transform how you feel the moment you put them on – this H&M metallic oversized shirt does exactly that. It can easily be worn from work into the evening and is perfect for the party season."

Shirt: $79.99; **shorts:** $34.95; **earrings:** $12.95; **bag:** $24.99; **shoes:** $39.99, all H&M (hm.com/au).



Tee: $24.95, Agent Nineteynine. **Camisole:** $34.95, Neon Hart. **Skirt:** $79.95, Insight. **Shoes:** $130, Adidas. **Choker:** $19.99, Neon Hart, all from General Pants Co. (generalpants.com.au).

HERO PIECE

THE DENIM MINI

TAHLIA ANTICO, HEAD OF SOCIAL MEDIA AT GENERAL PANTS CO.

"It pretty much suits anybody and this skirt I'm wearing, by Insight, ticks loads of boxes. It's monochromatic, has frayed edges and has just the right amount of distressing. Try to pick out pieces that suit your body and transcend through seasons."



HERO PIECE

OFF-THE-SHOULDER ANYTHING

KATHLEEN BUSCEMA & ASHLEIGH FAULKNER, BUYERS FOR MISS SHOP

A: "Off-the-shoulder continues this season, but it's been updated in more playful fabrics and colours like lace, metallic yarns, prints and, of course, in the little black dress like the one I'm wearing. I don't believe in not wearing something if it's 'off trend'. I see so many girls nailing looks with pieces from a few seasons ago. It's about showing your personality through style."

K: "I love fun, printed wrap dresses, off-the-shoulder tops and slides. And everyone needs to own a bomber, even with a little bling! It's so fun!"

Kathleen wears
Dress: $69.95; **jacket:** *around waist* $119.95, both Nana Judy. **Watch:** Kathleen's own, all available at Miss Shop (myer.com.au). **Shoes:** Stylist's own.

Ashleigh wears
Dress: $99.95, Milk & Honey. **Choker:** $16.95, Miss Shop, all available at Miss Shop (myer.com.au). **Shoes:** Stylist's own.



HERO PIECE

THE SLIP

NIMMI PREMARATNE, WOMENSWEAR DESIGNER AT COUNTRY ROAD

"The slip is a key staple for Spring/Summer and the wardrobe all year around. Great layered over T-shirts and roll neck jumpers… and also great with bare shoulders over the hotter months. I'll also be living in anything satin…"

Slip dress: $249; **earrings:** $29.95; **rings:** from $39.95; **bracelet:** $39.95, all Country Road (countryroad.com.au). **Boots:** Nimmi's own.

STYLING BY DENIS TODOROVIC. PHOTOGRAPHY BY YIANNI ASPRIDAKIS. HAIR AND MAKEUP BY KELLY BOWMAN/RELOAD AGENCY. STYLIST ASSISTANT: CAITLIN DATE

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Cosmo Australia

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It's like losing the yin to your yang, the macaroni to your cheese...

WHAT IT FEELS LIKE TO...

BRE WITH YOUR

Friends are forever, right? Not always,

WHEN YOU'RE THE DUMPED

Jill*, 25, thought she was doing the right thing by not telling her friend Harriet* that she'd once kissed her boyfriend. But when Harriet found out, she broke off the friendship, leaving Jill devastated.

"Harriet and I met on the first day of my first job out of uni. I'd never worked in the city before and I was pretty nervous about it; I didn't know anyone except my boss, and I only knew her because she'd interviewed me! It was my first 'big girl' job and I really wanted to do well.

Harriet was part of our team and immediately I knew we'd be friends. She was really funny and cool, but also great at her job. She made me feel comfortable and included from the start.

THE START OF A FRIENDSHIP

She was a few years older than me but we hit it off right away. We'd go down and get our morning coffees together, and go shopping at lunch. The whole office was pretty social – Thursday and Friday night drinks were common, and of course, Harriet and I joined in. Pretty soon, Harriet and I were spending time together on the weekends, too. For me,

AK UP BEST FRIEND

as these women found out the hard way



it was a huge relief – I didn't know many people in the city and I loved hanging out with Harriet. With her, I felt like I belonged. We went to see bands we liked, ate in cool places and indulged our mutual love of a bargain at our favourite stores.

We'd been friends for about three months when I met Harriet's boyfriend, Dan*, for the first time at her birthday party. I'd heard about him, of course, and I knew how much Harriet liked him. They were thinking about moving in together as her lease was up on her share house. They were pretty serious.

When I turned up to Harriet's party, it was sort of like starting work again – I didn't know anyone except Harriet. Or so I thought. And then I saw Dan, and realised I did know him. We'd met years ago, when I was on schoolies, and shared a few nights of drunken pashes. Nothing else happened – it was a bit of holiday fun and, really, quite harmless. I remember us exchanging numbers at the end, but nothing came of it. I went to uni and started dating someone, and I never heard from Dan again.

But as soon as he saw me that night, I knew he remembered who I was. The night was kind of awkward but we hid our discomfort as much as we could (by drinking through it!). Harriet introduced me to Dan and we both acted as if we'd never met, shaking hands and asking 'getting to know you' questions.

All weekend, I wondered whether or not to tell Harriet. After all, it was

*NAMES HAVE BEEN CHANGED



Sometimes a friendship needs to be thrown out with the trash.

only a teenage kiss, many years before. So much time had passed. I'd started dating my now-boyfriend, so it wasn't as if Harriet needed to worry that I'd steal Dan or something crazy like that! But I was scared Harriet might freak out and dump me. I was still fairly new to the city and I didn't know many people. We were spending so much time together and had become so close; I didn't want anything to jeopardise that. So I decided that I wouldn't say anything. After all, wouldn't Harriet think it was a bit suss that Dan and I had just pretended not to know each other when we'd met at the party? It seemed like the best thing to do was to keep quiet.

THE WRONG DECISION

So I pretended as if everything was normal and most of the time, it was. We never hung out with Dan, and whenever Harriet talked about him, it was easy for me to act like he was nothing more than my friend's boyfriend – I'd only known him for three nights, six years before.

"IF I COULD GO BACK AND CHANGE IT, I WOULD"

For about six months, everything was fine – Harriet and I were great friends, I was doing well at work – everything was going well. And then, one Saturday night, Harriet called me in tears. 'Did you kiss Dan?' she asked. I was floored. I didn't know what to say. I think I said something like, 'Um, yes, but a long time ago.' She hung up on me before I got a chance to say anything else. I called back but only got her voicemail. I called again and again, but she wouldn't answer.

THE BREAK-UP

I didn't sleep that night. I kept sending messages to Harriet, like 'talk to me' and 'it's not at all what you think'. Finally I sent her a really long message explaining everything, including the reason I hadn't told her. She didn't respond to any.

On Monday at work, she continued to ignore me. It was horrible. Everyone noticed, of course, because normally we were so close. I could hear people asking each other what was going on. Eventually, I figured out that Harriet must have told them, because suddenly I was being left out of social events but Harriet wasn't. I was persona non grata.

A few weeks after that phone call, I finally managed to get some time alone with Harriet to talk – we were both in the lift at the same time. Hardly ideal, but I took my chance. 'I'm so sorry,' I said as she stared straight ahead, not looking at me. 'I didn't think about how much it would hurt you to find out this way. It meant nothing to me so I didn't see the point in bringing it up.' I told her I knew that was wrong now, and that if I could go back and change it, I would. As the lift doors opened, she turned to me and said, 'I trusted you. You were my friend.' I could see she was about to cry as she walked out. It was the only time we ever talked about it.

Soon after, Harriet left the company. On the day of her farewell, I sent her some flowers – it was one last attempt at reconciliation. As I left the office that day, I saw them in the bin. I was gutted.

It's been a year now and I've left that company, too, for a great job that I really love. I miss Harriet, still. Occasionally I look her up on Instagram. Recently I noticed that she and Dan had gotten engaged. For me, it was bittersweet – I knew how much Dan meant to her, but I also wondered how she could break up with me so callously, but stay with him after he'd kept the secret, too. If I could go back and change anything, I'd laugh as soon as I saw Dan and say, 'Do you remember that we met once?' and get it out of the way immediately. And then we'd all laugh about something silly we did as teenagers, and everything would be normal. I really wish I'd been brave enough to do that."

WHEN YOU'RE THE DUMPER

Melissa*, 28, was sick of her friend Kate's* jealousy and childish behaviour. When she started excluding Melissa, she knew it was time to pull the plug.

"Kate and I became friends in Year 7. We were close all through high school, but especially in the final years. We'd spend all day together at school, then see each other after school, then hang out all weekend long.

Kate came from quite a dysfunctional family, whereas I'm very lucky to have a big, loving family. I welcomed Kate into my family – she spent Christmases with us and came on our holidays. For a long time, she was part of our family. My mum treated her like a daughter.

THE REALISATION

After high school, I started to become aware that Kate was a jealous person. If she was talking about something and I added my own input, she'd snap at me and tell me it had nothing to do with me.

For my 22nd birthday, we went to the Gold Coast. Kate had just broken up with her boyfriend and I was single. On my birthday, I suggested we have dinner and then go to a club. I invited two girls we'd met on our trip. It was awkward as Kate made it obvious that she couldn't stand one of them, for some unknown reason. She went to the bathroom and while she was gone, a group of friendly guys came up to say hi. None of us girls minded, and we started chatting to them. One guy dared to sit in her seat. When she came back she took one look at him and went to the bar, alone. I asked the guy to move and he did – even going up to Kate and apologising. She told him to go away. I went over and said, 'Come on, Kate, it's my birthday! Let's forget about this! Let's go out.' She threw $100 on the table and left. I couldn't believe she was being so rude and petty.

The breaking point for our friendship came two years ago. Kate was my high school best friend, but Ingrid* was my 'life best friend' – we went to primary school together, our parents are friends, we moved to Canada together and even shared a room for two years. For some reason, Ingrid and Kate never got along. But when Ingrid and I came back from Canada, they started to get along. At first, I was excited – my two best friends were finally being nice to each other, and we were all hanging out! We planned a trip to Falls Festival, but I had to stay behind at the last minute. I was so happy that the two of them were going together. But when they came back, they made it clear that I was out of the friendship.

THE BEGINNING OF THE END

Scrolling through Facebook, I'd see that they had been to the movies, to football games, out to dinner together – all without inviting me. I felt extreme FOMO. I texted them and said things like, 'Hey, next time you go to the movies, I'd love to come', and get no response. It doesn't matter if you're 16 or 26: that stuff hurts. The jealousy hit me hard; I couldn't help but wonder what was wrong with me. I still don't know why they shut me out.

Eventually I started to notice that other friends were cutting Kate off for her toxic behaviour. I blamed Ingrid, too, but I knew Kate was the driving force; she was the one excluding me. I hated that she'd turned me into this jealous person who felt worthless.

Noticing that I was increasingly keeping my distance, Kate sent me a message asking if I was OK. I figured this was the chance I was looking for to say, 'No. I'm really upset.' So I replied saying that I was really sad about the way she'd treated me and that I would need some space. I thought she may want to talk things over at that point, but all she said in response was, 'OK. Call me when you're ready.' It was gutting to see how little she cared for my feelings.

A few weeks later, it was my birthday. I did a Facebook invite and included Kate. When she didn't turn up, part of me was relieved: I was right, she was done with me. It made everything a lot clearer: there was no need to keep trying with her.

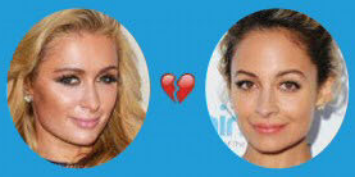
LESSONS LEARNT

Looking back, our friendship should have ended after high school. I was holding on to something that just wasn't there – we'd changed so much since we'd met, and I know that if we met now, there's no way we'd be friends. When I reflect on our friendship, all I think of is how hard it was. And friendship shouldn't be hard work: it should be fun, it should nourish and support you.

As for Ingrid, she recently moved back to Canada. I think it's a good chance for our friendship to 'go on hiatus' – we needed some time apart, and I think it'll do her some good to be away from Kate. Hopefully, I won't have to lose two friends because of the jealousy of one."

Best friend break-ups

Star power does not a solid friendship guarantee...



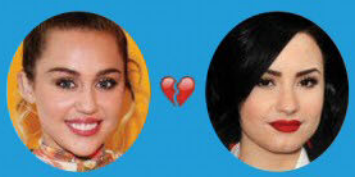
Paris Hilton and Nicole Richie

Apparently, Paris saw red after Nicole showed Paris's sex tape at a party. "That's (not) hot" is probably what Paris said. We don't know; we weren't there.



Lauren Conrad and Heidi Montag

When these two broke up on *The Hills*, we wondered what friendship was. We also wonder where these two would be if Spencer Pratt didn't exist...



Miley Cyrus and Demi Lovato

It was over for the two teen stars after Miley mocked Demi and Selena Gomez in a YouTube video, making Demi throw some shade Miley's way via Twitter.

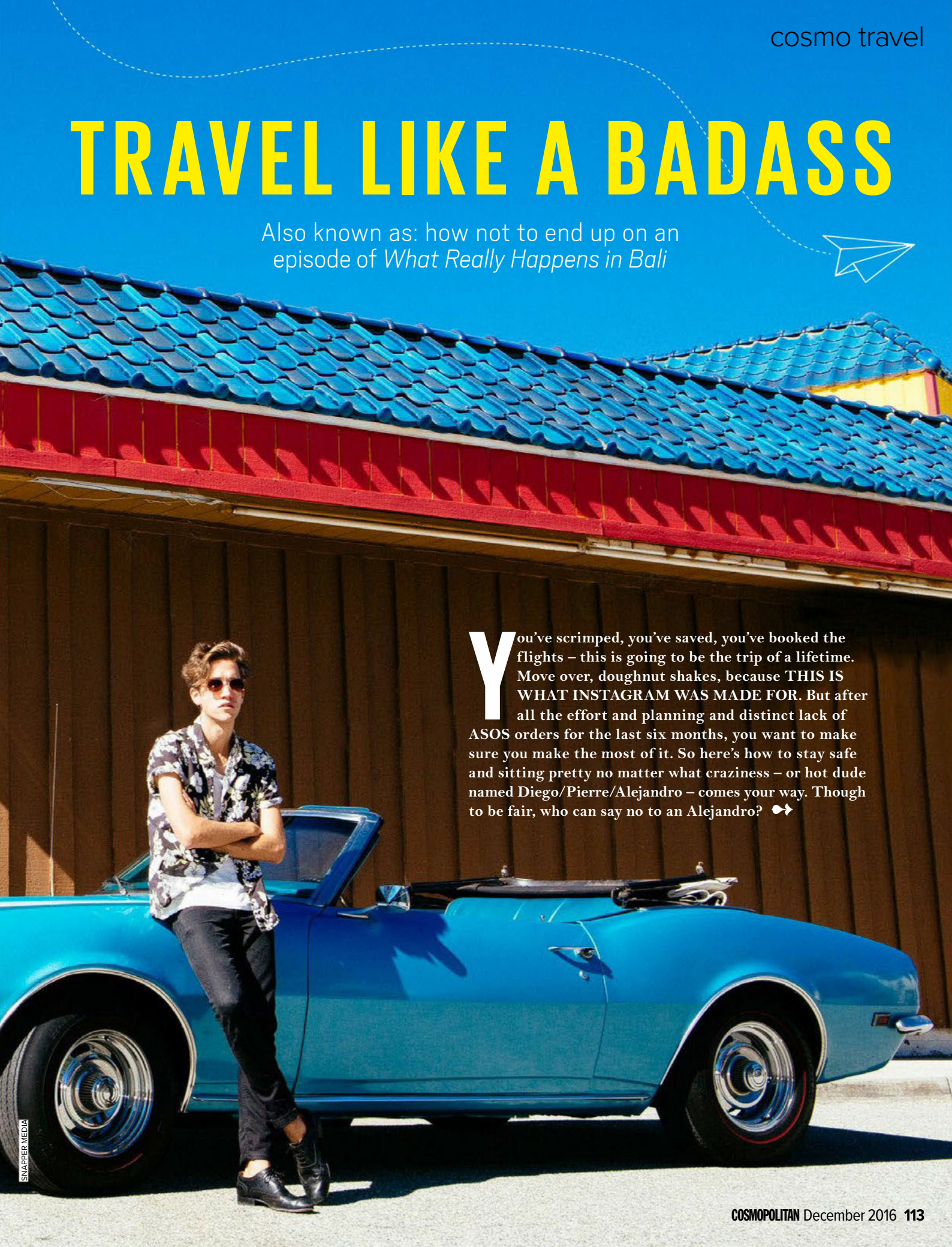
*NAMES HAVE BEEN CHANGED. AS TOLD TO LAUREN SAMS. PHOTOGRAPHY BY ANDREW FINLAYSON/BAUER. FILMMAGIC; GC IMAGES; GETTY IMAGES



“Show me the world, Alejandro!”

TRAVEL LIKE A BADASS

Also known as: how not to end up on an episode of *What Really Happens in Bali*



You've scrimped, you've saved, you've booked the flights – this is going to be the trip of a lifetime. Move over, doughnut shakes, because THIS IS WHAT INSTAGRAM WAS MADE FOR. But after all the effort and planning and distinct lack of ASOS orders for the last six months, you want to make sure you make the most of it. So here's how to stay safe and sitting pretty no matter what craziness – or hot dude named Diego/Pierre/Alejandro – comes your way. Though to be fair, who can say no to an Alejandro?

SNAPPER MEDIA

Check yo' passport

Most of us check we *have* our passport before we hit the airport, but did you know it can cause you trouble even when you have it with you?! "It may look good to you, but countries have different rules," says Amanda Woods, founder and editor of travel blog Adventures allaround.com. "Some won't let you in unless you have six months before your passport expires; others require up to four blank pages in your passport before they'll add their own stamp of approval. After discovering this fact I now have 'please leave blank' Post-it notes on four pages, so customs officials won't just turn to the first blank page they see and put their stamp in the middle of it. It's best to check the requirements of all the countries you are going to."

RFID?

It could well stand for Rad Friend in Drag (and who doesn't want one of those?) except it doesn't – it *does* stand for Radio-Frequency Identification. And it allows people to download all your financial info in an instant, sometimes just by walking past your bag with a scanner. So investing in an RFID-blocking wallet isn't crazy.

TIP #1

Always carry a paper map of the city you're in.

In case your phone battery dies (which it probs will when it's roaming for signal in a strange city all day).

• • •



Vintage suitcases: very cool. Hitchhiking: neither safe nor cool.

Pack it up, pack it in

Packing is HARD. So what are the *actual* non-negotiables? Brooke Schoenman, editor and founder of Herpackinglist.com, has done the groundwork for full-on travelling. "I would recommend including packing cubes, laundry line and a battery pack for your phone," she says. When it comes to packing for a summer holiday, keep it simple and smart. If you're just doing a long-weekender, or even a week, cram your gear into a carry-on (you're not going to wear everything you think you will, and you know it). That way, you are light on luggage, but you're also straight off the plane, past the baggage carousel and to the beach before row 23 have claimed their boogie board from the "oversized" counter.

TIP #2

Don't wander around at night with all your valuables.

Which is why it's safer to book flights that depart during daylight hours.

• • •

Floor it

You guys – turns out there's a right way and a wrong way to hotel. Who knew? Well, turns out Linda and Craig Martin who run the award-winning blog Indietravelpodcast.com knew. Little bit show-off-y guys. But they're sharing their smarts, so we like them. "For safety, we prefer the second to the fourth floors," Linda explains. "Craig co-wrote a travel security book a few years ago and one of the key tips we took away was those floors are least likely to be robbed and easier to escape from in case of emergency."

Eat smart

Street food is one of the joys of travel but how do you know that falafel isn't going to end up in you doubled over a toilet for three days? Easy as. Ben Groundwater, savvy travel writer and

The 5 travel essentials

Forget your phone charger before you even think about neglecting to take these away with you

1. Imodium Don't let a case of the runs make your holiday, er, shit.

2. Hydralyte If you *are* struck down with a case of diarrhoea, just pop a Hydralyte and carry on. Also gets you back in the game if you're hungover AF. Because that Eiffel Tower ain't gonna climb itself. It just ain't.

3. Condoms They're a no-brainer if you're single and ready to mingle, but even if you're shacked up, condoms are a smart idea when travelling. What with the heightened chance of getting sick and messing with the Pill, and even forgetting to take it with the time difference/jetlag brain-funk. Not what you want.

4. Antihistamine Bitten by something? Rubbed up against some ivy? Hugged a street dog? This will take care of any allergies or mild swelling. (Remember to pack the DEET bug repellant and get all your necessary shots before trekking, depending on where you're going... because malaria exists.)

5. Painkillers Murphy's law will tell you you're going to get a headache as soon as you enter the Louvre (not literally, but you get the gist). Just carry some paracetamol and let's be done with it. Pack the ibuprofen for when you crick your neck sleeping on the plane. Anti-inflammatories and you're on your way.

TIP #3

Free public wi-fi can be a godsend.

Just be sure you don't use any websites that require you to enter passwords (and especially bank details) when using random connections.

• • •

columnist, says, "Find the guy with a big queue and get food from there. The locals aren't silly."

Pretty sly for a fly guy

Before you book flights, read this! Amanda says there is a simple way to get the best seat in the house. "Before you just grab a random aisle or window, check with Seatguru.com," she says. "By popping in flight details and hovering your mouse over the seats you can get an explanation for each and decide if it's good for you. I've been saved from spending extra money on an exit row seat when I discovered it didn't recline or was narrower or didn't have much leg room."

Scam alert

"If anyone says they want to practise their English, there's a very good chance that they are going to try to rip you off. Anyone who befriends you out of the blue, sadly, probably has ulterior motives. (How often does some rando befriend you at home? Never!)

Mo' money, mo' problems

"Don't use a money belt. Everyone knows about them; the thieves know about them," says Ben. "Just keep valuables in a safe place – I use a messenger bag that I can keep on my front rather than back." Or for a bag-free option, Brooke has you covered. "Try a Speakeasy Travel Scarf," she says. "They have a hidden zipper pocket, making them the perfect place to hide your passport and credit cards – even your lip balm and hotel key!"

Jabs are your *friend*

"You know that yellow International Certificate of Vaccination booklet your doctor fills in when you get your needles? Without it you could be turned away from some borders," explains Amanda. "If you've been to a country with yellow fever, some countries won't let you in unless you can prove you've been vaccinated. Without the proof, they may give you the option to be vaccinated there and then or just turn you around at the airport. I'd rather be immunised by a travel doctor at home than one on the border of a developing country where I can't speak the language."

TIP #4

Always keep a stash of extra cash.

Just in case your wallet gets stolen. An empty lip balm container is the perfect hiding spot for a roll of bills.

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Drink up

You're on holiday, you work hard and you like nice things. We get it. But before you beeline for the bar, check it out. Some places frequented by tourists can be dodge and love nothing more than a naïve touro to torment. Far too many people fall victim to methanol poisoning after downing cheap drinks cut with the stuff. Beer is often safe, as are bottled drinks. Only drink at reputable establishments, invest in quality and keep an eye on how your drink's being made. If it looks dodgy, go for a Bintang instead, mmkay?

Cover me

Travel insurance: yes, you do need it. It's easy to shop around online but if you're planning more than one trip in a calendar year consider an annual policy. For roughly three hundred or so big ones you can get global travel cover for a full 365 days.

Emma Markezic

ISTOCK



THE ROSE GOLD DRESS

Dress: $250, Bec & Bridge (becandbridge.com.au).
Flower crown: J'Adore Floral Designs (jadorefloral.net).
Earrings: $165, Linden Cook (lindencookdesign.com).
Rings: *worn throughout* from $149 for set, Samantha Wills (samanthawills.com).



GOLDEN GIRL

Let the sun set on bronzed skin and liquid gold fabrics for summer evening serenity

STYLING BY **CHARLOTTA BACKLUND**
PHOTOGRAPHY BY **KANE SKENNAR**



THE SUMMER KNIT

Top: $260, Sass & Bide (sassandbide.com). **Earrings:** $99.95, Mimco (mimco.com.au). **Necklace:** $245, Linden Cook (lindencookdesign.com). **Skirt:** $675, Zimmermann (zimmermannwear.com). **Shoes:** $199.95, Sol Sana (sol-sana.com.au).



THE CHAIN BELT

Dress: $299, Hansen & Gretel (hansenandgretel.com). **Necklace:** *worn as belt* $129, Samantha Wills (samanthawills.com). **Long necklace:** $18, Topshop (topshop.com). **Short necklace:** $189, By Charlotte (bycharlotte.com.au).



EARTH TONES

Dress: $269, Kate Sylvester (katesylvester.com). **Belt:** $197, B-Low the Belt (b-lowthebelt.com). **Swimsuit:** *worn underneath* $92, Frankie Swimwear (australia-frankieswimwear.com). **Necklace:** $129, Samantha Wills (samanthawills.com).



BEAUTY NOTE

BUILD UP A GORGEOUS COLOUR WITH PALMER'S COCOA BUTTER FORMULA NATURAL BRONZE BODY LOTION, $9.99. IT WILL HYDRATE SKIN WHILE BUILDING THE PERFECT NATURAL GLOW.

THE METALLIC TOP

Top: $250, Bec & Bridge (becandbridge.com.au). **Flower crown:** J'Adore Floral Designs (jadorefloral.net). **Necklace:** $200, Dinosaur Designs (dinosaurdesigns.com.au).



PLEATED PIECES

Top: $200, By Johnny (byjohnny.com.au). **Culottes:** $199, Interval available at Glue Store (gluestore.com.au). **Shoes:** $189.95, Wittner (wittner.com.au). **Choker:** $19.99, Colette by Colette Hayman (colettehayman.com.au).



THE SEQUIN CAMI

Top: $99.95, Shilla the Label (shillathelabel.com.au). **Skirt:** $180, Talulah (talulah.com.au). **Necklace:** $465; **earring:** $340, both Sarah & Sebastian (sarahandsebastian.com).



THE MAXI SKIRT

Top: $129.95, Sportsgirl (sportsgirl.com.au). **Skirt:** $85, Ebonie N Ivory available at The Iconic (theiconic.com.au). **Earrings:** $195, Linden Cook (lindencookdesign.com).



THE METALLIC LBD

Dress: $250, Bec & Bridge (becandbridge.com.au). **Earrings:** $165, Linden Cook (lindencookdesign.com). **Clutch:** $199, Mimco (mimco.com.au).

Hair and makeup by Budi Juspandi/Union Management using Oribe Hair Care and Bobbi Brown. Model: Victoria Lee/ Priscillas Model Management. Stylist assistant: Ana Zupanoska. Thank you to the Westin Ka'anapali Ocean Resort Villas (westinmaui.com) and Hawaiian Airlines (hawaiianairlines.com.au).





How much do you really know about your skin?

Still not sure what the heck SPF is? Or how to actually use it? You're not alone. Despite decades of knowledge about UV radiation and sunscreen, the info seems to still go in one sunburnt ear and out the other. For more than half a century, this country's beauty ideal has been a bronzed babe, even though many women are paler/darker/pinker. "A lot of women believe a tan looks healthy," says Dr Anne Chapas, medical director of Union Square Laser Dermatology in NYC. What's worse, tanning myths continue to swirl. "Some patients still believe getting a base tan helps protect their skin," reveals Dr Whitney Bowe, a dermatologist in NYC. "Others justify UV exposure in the name of vitamin D, even though that's unnecessary." So we keep lying out, and rates of skin cancer keep rising. Time to shake the sand out of your ears. We've got you covered...

ALL ABOUT SUNSCREEN

Q If I use SPF 15 primer and moisturiser with SPF 30, is that like wearing SPF 45?

Unfortunately, the math doesn't add up in your favour. At best, you'll get the highest of the numbers you've applied; at worst, you'll dilute the products and get something somewhere in between the two, says dermatologist Dr Rachel Nazarian, an assistant clinical professor at the Icahn School of Medicine at Mount Sinai, NYC.

THELICENSINGPROJECT.COM



La Roche-Posay Anthelios XL Ultra-Light Fluid SPF 50+, $28.95

Q Is it safe to use spray sunscreen?

Sprays are convenient, especially for tough-to-reach areas. The issue is inhalation. Some ingredients may be lung irritants that can cause flare-ups of conditions like asthma. They are best used on adults (as children are more often squirmy and unwilling targets) and, Dr Chapas cautions, never on your face. Make sure skin glistens before you rub it in, and spritz two full coats every time you apply or reapply.

Q Which sunscreens won't make me break out?

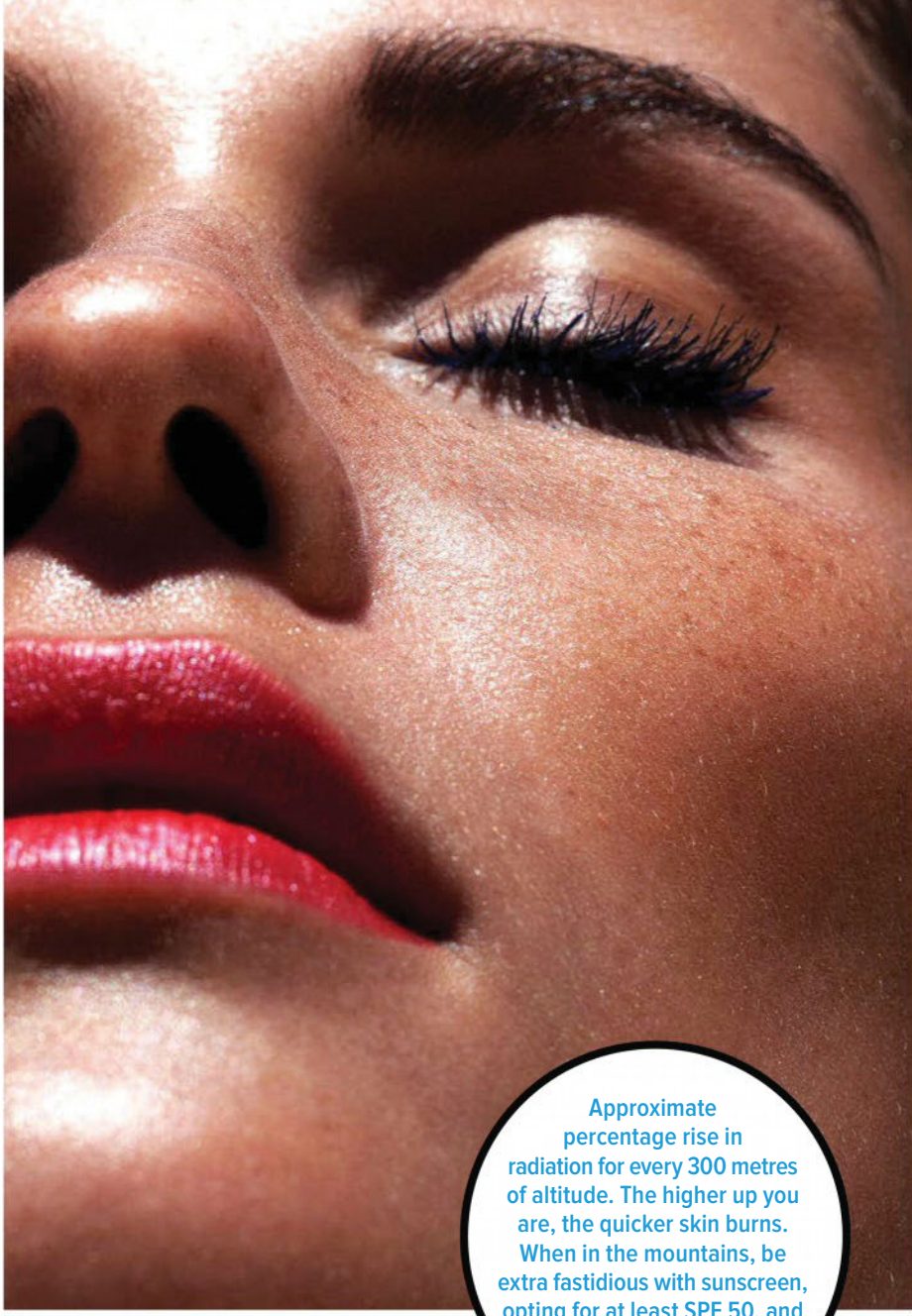
"Acne is often caused by inactive ingredients, like preservatives and oils," says Dr Chapas. To keep big zits from ruining your summer, look out for *oil-free* or *noncomedogenic* on the label. You could also seek out products with octisalate (also called octyl salicylate), a form of salicylic acid, a well-known acne-fighting ingredient that filters UVB rays too.

Q Is my beach umbrella doing anything?

Well that depends. Are you underneath it? Just kidding. An umbrella ensures that you have a source of shade on demand, explains Dr Elizabeth Hale, clinical associate professor of dermatology at the New York University Langone Medical Center. But the quality of the umbrella matters. Pick one that's opaque, UPF-rated (see Decode Your Label, below), and large enough to shade your entire body. Adds Dr Nazarian, "Even if you sit under it all day, reapply sunscreen every two hours. UV rays can reach you indirectly by bouncing off sand, water and concrete." While indirect light is less intense, radiation is radiation.

Q My skin is dark so I don't wear SPF every day. How bad is that really?

Sorry, it's pretty bad. Sans sunscreen, you're susceptible to wrinkles and skin cancer. Even though darker skin has more melanin – a natural pigment that protects against UV rays – it's like wearing, at most, SPF 15. If you are tempted to skimp on the 'screen, consider also that people with darker complexions are often diagnosed with skin cancers at



4

Approximate percentage rise in radiation for every 300 metres of altitude. The higher up you are, the quicker skin burns. When in the mountains, be extra fastidious with sunscreen, opting for at least SPF 50, and reapplying more frequently than directed.

DECODE YOUR LABEL: **SPF** Sun Protection Factor. A measure of how much solar energy is required to produce a sunburn. It speaks only to protection from UVB rays. / **UVB** Shortwave rays from the sun. If you get a sunburn, these are the primary culprit. / **UVA** Longwave rays from the sun. They are the main cause of photoaging and also contribute to skin cancer. / **BROAD SPECTRUM** Sunscreen designed to protect against both UVB and UVA rays. Editor's pick: La Roche-Posay Anthelios XL Ultra-Light Fluid SPF 50+, $28.95. / **UPF** Ultraviolet Protection Factor. The amount of UV radiation a fabric can block.



a later stage. That lost time can matter. The five-year melanoma survival rate for dark-skinned people is, on average, 70 per cent versus 93 per cent for Caucasians. Even if you are the furthest from fair-skinned, use a broad spectrum sunscreen (at least SPF 30) daily.

Q Why does my nose always burn first?

For starters, it sticks out. Protruding areas get a raw deal because the sun usually hits them first. And noses are generally oilier, so the sunscreen can wear off there sooner, says Dr Chapas. Other areas that need extra TLC: your hands, feet, ears, lips and scalp.

BEAUTY AND THE BEACH

Q Does makeup protect me?

Makeup with SPF in it might do it, but only if you apply enough. It's recommended people use ¼ to ½ teaspoon of sunscreen on their face, but because foundation can be quite heavy, most people don't put on that much. Try a tinted moisturiser or BB cream with at least SPF 30. Both offer light coverage, so you can layer the SPF products on without feeling like a clown.

Q Am I supposed to use sunscreen on my head?

The part in your hair is especially vulnerable, says Dr Joshua Zeichner, an assistant professor of dermatology at New York's Icahn School of Medicine. Lightweight spray or gel sunscreens will help you avoid the greasy look. Try Clarins Sunscreen Care Spray SPF 50+ Body, $40, a lightweight spray that can be used to protect both body and hair. Or wear a hat, ideally with a high UPF.

LIGHTNING ROUND

IT'S CLOUDY. DO I NEED LESS SUNSCREEN?
No.

HOW ABOUT ON THE SLOPES?
Use sunscreen. Snow can boost chances of burning.

IS EXPIRED SUNSCREEN OK?
It's probably good for up to three years after purchase.

SHOULD I APPLY SUNSCREEN BEFORE MAKEUP OR AFTER?
Before.

HOW OFTEN SHOULD I REAPPLY?
On inside days, consider reapplying at lunch, more if you sit by a window. If outside, every two hours or after swimming or sweating.

CAN THE BOTTOM OF MY FEET GET BURNED?
Heck, yes! Every inch of skin needs sunscreen love.

Q Can my night cream really cause sunburn?

No, but there are some prescription and over-the-counter products that can tinker with skin's susceptibility to the sun, explains Dr Nazarian. Products containing retinoids (like retinol) resurface the outer layer of skin, which can make you more prone to burning. Oral acne meds, like tetracycline antibiotics and isotretinoin, certain blood-pressure drugs, and even birth-control pills can affect skin cells too. Bottom line: read your labels!

Q How can I reapply sunscreen without messing up my makeup?

A generous dusting of sunscreen powder (dermatologists love Colorescience Sunforgettable Mineral Finishing Powder SPF 50, $79.20) will do the trick. Or use your fave mineral lotion, but pat it in, don't rub or stroke.

THE C WORD

Q I have freckles. Should I be concerned?

Yes. Freckles often go hand-in-hand with fair skin and light eyes. The combo means skin lacks melanin, making it far more likely to burn. The spots indicate previous damage. Redheads have an increased risk as they have more pheomelanin than eumelanin – the latter offers protection, the former doesn't, says derm Dr Vivan Bucay.



Clarins Sunscreen Care Spray SPF 50+ Body, $40



Neutrogena CoolDry Sport Sunscreen Spray SPF 30, $16.99

CHEMICAL SUNSCREEN Ingredients penetrate the skin and act as filters against UV radiation. Ingredients include oxybenzone, avobenzone, octisalate, octocrylene, homosalate, and octinoxate. Some women prefer chemical over physical for its non-chalky finish. Try Neutrogena CoolDry Sport Sunscreen Spray SPF 30, $16.99 / **PHYSICAL SUNSCREEN** Ingredients sit on the skin, forming a layer to deflect UV rays. Look for ingredients titanium dioxide and zinc oxide. Sensitive skin? These are less likely to irritate since they don't absorb into the dermis. Try SkinCeuticals Ultimate UV Defense SPF 30, $69.

THELICENSINGPROJECT.COM

Q What about moles?

Actually, people with melanoma tend to have few moles, according to a recent study in *JAMA Dermatology*. It may be that patients with a lot of moles are more likely to visit their derms and catch any changes early, says Dr Nazarian. But the reality is probably more complicated. The potential of any mole evolving into melanoma is based on factors like genetics and type and level of any radiation exposure. "Whether you have five moles or 50, go and get screened regularly," advises Dr Nazarian.



Colorescience Sunforgettable Mineral Finishing Powder SPF 50, $79.20

Q How long does it take for a burn to turn into cancer?

"Just as doctors can't say how many cigarettes it takes to trigger lung cancer, we don't know how many burns equal skin cancer," says Dr Nazarian. "We do know that risk rises with repeated exposure. One study showed that five or more blistering sunburns early in life ups the risk for cancer." You can't undo past radiation damage, so focus on early detection. Examine your skin monthly at home (enlist a friend for hard-to-see places). Think ABCDE: Moles that are Asymmetrical, have an irregular Border, aren't uniform in Colour, are larger than a pencil eraser in Diameter, or are Evolving are ones to look out for.

Q Does getting a base tan help?

The idea that you can prep your skin for an onslaught of harsh sun exposure is incorrect, says Dr Chapas. If skin changes colour (brown, red or any colour in between), that means you're accruing damage. "Every time you expose yourself to radiation, there's a risk of mutation that can trigger cancer," says Dr Nazarian.

Q Is it OK if I tan only once or twice a year?

Any amount of tanning raises your risk for cancer. Sun damage is cumulative, says Dr Nazarian: "Even one or two bouts of tanning a year over a lifetime is a lot of radiation."

Q If I have one type of skin cancer, can I get another?

Yes. Studies show that women with basal cell or squamous cell carcinomas are not only at an increased risk for melanoma but also lung and breast cancers. If you've had skin cancer, talk to a doctor about additional screenings.



DOES WATER-RESISTANT SUNSCREEN WORK?

Yep, it will retain SPF through sweating or exposure to water for either 40 or 80 minutes, as marked.

HOW OFTEN DO I NEED A SKIN CHECK?

There's no official guideline, but many derms say once a year.

WHERE AM I MOST LIKELY TO GET SKIN CANCER?

The deadliest form, melanoma, is most often on women's legs, possibly because we skimp on SPF when wearing shorts, skirts and sundresses.

OUCH, I'M SO BURNT. WHAT DO I DO?

A cool compress or bath + an OTC hydrocortisone cream + ibuprofen.

SUNGLASSES: ACTUALLY NECESSARY?

Yes! Shades can help prevent cancers of the eye and eyelid.

WHAT ARE MY REAL ODDS FOR SKIN CANCER?

One in five in your lifetime.



1

Distance in inches a can of spray sunscreen should be held from your skin, says Dr Zeichner.

TOP PICKS



Dermalogica MediBac Oil Free Matte SPF 30, $70



NIVEA Sun Protect & Moisture Moisturising Sunscreen Lotion SPF 50+, $10.99



Natio Suncare Broad Spectrum Roll-On Sunscreen SPF 50+, $12.95



Cancer Council Ultra Cooling Sunscreen, $18.45

SHIELD UP

OUR ENVIRONMENT IS DAMAGING OUR SKIN AND IT'S NOT JUST THE SUN TO BLAME. THESE PRODUCTS WILL HELP PROTECT YOU FROM THE SECRET AGER - POLLUTION.



Elizabeth Arden Prevage City Smart Anti-Pollution Hydrating Shield, $89
Anti-pollution tech strengthens skin's repair process and creates a shield between skin and toxins.



Decléor Hydra Floral Multi-Protection Light Cream, $80
Super-hydrating, yet ultra-light, this cream balances the skin and protects against free radicals that cause premature ageing.



Innoxa Pollution Protect Foundation, $36.95
This foundation formula contains Innosoft, which purifies and protects skin with papaya extract, targeting free radical damage.



Clinique Even Better City Block SPF 30+, $40
Perfect as a sunscreen for sensitive skin types or as an invisible primer that protects against the environment.



Kiehl's Cilantro & Orange Extract Pollutant Defending Masque, $58
This fresh masque will fight visible effects of pollution on your skin and stop impurities from attaching to skin.



REN Flash Defence Instant Anti-Pollution Shield from Mecca, $64
Spritz this invisible mist over makeup to not only fight against pollution but soothe inflammation and redness.

WORDS BY LIZ KRIEGER. ADDITIONAL REPORTING BY CASSIDY LOANE. STILL-LIFE PHOTOGRAPHY BY PABLO MARTIN/BAUER. TRUNK ARCHIVE

THE MANE EVENT

Be as bad as you like (but good to your hair) this party season with the new ghd copper luxe collection. Guaranteed you'll be #MostWanted

COSMOPOLITAN
Friday night HAIR
IN ASSOCIATION WITH ghd



Licence to curl

Need to crush it from coffee-cart to dancefloor? Lush, booming-body curves are all in the twist of your wrist. Just add extra gloss for the p.m.

GET THE LOOK

STEP 1: Mist with some heat-protective curl hold spray.
STEP 2: Draw a deep side part (**TIP:** placement at the high point of your brow arch is feature-flattering) and divide hair into wide, even sections with a tail comb.
STEP 3: Beginning at the root, rotate your styler 360° away from your face as you glide through the ends, and repeat in the same direction all over.
STEP 4: Let hair cool and then smooth out curls with an oval dressing brush for an ultra-glamorous finish.
STEP 5: Mist with final fix hairspray to lock your look in place all night long.

Straight & narrow

A sleek, mirror-shiny finish that won't frizz up, kink or quit. We're talking dream hair all day. Heels on, you're good to go.

GET THE LOOK

STEP 1: Prep damp hair with straight & smooth spray.
STEP 2: Blow dry using a paddle brush. To maximise shine, take small sections and work slowly, always directing the nozzle of your hairdryer downward.
STEP 3: Section hair evenly and, working from the nape up to your part, smooth over each section with your styler.
STEP 4: Spritz final shine spray onto your paddle brush.
STEP 5: Gently brush to hold down flyaways and amp up gloss.

ghd platinum® copper luxe styler, $330
ghd air® copper luxe hairdryer, $200

"ghd platinum® is a one-stroke wonder. It gives the best results and incredible shine in just one stroke."

JAYNE WILD
ghd ambassador

WATCH IT
Cosmo's beauty editor shows you how to recreate these looks **cosmopolitan.com.au.**

DAILY STYLE, ZERO DAMAGE

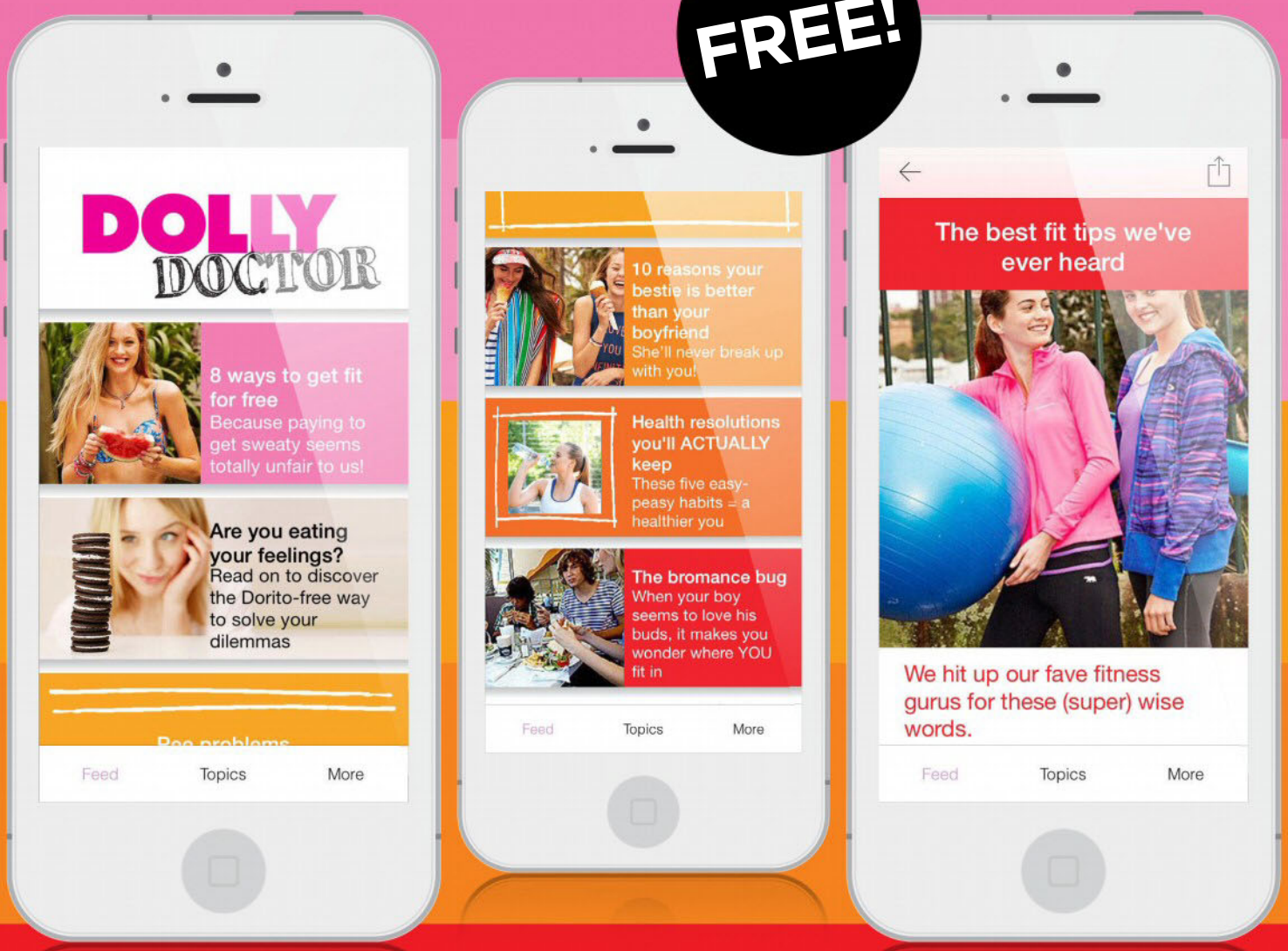
Straighten, wave, curl and party-style as hard as you can without the heat damage with the new ghd platinum® copper luxe styler. Proven to reduce breakage by more than 50%* and increase shine by 20%**, ghd platinum® comes in black, white and limited-edition copper luxe for guilt-free styling this summer. Available in the finest salons and at ghdhair.com.

Results based on tri-zone® technology: *vs a styler working at 230°C **vs untreated hair

ghd
good hair day, every day

DOLLY DOCTOR ANSWERS ALL YOUR QUESTIONS

FREE!

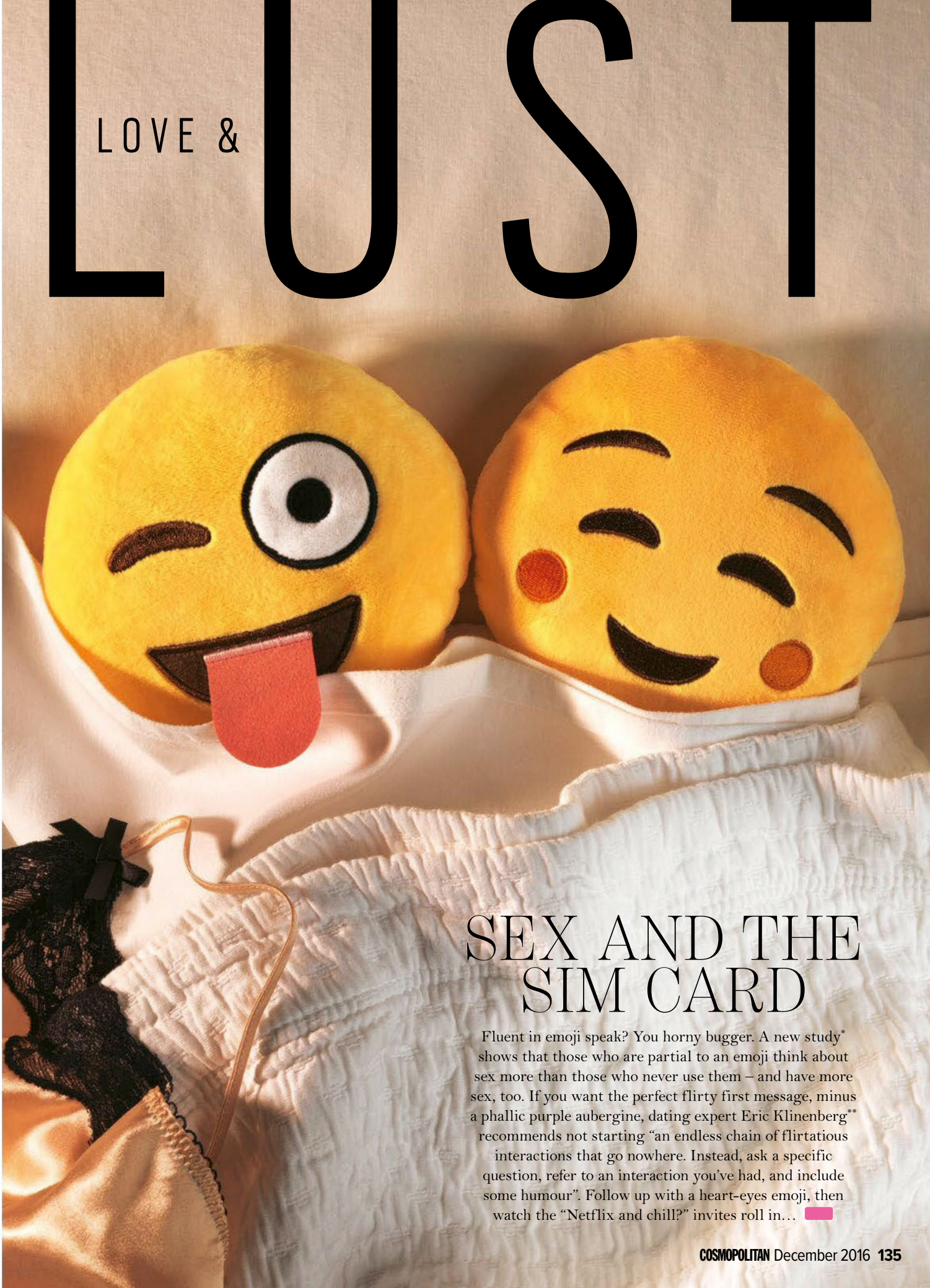


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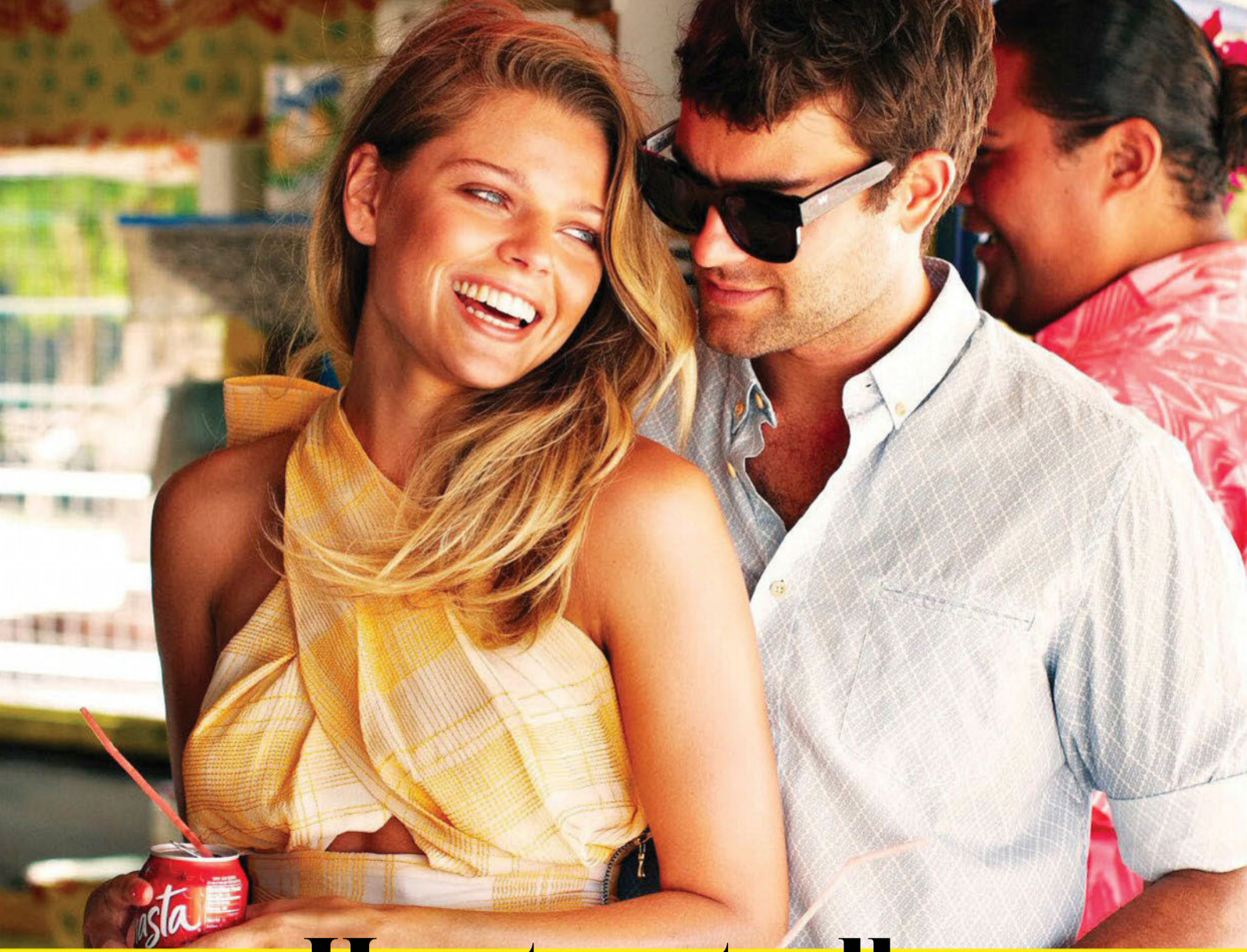
LOVE & LUST



SEX AND THE SIM CARD

Fluent in emoji speak? You horny bugger. A new study* shows that those who are partial to an emoji think about sex more than those who never use them – and have more sex, too. If you want the perfect flirty first message, minus a phallic purple aubergine, dating expert Eric Klinenberg** recommends not starting "an endless chain of flirtatious interactions that go nowhere. Instead, ask a specific question, refer to an interaction you've had, and include some humour". Follow up with a heart-eyes emoji, then watch the "Netflix and chill?" invites roll in…

WORDS BY HAYLEY THOMPSON. PHOTOGRAPHY BY LEO ACKER. *RUTGERS UNIVERSITY AND MATCH.COM. MORE THAN 5500 NON-MATCH-USING SINGLES POLLED.
**PROFESSOR OF SOCIOLOGY AT NEW YORK UNIVERSITY, WHOSE RESEARCH SPECIALISES IN MODERN DATING. THROW, EGO, THE WHITE COMPANY



How to actually FLIRT

BY AN ACTUAL GUY!



You see him across the bar... Now how do you get him to see you? Let dating guru **Matthew Hussey** be your spirit guide in the dance of sexual banter



PHOTOGRAPHY BY RICHARD FREEMAN. *HUSSEY* PHOTOGRAPHY BY MARLEY KATE. FASHION EDITOR: ADAM MANSUROGLU. HAIR BY NATASHA LEIBEL FOR ARTISTS BY TIMOTHY PRIANO. MAKEUP BY MARNI BURTON USING CHANEL ROUGE COCO AT CROSBY CARTER MGMT. MANICURE BY TATYANA MOLOT FOR ARTISTS BY TIMOTHY PRIANO. ADDITIONAL REPORTING BY SHARI NEMENTZIK

How to flirt on Tinder

It takes more than just a right swipe to bag Mr/Ms Right...

DO

✓ FOCUS ON HIS GROUP, NOT JUST HIM

Chances are, when you're out and you spot that hot guy, he's not alone. If you focus on talking to people in his group, there's a much higher chance you'll wind up meeting him than if you spend half the night trying to figure out how to pick him off from the herd.

✓ MAKE 10 PER CENT MORE EYE CONTACT WITH HIM

It's in our nature to make more eye contact with people we're not attracted to because it's less scary. Do the opposite. When you're talking to his group, lock eyes with him more often than everyone else. His friends won't notice that you're zeroing in, but he'll subconsciously feel a connection with you.

✓ REFER TO HIM PHYSICALLY

If he's the best-dressed out of his friends and they're all giving opinions on something, say to the group: "Well, I have to trust his answer 'cos he's the only one wearing a blazer." Now you've directed the spotlight towards him for a moment, and he knows you've seen him.

✓ PLANT A SEED

If the dude you're eyeing has a friend who is showing you too much attention, say, "Your friend is cute!" Not only have you given a clear message of who you're into, but the compliment is also likely to find its way back to the guy you want.

✓ TRY A SECRET TOUCH

When on your way to the bathroom in a congested area, lightly put your hands on his side as you shuffle past him. You'll create a secret familiarity that gives him a subtle green light to pursue you.

INITIATE CONVERSATION
Confidence is sexy, so don't be afraid to strike up a conversation with your matches. "Messaging game is key on Tinder," says Rosette Pambakian, VP Communications & Branding at Tinder. "This is when you can gauge how compatible you two are before deciding to meet for that first date." But for the love of Tinds, avoid the stock standard, snooze-worthy "Hi" or "Hello".

ASK QUESTIONS
As long as it's not "How are you?" because the reply will almost always be "I'm good, you?" Yawn. "Take time to ask him questions about himself using details from his profile to show that you studied up," says Pambakian. Or ask something specific and funny. "How do you feel about mixing bacon and ice-cream?" will work a treat.

KEEP SOME MYSTERY ALIVE
We're all for giving your match insight into your life and who you are, but do they *really* need to know your dating history? No. That convo can happen later.

COMPLIMENT THEM
Not, "I could grate cheese on your abs." Focus on features aside from your match's body. "Wow, you've travelled to so many great places" is a good start.

BE A TEASE
Lightly poking fun at someone once you get to know them a little is always a winner. Just make sure they know you're joking. "Weave in some GIFs to show off your wit," says Pambakian.

GRAMMAR, PEOPLE
Dnt rly need 2 explain dis, do we?

BE YOURSELF
Don't pretend to enjoy camping if you're more a 5-star luxe lady. You'll only end up disappointed. And stuck in a tent without wi-fi.

DON'T

✗ QUESTION HIS MASCULINITY

Let's say he's worried about getting his new shoes wet, and you go, "C'mon, man up!" You may see it as teasing, but there's a good chance he won't. I'm not saying you have to protect his precious ego 24/7, but consider the benefits of his feeling more manly around you than he does with anyone else.

✗ MAKE HIM FEEL LIKE A KID

Once a date asked me what I do, so I said that my company empowers women in their dating lives. Her response? "Aww, that's so cute!" Cute is how my babysitter described me when I was seven years old. Simple fix: replace cute with hot and he will feel like James Bond.

✗ OUTDO HIM ON *EVERYTHING*

He tells you he went to China, and you immediately bring up how you travelled there, plus five other countries last year. The coolest people reveal themselves gradually, and flirting isn't just about making yourself look great, it's about making him feel great too.

✗ REJECT HIS COMPLIMENTS

A friend of mine once earnestly said to his girlfriend, "You look so pretty," and she replied, "You're such a dork." Her deflection was a total turn-off. It didn't make him feel attractive or encourage him to keep complimenting her. A simple thank you goes a long way.

✗ FAIL TO FLIRT BACK

We decide we find someone attractive, and then… we do nothing out of fear. Simply say "Hi", or ask a question. "Have you had the cocktails here? I heard they are *amazing*." Et voilà! Flirting.

The *Celeb*-ration Files

RED HOT NIGHTS FOR TWO

Date night with your own 'bachelor of the year' calls for a chic outfit, the perfect location and the right vibes.

DRESS TO IMPRESS

Whether it's a classic LBD, a classy pantsuit or a playful romper, wear what makes you feel like a superstar and your contagious energy will sparkle.

LOCATION, LOCATION

The right scene is the difference between a date and a dud. But try not to over-think the setting – sometimes even the most casual of spots is enough to make a lasting connection.

CELEBRATE THE GOOD TIMES

Cheers to two glistening piccolos of Henkell to kick off the cheeky banter. What could be better? Now that you've got the good vibes flowing, toast to a date night like no other!

Next Month: Selfie Night Out.

@HenkellAu /HenkellAu
HENKELL ENCOURAGES RESPONSIBLE DRINKING.

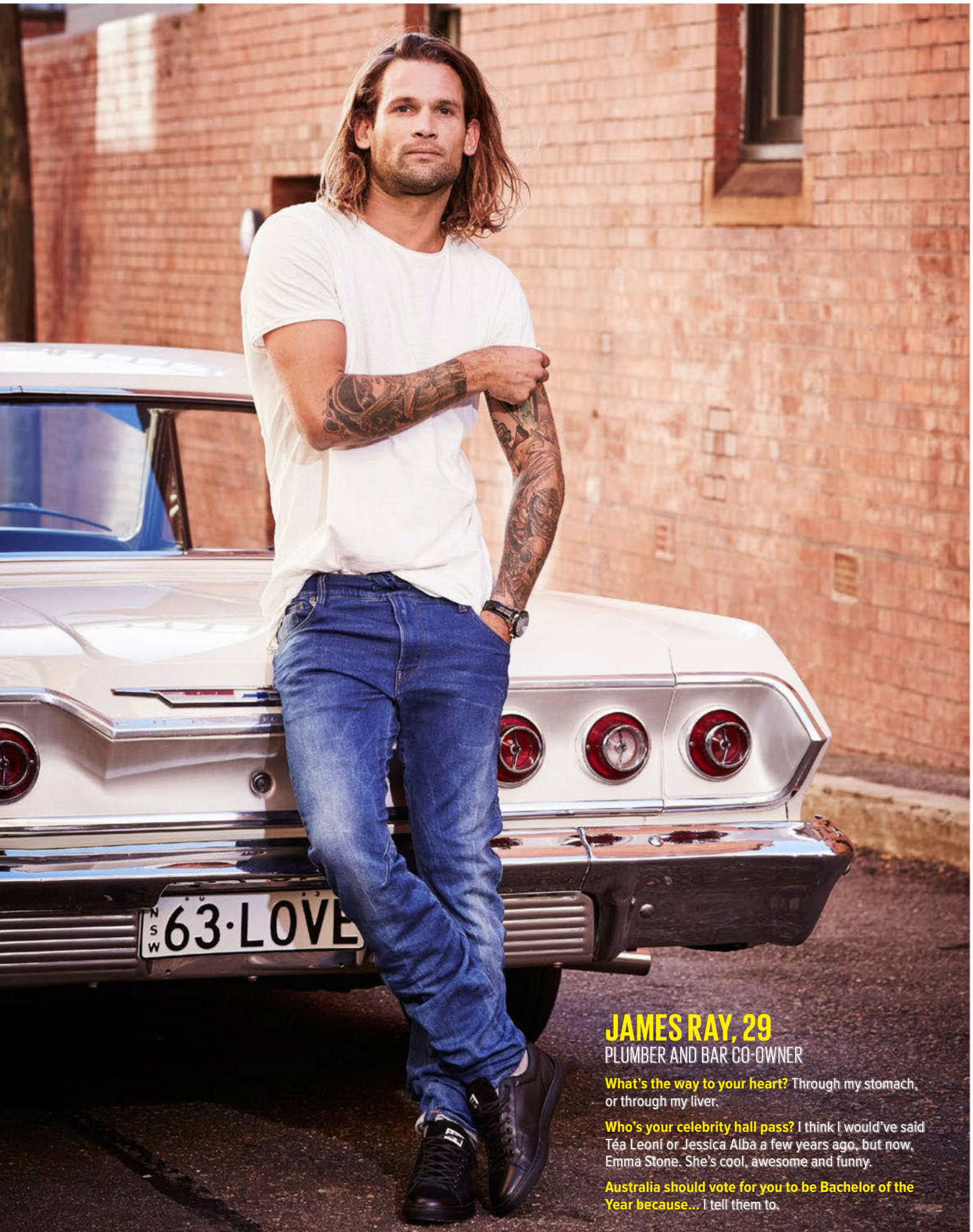


COSMOPOLITAN & tinder PRESENT

bachelor 2016

YOUR TOP 30 MOST ELIGIBLE BACHELORS

FROM BUILDERS TO BARTENDERS AND EVERY GUY IN BETWEEN, WELCOME TO YOUR BACHELOR OF THE YEAR FINALISTS. AND NOW THE FUN BEGINS. IT'S TIME TO GET VOTING



JAMES RAY, 29
PLUMBER AND BAR CO-OWNER

What's the way to your heart? Through my stomach, or through my liver.

Who's your celebrity hall pass? I think I would've said Téa Leoni or Jessica Alba a few years ago, but now, Emma Stone. She's cool, awesome and funny.

Australia should vote for you to be Bachelor of the Year because... I tell them to.

JAMES WEARS SHIRT, JEANS & SHOES: G-STAR RAW. WATCH: THOMAS SABO. CAR BY INFINITY WEDDINGS (INFINITYWEDDINGS.COM.AU). *THEO WEARS* PANTS & BELT: TAROCASH. JACKET: MJ BALE. SHOES: BRANDO. POCKET SQUARE: MJ BALE. *LACHLAN WEARS* SHIRT: STUDIO.W. PANTS: TAROCASH. WATCH: SEKONDA. *CRAIG WEARS* SHIRT: MJ BALE. JACKET & PANTS: TM LEWIN. TIE: BEN SHERMAN. SHOES: BRANDO.

COSMOPOLITAN + tinder PRESENT bachelor 2016



LACHLAN DORNAUF, 24

COMMERCIAL REAL ESTATE AGENT

If you could have a superpower, what would it be? I'd love to fly and get away whenever I want.

What is your biggest turn-on? A girl who has direction; she knows where she's going and knows what she wants.

What's your worst habit? I talk too much!

Australia should vote for you to be Bachelor of the Year because... I'm a fun-loving person and when is this awesome opportunity going to come again?

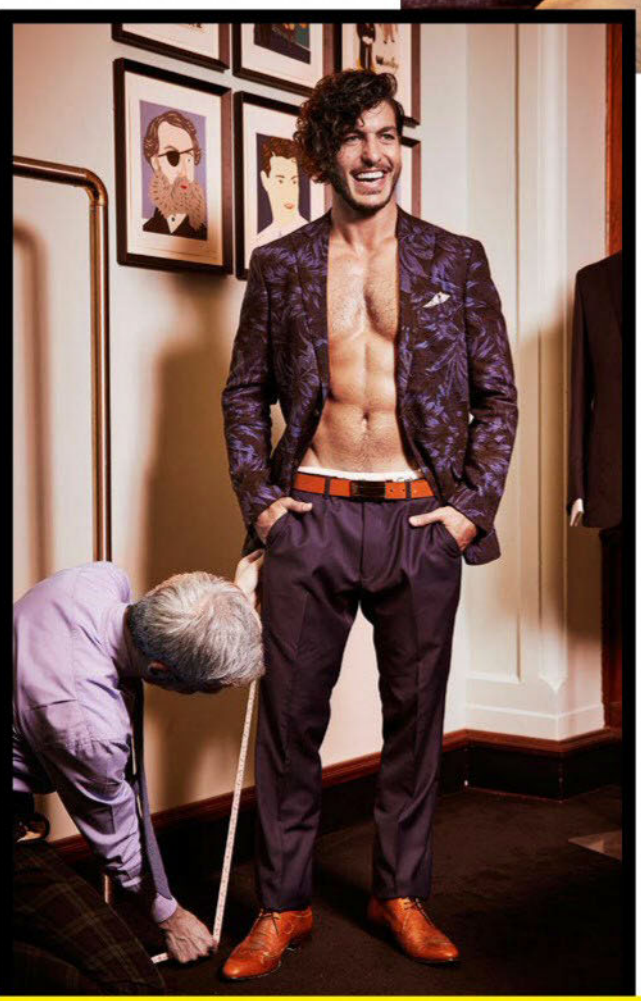
THEO TARPINIAN, 23

MODEL, MUSIC ENGINEER AND FITNESS TRAINER

If you were a song what would it be? Justin Bieber's "What Do You Mean?" I can relate because I'm always like, "What do you mean?"

What is the best pick-up line you've heard? The one where they say they hurt themselves when they fell for you. That's one of the best.

Australia should vote for you to be Bachelor of the Year because... they haven't voted for anyone like me before!





CRAIG DUNLOP, 28

JOURNALIST AT NT NEWS

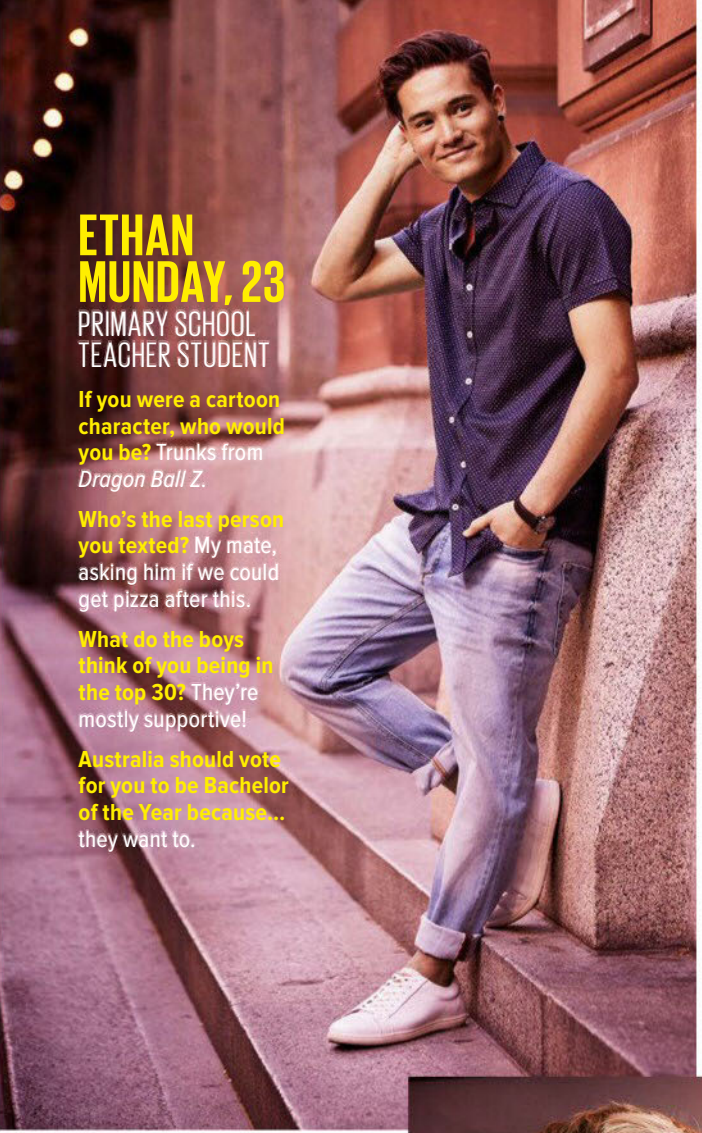
What makes you swipe right? First impressions. They count. To quote *The Castle*, it's all about the vibe.

Kim, Kourtney or Khloé? Caitlyn. She's won an Olympic gold medal. She's so interesting. I'm sure you'd have a good time with her.

If you were prime minister for the day, what's the first thing you'd do? Legalise gay marriage. But then I'd have so much of my day left...

Australia should vote for you to be Bachelor of the Year because... sometimes average blokes deserve to win.

TO VOTE FOR YOUR FAVOURITE BACHELOR, GO TO **COSMOPOLITAN.COM.AU/VOTEBACHELOR.**



ETHAN MUNDAY, 23
PRIMARY SCHOOL TEACHER STUDENT

If you were a cartoon character, who would you be? Trunks from *Dragon Ball Z*.

Who's the last person you texted? My mate, asking him if we could get pizza after this.

What do the boys think of you being in the top 30? They're mostly supportive!

Australia should vote for you to be Bachelor of the Year because... they want to.



DAVE BULLEN, 26
NEW HOMES CONSULTANT

What's better than sex? Crumpets. Gourmet crumpets. You have no idea, trust me on this.

Who would play you in a movie? Daniel Craig. He's a smooth character and I like to think, at times, I am, too.

Australia should vote for you to be Bachelor of the Year because... I'll shout you a beer if you walk up to me at a bar and tell me you voted for me.

ETHAN WEARS SHIRT: CALIBRE. JEANS: JACK & JONES. WATCH: NIXON. SHOES: H&M. *JYE WEARS* SHIRT: VAN HEUSEN. SHORTS: CALIBRE. WATCH: SEKONDA. *DAVE WEARS* SHIRT: ABELARD. JACKET & PANTS: CALIBRE. POCKET SQUARE: TAROCASH. WATCH: ARMANI EXCHANGE. *JESSE WEARS* HOODIE: BOOHOO. SHORTS & BRACELETS: JACK & JONES. UNDERWEAR: BONDS. *DAVID WEARS* SHIRT & TIE: COUNTRY ROAD. SHORTS & JACKET: CALIBRE. WATCH: SEKONDA. POCKET SQUARE: CALIBRE.

JYE WILSON, 28
CARPENTER

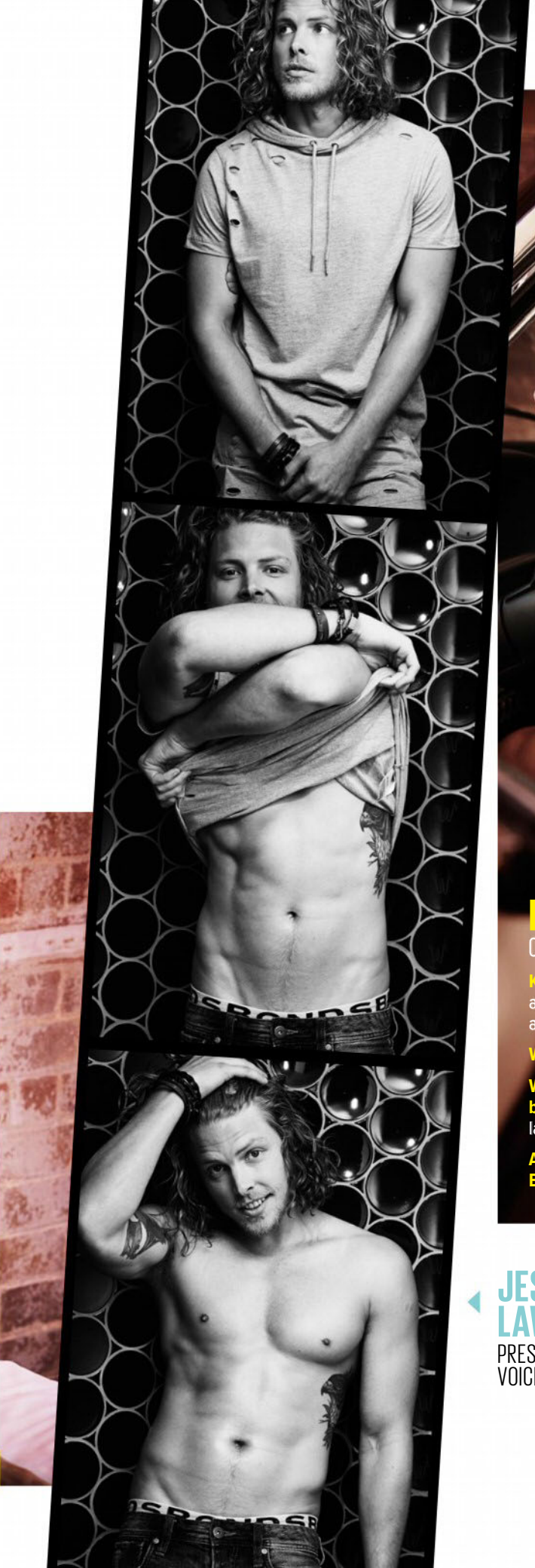
What's the way to your heart? Have a warm heart yourself and be kind.

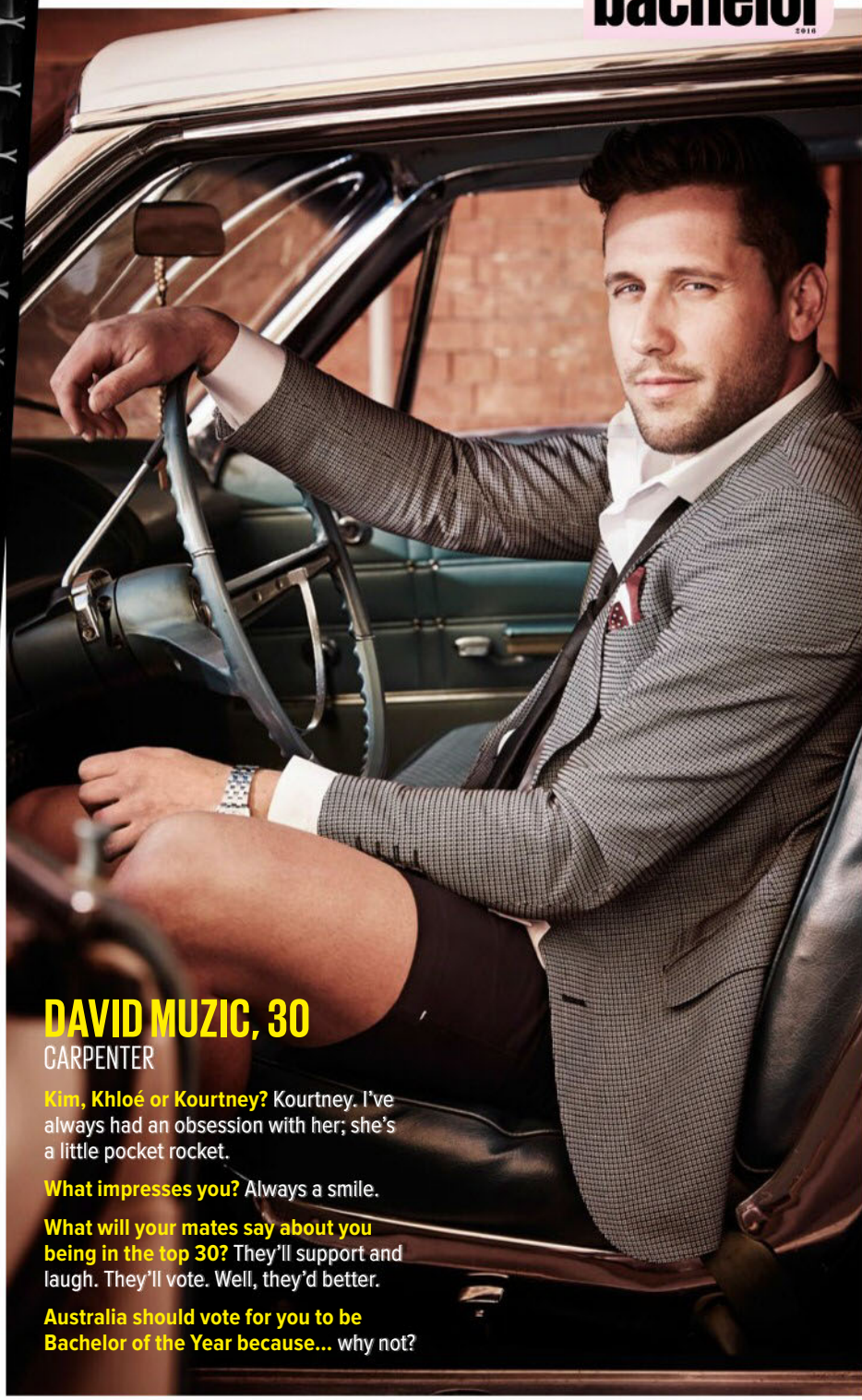
What are your top three skills? I'm useful with my hands, I like to cook and experiment in the kitchen, I like photography.

Australia should vote for you to be Bachelor of the Year because... I'm just your average Queensland guy, straight from the job site to here!



TO VOTE FOR YOUR FAVOURITE BACHELOR, GO TO **COSMOPOLITAN.COM.AU/VOTEBACHELOR.**





DAVID MUZIC, 30
CARPENTER

Kim, Khloé or Kourtney? Kourtney. I've always had an obsession with her; she's a little pocket rocket.

What impresses you? Always a smile.

What will your mates say about you being in the top 30? They'll support and laugh. They'll vote. Well, they'd better.

Australia should vote for you to be Bachelor of the Year because... why not?

JESSE LAWRENCE, 29
PRESENTER AND VOICE-OVER ARTIST

What's the way to your heart? Humour – laugh with me and laugh at me.

If you had *Cosmo* over for dinner, what would you cook us? Victory pasta. It's a secret that's been passed down by my father.

Describe sex in one word: Fun.

Australia should vote for you to be Bachelor of the Year because... I'd use my powers for good, not evil. I would take some lovely girls on some dates and be a mentor to young bachelors coming up through the ranks. And teach them how to cook victory pasta.



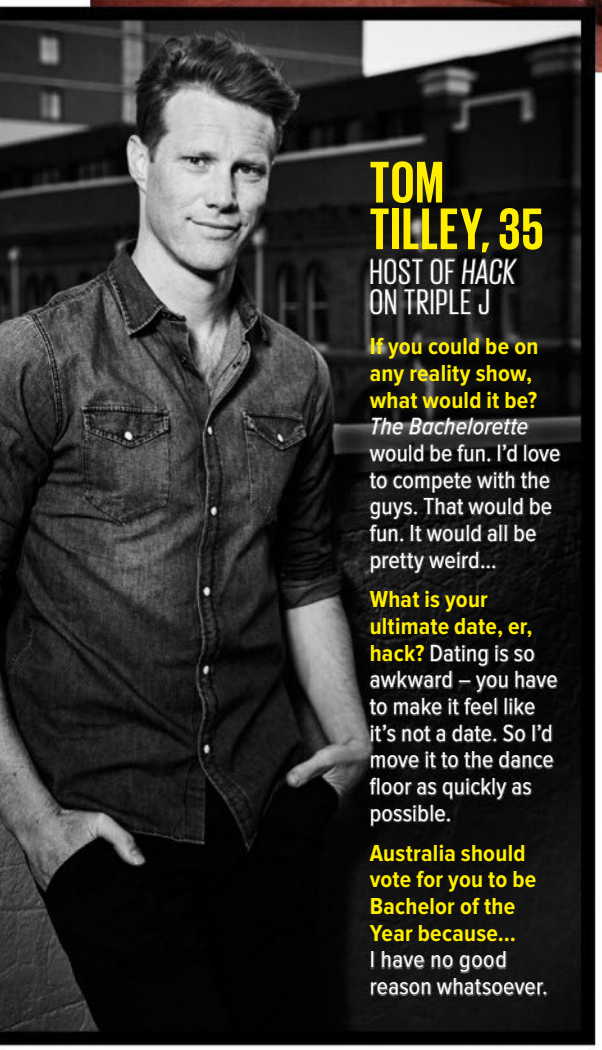
BRANDO HASICK, 24

FITNESS TRAINER AND OWNER OF BODY BY BRANDO

What's the best date you've been on? I picked this girl up – she was working – I told her to meet me after work and I took her to two swings in Bondi, bought two ciders and we watched the sunset on the swings. We did have a few more dates after that...

Who's the last person you texted? One of my clients, congratulating them on hitting a personal record at the gym.

Australia should vote for you to be Bachelor of the Year because... Here are six reasons *lifts up shirt* [laughs].



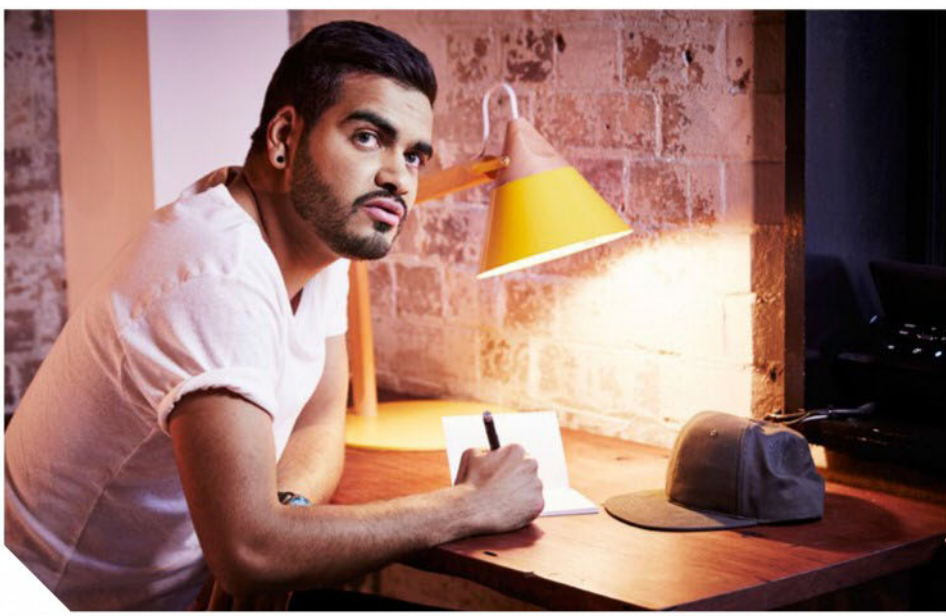
TOM TILLEY, 35

HOST OF *HACK* ON TRIPLE J

If you could be on any reality show, what would it be? *The Bachelorette* would be fun. I'd love to compete with the guys. That would be fun. It would all be pretty weird...

What is your ultimate date, er, hack? Dating is so awkward – you have to make it feel like it's not a date. So I'd move it to the dance floor as quickly as possible.

Australia should vote for you to be Bachelor of the Year because... I have no good reason whatsoever.



PHILLY, 25

RAPPER

Ever written a rhyme about a girl? Yes, it was a girlfriend of mine back in high school. I wrote a song for her, which was kind of corny, but that's how it went at the time.

What's the way to your heart? Food. And if you come over with some DVDs, you're in. DVDs *and* food? You're really in.

Describe sex in one word: Lust.

Australia should vote for you to be Bachelor of the Year because... I have no idea. Vote 1 Philly because if Donald Trump can maybe become president, a dude from the country can become Cosmo Bachelor of the Year.



JULIAN CINCOTTA, 30

CHEF AND CO-OWNER OF BUTTER AND THIEVERY RESTAURANTS

When do you know you like a girl? It's the first instant. I'm pretty picky but it's the eyes and smile and that first conversation.

***Cosmo* is coming over for dinner; what are you cooking?** Some nice roast vegies, some cheese and crushed nuts on top, then roast pork neck, some greens, peas, goat's cheese and mint on the side.

Australia should vote for you to be Bachelor of the Year because... I've got so much love and passion for food and I put that into everything.

BRANDO WEARS SHORTS: BONDS. WATCH: THOMAS SABO. *TOM WEARS* SHIRT: JACK & JONES. PANTS: DR DENIM. *PHILLY WEARS* SHIRT: GANT. WATCH: SEKONDA. *JULIAN WEARS* SHIRT: ARVUST. JEANS: KSUBI. SHOES: NIKE. WATCH: HIS OWN.

TO VOTE FOR YOUR FAVOURITE BACHELOR, GO TO **COSMOPOLITAN.COM.AU/VOTEBACHELOR.**

RYAN ANDERSON, 30

RSPCA INSPECTOR

Favourite breed of dog: Rescue.

Could you date a cat person? I could. As long as they would let me train it to walk on a lead...

What's the worst date you've ever been on? One where she didn't turn up. It was pretty rubbish.

Australia should vote for you to be Bachelor of the Year because... I'm a pretty funny larrikin. I'd like to use the exposure to get more rescue dogs adopted!



MICHAEL ROEGER, 28

PARALYMPIC ATHLETE

If you could be on any reality show, what would it be? Probably *The Amazing Race* with my twin brother. I have thought about that, actually...

What's your relationship deal-breaker? There's a lot of them! Kidding. I don't like smokers.

What's one thing a gold-medal date needs? Lots of laughter.

Australia should vote for you to be Bachelor of the Year because... why not?

JASON SMITH, 32

HOST OF *LATE NIGHTS* ON NOVAFM

What's your love song dedication? I've got a lot of songs going through my head. Let's go with "This Old Love" by Lior.

Describe sex in one word: Great.

Australia should vote for you to be Bachelor of the Year because... it's fun, isn't it? It's a good thing to win. Everyone wants to win, so why not win this?

TO VOTE FOR YOUR FAVOURITE BACHELOR, GO TO **COSMOPOLITAN.COM.AU/VOTEBACHELOR.**

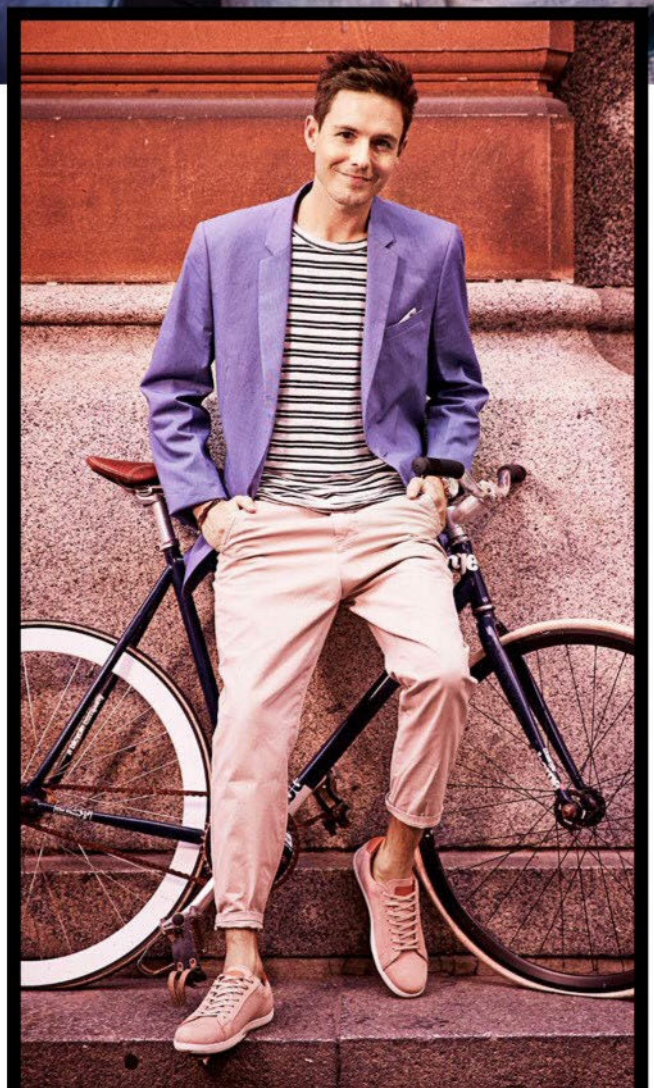


ZEKE SIMAT, 25
MODEL

What's the most romantic thing you've ever done for a girl? We hadn't been seeing each other for very long, but I liked her a lot. She was travelling in Asia and she was away for two months but I flew over and met up with her. We hung out on the beach for a week and lived the ultimate date night cliché of "going for long walks on the beach".

What's better than sex? Either food or experience.

Australia should vote for you to be Bachelor of the Year because... I'm just a pretty good dude.



RYAN WEARS SHIRT: INSTED WE SMILE. PANTS: TARGET. WATCH: SEKONDA. SHOES: BRANDO. *MICHAEL WEARS* SHIRT: JACK & JONES. WATCH: HUGO BOSS. *JASON WEARS* JACKET: TAROCASH. PANTS: ASSEMBLY. T-SHIRT: VENROY. SHOES: H&M. WATCH: THOMAS SABO. *ZEKE WEARS* SHIRT: BRAVE SOUL. JEANS: INSIGHT. WATCH: THOMAS SABO. *GRIFFIN WEARS* T-SHIRT: CALIBRE. JEANS: DIESEL. SHOES: H&M. WATCH: THOMAS SABO. BRACELETS: JACK & JONES.

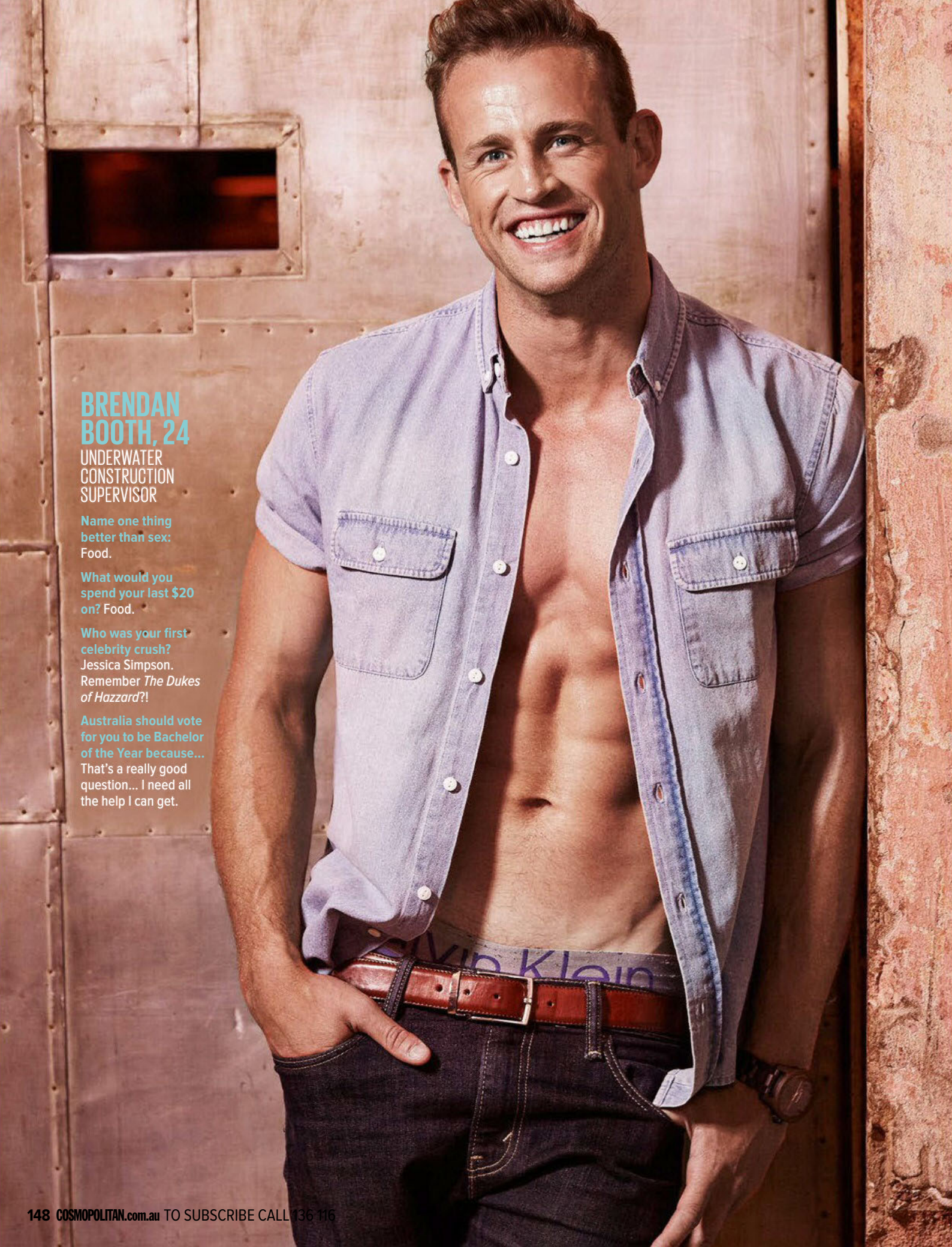
GRIFFIN BELLETTE, 18
STUDENT

If you were a woman for a day, what's the first thing you'd do? I'd go get my hair done, get a makeover and all that girlie stuff I can't get away with as a guy.

What makes you swipe right? First appearances.

Australia should vote for you to be Bachelor of the Year because... I like to be a gentleman and do everything properly. But on the other hand, I like to have a good time. I'm a good balance!





BRENDAN BOOTH, 24

UNDERWATER CONSTRUCTION SUPERVISOR

Name one thing better than sex: Food.

What would you spend your last $20 on? Food.

Who was your first celebrity crush? Jessica Simpson. Remember *The Dukes of Hazzard*?!

Australia should vote for you to be Bachelor of the Year because... That's a really good question... I need all the help I can get.



MICHAEL NEWMAN, 20
LANDSCAPER

What song always gets you on the D-floor? "Loyal" by Chris Brown.

***Cosmo* is coming over for dinner; what are you cooking?** Steak. It's simple, easy – the perfect thing to cook.

Australia should vote for you to be Bachelor of the Year because... I'm different! Easy enough to answer.

What's your favourite emoji to text? Always the winky tongue out. A lot of people don't get it. He's having a great time.

What is the worst pick-up line you've heard? Personally I don't use pick-up lines, but I think any line that's not yours is the worst pick-up line.

Australia should vote for you to be Bachelor of the Year because... if you vote for me and you can prove it, I will give you $5 plus one free lift wherever you want, one way, Australia-wide. You'd have to screenshot it. That is legally binding, my brother is a lawyer.



ASH WILLIAMS, 34
COMEDIAN



EVAN BROWN, 31
BAR MANAGER AT WILD ROVER

What cocktail would you make *Cosmo*? I would pick your brain, your favourite childhood smells and seasons and develop something from that.

What are your top three skills? Cocktail bartending, being myself and probably just making other people happy. I try to find the best in everyone.

Australia should vote for you to be Bachelor of the Year because... I'm a real person. A hairy man in a wax world.

BRENDAN WEARS JEANS: LEVI'S. SHIRT: INSIGHT. WATCH: NIXON. SHOES: G-STAR RAW. UNDERWEAR: CALVIN KLEIN. MICHAEL WEARS PANTS, JACKET & BOW TIE: CALIBRE. SHIRT: TOMMY HILFIGER. WATCH: GUESS. EVAN WEARS JEANS: JACK & JONES. SHIRT: THE ACADEMY BRAND. VEST: TED BAKER. SHOES: CONVERSE.

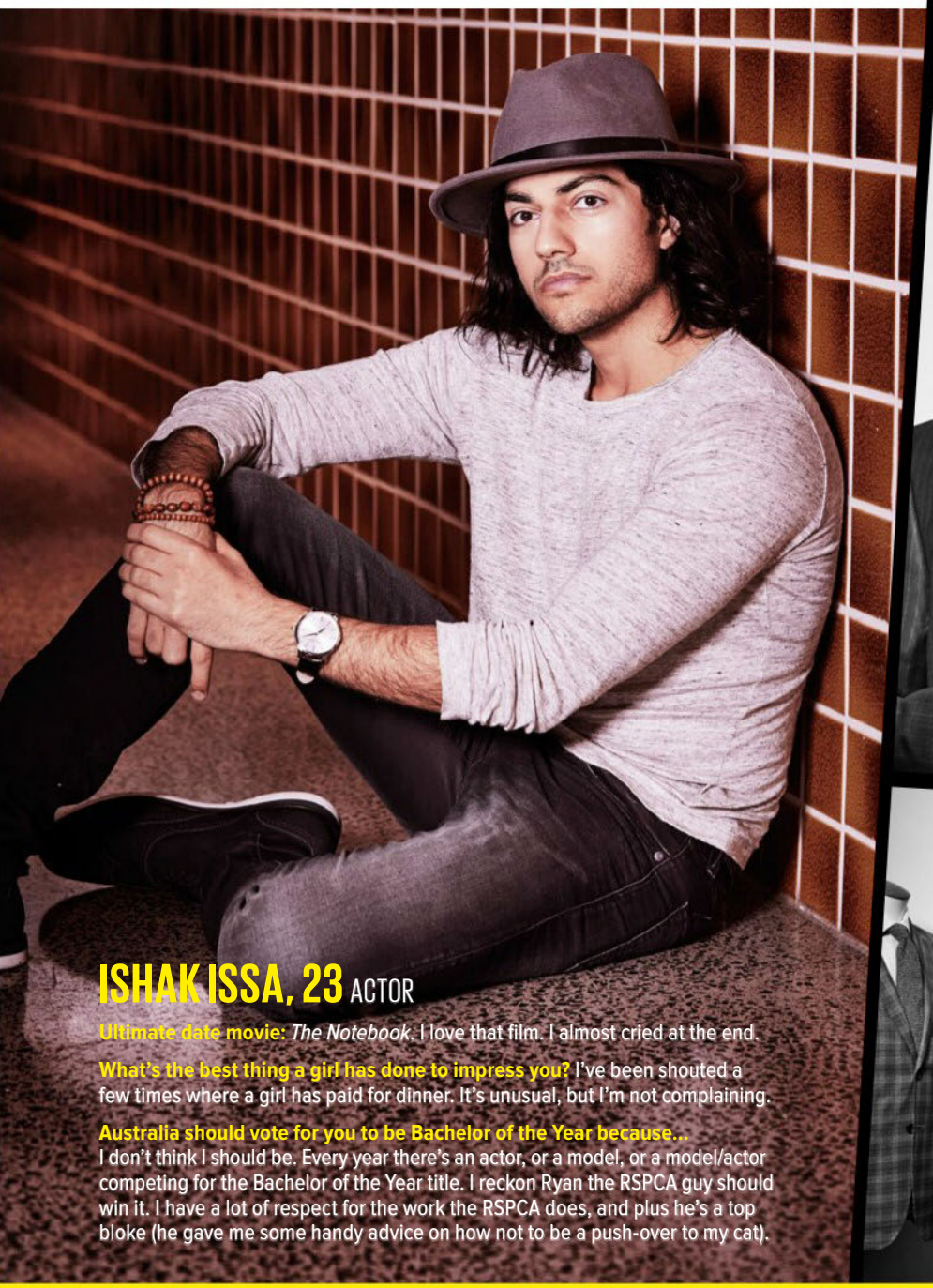
▶ TO VOTE FOR YOUR FAVOURITE BACHELOR, GO TO **COSMOPOLITAN.COM.AU/VOTEBACHELOR.**

ROGER MUSHTAQ, 32
CUSTOMER SERVICE

What do you love most about women? Physically, they're the opposite of me – they're soft. The mental part is the fact they can be very precise, but very random.

What is a random fact about you? I couldn't speak English when I was 10 years old, and I learnt it in high school.

Australia should vote for you to be Bachelor of the Year because... I'm someone different in the mix, rather than your standard guy. I'm a little bit more multicultural.



ISHAK ISSA, 23 ACTOR

Ultimate date movie: *The Notebook*. I love that film. I almost cried at the end.

What's the best thing a girl has done to impress you? I've been shouted a few times where a girl has paid for dinner. It's unusual, but I'm not complaining.

Australia should vote for you to be Bachelor of the Year because... I don't think I should be. Every year there's an actor, or a model, or a model/actor competing for the Bachelor of the Year title. I reckon Ryan the RSPCA guy should win it. I have a lot of respect for the work the RSPCA does, and plus he's a top bloke (he gave me some handy advice on how not to be a push-over to my cat).







ISHAK WEARS TOP: VENROY. HAT: BRIXTON. JEANS: JACK & JONES. WATCH: THOMAS SABO. SHOES: BRANDO. BRACELETS: THOMAS SABO. *ROGER WEARS* SHIRT: VAN HEUSEN. JACKET & PANTS: ANTHONY SQUIRES. CUFFLINKS: BEN SHERMAN. POCKET SQUARE: TAROCASH. *JOSH WEARS* T-SHIRT: CALIBRE. JACKET: TAROCASH. JEANS: JACK & JONES. *TIM WEARS* SHIRT & BRACELETS: JACK & JONES. JEANS: DIESEL. SHOES: CONVERSE. WATCH: THOMAS SABO.

▶ TO VOTE FOR YOUR FAVOURITE BACHELOR, GO TO **COSMOPOLITAN.COM.AU/VOTEBACHELOR.**



JOSH COLE, 27

COMBAT SYSTEMS OPERATOR IN THE ROYAL AUSTRALIAN NAVY

What's the worst pick-up line you've ever heard? "Navy bases aren't the only place I like to have my 'seaman'."

What song is guaranteed to get you on the dancefloor? "Put Your Hands Up 4 Detroit" by Fedde le Grand.

What's the first thing you notice on a girl? Eyes.

Australia should vote for you to be Bachelor of the Year because... I'm a fun guy.

TIM SIMONA, 24

PLAYER FOR WESTS TIGERS

What do the boys think of you being in the top 30? They all know I have the best body and looks in the team (only joking). I'm sure they'll give me a bit of stick but it's all in good fun.

What's your secret talent? I go alright at playing volleyball.

What's the first thing you notice on a woman? I'm a big fan of a really good smile.

Australia should vote for you to be Bachelor of the Year because... I'm a chilled-out guy who enjoys a laugh.



BEN CAMERON, 23
MECHANIC AND TOPLESS WAITER

If you could plan your perfect date for *Cosmo*, where would you take us? I'd pack a picnic, find a nice view, perhaps of the city or the beach, and sit down and have some wine and watch the sunrise.

What makes you swipe right for a girl? Someone who seems like she will challenge me and has a lot going on besides her looks.

Australia should vote for you to be Bachelor of the Year because... I'm an old-fashioned lover; I want meaning in a relationship. I see more than looks as value. And I can do a sick worm!

ANDREW CLEMENTS, 27
BROADCASTING STUDENT AND PART-TIME MODEL

What's the best date you've been on? We originally met at Cottesloe Beach but it was a bit windy so we went to the Cottesloe Beach Hotel and got a bottle of wine to share and then played scrabble. We had a laugh and it was a good way to get to know each other on a more intellectual level.

What's one thing you love about women? They're career-oriented, they're mothers, they raise the world. They're superwomen.

Australia should vote for you to be Bachelor of the Year because... I've tried it my way for 27 years.



BEN WEARS PANTS & BOW TIE: CALIBRE. JEANS: TAROCASH. *JOE WEARS* JACKET: TM LEWIN. T-SHIRT: CALIBRE. PANTS: THE ACADEMY BRAND. BRACELETS: THOMAS SABO. *ANDREW WEARS* JACKET, SHIRT & PANTS: MJ BALE. BOW TIE: TM LEWIN. *CYRUS WEARS* SHIRT, PANTS & BRACELETS: JACK & JONES. SHOES: H&M. WATCH: SIMPLE WATCH CO.



JOE KLOCEK, 21
ACTOR

Last thing you binge-watched? *How to Get Away with Murder.*

What's the best date you've been on? We scaled a cliff face and found this cave. In the cliff. We had a picnic, and the tide came up and we got stuck, so we had to swim out.

And the worst? We sat in silence at the restaurant table for a good half hour – no matter what I asked, it was one-word responses.

Australia should vote for you to be Bachelor of the Year because... I am a decent bloke.



CYRUS VILLANUEVA, 20

SINGER

What's your favourite song to serenade a girl? To be honest, I don't do too much serenading. It's weird because I'm a singer. If I had to choose one song, "Something Special" by Usher. I feel like Usher serenades *me* when he sings...

Describe sex in one word: Hot.

Australia should vote for you to be Bachelor of the Year because... I don't think there's ever been a Bachelor winner called Cyrus, so let's change that.

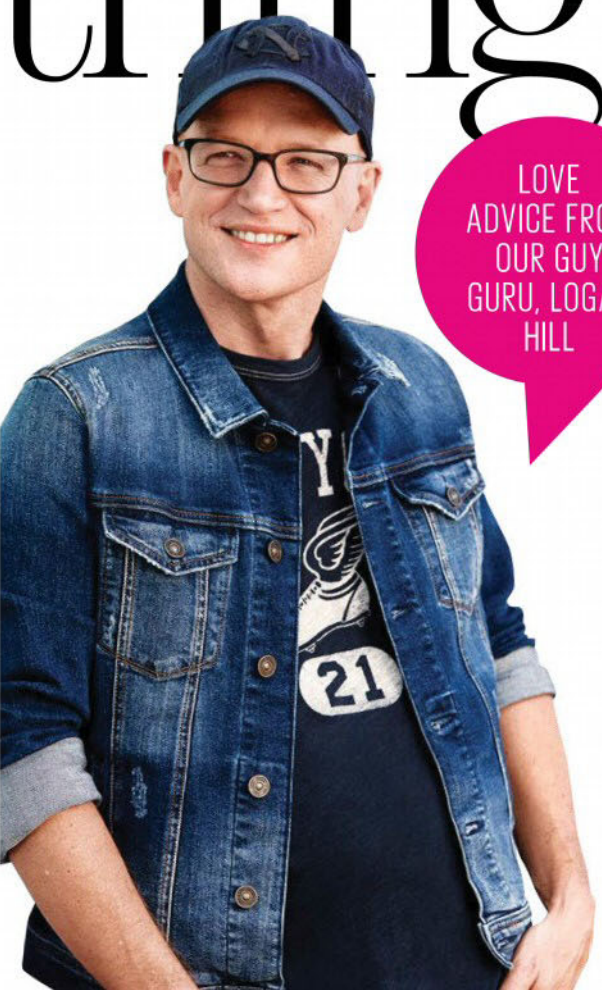
WITH THANKS TO
Novo, Henkell and ulta3.

SHOT ON LOCATION AT
Ovolo 1888 (ovolohotels.com); The Royal George (merivale.com.au); The Establishment (merivale.com.au); The Men's Grooming Room (valonz.com.au); Crane Brothers (crane-brothers.com); Palmer & Co (merivale.com.au).

STYLING BY CHARLOTTA BACKLUND. CREATIVE DIRECTOR: LEISA MAAIT. PHOTOGRAPHY BY PAUL SUESSE/BAUER. GROOMING BY SAMANTHA POWELL/UNION MANAGEMENT; GEORGIA HULL/RELOAD AGENCY. STYLIST ASSISTANT: ANA ZUPANOSKA. INTERVIEWS BY MEL EVANS.

ask him anything

LOVE ADVICE FROM OUR GUY GURU, LOGAN HILL



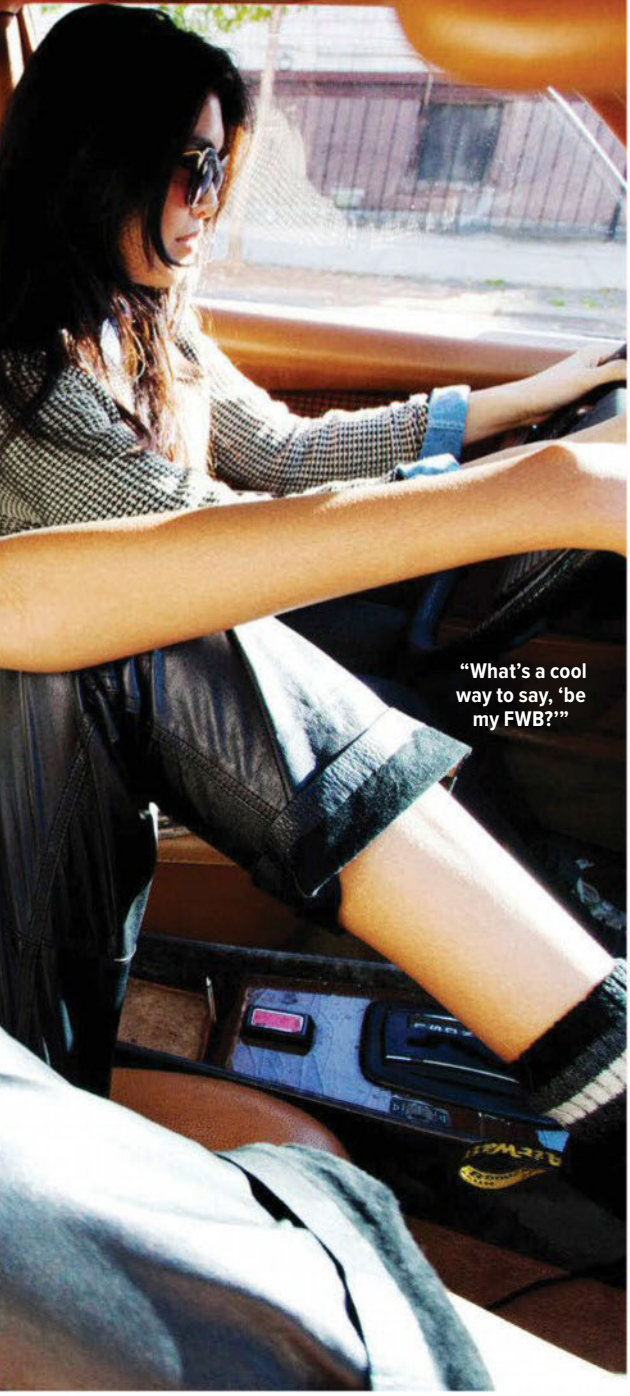
Q. For the last couple of months, I've been the only one travelling south during sex. My boyfriend told me that he doesn't like going down on women in general. I'm happy to give more than I receive, but every now and then, it would be appreciated. How do I get the message across to him?

A. Sometimes guys get a bit weird about oral. He may be insecure and feel like he's lost when he goes downtown. Boost his confidence by telling him you've been fantasising about having him between your legs. Or lure him with 69. But mostly, just ask – everyone likes to feel wanted. Tell him you need him down there. That he makes you feel good. Say it until the message sinks in… and his head sinks into your lap.



Q. I AM INSANELY SHY, AND SO IS THE GIRL I'VE BEEN TALKING TO. WE'RE NOT HOOKING UP OR DATING YET, BUT I WANT TO BE HER FWB. HOW DO I SAY THAT I'M DOWN TO HOOK UP IN A WAY THAT ISN'T SCARY?

A. First, drop a hint to indicate that you are not looking for something serious: "I'm so loving my freedom right now." And avoid falling back on potentially misleading clichés, like, "We're so good together." Keep it clear by telling her she's hot, like "Are you as attracted to me as I am to you?"



"What's a cool way to say, 'be my FWB?'"

Q. I started dating this guy nine months ago, and he's great, but I have some trust issues. Eight months ago, I looked back at his old texts when he lent me his old phone, and he'd told an ex-girlfriend that he cheated on her twice. I never told him that I snooped through his texts, but when I asked if he had ever cheated, he said he hadn't. That worries me. Should I trust him?

A. His lie seems pretty understandable. If you had just started dating someone who you really liked, would you admit you've cheated before? Or would you try to put it in your past and be better going forward? So long as it isn't part of a bigger pattern, I wouldn't worry. But if you can't stop thinking about it, tell him your secret – and then ask about the secret he kept from you.

Q. I'm never one to deny guys' nights, but it feels like my BF only sees me as a second option when the night is over, as if I'm just a hook-up. Can I get him to rearrange his social life without getting called a "clingy" girlfriend?

A. If he's only calling you after a night out with the boys, is the problem really that you don't see enough of him or is it that he's a crappy boyfriend? If you want to see him during the day, don't just wait for his call and don't pick up at midnight. Ask him to brunch or dinner. If he says no, find a guy who'll say yes.

Q. My BF and I have been together for over four years. But every time I bring up getting married and having kids, he shuts down the subject. Is there any way to get him to come around?

A. Say, "I've loved you for four years. We can't avoid it any longer. I need to know what kind of future you want with me." Be clear that you love him – but that at this point, you need some real talk about your future.

Q. I'M PREGNANT WITH MY HORRIBLE EX'S BABY (LIKE RESTRAINING ORDER HORRIBLE), AND I UNEXPECTEDLY MET AN AMAZING GUY. HE KNOWS WHAT WENT DOWN WITH MY EX AND IS STILL INTERESTED IN ME. BUT I'M CONCERNED. IT'D BE SO EASY FOR HIM TO BOLT. HOW DO I NAVIGATE MY NEW BAE AND MY BABY?

A. He's a grown man, so if he's choosing to be with you and take on this extra responsibility, let him. I'm sure you're tempted to pull back to protect yourself, but you do deserve his love. Practically speaking, the best way to avoid scaring him off is to avoid surprises. As much as is possible, set specific parenting expectations so he knows what's up.



Q. I broke up with my ex for a number of frustrating things (smoking, drinking, lack of cleanliness, etc.). We've been apart for two years, and I recently let him stay with me when he visited my city for job interviews. We've both dated other people since, but having him here was confusing. He seems to have taken the break-up to heart, changing all his "faults" that I gave as reasons we couldn't be together. We still care for each other. Is it better to stay broken up, or do we give it a second chance when he's back here for good, since all my reasons are now obsolete?

A. All you really know at this stage is that he talks a good game. Maybe he just wasn't drinking because he had a job interview the next day. Maybe he's a better short-term houseguest than long-term boyfriend. The point is, you haven't spent enough time with him to know if he has really changed. Don't get back together right away. Get to know him again and gather more intel before you decide to give him another shot. That way you know the deal.

PHOTOGRAPHY BY MARLEY KATE. GETTY IMAGES; THELICENSINGPROJECT.COM

Sex Q&A

No-BS responses to questions you can only ask *Cosmo*

Q Whenever I have sex with a condom, I've noticed it smells like latex down there for a couple of days. Is this normal?

This is totally normal and probably NBD as long as you don't have any other symptoms like redness or discharge, which might suggest an infection or an allergy to latex, says ob-gyn Dr Sherry Ross. (And in those cases, definitely see your doctor.) Otherwise, washing your labia with a mild fragrance-free cleanser should clear up any lingering latex-y scent. And if that doesn't do the trick, well – deep breath – it could mean that a condom or a piece of one is still inside you. Oil-based lubes or spermicide wear down latex condoms, sometimes making them tear during the deed. If you think that might be the case, even though it's rare, have your gyno take a look.

Q Is it better to clean up and pee right away after sex, or can we stay in bed and cuddle for a little while?

There's no need to take a timeout on your post-sex high five and snuggle party. That is, unless you're prone to urinary tract infections. And if you're someone who can barely take a bath without contracting a UTI, you should probably beeline to the bathroom before and after sex, says ob-gyn Dr Alyssa Dweck. The reason? It's all in your anatomy. "The urethra, vagina and the rectum are all in close proximity, so the possibility of bacteria getting to the urethra after sex is pretty great," says Dr Dweck. And while it's not the sexiest prospect in the world, a quick bathroom break or a wash-up with water and gentle soap – especially if you've gotten UTIs from sex before – could save you some pain in the long run.

Q My guy likes to stick a finger up my butt during sex. Does that mean he wants me to do it to him too?

Well, it could. "Sometimes, the way we touch someone else is often how we want to be touched," says sexologist Logan Levkoff. Then again, it could mean something else entirely. "It could just be that he finds yours sexy," Levkoff says. Either way, the subject probably won't require a sit-down chat about back-door bonding. Next time you're fooling around, explore around his perineum, the area between the anus and the testicles, with your fingers, Levkoff says. See how he responds, then follow those cues. If you still can't tell if he's into it, whisper, "Do you want me to do that to you?" It's an easy enough question to ask your guy no matter what new things you are trying in bed.



A little back-door exploring doesn't have to be a bummer.

*PRICE CONVERTED FROM USD AND CORRECT AT TIME OF SENDING TO PRESS. WORDS BY JULIE VADNAL. STILL-LIFE PHOTOGRAPHY BY BEN GOLDSTEIN/STUDIO D. GETTY IMAGES; ISTOCK

Q My guy told me that coming on my face is good for my skin. Is that just BS?

It's no spa facial, we'll say that. And, whoops, we may have to take some credit for starting this rumour. Back in 2000, *Cosmo* high priestess (and former editor-in-chief) Helen Gurley Brown wrote in her memoir, *I'm Wild Again*, that she recommended semen as a high-protein treatment, saying it "makes a fine mask". And while we still worship at the altar of the notorious HGB, that doesn't mean we couldn't ask a doctor if Gurley Brown's sexy sage advice still holds up. And good thing, because Dr Doris Day, dermatologist and the author of *Forget the Facelift*, suggests otherwise. "In terms of skin health, the benefits are negligible," she says. "And depending on his health and STDs, it could be harmful."

SEX TOY OF THE MONTH



What's the best sex toy... for a boob-gasm?

Even if you've never had a mystical nips-only O, turning the flower-shaped knobs of the T-Cups ($37*, ticklekitty.com) a couple of times (which we recommend doing suuuper slowly to get a just-right sensation) gives your girls all-over feels. Try it during sex for a new sensation.

Rella IN THE CITY

Can three of *Cosmo*'s hottest bachelors help Rella find her perfect Novo match and make it to the hottest party in the city before the clock strikes 12?



Rella sits in her apartment surrounded by the most stylish heels in the city, but she has a dilemma: which pair does she slip on to wear to the ball?! Fairytale problems, right? So she does what any shoe-loving lass does – she puts a call out across the city for help. Who will *step* in?



BACHELOR

BRANDO HASICK

Brando's perfect match is a woman who knows what she wants. "The trait I love most? Independence. I like when a woman has her own life and wants my company to complement, rather than make." Our very own personal trainer/bachelor extraordinaire may have found his match in Rella...

Shoes, shoes, but which pair to wear? Rella wants only to start off on the right foot...



There's nothing better than a handsome suitor to get Rella where she needs to go. But what awaits at the party?

Rella came across many, many Bachelors on her mission. This guy isn't off to the party, but he was chivalrous enough to help get her there. "It's tough to run across the city in heels, guys!" Rella says. So how could she say no when a handsome suitor offers up a pumpkin to get her from A to Party?

BACHELOR

JULIAN CINCOTTA

This gentleman uses his cheeky streak to impress his perfect match. "I once told a girl I didn't believe in Valentine's Day, which made her angry – then I decked out the house with rose petals to surprise her." Cheeky but sweet? That's Rella's kinda guy.

LARIS
$79.95



MENDY
$69.95

Rella arrives at the party just in the nick of time. With the perfect Novo match on her feet, she heads straight for the dancefloor. As the clock strikes 12, what's better than a midnight kiss to welcome in tomorrow? It just so happened that while she was twirling on the DF she caught the eye of Prince Charming. Rella finds her fella! Who knew the adventure she would go on to find a perfect match in shoe *and* guy?!

BACHELOR

JESSE LAWRENCE

The presenter and voice artist knows he's found his perfect match when he loves doing anything and everything with that person. "Not just going on romantic dates and getaways, but also doing the mundane things like sitting on the couch or cooking together – even grocery shopping."

Rella's finally made it to the final destination of the evening. Now with the perfect match, what adventure will she go on next?



How will you spend your night at the bachelor ball – an event to remember? Make like Rella and put your best foot forward!

AYLA
$59.95

PRESTIN
$69.95

WIN

A CHANCE TO PARTY WITH THE BACHELORS

Novo and *Cosmo* are inviting you to the hottest ball of the year

YOU AND A FRIEND COULD WIN TWO TICKETS TO THE BIGGEST BASH OF THE YEAR – THE COSMOPOLITAN BACHELOR OF THE YEAR PARTY. FEELING LIKE CINDERELLA? JUST CALL US YOUR FAIRY GODMOTHER...

Make like Rella and enter to win a mini-break away on us! Not only will you be rubbing shoulders with the 30 hottest bachelors at the party, where we'll announce the Cosmo Bachelor of the Year, you'll get a two-night stay at QT Sydney, spa pampering, $200 worth of Novo vouchers and a clothing allowance fit for a princess. On the night, we'll also assign you a glam squad and get you from door to door in style.

TO ENTER
Head to cosmopolitan.com.au/winnovoshoes and tell us in 25 words or less why you love your favourite pair of shoes. Simple!

novo

novoshoes.com.au
f novoshoes

COMPETITION OPENS ON 7TH NOVEMBER 2016 AND CLOSES 17.00PM AEDST ON 12TH JANUARY 2017. OPEN TO AUSTRALIAN RESIDENTS AGED 18 YEARS AND OVER, WHO CAN ATTEND THE EVENT AND TRAVEL TO SYDNEY ON 1ST FEBRUARY 2017 AND 2ND FEBRUARY 2017. ONE ENTRY PERMITTED PER PERSON. THIS IS A GAME OF SKILL, NOT CHANCE. IN THE EVENT THE WINNER IS A NSW RESIDENT, THE FLIGHT AND HOTEL/AIRPORT TRANSFERS WILL NOT BE INCLUDED IN THE PRIZE. THE WINNER AND THEIR COMPANION MUST BE 18 YEARS AND OVER WHEN REDEEMING THE PRIZE. FOR FULL TERMS AND CONDITIONS GO TO **WWW.COSMOPOLITAN.COM.AU/WINNOVOSHOES** PLEASE SEE CONTENTS PAGE FOR LOCATION OF OUR PRIVACY POLICY THE PROMOTER IS BAUER MEDIA PTY LTD (ABN 18 053 273 546).

DO TRY BUY

SEE WHAT MADE OUR SHORTLIST THIS MONTH



BEACH ENVY

Rip Curl's ultimate Del Palm beach accessories are essential for steamy beach days and balmy nights, with a chic collection of totes and lunch bags. **Prices start at $25.99 (ripcurl.com.au).**



NEW ADDICTION

If you love *Arrow* and *The Flash*, you'll love the new *Supergirl*! Get your Friday night fix with the irresistible take on DC's awesome heroine. **Pick up season one at JB Hi-Fi for $59.95.**



BEST-KEPT SECRET

Embrace your inner icon with new fragrance STASH, a sophisticated and adventurous scent brought to you by Sarah Jessica Parker. **Available exclusively at Chemist Warehouse.**



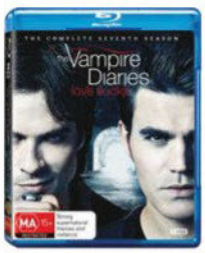
BURN BE GONE

UTIs are the worst! The pain, itching and discomfort – yikes! Ural Effervescent Powder will help you say goodbye to the burn. Keep one in each bag with the **28 pack for $10.95, available in pharmacies and Woolworths**.



SKIN SAVIOUR

The secret weapon for perfect skin, this 3 Step System from Proactiv will combat and prevent break-outs, leaving you carefree and confident. Systems start at **$29.99 at proactiv.com.au** and selected retailers.



CULT CLASSIC

Sink your teeth into Season 7 of *The Vampire Diaries* and brace yourself for more romance, drama and thrills from your ultimate faves. **Available at JB Hi-Fi from $59.95.**



BOXSET BINGE

The 100 is the best series you're not watching (but definitely should be). You can pick up the seasons **1-3 boxset at JB Hi-Fi from $84.95** so you can binge-watch your way through to the end.



SILKY SMOOTH

The summer sun can be drying, but head & shoulders' new 3-Action Formula has you covered. The high-conditioning formula will give you goddess tresses**. Shampoo and conditioner RRP $12.49 each.**

WINE TIME

The sound of surf is never far away with Evans & Tate's Classic range of wines, embodying the desirable essence of the Margaret River life. Perfect weather, perfect people and the perfect drop of wine to wind down your day. **Available at all good bottleshops for $16.99.**



WORDS BY JOSHUA JOYNES

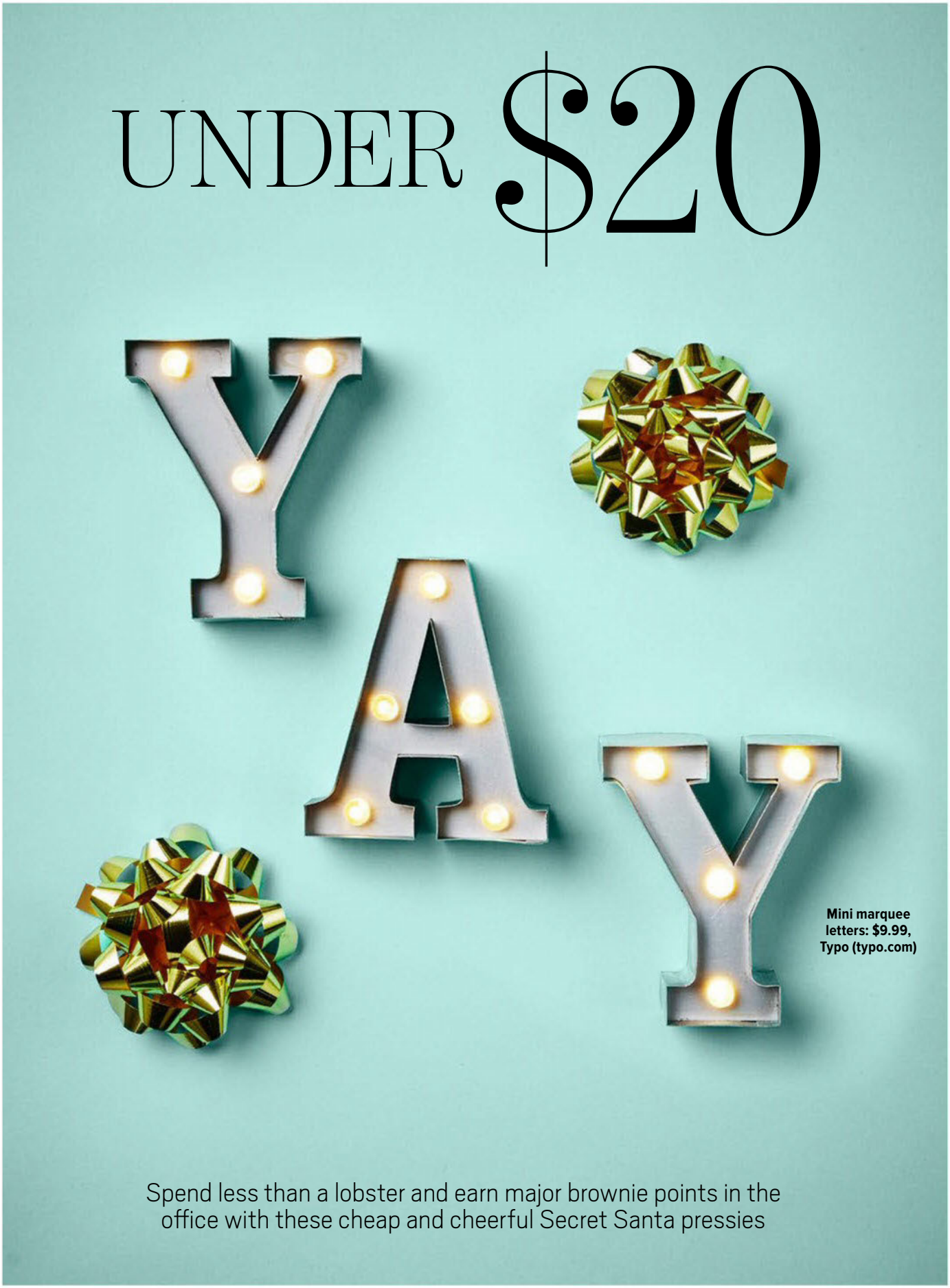
GIFT GUIDE

Gifts so good you'll want them all for yourself



TAMMY WEARS TOP: $429, GRACE LOVES LACE (GRACELOVESLACE.COM.AU). PANTS: $858, AE'LKEMI (AELKEMI.COM). NECKLACE: $599, SWAROVSKI (SWAROVSKI.COM). *RIGHT HAND* CUFF: $199; BANGLE: $149, BOTH SAMANTHA WILLS (SAMANTHAWILLS.COM). RING: $959, THOMAS SABO (THOMASSABO.COM). *LEFT HAND* BRACELETS: $69 FOR SET; CUFF WITH CHARM: $108, BOTH NIKKI LISSONI (NIKKILISSONI.COM.AU)

UNDER $20



Mini marquee letters: $9.99, Typo (typo.com)

Spend less than a lobster and earn major brownie points in the office with these cheap and cheerful Secret Santa pressies



Jewellery tray: $9.99, Typo (typo.com)



Bowie print: $20, Studio Cockatoo from Hard to Find (hardtofind.com.au)



Sunnies: $14.95, Rubi Shoes (rubishoes.com)



Travel bottle: $19.99, Typo (typo.com)



Hat: $16.80, Missguided (missguidedau.com)



Watch: $12.95, Rubi Shoes (rubishoes.com)



Candle: $19, Flaming Idols from Third Drawer Down (thirddrawerdown.com)



Notepad: $7.45; notebook set: $7.45, all Blacklist (blacklistore.com.au)



Undies: $16.95 each, Bonds (bonds.com.au)



Diary: $11, Collins Debden (collinsdebden.com.au)



Mug: $16.99, Annabel Trends from Yellow Octopus (yellowoctopus.com.au)



Ice-block holders: $19.95, Sunnylife from Lark (larkstore.com.au)

UNDER $60



Shoes: $60, Missguided (missguidedau.com)

Sparkly, shiny things that'll impress even the toughest to buy for



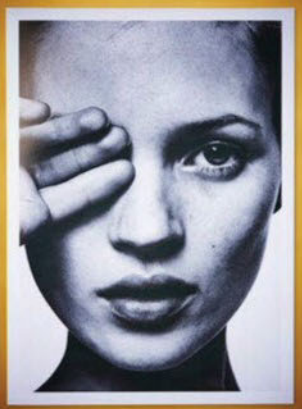
Cutlery set: $49, West Elm (westelm.com.au)



Cup holder: $25, Sunnylife from Papier D'Amour (papierdamour.com.au)



Decanter: $59.95, Rosanna Inc. from Lark (larkstore.com.au)



Print: $59, Pop Art Gallery from Hard to Find (hardtofind.com.au)



Yoga mat: $39.95, Cotton On Body (cottononbody.com.au)



Cuff: $40, Kookaï (kookai.com.au)



Underwear set: $28.90, Cotton On Body (cottononbody.com.au)



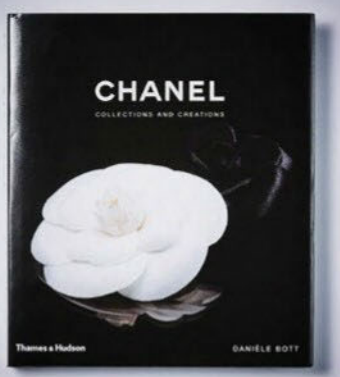
Brown Brothers Mimco Prosecco: $17.99, (brownbrothers.com.au). Wine bag: $44, Table Tonic (tabletonic.com.au)



Flower frame: $59, Rainy Sunday from Everything Begins (everythingbegins.com)



Pouch: $59.95, Mimco (mimco.com.au)



Book: $55, by Daniele Bott from Kinokuniya (australia.kinokuniya.com)



Waffle bowl maker: $59.95, Russell Hobbs (russellhobbs.com.au)

UNDER $150



Large clutches: $120 each; mini clutch: $100, all Tiff Manuell (tiffmanuell.com)

Throw out the receipt! Noone would ever return these bright made-you-smile treats



Pool float: $79, Sunnylife from Papier D'Amour (papierdamour.com.au)



Moroccan towel: $69, Table Tonic (tabletonic.com.au)



Clockwise from top left: $90; $95; $80; $80, Doodad + Fandango (doodadandfandango.com)



Rings: $120 each, Dinosaur Designs (dinosaurdesigns.com.au)



Eyeshadow palette: $65, Kit Cosmetics from Mecca (mecca.com.au)



Drink dispenser: $89.95, Lark (larkstore.com.au)



Tequila: $90, Sesión (sesiontequila.com)



Cactus light: $89.95, Lark (larkstore.com.au)



Juicy Couture I Love Juicy Couture Limited Edition EDP: $85 for 50ml (priceline.com.au); Calvin Klein Deep Euphora EDP, $90 for 50ml (myer.com.au); Britney Spears Private Show EDP: $60 for 100ml (priceline.com.au)



Espadrilles: $109.95, Keep It Personal (keepitpersonal.com.au)



Coaster set: $150, Jonathan Adler from Papier D'Amour (papierdamour.com.au)



Monogram jewellery box: $129.95, Rose St Trading Co from Hard to Find (hardtofind.com.au)

UNDER $300



Beyoncé vase: $295, Lovestar (lovestar.com.au)

Splash a little extra cash on these lust-worthy goodies for the best people in your life



Clutch: $205; keyring: $95, Karen Walker (karenwalker.com)



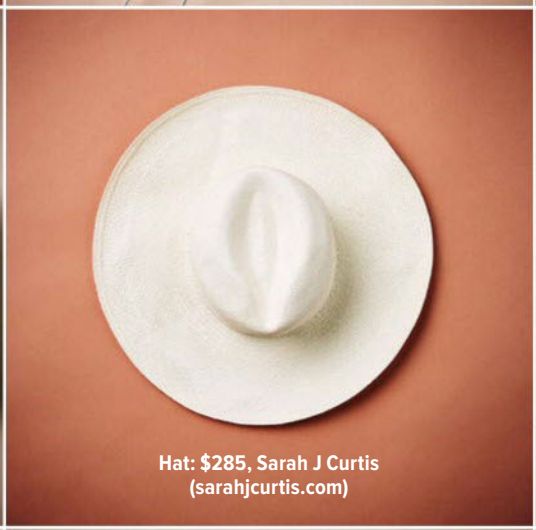
Headphones: $189.95, We Are Frends (wearefrends.com.au)



Framed print: $249.95, Blacklist (blackliststore.com.au)



Advent calender: $295, Charlotte Tilbury (charlottetilbury.com/au)



Hat: $285, Sarah J Curtis (sarahjcurtis.com)



ghd gold styler premium gift set: $270 (ghdhair.com)



Shoes: $229.95, Tony Bianco (tonybianco.com.au)



Laptop bag: $249, The Horse (thehorse.com.au)



Instax Share printer: $299, Fujifilm (fujifilm.com)



Sunglasses: $290, Pared Eyewear (paredeyewear.com)



12 Mini Candle Set: $262, Diptique from Mecca (mecca.com.au)



Moet & Chandon Imperial Gold Magnum champagne: $250 (moetchandon.com.au)

FOR HIM



Laptop bag:
$399, Country Road
(countryroad.com.au)



Never get stuck on what to buy the notoriously difficult men in your life again

ART DIRECTION BY: LAUREN DRAGOSETTI. BEAUTY AND LIFESTYLE STYLING BY ALEXIS TEASDALE; CASSIDY LOANE. FASHION STYLING BY CASSIE LONGWORTH. PHOTOGRAPHY BY PAUL SUESSE/BAUER. STILL-LIFE PHOTOGRAPHY BY ANDREW FINLAYSON/BAUER. MODEL: TAMMY/CHIC MANAGEMENT. HAIR AND MAKEUP BY BUDI JUSPANDI/UNION MANAGEMENT.



Vodka: $69.99, VDKA 6100 (vdka6100.com)



Fragrance set: $79, John Varvatos (davidjones.com.au)



Bracelets: from $89.95, Pig & Hen (pigandhen.com.au)



Hugo Boss Boss The Scent EDT: $115 for 100ml (priceline.com.au)



Benchtop BBQ: $89.95, Nido from Opus (opusdesign.com.au)



LED Light: $49.99, Typo (typo.com)



Watch: $349, Thomas Sabo (thomassabo.com)



Jocks: *from top* $29.95; $34.95; $32.95, Heidi Klum Man (heidiklumintimates.com)



Tie: $99.95, M.J. Bale (mjbale.com)



Boardies: $120, Tommy Hilfiger (1300 348 885)



Shoe shine kit: $160, Ecru from Papier D'Amour (papierdamour.com.au)



McWilliam's fortified wine: $21.99 each (danmurphys.com.au)


Xmas
GIFT
IDEAS
1
2
KATY PERRY'S
MAD LOVE
3
Private Show
BRITNEY SPEARS
4
5
6
ZADIG&VOLTAIRE ZADIG&
ZADIG&VOLTAIR
THIS IS HER! - 100 ML 1.6 FL.OZ. - VAPORISATE
EAU DE PARFUM POUR ELLE - THIS IS HER! - 100
deep euphoria
7

LOVE NOTES

You're on the hunt for a friend's Christmas gift at Priceline Pharmacy and a floral note floats past you. Just like that you've found your new signature scent – and your friend's too!

Summer scents can turn the holiday season into a tropical paradise. For flowery garden party vibes, Zadig & Voltaire This Is Her! has vanilla, sandalwood and Sambac jasmine aromas. For the lush fruitiness of a poolside cocktail, Elizabeth Arden Always Red brings red plum, passionfruit and blood orange above a floral heart of jasmine, pink freesia and rose. Prefer classy evenings sipping on prosecco? Then Calvin Klein Euphoria is for you. Whatever your vibe, you'll find the scent for it at Priceline Pharmacy.

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1. HUGO BOSS The Scent For Her EDP, 50ml, $119 **2. KATY PERRY** Mad Love EDP, 100ml, $69 **3. BRITNEY SPEARS** Private Show EDP, 100ml, $59 **4. GIORGIO ARMANI** Sì EDP, 100ml, $170 **5. ZADIG & VOLTAIRE** This Is Her! EDP, 100ml, $120 **6. ARIANA GRANDE** Sweet Like Candy EDP, 100ml, $79 **7. CALVIN KLEIN** Deep Euphoria EDP, 100ml, $120 **8. ELIZABETH ARDEN** Always Red EDT, 100ml, $69 **9. JUICY COUTURE** Couture Couture EDP, 100ml, $49

Head in-store or online to discover more fragrances at Priceline Pharmacy

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PRICELINE.COM.AU

Prices are Priceline's normal national selling prices and are subject to change. Prices and stock may vary from store to store and online. While stocks last.

HOROSCO

Count your #Blessings in this relatively peaceful month for a harmonious holiday

CAPRICORN

23.12 – 20.01

Bippity boppity boo! You sparkle with good fortune when your fairy jobmother helps you make things happen near the 2nd. Tread carefully as you move on up, and keep in mind who your allies really are. Show them you have their backs.

YOU NEED:
To pace yourself.

CAPRICORN GUY:
He is on a work hamster wheel but wants to put you first. Remind him how much fun crossing the finish line together can be...

AQUARIUS

21.01 – 19.02

For you, the holidays are all about prioritising others. But after Venus, the she-orb of love and beauty, enters your sign on the 7th, your It factor will soar. Treat yourself so you'll look just like the leading lady you are when Uranus goes direct on the 29th.

YOU NEED:
To stop stalling!

AQUARIUS GUY:
Everyone wants some of his time! Help him organise a friend fiesta so you can sneak in some PDA.

PISCES

20.02 – 20.03

You barely have time to wash your hair, never mind hang with your squad. That focus pays off on the 10th, when you stand out in a big way on the job. Take it in stride if a friend seems distant near the 19th. Positivity is a must on the 30th as your circle expands.

YOU NEED:
To celebrate your success.

PISCES GUY:
He's in for a career coup for the ages. Celebrate with a decadent dinner on the town.

ARIES

21.03 – 20.04

Once Mars makes a trine to Jupiter on the 1st, you won't have much downtime, so rest up! Watch for a friend to make a hard play for your affections, and stay open to the idea that it could be just what Santa ordered! Near the 24th, a big project clicks into place.

YOU NEED: To go with the flow.

ARIES GUY: Your favourite live wire is on fire! Take a weekend getaway where you can match his heat with your own fierce sizzle.

TAURUS

21.04 – 21.05

Make time for *you* even if there's a lot on your plate. Mercury goes retrograde on the 19th, crossing a bunch of signals. Craft a backup plan in advance to sail through the drama. On the 25th, Venus's ethereal aspects remind you how loved you are. Take those feels to heart!

YOU NEED:
A gut check.

TAURUS GUY:
His heart is wide open. Show how you feel to take your bond to the next level.

GEMINI

22.05 – 21.06

Lucky in love and at work? That's you! A stunning sextile from the Sun to Jupiter in your relationship zone on the 9th leads to a dreamy night. Claim your crown during the Full Moon on the 13th. Hit the party scene to widen your circle, and take it easy at the end of the month to reflect on the future.

YOU NEED:
A knock-'em-dead dress.

GEMINI GUY: He's in a "turn down for what?" mood. Use it to turn him on.

CANCER

22.06 – 22.07

You get a buzz from being busy, making you the hive queen at your work. Others will follow your every move after Mercury enters your relationship zone on the 2nd. Be generous with your expertise and your network will bloom. On the 21st, connect with loved ones.

YOU NEED: An extra charger!

CANCER GUY:
If he seems more connected to his computer than to you, wake him up with a firm hardware reboot.

OPES



Britney Spears has that Sagittarius charm. December 2, 1981.

LEO

23.07 – 23.08

The planets all revolve around the Sun, but you are the centre of attention now. Venus enters your relationship zone on the 7th, kicking your social life into a quickstep. Luckily you and your love are in sync. Seal the deal at the end of the month, a good time to lavish attention on others.

YOU NEED: To let your hair down.

LEO GUY: Indulge his playful mood with some steamy games where you both win.

VIRGO

24.08 – 23.09

Heads you win, tails you win bigger – if you stop hiding your magic! Mercury goes retrograde on the 19th. The move could bring a positive change to a creative project. Good news may soar near the 28th, after the Sun and Mercury connect.

YOU NEED: To keep your crew close.

VIRGO GUY: Provide a cosy sanctuary for you two at your place for a breather from stress – and take his breath away.

LIBRA

24.09 – 23.10

Enter one of your busiest months this year. The 1st is a sensational day for fun and flings when Mars makes a stunning trine to Jupiter in your zone of love and fun. Look out for an outdoorsy, outgoing hottie. When Venus emits positive aspects on the 25th, love will balance you.

YOU NEED: To commit only to realistic plans.

LIBRA GUY: He'll finally stay in one place if you catch him under the mistletoe for a long, slow kiss.

SCORPIO

24.10 – 22.11

Holidays, phase one: Reconnect. Send out all your season's greetings after the 2nd, as Mercury moves into Capricorn. And phase two: Regroup. Make sure the rum and eggnog don't go to your head after Mercury goes into retrograde on the 19th or you'll get a rep as a gossip.

YOU NEED: To shop smart.

SCORPIO GUY: His head-down, no-play schedule is a bummer. Once it passes, he'll be head down, all play – on you.

WORDS BY AURORA TOWER (@AURORAASTRO). GETTY IMAGES

SAGITTARIUS

23.11 – 22.12

Stellar gifts: Your boundless charm and drama-free vibe endear you to a wide variety of people.

Blind spots: You easily defuse tension with off-killer quips, but it can come across as tone-deaf in more serious situations.

Fashion faves: Colourful items you pick up along your adventures that stand the test of time.

Indulgence: Saving your pennies for a far-reaching voyage where you can create lifelong memories.

Seduction style: Spontaneous and experimental in love, you'll find your nonjudgemental attitude makes partners comfortable enough to walk on the wild side with you.

Your month: If you hoped that December would be a cinch, you may be disappointed – or thrilled! Sometimes what matters is the spin you give life, and you excel at pumping yourself up. At work, make strategic moves that won't fade out after the initial sparkle. Love shimmers on the 3rd and the 13th, when the Full Moon sits pretty in your zone of relationships. An old flame may reach out to see if there's still heat between you two. If you're single, follow the curiosity – but know that a new suitor may be hovering on the horizon.

Your year: You're willing to put everything on the line for the causes you believe in. Keep taking chances on yourself and your potential and amazing opportunities will unfold.

You need: To have faith in your long-term vision for your life.

THE SAGITTARIUS GUY

Trey Songz
NOVEMBER 28

LOVES: Smart women with many interests and eager minds.

HATES: Close-minded downers who dwell on what isn't possible.

DREAM DATE: A laid-back sporting event or theme-park outing that gets your adrenaline going.

WIN HIM OVER: By dreaming up ways to live your lives to the max.



BEST MATCHES

GEMINI: Your shared wanderlust and love of learning make life together a nonstop adventure.

AQUARIUS: His passion and intensity intrigue you, and your optimism never fails to inspire.

THIS IS ME

ANNA KENDRICK

The actress, now author, 31, talks Kanye West, Obama and why Easy Mac is a perfectly wholesome meal



Anna Kendrick: actress, author, highly amusing person.

What are three books that every woman should read?
Three books… you are overestimating me! I am in the middle of *The Witches* [by Stacy Schiff] – a new book about the Salem witch trials; the second would be the book I read when I moved to LA called *A History of the Wife* [by Marilyn Yalom] – it was so fascinating I started reading it with a highlighter like a big loser. And the third is *The Gift of Fear* [by Gavin de Becker]. I feel like every woman should read it and then every man should read it. It's about trusting your instincts and making sure you don't get talked into being in unsafe situations.

What's your fallback dinner when you can't be arsed to cook it yourself?
I could go chips and salsa and happily eat those without noticing I've had a full meal of it. Or Easy Mac. There was a point when I was shooting in Canada where I ate some for breakfast, which is really embarrassing and I've never told anyone that before.

When are you happiest?
After a long day of work when you feel like you really accomplished something and you go home and get into a bathrobe and have a cheeky drink and watch a re-run of something you've seen 1000 times. It's a little treat for your brain when you know you should really be watching *The Wire* but you're like, *I'm just gonna watch Seinfeld.*

What is an item of clothing that you've had forever and can't let go of?
There's a hoodie I've had since I was 16 that doesn't really fit right anymore, but I remember when I bought it and I was like, *yeah, this is really fly.* Even though deep down I still think hoodies are fly. I feel like I have to transition to cardigans and leather jackets because I'm a grown-up now.

Which living person do you most admire and what is the biggest lesson they have taught you?
This question makes you want to go with your mum, right? Who do you admire more than your mum? But I'm going to go with Kanye West, because he's bringing back the hoodie.

> "Deep down I still think hoodies are fly"

What's a trait that you like most in someone else?
Probably honesty, but not in the sense that I want my friends to be totally honest all the time. I definitely need coddling; I am a very weak person [laughs]. Just in the sense when someone casually admits something a little bit embarrassing and I feel more connected to them.

What do you consider to be your greatest achievement?
Meeting President Obama and the First Family and not falling on my face. I'd met President Obama and some members of the First Family before, and then I met the whole First Family together and I thought, *This is where it's going to fall apart; I'm going to say something awkward, and Secret Service is going to tackle me.*

What is your life motto?
For me, "try not to embarrass yourself!"

Anna's book Scrappy Little Nobody *($35.99, Simon & Schuster) is out November 15.*

INTERVIEW BY MEL EVANS. PHOTOGRAPHY BY PAMELA LITTKY

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