

Sunday  
Herald Sun

# BODY + soul

HOW TO MAKE  
*long-distance*  
romance work

DOES HAVING A CAREER  
MAKE YOU A BETTER PARENT?  
*Two working mums sound off*

WHEN SHOULD  
YOU CHECK  
YOUR  
PHONE  
EACH MORNING?

*"Looking at it immediately takes you away from yourself and into other people's demands of you"*

5

LOWER-BODY  
MOVES  
TO STRENGTHEN  
YOUR LEGS

*One reason why  
everybody should*  
LEARN HOW TO COOK

PLUS  
A DAY IN THE LIFE  
OF A SEX-TOY TESTER

*Kiss matte lips goodbye...*

BECAUSE GLOSS IS BACK



## PERFECT 5 lip products



Clarins Lip Comfort Oil,  
\$41, myer.com.au

This adds colour and shine while the cocktail of oils nourish and protect.



Naked Sundays SPF50  
Glow + Go Hydrating Lip Oil,  
\$29.95, naked Sundays.com

SPF benefits combine with a non-greasy formula infused with watermelon extract and vitamin E.



MCo Beauty Pout Gloss  
Ultra Shine Lip Gloss,  
\$14, mcobeauty.com

This long-wearing gloss will plump and reflect light with a high shine, non-sticky finish.



Mavala Lip Gloss,  
\$20.95, mavala.com.au

This packs a punch for shine and colour while also nourishing with grapeseed oil and vitamin E.



Maybelline Lifter Gloss Hydrating Lip Gloss, \$20.99, priceline.com.au  
As well as delivering high-end shine in pretty, sheer colours, this boosts hydration with hyaluronic acid.



## HOW TO DO DIY brow lamination

It's now possible to get that lifted, manicured aesthetic from the comfort of home, thanks to Ardell's new DIY lamination kit. And not only will your fluffy, lifted brows last up to five weeks, but the kit will only set you back \$33.99, compared to the \$100+ you'd spend on a salon lamination.

Ardell ambassador and make-up artist Maria Yousif says her number-one tip to achieve the best results at home is to allow the brows to grow out a little before laminating them.

"Then, a day or two before lamination, get your brows nice and clean – waxed, threaded, plucked to your desire and shaped – but don't trim them," she warns. "When you're using the Ardell Brow Lamination Kit, use the third or fourth step to trim brows (with brow scissors), ensure you've brushed up the brows and trim along to get them nice and even so all the hairs are sitting up straight and in line all the way to the end of the brow. I recommend brushing the hairs upwards, not downward, when trimming."

Yousif also suggests spacing out any tinting to at least a week before or after lamination, to protect the brow hairs from breakage.



## TRIED AND TESTED BROTOX

Gendering a cosmetic treatment might seem a bit naff, but there's a biological reasoning behind the term "brotox": men seeking anti-wrinkle treatments (and statistics show that more than ever are doing so) need different consultations and enhancements to women.

That's because the average male face presents differently across everything from chin width, brow position and forehead contour to skin laxity and thickness – and men require a treatment in higher dosages to achieve results.

I've received Botox intermittently for nearly a decade, always mindful of getting just enough to freshen my face without freezing it entirely. At the clinic where I get injections in my

"triangle of sadness" (between the eyebrows, where wrinkles borne of life's difficulties are said to emerge) and upper cheek, medical director Dr Josh Wall says they follow a "less-is-more ethos [to] achieve a believable, natural result that rejuvenates and refreshes; not an obvious, shocking effect that warps a person's features to the extent of looking fake or overdone".

A week or so post-session, my lack of sleep isn't overwhelming my face, my forehead looks just smooth enough and my face just youthful enough, without belying my age. The results should see

me through to the end of summer, or at least until that next trip home to make my childhood friends wonder how I've staved off the ravages of time.

For more details, visit [contourclinics.com.au](http://contourclinics.com.au).



## ASK AN EXPERT

How do I get rid of my "strawberry legs"?

As the weather warms up and legs (and arms) are uncovered after the winter months, many Australians will do battle with this common skin condition. Dermatologist Dr Shreya Andric explains what it is, and what you can do about it

**What is it?** "Strawberry legs is a descriptive term for the little black spots that appear at the site of a hair follicle, giving the appearance of a strawberry. Several skin conditions can result in its appearance, including a

shaving rash, clogged pores, folliculitis (inflammation of the hair follicles), keratosis pilaris (also known as "chicken skin"), and overly dry skin, which can make the aforementioned conditions more obvious to the naked eye."

**How can you treat strawberry legs?** "Shave in the direction of hair growth, rather than against it and use a new blade each time. Use a shaving cream/gel to shave, and consider laser hair removal if this doesn't help."



**Are there other beauty habits that can help?** "Regular application of moisturiser [can help]. You may consider using a chemical exfoliator on a regular basis, for example an alpha- or beta-hydroxy acid in either a wash-off or lotion form. If you've been diagnosed with folliculitis, then you may require antibiotic or antifungal treatment for this."

**TRY** PMD Beauty Clean Body, \$239, [theiconic.com.au](http://theiconic.com.au)

Keep your skin clear of bacteria and dead skin cells with the silver-infused loofah, exfoliator and massage tool.



## A day in the life of A SEX-TOY TESTER

We all have activities we enjoy: a spot of tennis, learning to play guitar or maybe even swimming. But for some people, that hobby is a bit more... kinky. This is what it's really like to be an official sex-toy tester

STORY CASSANDRA GREEN

There's something about receiving a sex toy that makes the brain revert to its basest instincts. Cue ripped packaging, discarded instructions (hint: you should read those), and getting going with the mantra of "pleasure" running through our minds.

It's rare that we really think about all the processes that went into making the toys so good. I recently travelled to sex-toy company Lovehoney's head office in Berlin to see how each step of creating a product plays out. And I can assure you, there is plenty of time and care taken to ensure your "vibe" does its job with exacting efficiency. And if you've ever experienced the Pleasure Air Technology that's used in Lovehoney's Womanizer range of vibrators, you know they nail it.

In Berlin I met with sexologist Elisabeth Neumann, the head of Lovehoney's sex-toy testing program. Yes, being an official sex-toy tester is a thing, although, admittedly, it's not a full-time job.

"Sex-toy testing is more like your fancy hobby," she tells me. I can't help but feel like "fancy" is a euphemism for kinky, but I don't ask.

### SO WHAT DO YOU HAVE TO DO TO BECOME A SEX-TOY TESTER?

People can sign up online to be part of the sex-toy testing program. It's more like a

community – with an online forum for all sex-related questions, and surveys you can fill out to collect points that go towards purchasing sex toys.

If you're lucky, you may be selected to test a device as part of the brand's twice-per-month testing program. The respondents are chosen for a specific toy, based on the preferences in their profile.

However, sex-toy testing isn't quite as, well, "sexy" as you might think. There's a lot that goes into it – including when you should try the product, how you should use it, and then finding the language to report that back to the sex-toy creators in one-on-one interviews. On the plus side, you do get the opportunity to try out a range of different sex toys before investing, which is a major perk.

### SCHEDULING IN TESTING

While there is no set way to be a "good" sex-toy tester, Neumann explains, "The best way to test [a toy] is to give as little instruction as possible." This is not to confuse the tester, but rather to prevent the disruption of the brain's "sexual flow" with mechanical thoughts. She says this is key to a great sexual experience, and also helps the company to develop the toys so they are more intuitive.

Neumann recommends that sex-toy testers schedule in their testing time,

rather than waiting for the mood to take them. They should choose the time they usually feel most sexual. For example, if they're a morning masturbator, they should slot in an appointment with themselves for the a.m.

"Usually when they have the spontaneous desire to masturbate, it doesn't really click with testing a prototype, because it's a different mindset. So we recommend to schedule some time to do it and get to know the product," she explains. Finally, Neumann recommends testing out a toy at least five times – so long as it doesn't feel bad or uncomfortable. "To see if there is a learning curve," she explains.

Once done, the testers will often need to participate in a one-on-one interview about their experience with the toy. Neumann's team finds written surveys aren't always detailed enough for creators to make the required adjustments. The results of these interviews inform new iterations of the toys. Neumann explains that, recently, a yet-to-be-released toy went through 12-14 iterations in order to perfect it. This high number of iterations is common when the toy is particularly innovative. Often, the early versions are shared with internal colleagues, so that by the time it gets to the pool of sex-toy testers, it's pretty much "on the money".



### TOOLS OF THE TRADE

Members of the Lovehoney team during the creative process for a new sex toy.



### BRUSHING UP ON THE VOCABULARY

Neumann explains that one of the major barriers to feedback is the inability of some people to properly communicate sexual feelings.

"There is not so much language to speak about sexuality so, especially in a questionnaire, the insights remain a bit superficial sometimes. We really want to understand the context better. We need to talk with them, to create with them – together – a language to understand what's happening," she says.

For example, we know what the word "intense" means, but is it good or bad? She likes to use this word, along with "pleasant" and "arousing" to help people better match descriptions with feelings.

### How to take care of your hardware

It's all fun and games while you're enjoying your sex toys, but how can you make sure you're keeping them suitably clean and hygienic, and stored in the right way?

Lovehoney's Elisabeth Neumann explains that most toys can be easily cleaned by using a sex-toy cleaner, or even just with warm water and a neutral soap. When it comes to storing your toys, use the little pouches that they come with to protect them from damage, and make sure they're clean and dry before you put them away. If you want to keep your toys on an exposed shelf, Neumann suggests giving them a clean again before you use them, as they may have collected dust and other matter while in storage. Finally, always read the instructions and understand that, if your toy can be exposed to water, to do so very carefully.