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IT'S EASY TO SHOP SMART IF YOU KNOW WHAT INGREDIENTS TO LOOK FOR IN COSMETICS



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BODY, BATH AND HAIR

anti-ageingnow.

ALL ABOUT LYCOPENE

THIS ANTIOXIDANT, DERIVED FROM TOMATOES AND RED VEGETABLES, IS CREATING A BUZZ IN BEAUTY CIRCLES

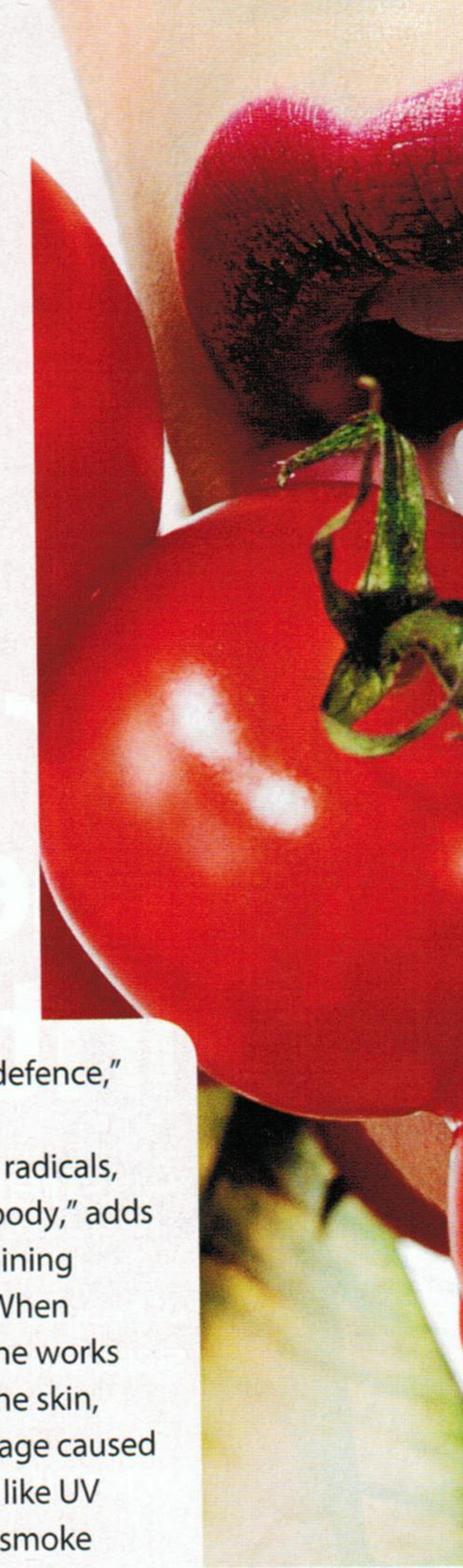
What is lycopene?
 "It's a naturally occurring antioxidant found in red and orange foods," says Sydney cosmetic physician Dr Van Park. "The best source is in cooked tomatoes, in particular, the skin. It's something we are very excited about at the moment in terms of anti-ageing."

What are some of the youth-enhancing properties that lycopene has to offer?
 "It protects the skin from free radicals and against oxidative damage caused by UV rays," says Park. "Studies have shown that it seems to have the ability to enable the skin to better protect itself from the sun."

What about in my skincare?
 "While it hasn't been proven conclusively, it has been suggested that when applied topically, lycopene may be able to assist the epidermis, or surface layer of the

skin, with its free radical defence," explains Park. "Antioxidants, like free radicals, work on all levels of the body," adds Amber Scott, national training manager at Ella Baché. "When applied topically, lycopene works on the surface layers of the skin, fighting free radical damage caused by environmental stress, like UV rays, pollution, cigarette smoke and other chemicals in the air. Combining internal intake of lycopene with topical application helps fight ageing free radicals on all levels."

Try: Ella Baché Fruit d'Éclat à la Tomate Bio, \$88. Ella Baché Crème Tomatoe, \$73. Yes to Tomatoes Clear Skin Daily Balancing Moisturizer, \$23.95. Sukin Certified Organic Rose Hip Oil, \$19.95. Aveda Tourmaline Charged Eye Creme, \$89.95.



talking SHOP

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