

essential beauty



Beauty news

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Chakra power

Meditation lowers blood pressure and keeps you looking young, according to advocates. It can also be enhanced by aromatherapy oils. An Australian company, Goddess-ence, owned and run by Anita Ryan, has developed a range of organic aromatherapy oil blends, Chakra Essentials, that correspond to your chakras. For the uninitiated, chakras are the seven Hindu energy centres in our bodies that each govern a physical, emotional and spiritual domain. Ryan's oils cover each chakra, smell incredible and are lots of fun to use in stressed-out offices. Ryan suggests using the third eye oil to raise intuition or the solar plexus oil before a meeting where you have to be assertive. See www.goddess.com.au



Photo: AP Photo/Jeff Christensen

Elle's third eye

Best moment at the ModelCo/Elle Macpherson Erase Those Fine Lines morning get-together recently? The news that the truly super model (who does look incredible) thinks doing Botox is bad – especially for the Zen set. "For those of us who meditate," she said, "imagine the impact of putting botulism in our third eye." Judging from the nods around the room, there are a lot of puzzled surgeons wondering at the epidemic of cancellations.