



So much of our lives revolves around routine, a change of look to go with the change of season is the answer – Zöe Foster advises us on the look for Winter ...

Ah, winter. Many resent your arrival, but not me. For I know that with you comes a whole new palette of make-up, nail polish and hair colour, and with the rest of our bodies being covered up in skivvies and tights, you're the only way we have of showing off how utterly magnificent and chic and on trend we are to the world. As to what's in this wintery palette, I've got that right here ...

1. LONG, DARK, MAHOGANY HAIR

The easiest way to recession-proof your hair? Let it grow. Let it grow long. And if you have a natural wave or curl? All the better. Not only are long, layered hairstyles smack on trend, but should you happen to "miss" your monthly snip, your hair won't lose its shape or show split ends. The perfect crime. See, while short hair is a delight, it requires lots of maintenance. Same goes for blonde hair. So go dark. After all, what better time of the year to make the switch to brunette than winter? (Hint: None.)

Update your look: First the cut. The key to keeping hair looking stylish rather than unkempt is to make sure you tell your cutter you are planning to grow it out. Ask for layers that will keep their shape, and buy a good quality conditioning treatment to use weekly so your ends don't look ratty. As for the colour, the trends for this season are very much grounded in nature – opt for golden browns with touches of mahogany – these give warmth and the golden hues give richer and fuller looking hair. (Plus, they will fade with more elegance than a cool brown.) Or, if you're already brunette and are feeling adventurous, ask for some gentle buttery caramel balliage (hair painting) on the tips. You get instant warmth and cool factor and zero regrowth.

2. MATTE LIPSTICK

Perched several million kilometers away from our much-loved obsession with gloss-drenched nude lips is the 2009 trend of matte lipstick. I put it down to Mad Men – the brilliant Emmy and Golden Globe award-winning TV series set in the early '60s. One look at the polished, pretty dolls sashaying around on this show will have anyone reaching for a lippie. And the colours! So vibrant, so punchy! Forget taupe, think tangerine. Scrap beige; go for blue-reds.

Ditch the flesh tones; grab the fuchsia. And remember: we're not looking for a creamy or shiny finish – we want it to look as though it's your lips ... only with colour.

Update your look: The key to pulling off a bright matte lip, (and anyone, of any age and skin tone can) is to keep the rest of your face pared down. The glorious minxes on Mad Men team their bright lips with semi-matte, peaches-and-cream complexions, simple winged liquid liner and mascara. The lips do all the talking here. And what do they say? "Hello! Don't I look fun and polished and glamorous!"

3. '80S MAKE-UP

From probably one of the most feared eras, beauty-wise, multi-coloured power make-up somehow snuck onto the runways both at the international A/W 09 ready to wear collections (Marc Jacobs, Gucci, Giorgio Armani) but then also here at the RAFW S/S 09 collections (Wayne Cooper, Ant!podium.) But there's no need to be scared. Honestly. (If you're experiencing frightful flashbacks of perms and teased fringes, grab a glass of water and sit somewhere quiet to collect yourself.) All we need to take away from this trend is the idea of wearing a colourful eye and a colourful lip, together at the same time, and making it look gorgeous. Which, despite a whole decade of evidence suggesting otherwise, can be done. It's simply a matter of choosing one colour palette, and sticking to it. (And remembering that whole "less is more" thing.)

Update your look: Now there'll be none of this magenta lipstick with electric blue eye shadow, thank you. No, it's more likely a wash of sheer pink on the eyelids, and a bright pink lip. Or, a smoky violet eye teamed with a sheer lilac gloss. Or a medley of terracotta and bronze on the eyes and an earthy copper gloss. Alternatively, you could go to town with a 'rainbow' eye on the lids and keep things modern by ensuring lips stay nude. Take the '80s influence as far as you feel comfortable – I say we should see it as an excuse to revisit colours you may have been avoiding but which actually look quite fetching on you.

4. ANTI-COLOUR NAILS

Generally a time for dark plums, violets, reds, black and browns, winter must surely be the preferred season for our more gothic friends.

But Winter '09 is bucking the trend, with a focus not on dark and brooding nail polish colours, but rather no colour at all. That's right, the anti-colour: nudes, neutrals and light greys. But this is not French manicure nude, nor your feminine, sweet pinky-white nude – this is flat, cool, opaque flesh-toned polish – and it was created to match all of the flesh-tones that will be so big in the coming months. Mark my words: Nude is the "colour" to keep an eye on.

Update your look: Whether you love your nails long and round, or short and square, you can wear this look with ease. Some colours that perfectly "nail" (sorry) this trend include: OPI Sand in My Suit, OPI Samoan Sand, OPI Mod Hatter, Essie Curtain Call, CND Moonlight and Roses. Just make sure it's a slightly harsh nude, with a slightly industrial feel, rather than your traditional soft nude.

5. ETHEREAL SKIN

Backstage at RAFW I was at risk of becoming bored with the overwhelming abundance of flawless, natural, gleaming skin being created on the models. But this wasn't the dewy, shimmering skin from a few seasons ago – this is more of an otherworldly, golden look, almost as if the skin is made to look alien-like. Sounds creepy, is actually very beautiful. (A good reference is Cate Blanchett in the Lord of the Rings trilogy – her skin was perfect, luminescent but never shiny. Kind of like Cate in real life, come to think of it.)

Update your look: The key to this look is first investing in a semi-matte foundation that is perfectly, perfectly matched to your skin. Liquid or compact are a better choice than powder, as they tend to sink more flawlessly into the skin. If you're a fan of mineral make-up, most of your work is done, just try to avoid buffing the make-up in to the point of it becoming shiny, or follow with a translucent powder. The second part is finding a great cream or liquid illuminator for your skin tone. (Dark and olive skins should go for a golden base; fair skins a pearly/silver base.) This magical product, blended in carefully along the top of cheekbones and under the brow bone (and even on eyelids if you're game) will throw light and give your face angles you never knew you had.

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of www.primped.com.au

FIVE (SIMPLE) WINTER BEAUTY UPDATES