



BEAUTY TALK  
**Elyse Knowles**

The Aussie model reveals the one step in her evening regimen she never skips, and spills her secret for thicker, bouncier hair

“WHAT SOME MAY SEE AS OVERNIGHT SUCCESS HAS BEEN A LONG AND SOMETIMES HARD ROAD”

**T**ell us about your make-up routine—do you have a go-to beauty look? “My beauty philosophy is all about being as natural as possible—both in the products I use and the end result. If I’m not working, I keep my make-up simple. I love a tinted moisturiser, a sweep of bronzer, some mascara, a lip balm and I’m good to go.”

**What about skincare—do you stick to a strict process?** “I’m absolutely obsessive about taking my make-up off, it’s a non-negotiable must every day. From there I have a fairly strict skincare routine. I cleanse, tone and moisturise with specific products for morning and evening.”

**You try your best to adopt an eco-friendly lifestyle; how do you incorporate this into your beauty regimen?** “In all areas of my life I like to use brands that care about the planet as much as I do, Aveda being a perfect example [Elyse is an ambassador for Aveda]. Consumers have a lot of power and responsibility in the choices they make, and brands like Aveda prove it’s possible to make amazing products and be committed to sustainability and the environment.”

**You’re known for your summery, blonde waves—can share your styling secrets?** “Aveda’s Thickening Tonic is amazing. My hair can be flat when it’s first washed and

this product instantly thickens hair from root to tip, and gives great body and bounce once dry or styled. From there it’s down to drying and tonging some waves into place.”

**When you do have time to stop, how do you like to unwind?** “My job can be hectic and I can be travelling a lot, so when I’m home I love nothing more than downtime with [boyfriend] Josh [Barker], my family, friends and the dogs. This could be taking a long walk on the beach, having breakfast at our favourite cafe or just chilling at home making dinner together.”

**What’s your favourite type of exercise?** “I really like to mix up my exercise routine as much as possible, [that] way I don’t get bored and I keep challenging myself with new things. On a normal week when my schedule allows, I aim to do three weights classes and three HIIT classes. I also walk the dog for an hour every day.”

**Your new book, *From Me to You: Elyse Knowles*, offers advice to others; what advice would you tell your younger self?** “Don’t give up on your dreams. I’ve been modelling since I was 10 years old, so what some may see as overnight success has been a long and sometimes hard road. There were times when I wondered if I would ever reach my goals, but hard work and dedication does pay off.” —**BETTINA TYRRELL**



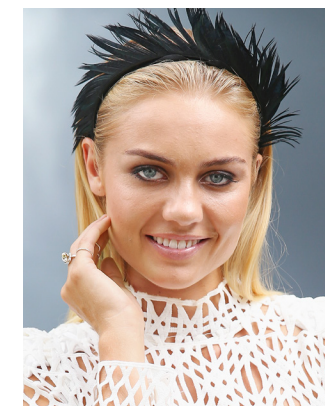
**ELYSE’S MUST-HAVES**

1 Aveda Damage Remedy Daily Hair Repair, \$49.95; [aveda.com.au](http://aveda.com.au) 2 Benefit Gimme Brow+ Volumising Eyebrow Gel in 3 Medium, \$42; [benefitcosmetics.com](http://benefitcosmetics.com) 3 IT Cosmetics Naturally Pretty Vol.1 Eyeshadow Palette, \$62; at [sephora.com.au](http://sephora.com.au) 4 Aveda Thickening Tonic, \$39 5 Clinique Beyond Perfecting Foundation and Concealer in Honey, \$55; [clinique.com.au](http://clinique.com.au)



**AUSTRALIAN FASHION WEEK, 2015**

“I was going for a relaxed and ‘undone’ look here. My hair and make-up was very minimal.”



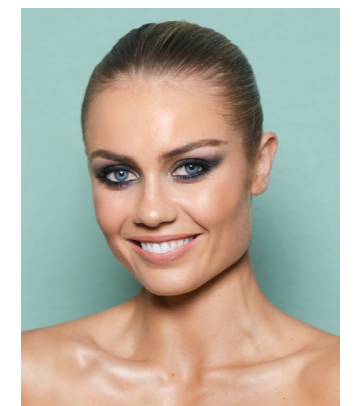
**SYDNEY AUTUMN RACING CARNIVAL, 2016**

“Sleek hair is always an easy option for fascinators as it allows the headpiece to be the hero.”



**MELBOURNE FASHION FESTIVAL, 2017**

“I loved this make-up, particularly the contoured cheeks and shaped brows.”



**INSTYLE WOMEN OF STYLE AWARDS, 2018**

“Fierce is the word that comes to mind here! For this look I wanted my hair and make-up to make a bold statement.”