

My makeup bag: Katrina Grant

Netball star Katrina Grant says she's not a "girly girl" and doesn't wear much makeup - before pulling half a beauty counter from her handbag. The popular Central Pulse captain and Silver Fern sat down at Oriental Bay's Parade café for a chat with FishHead about balancing her busy, energetic lifestyle with looking and feeling good.

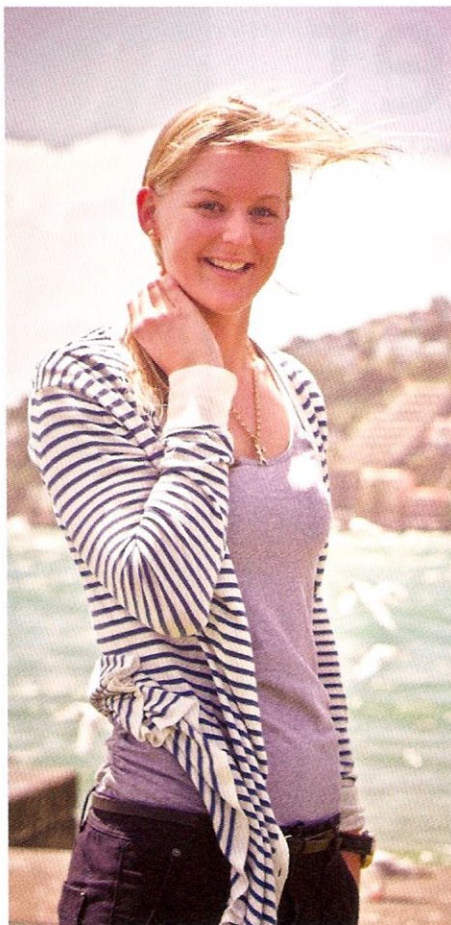
A self-confessed MAC fiend (with a limited edition Wonder Woman makeup bag to boot), the towering defender - who stands 6'2" tall - says a move from Dunedin to Wellington to join the Pulse in 2010 inspired a more sophisticated approach to fashion and beauty - and Pulse teammate Vic Smith is one of her style icons.

Exercise is a huge part of Katrina's lifestyle - she's currently training with teammates nine times a week with bike, running and weights sessions, while the netball season sees a step up to around five speed and weights sessions, three netball sessions and a game each week. Between training, matches and extramural study towards her Bachelor of Business degree, the 24-year-old doesn't have a great deal of time for pampering. Katrina cuts corners by getting her eyelashes tinted, although she regularly treats herself to hair appointments at Shape and facials at Skin Therapy on Tinakori Road, and never leaves home without a spritz of Bulgari Omnia Améthyste perfume.

Katrina prefers a natural look, and wears bareMinerals mineral foundation for light daily coverage, and MAC's Pro Longwear foundation for a night out, adding either bareMinerals bronzer or Napoleon Perdis' Whipped Dream tan enhancer.

With very fair skin, sunscreen is an everyday must, and Katrina swears by Environ's sunscreen and moisturiser, which include vitamins and antioxidants for keeping skin clear and radiant. She's also a fan of wonder-product Lucas' Papaw Ointment.

For a night out, Katrina adds MAC blush, along with MAC's eyeshadows in Mega Metal and Peek-At-You, and an eye-catching lipgloss.



Katrina explains that on a trip to the United States, she and her sister "went nuts" for makeup deals - and she snapped up the luxurious Yves Saint Laurent's Touche Éclat highlighter, which conceals dark circles and adds illumination, while her best beauty bargain is L'Oréal's Voluminous Million Lashes mascara.

A dedicated owner and user of GHD straighteners, Katrina also knows to look after her blonde tresses - and Revogue argan rosehip oil is her go-to hair care product.

"Whenever I wash my hair, I have to put this in," Katrina says. "I use it all the time."

Revogue is made by Katrina's sister, and can be purchased online at www.revogue.co.nz.