

MEN'S FINAL
Is Djokovic
the greatest
of all ti-me?

SPORT



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EXCLUSIVE PAGE 4

ALLISON LANGDON

Diving
into the
deep end

sundaylife



The Sun-Herald

SUNDAY, FEBRUARY 2, 2020

INDEPENDENT. ALWAYS.

\$3.90 INCLUDING GST



Clontarf health KIC Is abs-olutely fabulous

Models and health advocates **Steph Miller (nee Smith) and Laura Henshaw** brought their fitness and well being app KIC (Keep It Cleaner) to Sydney on Thursday. The Melbourne pair put Sydney media and influencers through their paces in a 20-minute workout from their KIC HIT (high-intensity interval training) program, finishing with a short meditation to bolster "confidence".

For a journalist who doesn't enjoy "workouts", I found it fun, quick, high in energy and something I could envisage incorporating into my fitness regime. The morning of wellness was held at a private home overlooking Clontarf beach, and guests included KIC chief marketing officer **Michelle Battersby**, TDE's **Alyce Tran**, Double Bay eyebrow queen **Kristin Fisher**, and Harper's Bazaar and ELLE Australia beauty writer **Kate Lancaster**. Launched in late 2018 KIC now has more than 250,000 Instagram followers.

To celebrate Jonah's 91st birthday, the luxurious hotel and restaurant held an exclusive soiree at its Whale Beach premises last Sunday. Some of Australia's biggest names in business, philanthropy, politics, sport and media showed up to the iconic restaurant with its spectacular views to sip Bollinger and dine on Australian king prawns, Sydney rock oysters, sashimi and a range of novelty Australian-themed canapes including Jonah's take on Chiko rolls and Vegemite scrolls.

Opera singer **Lorenzo Rositano** and chanteuse/actress **Ashleigh Rubenach** serenaded the crowd, which included the Honourable **Dame Marie Bashir**,

former governor of NSW, television personalities **Kerri-Anne Kennerley**, **Mike Munro** and **Jono Coleman** as well as actor (and northern beaches local) **Peter Phelps**.

Australian Olympic Committee president John Coates was in good company with Olympic gold medal swimmer **Chris Fylder** and his Olympian wife, **Rose**, multiple Paralympic champion **Kurt Feamley** and Olympic swimmer, America's Cup sailor and Australian Surf Life Saving champion **Ky Hurst** with his wife, **Katie**. In total there were 11 Olympians and one Wallaby in the room, plus league legend **Cooper Cronk** and his wife, **Tara Rushton**.

Philanthropists were well represented by Vittoria Coffee legends **Les** and **Luisa Schlrato**, along with Buildcorp founders **Tony** and **Josephine Sukkar**.

On Friday night TV personalities hairstylists, makeup artists and models celebrated the launch of The Show Sydney, a new hair, makeup and beauty expo that will take place at the ICC.

The room was awash with celebrity makeup artists who gave guests a sneak peek of what will be an offer when The Show opens its doors to the public next weekend, including live demos, masterclasses, retail therapy, competitions and giveaways.

Two lion-faced women roamed the room in their special effects makeup while guests including **Shelley Horton**, The Morning Show co-host **Kylie Gillies** and television presenter **Monique Wright** raised a glass for the launch while enjoying Sydney rock oysters, Tempura prawn cutlets and steak tartare on melba toast

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Whale of a time: (From top left) **Katie** and **Ky Hurst**; **Ashleigh Rubenach** and **Jack O'Dwyer**; **Kerri-Anne Kennerley** and **Nadia Benussi**; **Michael Shehadie** and **Dame Marie Bashir**; and **Cooper Cronk** with **Tara Rushton**. Photos: Jessica Ross



IN AND OUT

Our weekly guide to what to keep and what to cull



WHAT'S IN
Guilt-free, sugar-free ice cream

WHAT'S OUT
Lockout laws!