

# aQuarius

COMPLIMENT

JANUARY 20

**ENERGISE!**  
LEARN TO RISE  
AN ALL-DAY HIGH

High-gloss beauty  
tips and tricks

PLAY THE 200  
NUMBER GAME

**STILL SQUABBLING  
WITH YOUR SIBLING?**  
TURN TO P34 AND  
MAKE PEACE

**WIN!**  
Herbal pamper  
packages  
plus a body  
makeover

**WORK IT!**  
**63** NINE-TO-FIVE  
FASHION  
SOLUTIONS

How to make  
resolutions  
that stick

# HAPPY YOU YEAR!

6 WEEKS TO A CURVE-LICIOUS BODY

**PLUS!** BIRTH PARTNERS + OSTEOPOROSIS + WELL-WOMAN CHECK-UPS + DEAT HAIR LOSS  
BUTTLING BANGALORE + HEALING REFLEXOLOGY + HEALTHY KITCHEN SWAPS



# LOOK GOOD, FEEL GREAT!

*Spoil yourself and indulge in some quality me-time.*

## AKARU SPA, THE AVIATION CLUB, DUBAI

The Indocéane Spa Ritual by Thalgo is the ultimate relaxation treatment which is completed in three stages. First comes the Mediterranean step – a sweet and savoury body scrub, using brown sugar, Mediterranean salt, citrus fruit essential oils (citrus, grape fruit and mandarin). The next phase of the treatment takes its inspiration from India, the land of Ayurveda, and uses Neem oil, an essential oil of sacred woods. This luxurious massage helps the body relax and leaves you feeling intensely calm. The Chinese step is a sublime body wrap that helps to relax and regenerate using rice germ oil and tender fragrances of jasmine, lily of the valley and sandalwood. In all three steps Qi- Marine, a brown algae extract, and Sacred Lotus are used. These two active ingredients strengthen the body's enzyme levels and immune system and have an anti-inflammatory effect. They also soothe and soften the skin, relax the muscles and improve microcirculation. One hour, Dhs275. Call 04-2828578.

## KAYA SKIN CLINIC

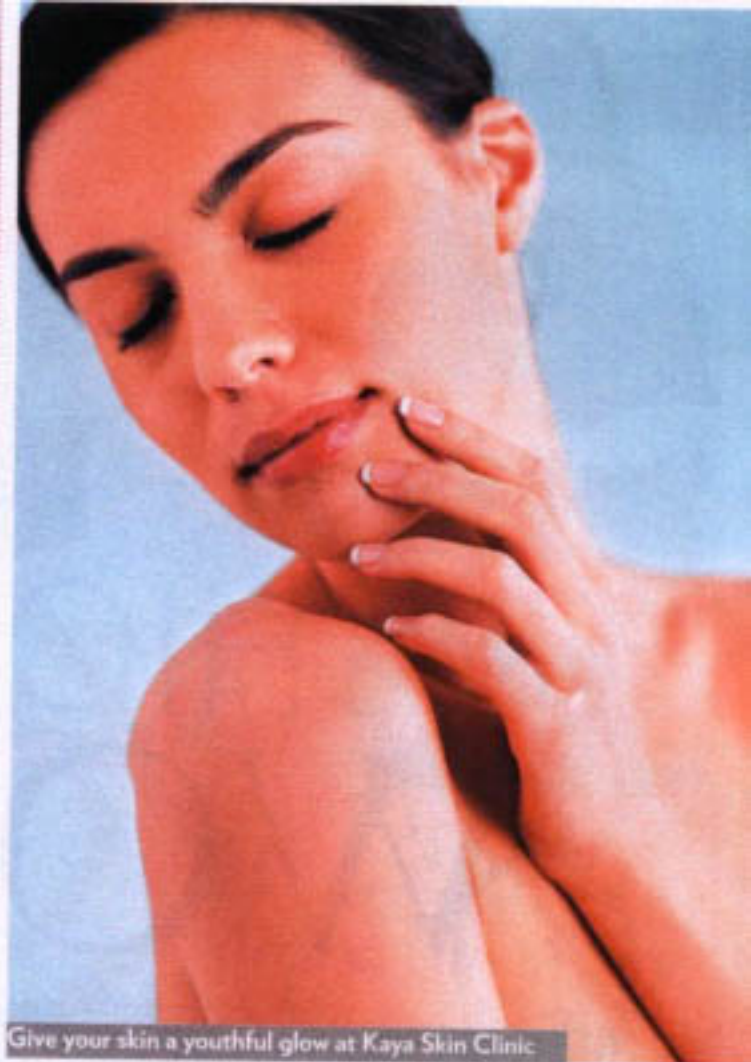
Fight the effects of age pollutants, UV rays and skin damage with Kaya Skin Clinic's new Skin Renewal System treatment. SRS is a scientifically advanced skin care technique that has been designed to fight against the build up of old, dull and dry skin that accumulates over time. The service includes five treatments that involve the revolutionary use of active ingredients and special formulations to rejuvenate skin and return it to its natural radiance. SRS is designed to suit all skin types, including sensitive skin. The new service is available across all the Kaya Skin Clinics in the UAE and Oman. For more information on the treatment, call 04-3499558.

## BIOLITE SKIN CLINIC, DUBAI HEALTHCARE CITY

The newly-opened Biolite Skin Clinic specialises in non-surgical treatments. The clinic was set up by medical aesthetician, Mona Syed-Mirza, a specialist in IPL (Intense Pulsed Light) technology. The clinic places emphasis on safety and results and has been accredited and regulated by the Healthcare Commission UK. It offers a range of non-surgical cosmetic treatments and facial enhancements using well established and safe technologies approved by the FDA. Treatments include Ellipse IPL Permanent hair reduction; Transderm age control treatment; IPL photo facials; glycolic peels; and Transderm cellulite reduction. Call 04-3752122.

## MAVEN SPA, DUBAI

Treat yourself to a Coco Radiance Massage, using pure, natural peppermint and lavender essential oils mixed with cold pressed almond oil. This full body massage will be followed by a freshly grated coconut scrub which is rich in vitamins, minerals and enzymes. This treatment is guaranteed to leave your skin silky by removing the dead skin cells. The circular movement while scrubbing with freshly grated coconut will boost skin renewal as well. One hour, Dhs250. Or you could try the invigorating Tea Tree Massage. Tea Tree Oil has been used widely in skin care and in various cosmetic products and has scientifically proven antiseptic and anti-



Give your skin a youthful glow at Kaya Skin Clinic

fungal qualities. Maven Spa's signature Tea Tree Massage is a re-energising body massage with a very special blend of tea tree and lavender essential oils mixed with cold pressed almond oil. An excellent treat to boost energy and refresh the mind. One hour, Dhs240. If you book your appointment between 10am and 1pm, you will receive a 10 per cent discount (excluding manicures, pedicures and special monthly offers). 04-2888 480.

## RETREAT HEALTH AND SPA, GROSVENOR HOUSE, DUBAI

If you live in the Marina area, you'll love the convenience and luxury of Grosvenor House's Retreat spa. To recover from the frantic festive season, book a Sea Essential Hydro Bath using Phytomer products. Thirty minutes, Dhs170. Phytomer beauty treatments are inspired by the sea. The amazing similarities in the composition of marine elements and the skin make Phytomer beauty products suitable for all skin types and highly effective in nourishing and treating troubled skin. Retreat spa offers a variety of holistic and specialised Phytomer treatments, including Sea Essential Body Wraps (Dhs510); Sea Essential Satin Treatment (Dhs350) and the Sea Holistic Scalp Massage. Call 04-3176762

## DALOUK SPA, SHARJAH LADIES CLUB

Pretty up with the Damask Rose Skin Healing Massage. This luxurious and truly feminine treatment begins with dry body brushing. Your therapist will first apply rose rehydrating gel to prepare your skin for the rich rose oils and body lotion which will be applied with long soothing strokes. The treatment is finished off with an ultra relaxing and soothing massage and a sleep-inducing scalp massage. 75 minutes, Dhs300 for non-members (normal price Dhs350). Call 06-5067880. ■