

emirates

APRIL 2008

woman

Katie Holmes
Far, far from Dawson's Creek

WHAT WOMEN WANT

BYE BYE ALPHA MALE, HELLO HOUSE HUSBAND!

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FOR WOMEN OF STYLE AND SUBSTANCE



“The more superficial [fine lines around mouth and eyes] the less dense product we use. For areas where we want more volume such as cheeks and laughter lines we use a more dense product”

procedure (your face is slightly warm afterwards but there is no redness or downtime) uses a suction cup to literally suck the sebum (oil) out of pores and a laser to combat rosacea and other discolorations. Unlike other treatments that require over 10 sessions, with each session costing as much as rent, this treatment takes only four to five sessions and results can be seen the next day. Since your glowing skin is finally grease and bacteria-free, you can finally ditch the antibiotics, over-drying topicals and harsh peels.

Fantasy Facial

Want to glow like tinsel town's finest? Meet the facial that's currently taking Hollywood by storm. The Epicure Enzyme Facial (available exclusively at L'Esprit in Jumeirah) is designed to enhance the skin's appearance using enzyme proteins that act as catalysts for beneficial cellular changes. It works by promoting rapid cell regeneration, oxygenation and nutrient absorption leading to the improvement in the appearance of the skin, in which results in most cases are seen immediately.

Although the process lasts longer than the epic series of *Lord of the Rings*, it is touted to be the next beauty phenomenon. Celebrities such as Jennifer Lopez, Brooke Shields, Jennifer Aniston and Sarah Jessica Parker are all known to swear by the Epicuren skincare line for their facial fixes.

Radio Frequency Skin Tightening Treatment

This innovative treatment works by increasing the skin's dermal

temperature and improving cellular function by tightening the collagen and facilitating an increase in blood circulation providing extra nutrients and oxygen to the collagen. “This creates heightened elasticity in the skin and results are visible after the first treatment,” says Mona Mirza, a skin expert at the Biolite Clinic in Dubai. Combined with the photo facial the results are phenomenal and is now being touted as the alternative to fillers and surgical facelifts.

Thermage

So you want to get rid of some of that extra, sagging skin before you don your new bikini? This new type of skin tightening procedure may be just what the doctor ordered. Thermage, which uses radiofrequency to tighten and lift skin, may also flatten unwanted flab, says Ariel Ostad, a dermatologist in private practice in New York City and a clinical assistant professor of dermatology at the New York University Medical Centre. “For people with loose skin on their abdomen from pregnancy, or childbirth, Thermage can tighten the skin,” he says. It's FDA approved for the face, but Thermage can be used on other areas. Ariel says: “For people who are very self-conscious about wearing bikinis, Thermage involves no scars and provides minimal lifting and tightening.” We are definitely sold on this treatment. ●