

24K GOLD FACIAL

Perfect for an instant pick-me-up, the 24K Gold facial at Dr Kayle Aesthetic Clinic uses 24K gold to offer a lifting affect and reduce the appearance of fine lines and wrinkles. Each facial will be customised to each person's skin type but the basic ingredient will remain the same. Gold slows down collagen depletion and the breakdown of elastin to prevent sagging skin. It stimulates cellular growth of the basal layer to regenerate healthy, firm skin cells and provide a tightening effect. A superior hydrating formula locks in moisture and plumps up the skin for softer and supple skin while the treatment will also improve blood circulation, increase skin elasticity and cell renewal, offering an instant glow to have you looking fabulous for the festive season.

Booking details: Dr Kayle Aesthetic Clinic www.drkayleclinic.com, 04 3306611



PARTY PERFECT

WANT TO LOOK AND FEEL YOUR BEST FOR THE FESTIVE SEASON? WE ROUND UP THE BEAUTY TREATMENTS, TIPS AND TRICKS TO BEING PARTY READY

SPRAY TAN

We may live in the desert but there are many women who struggle to find the time to top up their tan. So become a bronzed goddess in time for the party season with a spray tan at Pastels Salon. Pastels offers a choice of two tanning options for all skin types and preferences. For Eco lovers, Naked Tan, offers a vegan-friendly approach. The 20-minute Rapid Tan is the World's first wash and wear tanning solution, enriched with Argan oil, olive oil and Aloe Vera to hydrate your skin while you wear the product. Fake Bake Express uses an accelerator that speeds up the development time and leave you with a bronzed glow in just 60 minutes after the application. To achieve an even darker colour, there's no need to re-apply, simply leave the spray tan on longer then rinse off the guide colour to reveal the tan.

Booking details: Pastels Salon Jumeirah 04 588 5534/5397



THE ORGANIC HAIR LAB

Newlook Salon offers a unique range of hair treatments than will leave you with luscious, glossy locks. The treatment starts with a consultation and a hair diagnostic so that the hair technician can cater the treatment to your hair needs and ensure you are getting the best treatment for your hair type. Choose from a primary base of fresh Aloe Vera, avocado or coconut cream which will be mixed together with other ingredients to treat the hair concerns. This mix will be applied to your hair as a mask. The treatment also offers an add on experience of Essential Oil Scalp Therapy. Each guest will be provided with a menu to choose the scalp oil you require to address your individual hair concerns and there are also options for an organic Scalp Scrub Remedy.

Booking details: Call 04 330 1310 or visit www.newlooksalons.com



PLEXR PLASMA EYELIFT

Plexr Plasma Eyelift is a non-surgical cosmetic treatment that regenerates skin collagen using a specialized device called a Plexr Pen. The procedure not only gives one a youthful appearance but helps to achieve eye symmetry. The Plexr Plasma pen is a handheld device which creates a plasma arc that generates heat. When directed on the target area, it creates micro-holes in the skin, which cause instant contraction and tightening of loose skin. This happens due to the stimulation of collagen and elastin production, which is key for a youthful skin. The surrounding skin will be left completely intact, while the newly generated skin cells continue tightening over a period of days. The treatment is relatively painless (despite how it sounds) and a numbing cream is applied to the skin beforehand just in case. The Plexr plasma is a treatment that was developed for people who are after a faster and effective treatment, with minimal downtime, and almost instant results. The results start showing after only 10 days, with the skin continuing to tighten for the next 3 – 4 weeks.

Booking details: Dr Adnan Tahir – Consultant Plastic and Reconstructive Surgeon at Aesthetics by King's College Hospital Dubai, www.kingscollegehospitaldubai.com



CRYO SLIM

For those wanting to lose a few pounds before the festive season starts CRYO Slim is the fuss-free easy method. CRYO slim uses a non-invasive method that freezes away excess body fat by using sub-zero temperature to destroy the cells. The low temperatures cause the fat cells to self-destruct as they struggle to deal with the below zero temperatures. This destroys the cells and in turn reduces the body's fat content. The treatment can work on both the body and face. It is recommended to have a session every two weeks leaving your body's lymphatic system time to recover in between sessions. CRYO slim is especially effective on stubborn fat

Booking Details: CRYO Dubai, Emirates Towers 04 351 8300.

