

BODY

Beautiful

Our roundup of the latest treatments and products to rejuvenate your body from the inside out, and from head to toe.

WORDS by ODELIA MATHEWS

That age-old saying that beauty begins from within is true. The food we consume and the nutrients we select to nourish all vital functions reflect not only on our skin, hair and nails, but also on our energy levels and that lit-from-within-glow. To keep that natural, luminous and healthy-looking, year-round radiance there's help by way of the ever-popular vitamin infusions which involve administering a high concentration of liquid vitamins, antioxidants, amino acids, and minerals into the bloodstream. The therapy may be for only one vitamin or a cocktail of nutrients. "Our Anti-Aging IV infusion is packed with key nutrients such as B-vitamins, Biotin, Folic Acid, Zinc, and Magnesium to promote hydration, healthy hair, nails and skin while boosting energy levels and immune health," explains The Elixir Clinic's Co-Founders Acaena Amoros and Mahi Aramideh, adding that their VitaDrip infusions also include powerful antioxidants such as Vitamin C and Glutathione that help remove toxins, reduce oxidative stress, stimulate collagen production and enhance overall wellbeing. Recommended just twice a month and taking only minutes to administer, vitamin infusions are a real powerhouse to boost immunity and health.

Sometimes, a little extra help is needed to sort out the natural effects of ageing; the little sag which calls for a pull, the contours which need firming. For a quick-fix that does not limit you from fun activities and take away your time, the facial thread-lift is our favorite quick, easy, and effective procedure. "The procedure will give an immediate lift effect without any incision," says Dr. Dany Kayle, Founder of Dr Kayle Aesthetic Clinic, explaining that it is ideal for anyone who isn't ready for surgery. "Although happy with

their botox and fillers, some may still feel the need to handle the skin laxity that is starting to develop in many areas of their face. Patients can resume daily activity right afterwards. There might be a chance to have some bruises or dimples; however, all those will disappear in 2 or 3 days, hence it is often labelled the Weekend Lift." Used alone, or combined with any other treatments, the thread-lift uses a combination of threads based on individual skin condition and takes approximately 30 minutes, making it an easy-in, easy-out procedure that can be done during the lunch break, or straight after work. Given that it lasts between one to one and a half years, this is certainly something that can take years from your face without fuss. Another in-demand treatment that is popular with celebrities like Jennifer Aniston and Courtney Cox, is the age-defying, mini-facelift known as Ultherapy. "I have been using Ultherapy for the past 10 years. This is an unrivaled tool in aesthetics," says Dubai's go-to skincare therapist, Rebecca Treston of the FDA-approved procedure that uses ultrasound imaging and requires no downtime, with only 45 to 60 minutes to complete the procedure. "This treatment should not be used more than once a year but can be combined with other technologies for optimal results". While results are fully visible in two or three months, there is an immediate noticeable difference and the results last for up to two years.

For those looking to smooth and shape their curves ahead of beach season, CoolSculpting® has become a firm favorite. This fat-freezing procedure is the only FDA-cleared, non-surgical, fat-reduction treatment that uses controlled cooling known as 'cryolipolysis' to eliminate stubborn fat in those difficult areas. Think love handles, double-chin, thunder thighs, saddle bags and bingo-wings and you probably get what it is targeting. Combined with unique protocol aptly called 'Cool It' which uses Fotona skin tightening to ensure there's no sag left, the results have catapulted the procedure to fan favorite. "Our protocols address even the most challenging issues, and we don't just stop at the face, we can also sculpt your body by permanently eliminating fat and tightening loose skin," says Sharin Shafer, the visionary behind Skinfluencer which offers the procedure.



On our beauty radar is the newly launched Korean skin-care brand, belif, inspired by 19th century herbal apothecary. All products are formulated using traditional herb processing methods and natural ingredients, and the products are free from parabens, sulfates, phthalates, synthetic preservatives, synthetic dyes, synthetic fragrances, mineral oils, and animal origin ingredients. We recommend the Aqua Bomb Brightening Vitamin C Cream with four types of Hyaluronic acids including Vitamin C and E, along with the naturally-scented Rose Gemma Concentrate Oil which moisturizes and adds radiance to the skin.