



ALL THAT GLITTERS

La Prairie's pot of gold

If ever there was an argument in favour of gold, it's for the influence it has on one's sense of wellbeing. The Egyptians were the first to ingest it for mental, physical and spiritual cleansing over 5 000 years ago. Over the centuries, it's been used in dentistry, pharmacology and cooking to cure ailments and boost health. Metallic gold divided into minute particles and suspended in solution is known as colloidal gold, powerful enough to reduce dependency on alcohol, caffeine, nicotine, and carbohydrates; treat arthritis and cancer; improve blood circulation; heal heart conditions; and increase mental acuity, among others. So imagine what it can do for your skin. The transformative powers of pure gold are captured in Cellular Radiance Concentrate Pure Gold, a facial serum by La Prairie that rejuvenates and brightens the skin. The pure gold in the colloidal gel, a La Prairie exclusive, slows down the breakdown of collagen and elastin to maintain youthful elasticity and firmness while energising and nourishing the skin. Its age-defying biotechnology also helps diminish lines and wrinkles and regulates pigmentation. The serum works in tandem with Cellular Radiance Emulsion SPF30 and other moisturisers to maximise their hydrating effect. Just one drop in the morning and evening after cleansing and toning is all it takes. **For more information, call 021 442 7700 or visit www.laprairie.com.**

SMOOTHE OPERATOR

Cathy Gee's beauty bar

If you know what you need and you don't want to waste time, treat yourself to a bit of Cathy Gee's New York state of mind at Smoothe Beauty Bar in Big Bay, Cape Town. Inspired by her work experience at world-class beauty houses in New York and London, Gee's boutique concept breaks the mould of a traditional spa in design, treatments and therapists' training. Even her background music selection is different – French songs mixed in with big band hits and smooth jazz standards. If you think this might break your reverie, think again. Essential oil vapours permeate the boutique, setting the scene for the kind of me-time devoured by men and women. The therapists move quietly around their space, speaking in hushed tones, and only when necessary. Their passion for making bodies beautiful allows for the customisation of services from wonderful facials and manicures to massages and waxing. Products are environmentally friendly and often include fresh ingredients. Try the 90-minute full Smoothe facial for the ultimate pampering session – in addition to cleansing and rejuvenating your skin, it incorporates a massage that will make you float to your car.

For more information, call 021 554 9631 or visit www.smoothebeauty.com.

PHOTOGRAPHY: SUPPLIED



FACE VALUE

The leading creams and lotions aimed at dealing with everything from wrinkles to sun damage and facial scars

ELIZABETH ARDEN PREVAGE

The promise: The line is chock-full of idebenone (aka the most powerful antioxidant on the market), which helps heal sun damage, redness and minor scars, while boosting radiance and improving texture.

The delivery: The Face Advanced Anti-Aging Serum (R1 295), a glow-giving fluid designed to be worn under moisturiser and night cream. Dovetail it with the SPF30 day cream and you'll have people asking if you've been away within a week.

GUERLAIN ABEILLE ROYALE

The promise: That royal jelly extract will stimulate healing mechanisms within the skin which will firm tissue and smooth out fine lines. The fast-acting serum has caught the attention of beauty editors everywhere.

The delivery: The Abeille Royale Night Cream (R1 565) has a rich, soothing texture and a yummy scent. Use it for a few nights and your skin will start looking fresh and more evenly toned come morning.

STRIVECTIN-SD

The promise: Collage-boosting peptides, ceramides and apple stem cells will launch a triple-pronged attack on both static and dynamic wrinkles (sun and smoker's lines as well as expression lines) and sagging.

The delivery: The Intensive Concentrate for Stretch Marks & Wrinkles (R1 535) is not a quick fix – you need to use this topical treatment every day for two months to see any improvement in lines, but after three or four weeks, your complexion should look bright, clear and taut around the cheekbones.