

A close-up photograph of a woman's face, focusing on her eyes, nose, and lips. She is wearing a gold-colored facial mask or treatment device. The lighting is warm and soft, highlighting the texture of her skin and the metallic sheen of the mask. The background is dark and out of focus.

# SHAPE YOUR LOOK

BEAUTY IN ACTION

## *Hang on to youth*

*Dr Robert Rey's ("Dr 90210") Sensual Solutions skincare range has hit our shelves (at selected Edgars). He shares beauty secrets with us.*

### **1 Stop the caffeine**

According to Dr Rey, caffeine contributes to cellulite formation and prevents our bodies from absorbing vitamins. His suggestion (it's a fun one): eat dark chocolate, as close to 100 per cent cacao as you can, to help control the urges.

### **2 Exfoliate with honey**

Put honey (a natural humidifier) and brown sugar into a bowl, microwave it for five seconds and leave it on your face for 10 minutes, then rinse off. It's a clay mask that tightens your face.

### **3 Sleep on two or three pillows**

Dr Rey says this will make dark circles go away. "If you sleep flat, vessels in your face will pop." Rest shoulders on the pillow too, so you won't strain the neck. Sleep on your back; the pressure of sleeping on your side will wrinkle your face.

### **4 Keep two spoons in the fridge**

A quick fix if you have a meeting and need to get rid of bags under your eyes. Put the refrigerated spoons on your eyes for 10 minutes.



## SMART SHOPPING

For bright eyes, you can buy any Gatineau eye treatment at half its normal retail price when you purchase two other Gatineau products (one must be a treatment product). This special offer is available from March 21, 2011 for as long as stocks last in selected Stuttafords and Dis-Chem outlets.



## Coming to a spa near you...

The latest spa global trends can already be seen in SA, according to the South African Spa Association: **ASIAN TOUCH:** Treatments are inspired by a new “Spa Road” stretching from China and India to Thailand and Indonesia.

**A PINCH OF SALT:** Salt rooms and salt caves: basking in naturally occurring salt caves – speleo-therapy – is a centuries-old Eastern European tradition. Studies reveal it is beneficial for respiratory illnesses like asthma and allergies, skin conditions such as acne and psoriasis, and even cystic fibrosis.

**MEDICAL:** The number one reason people go to spas has been to “relax and de-stress,” but increasingly it is turning into “relieve aches and pains”, with doctors prescribing specific spa treatments.

**ÜBER-LOCAL:** Spas are going hyper-local, putting their own twists on the “farm-to-table” movement, with farm-to-spa cuisine and farm-to-massage-table treatments. Fruits, herbs, honey etc, are grown on-site, and then dished up in meals, treatments and products.

**IN A NEW YORK MINUTE:** The name of a suite of mini (15- to 30-minute) spa treatments, performed simultaneously by multiple therapists. It helps people spa anytime and more efficiently, from open early, open late and all-night spas to “express,” “sampler” and simultaneous treatments. The trend towards “mini-sized” treatments will continue to rise in 2011, aimed at time- and budget-crunched consumers.

## NEWSFLASH

Fashion icon and rock star Gwen Stefani is the new face of L'Oréal. “Gwen is a stunning artist with mesmerising talent. She takes beauty to another dimension, somewhere between style and art. She’s definitely a modern muse of her time,” says Cyril Chapuy, global brand president of L'Oréal Paris.



## This month we love

Indulgence Spa Products Soy Candles (R220). They are made from 100 percent pure organic soy wax and infused with luxury fragrances and pure essential oils. The fragrance fills the air with the most captivating aroma and as the wax burns the warm melted oil can be used as a moisturiser or for a massage. For more info, visit [www.indulgencespaproducts.co.za](http://www.indulgencespaproducts.co.za)

PHOTOGRAPHY WAYNE MITCHELL, SHUTTERSTOCK.COM, NICK HORNE, ROGER NEVE

# GOOD ENOUGH TO EAT!

What's colourful, chubby and full of moisture? Clinique's new pleasantly plump and playful nourishing lip balm. Packed with "do-gooders" to keep lips luscious and soft, new Clinique Chubby Stick Moisturizing Lip Colour Balm (R175) glides on effortlessly, leaving behind a natural blush of colour and sheen. A special blend of decadent butters, oils and antioxidants help protect and pamper lips with immediate and lasting moisture. Available in six mouthwatering shades, ranging from nudes to pretty pinks and deep purples.



THIS MONTH I TRIED...

## GUINOT HYDRADERMIE DOUBLE IONISATION FACIAL

The Guinot Hydradermie facial has been around for 40 years. It was the pioneer of an electrotherapy ionisation process where positive active ions and negative active ions are used during a facial treatment to help product ingredients penetrate quicker and deeper into the skin. This facial was recently updated; the client does not have to hold the negative electrode handle any more and new active ingredients such as vitamin F or fatty acids (which brings more density to the skin) were introduced.

I had the new treatment under the expert hands of Guinot's national educator Debbie Nel. First my skin was deep-cleansed with the process of mild electrotherapy – a gentle massaging movement of the electrode rollers to help ingredients penetrate deeply into the skin. Next, high-frequency action was used to oxygenate and energise skin cells. This is great for healing blemishes and scarring. The one-hour treatment is rounded off with a relaxing "Lifting Massage" which leaves the complexion firmed, toned, healthy and glowing. The results are immediately visible and I didn't want to put make-up on my radiant skin afterwards.

The treatment can be tailor-made for you, whether your concern is firming, acne, wrinkles, hydration, redness or dull skin. Call 011 305 1600 for info about a Guinot salon close to you.

– Elsa Krüger

## GO VISIT!

Smoothe Beauty Bar in Big Bay, Cape Town is a New York-inspired business and has a twist on traditional treatments: it is the first in SA to offer the Oxygen Facial – already famous in America and London; and the pay-per-minute massages – each session is designed according to the client's needs. All lotions used in manicures and pedicures and the massage butters are freshly prepared with fresh ingredients and made on site each day. Therapists are trained to use the same wax techniques as the J-Sisters who made the Brazilian wax famous. The wax used doesn't stick to your skin, ensuring a quick and almost pain-free experience. (We all know it will never be completely pain-free!) Visit [www.smoothebeauty.com](http://www.smoothebeauty.com) for more.



## 5 OF THE BEST NEW EYE CREAMS

1. **Dr Hauschka** Regenerating Eye Cream (R450)
2. **Beaute Pacifique** Enriched Vitamin A Anti-wrinkle Eye Crème (R730)
3. **Bobbi Brown** Hydrating Eye Cream (R475)
4. **Sans Soucis** Essential Luxury Intensive Eye Care (R519)
5. **Elizabeth Arden** Ceramide Plump Perfect Ultra Lift and Firm Eye Cream SPF15 (R330)



## NEWSFLASH

In April, Chanel's make-up artist Hannah Lindsay will offer beauty tips at Chanel counters at selected Edgars branches in Durban, Cape Town, Pretoria and Joburg.