

GET BEAUTIFUL

Feel fabulous

Women all need a little extra help – in the form of lotions, potions and dream creams. Spoil yourself with these fabulous products and treatments – what bliss!



Just what the doctor ordered

Developed by German plastic surgeon Dr Erich Schulte, **QMS Medicosmetics is a range of medical-grade skincare** that originated from his clinical research into the role of collagen in skin regeneration. His knowledge on the ageing process comes from his work as a traumatologist in the 1970s when he found that applying collagen to burns accelerated wound healing. He incorporated his research on skin regeneration into anti-ageing and developed and patented a unique way of delivering collagen into the skin where it can get to work combating ageing. QMS range provides the only soluble collagens that can be applied topically and absorbed into the skin. In addition to the range of products the Classic Treatment is also available at Constantia Uitsig ☎ 021-794-0433, Garden's Health & Skincare ☎ 021-465-6295 and Optima Skin Rejuvenation Durbanville ☎ 021-975-8999 from R500 - R650. www.qmsmedicosmetics.co.za

Smoothe operator

It's a good time of the year to try Smoothe Beauty Bar's guilt-free 90-minute **Ultimate Full Fat Facial** (R650). Ideal for dry, ageing, menopausal or dehydrated skin, it includes ionic ultrasound therapy, Omega 3, 6, 9 advanced facial, neck and chest massage, moor mud therapy for rapid, advanced healing, mini peel for brightening and rapid decrease of facial lines, firming facial enzyme mask with vitamin therapy, natural Botox alternative targeted to specific lines and wrinkles and full dermastretch, collagen activating treatment for hands, neck and chest. Your face will feel and look fantastic afterwards. Shop 40, Eden on the Bay, Big Bay, Bloubergstrand ☎ 021-554-9631. www.smoothebeauty.com



Head-to-toe treat

The Mount Nelson's Librisa Spa is housed in three original late Victorian buildings and the treatment rooms are all oversized and individually decorated. The three-hour **Sodashi Energise** treatment is refreshing and hydrating and will give you a definite energy boost. It includes a 45-minute organic green tea salt therapy exfoliation, then a 45-minute Librisa deep tissue massage that melts away the tension, followed by a 90 minute Sodashi rejuvenating facial (R2 205). The products used are from the Sodashi and Africology ranges, containing only 100 per cent natural ingredients. **Taking the children along?** Librisa has a dedicated fully supervised children's club available at no extra charge. Also enjoy the beautiful surroundings and amenities and combine your package with a healthy breakfast or lunch at the Nelly's Oasis restaurant. The spa is open daily from 10am – 7pm. ☎ 021-483-1550, www.librisa.co.za