

Beauty Buzz

We try and test the latest treatments out there so you know what's worth it!



Cryotherapy Full Body Treatment, Cryo Health, Dhs400

BEING BONE-CHILLINGLY COLD is not a foreign concept to me—after all, I used to spend winters in North America. But when I stepped into the body cryotherapy pod at Cryo Health in Dubai's Emirates Towers Boulevard, my first thought was “I have never been so cold in my entire life.” The friendly manager Ali explains that briefly freezing the surface of the skin not only speeds the recovery of sore muscles, it also burns 400-800 calories in a single treatment, jumpstarts your metabolism and boosts circulation, reducing cellulite.

After stripping down to my undies in the changing room, I slip into soft cloth booties, mittens and a comfy bathrobe. I step into the pod and, fully encased from the neck down, I hand Ali my bathrobe over the top. I then stand with my arms up for three minutes in temps of about -142°C. Minute 1 is cold but bearable, but by minute 2 I'm starting to really *feel* it. Ali tells me to shuffle around in a circle, which helps, although by minute 3 I'm starting to feel shooting pains in my thighs. He tells me I'm doing really well by not swearing or screaming (as grown men have done, apparently) and it spurs me on to endure the full 3 minutes.

After stepping out, the cold instantly stops. I'm told to use an elliptical machine in the same room (bathrobe-clad) for a few minutes to help my blood flow and to warm up again, and I'm surprised to discover that, aside from the fact that my thighs feel like cold chunks of freezer meat, I am on a completely euphoric natural high as endorphins and adrenaline rush through my body (the fact that I just burned *that* many calories in three minutes flat also helps).

“I'm definitely going to do this again...no matter how cold it is!”

My muscle pain is also completely gone and the effects last until my next workout. When done regularly—it's safe to do it daily if you wish—this treatment (which is also anti-ageing) is excellent when used alongside an exercise programme. It's often used to treat sports injuries, and is the modern-day equivalent of jumping into an ice bath, with added benefits. While it's pricey, I know I'm definitely going to do this again—it feels too good (and is too good for my body) not to... No matter how cold it is!

Renewal Facial, Talise Spa, Madinat Jumeirah, Dhs550

SODASHI PRODUCTS HAVE been in my good books for a while: The Australian brand has created a faultless range of almost magical products that rely on plants and essential oils to not only rejuvenate the skin but also calm the spirit (true story, the Sodashi team meditates over each batch of products before it is shipped out). So imagine my delight at stepping away from the typical frenzy of a day at the office for an hour's rejuvenation during a Sodashi Renewal Facial at Talise Spa at Madinat Jumeirah.

Talise itself is a glorious maze of traditional Arabic architecture that calls to mind *1001 Arabian Nights*, and I will admit that I intentionally slowed my pace as my therapist led the way to my treatment salon so that I could enjoy the subtle bubbling of fountains. After tucking me under a warmed towel, my therapist set about cleansing my face with almost ritualistic motions. One after another, beautifully-scented potions and lotions were gently massaged into my face and neck, and with each my therapist quietly murmured their benefits into my ear. She then used a soft bristled brush to smooth on a mud-like paste and then wrapped my face in a warm towel so that only my nose poked out. While the toxins were heated out of my skin, she set to work massaging my shoulders and arms.

Later that evening, when my impurities (and worries) were good and banished, my reflection was that of a care-free woman. My forehead wrinkles were noticeably less pronounced and the skin on my cheeks had definite “bounce” for the next few days. This is flower power I could definitely get used to.

