

Spa Secrets

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BEAUTY ■ HEALTH ■ LIFESTYLE ■ TRAVEL

FRESH FRAGRANCES

THE LATEST
FLORAL PERFUMES
FOR SPRING

scarlett
JOHANSSON

TALKS ABOUT
CATSUITS, SUPER
HEROS & SKINCARE

spring FASHION

THE LATEST TRENDS,
SWIMWEAR,
WATCHES & BAGS
TO LOOK FOR

GREECE
IS THE WORD

FOR TOP SPA RESORTS,
FOOD & CULTURE

TOP 25

*spas in South America,
from Argentina to
Ecuador & Uruguay*

go organic

HOW TO INDULGE IN
THE LATEST GREEN
BEAUTY TREND

SPA & SHOPPING

*Barcelona, Dubai,
Hong Kong, London
& New York*

SPA FIX

*from dull skin to
sleep problems,
we've got the
spa solution*



Medi Spa

SCENE

THE LATEST AESTHETIC TREATMENTS THAT CLAIM TO TRANSFORM YOUR BODY AND FACE THIS SPRING. WORDS: SAM LEWIS

The hot list

The popularity of non-surgical aesthetic treatments is set to soar this year, according to industry experts, as technology improves and, perhaps, our vanity increases.

Wendy Lewis, an independent cosmetic surgery coach who runs a cosmetic consultancy, says the future is non-invasive. "I see a definite emphasis on non-surgical body shaping, which is a huge growth category today. This goes for everything from technologies that break up cellulite, to those that freeze or liquify fatty bulges. While once a woman may have gone in for a tummy tuck, she may opt instead for non-invasive treatments such as CoolSculpting or UltraShape."

Dr Tracy Mountford, one of three cosmetic doctors profiled in *The Tatler Doctors Guide 2013*, is witness to this trend. Her Cosmetic Skin Clinic is now the biggest user of CoolSculpting in Europe with some patients reporting up to 40% fat reduction, alongside a continued demand for more natural rejuvenation.

Lasers are tipped to be one of the fastest growing treatments, as are those that use radiofrequency and ultrasound energy. However, that doesn't mean people aren't prepared to go under the knife. The number of men undergoing operations to remove 'man boobs' grew by 28% in 2012 and males are also receiving more nose jobs, with rhinoplasty up 17%, according to Transform, the UK's largest cosmetic surgery provider. The report also revealed a 65% increase in general cosmetic inquiries from men and women last year.

www.cosmeticskincinic.com www.transforminglives.co.uk

Celeb SPY

Cougar Town star Courteney Cox, 48, has revealed she's a fan of laser treatments and 'game for anything' if it will keep her looking youthful. In a recent interview with *New You* magazine she said she's tried Ulthera to boost collagen and Fixelle to remove brown spots from her body and face.



Over 100,000 Brits undergo cosmetic operations each year, with breast enlargements the most common surgery. www.baaps.org.uk

Latest

COMPLEXION CLEANSE

Dr. Michael Green's Skin Revitalize and London Skin's 21 Medspa have teamed up to launch a brand new treatment for blackheads, combining gentle and fast results with deep pore cleansing in the form of a unique hydrotherapy and microdermabrasion. The skin is treated to a deep exfoliation to reduce blackheads, resulting in a glowing complexion by removing oil, dirt and reducing inflammation. www.thebeautyandwellnesspackages.com www.21medspa.com



FIGHTING FLAB

Dr. Michael Green's Skin Revitalize has teamed up with the UK's leading body sculpting and toning clinic, to launch the new Ulthera treatment. The three-stage treatment process combines advanced radiofrequency and ultrasound to break down fat cells and lift up to 2cm of the tissue per treatment, including around the neckline. Eight sessions, administered every two weeks, of an eight treatment is recommended. From £1,200 per session. www.fightingflab.co.uk

FIRMING FACIAL

MicroTherm facial uses a combination of radiofrequency and ultrasound and is clinically proven. It's used during the skin treatment on the neck, under the jaw, cheeks, under eye bags, under the lip, and forehead areas. Most people notice a difference in three to six weeks. Introducing treatment £250 per session (20% discount with single follow-up treatments). At the £1,000 price of £225. www.glowingfaces.com

SCAR TREATMENT

A non-invasive new treatment called Collagen Sculpin that breaks hyperpigmentation, sun spots and keloids in over 90% of cases available in the UK via the distributor's website. Performed under local anaesthetic, the use of fibrin from the body is used using a needle containing liquid collagen. For more details see www.thestylingspa.com www.colлагin-sculp.com