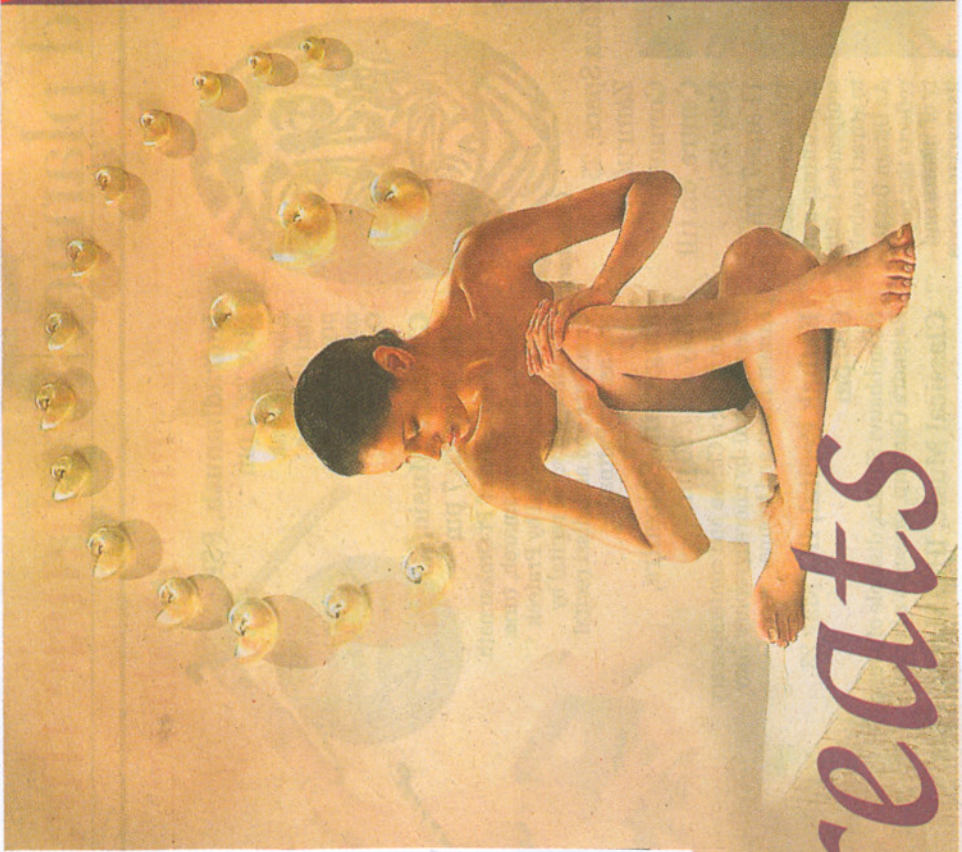


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READ & WIN!
Turn to pg 19 for
HOT contests and
HOT winners

Sure, your skin
deserves a
summer treat but
are you sure what
kind? As beauty
clinics sprout all
over, **AMIN ALI**
plays skinsaver
and figures
out the best
treatments to
go in for this
season and why...



Summer Treats

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Photo courtesy: Aura Spa

to stay cool this summer. Then there's Tanya who invested a sizeable amount on permanent hair reduction to get over the trouble of waxing this season. Alas! She didn't know that laser would treat only black hair. Her brown and golden hair stayed set. She shelled out extra for them but prolonged laser exposure left her with burn marks. Yes, the idea of overnight fixes is tempting but it can backfire big time. Dermatologist Dr Rishi Parashar feels it's the beauticians turned doctors and industrialists turned health barons that hold out false promises. He says, "Overall skincare is a lot more than quick fixes like hair reduction or skin lightening." The next time you go in for a laser treatment, make sure you know what laser is being used, whether it suits your skin type and what its lasting effects can be. "And only a qualified doctor is equipped to tell you this," cautions Dr Parashar.

SKIN SENSE

Before zeroing in on a summer spa schedule or beauty treatment, make sure you really need that fancy diamond peel or that caviar facial, because they don't come cheap. Cosmetologist Dr Anup Dhir is of the opinion that overall skin cleansing is the first and foremost need for the season. "Before settling for any treatment, be sure about the actual reasons behind your rashes, pigmentation and dry skin. Only then should you look for treatments or massages to rectify the disorder. Don't go for random massages in the hope that the underlying problem will be taken care of," says Dr Dhir. So, if you have a pimply back, don't go rubbing oil into it or lavishing a milk-based cream on it. Each problem has its own specific solution. The next time you step into a spa, make sure you really need that therapy. After all, it may cost you more than just big bucks!

SKIN SINS

Wondering what skin treatment to go in for and where? Here are our **HOT** picks for summer of '09...

SUNSHINE TREATMENT

After a robust tan-buster scrub, you yield to a soothing Balinese massage, its rhythmic strokes like a Hawaiian dance on your back, limbs, neck... Shoo knots of tension! Rose and sandalwood aroma oils, ideal for summer, help soothe and revitalise your skin. Then follows a skin lightening process to erase sun spots and make your skin softly glow. An exceptionally cooling spa treatment.

@ *Asian Roots Spa, Safdarjung Enclave*

UDHWARTANA

To start with, a deep, dry massage with herbal powders softens, exfoliates and moisturises the skin. Thereafter, specific Ayurvedic products are combined with a warm marine mud mask to cleanse and decongest the skin. Voila, rebalanced epidermis!

@ *Mystic Spa, New Friends Colony, Mehrauli, Punjabi Bagh*

BODY POLISH WITH CANE SUGAR

The treatment uses real cane sugar crystals soaked in a sparkling blend of citrus oils with pure tamarind pulp, adding a therapeutic dimension to this stimulating body polish. The fresh fragrance of bitter orange and bergamot leaves you feeling invigorated, while the pure, raw sugar exfoliates

the skin gently. The treatment hydrates and repairs the skin, leaving it glossy.

@ *Espace, Radisson MBD*

THAI HERITAGE MASSAGE

The pressure points on your fingers, palms, elbows, knees and feet are stimulated while unique body postures help you stretch and flex various muscle groups to boost the natural flow of energy along your 10 energy lines or *chakras*. The anatomy of stupendous summery freshness!

@ *Harnn Heritage Spa, Saket*



Photo courtesy: Kanahil Resort & Spa

FOOTACIAL

This "foot facial" offers a scrub with sea salt and lemongrass to stimulate blood circulation. It works well for cracked heels. Find respite in a lemony-minty foot soak loaded with cleansing and anti-fungal properties. Your nails are massaged with honey and aloe vera to restore lost lustre. Then, a steam session and a foot mask rich in active enzymes gives you shiny, happy feet.

@ *Aura Spa, The Park*

Aksha was our gym candy. We all waited for her to start her workout everyday and we would sigh as droplets of sweat dripped down her porcelain face. Indeed, she had the best skin one could ever imagine. She was fanatical about facials and spa treatments, and the results of her skincare regimen floored us all. She soon became the benchmark of good skin till the day she wore a spaghetti top. Horror of horrors! Her body wasn't a patch on her porcelain face. In fact, her back was dotted with prickly heat rash! There and then, Aksha ceased to be the epitome of healthy skin. Because, like most of us, her idea of healthy skin also ended at the neck. But as you will find out, beauty treatments are much more than facials... Read on!

ROYAL SPA-LENDOUR

What does one look for in a spa? Exotic ambience? Fancy massages? Hey, that's yesterday's news. After all, it took just one kid to find the truth behind the emperor's new clothes! So, if you are still raving about the Thai massage you had with no obvious benefits, then you are no smarter than a fifth grader. While exotic treatments are attractive, you must be sure of the basic ingredients. Where's the smartness in splurging on a massage or a therapy that uses lotions or cleansers that are any way available at cosmetic counters? Also, make sure that the materials used are not just some average international cosmetic brands being peddled as exotica!

QUACK FIXES

Recently, a pal got a Botox jab to beat excessive sweating, a common summer problem. Voila! The sweat was gone. But pretty soon, he realised that his body had lost the ability to cool itself naturally! Result: He has to stay indoors