

# 8 BEST FOR: A holistic experience

**THE TREATMENT** DR HAUSCHKA CLASSIC FACIAL TREATMENT (FROM R580 FOR 120 MINUTES)

**THE PAMPER** The treatment begins with a warm sage foot bath and gentle stretching movements for the neck, arms and hands. Lavender-infused compresses are followed by two mask treatments to nourish skin. The signature Dr Hauschka brushes are rhythmically swished across the face to stimulate skin's natural lymphatic system.

**THE PERK** The lymphatic massage not only decongests skin but also leaves you with a feeling of wellbeing.

**LEAVE WITH** healthy, balanced skin – both inside and out.

**CONTACT** Duma Manzi Eco Lodge & Spa in KwaZulu-Natal, ☎ 033 212 9418/9 or visit [www.dumamanzi.co.za](http://www.dumamanzi.co.za), or call ☎ 021 794 1662 for your nearest salon.



# 9 BEST FOR: Stress-busting

**THE TREATMENT** AFRICOLOGY AFRICAN GODDESS FACIAL (R420 FOR 60 MINUTES)

**THE PAMPER**

A de-stressing, anti-ageing and cell-renewing facial. Africology skincare is a chemical- and paraben-free holistic range, and uses the healing power of plant oils in all its products and treatments. The facial is great for stressed, dehydrated skin, with Q10, frankincense, geranium and rose otto for deep hydration. The latter is said to balance skin and emotions in times of change or upheaval, reducing fine lines and redness in the process.

**THE PERK** If you're looking for more than just a facial, this treatment uses small Tibetan gongs to activate your energy centres and clear your aura.

**LEAVE WITH** supple skin and a rejuvenated body, mind and spirit.

**CONTACT** Sandton Sun Spa, ☎ 011 780 5500.

# 10 BEST FOR: Wrinkle prevention

**THE TREATMENT** SKIN RENEWAL ANTI-AGEING MESOGLOW FACIAL (R750 FOR 60 MINUTES)

**THE PAMPER** This skin-rejuvenating needle-free alternative to traditional mesotherapy injections combines microdermabrasion with a transdermal mesotherapy machine. Unlike conventional mesotherapy (in which a solution is injected into the skin), this machine is needle-free but delivers the same active ingredients to skin. 'One should start anti-ageing treatments at the age of 25,' says Dr Maureen Allem, founder of Skin Renewal.

'Transdermal mesotherapy is a noninvasive way to keep skin's fibroblasts active and promote gradual, graceful ageing.'

**THE PERK** It treats environmentally damaged skin, puffy eyes and a double chin all in one go. Four to six treatments are needed for best results.

**LEAVE WITH** a visible glow that lasts.

**CONTACT** ☎ 0861 263 972 or visit [www.skinrenewal.co.za](http://www.skinrenewal.co.za).



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PRICES CORRECT AT TIME OF GOING TO PRESS



Dr Hauschka Cleansing Cream (R233)

Dr Hauschka Facial Toner (R352)

Dr Hauschka Rose Day Cream (R370)

Dr Hauschka Lymph Stimulation Brushes (R359 for two)