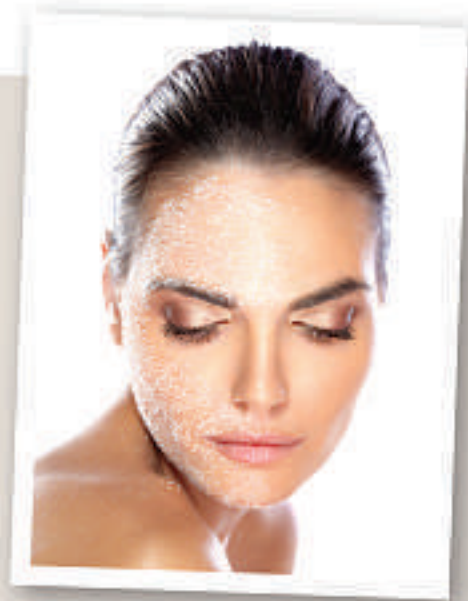




BOTANICAL BRONZING

The entire IMAGE team road-tested the new Irish eco-tanning range Karora, and there wasn't a streak, complaint or an Oompa-Loompa among us. Fused with active botanicals, vitamins and melon extract, this is self-tanning at its most progressive, from €19.99.



BEYOND BOTOX FACIAL

I think I might have had an epiphany. Or at least seen some light at the end of the anti-ageing tunnel. A future of needles, lasers, injections and acidic peels mightn't be what I'm resigned to; there are alternatives - real ones - that might work. So, after almost a decade of regarding Botox as the first defence to fight time, I skipped my quarterly appointment to try Nuala Woulfe's Beyond Botox treatment. To call it a facial would be an understatement; just as to call Nuala Woulfe a therapist would be too. She's a skincare expert with a whole lot of extras (nutrition, reflexology and other complementary therapies) and a pedigree as enviable as her client list. As she peered at my skin, she could tell my history, habits and shortcomings before saying she could confidently keep me "away from the other stuff" with her bespoke treatment. What followed involved lots of vigorous massage to get my facial muscles warm and working, then a JetPeel - something like a refined microdermabrasion (but with zero downtime), using saline water to remove old cells and super-hydrate my skin, deep, deep down. Another massage followed, this time involving a micro electric current to really re-invigorate skin, cells and muscle. The pulse didn't sting (even near my metal fillings), and was conducted through light gloves worn by Nuala. Then came a SkinCeuticals Vitamin C masque - I could feel the active product penetrate, and have now integrated the SkinCeuticals serum into my daily regime too. The final result, to my critical eyes, is quite remarkable: Plumper, clearer skin, diminished lines (now full of vitamins and moisture), even skin tone and - what I was really wishing for - a bit of a glow. I'm thrilled. Three treatments in quick succession will, apparently, keep me away from a needle. And for once, I think I believe it. Beyond Botox, €130 available exclusively from Nuala Woulfe, 4c Glashthule Road, Co Dublin, 01 230 0255; www.nualawoulfe.ie. **MM**



PHOTOGRAPH BY ISTOCKPHOTO. CELEBRITY PHOTOGRAPH BY REX FEATURES.

Beauty sleuth

Colon cleansing and needle-free rejuvenation are on our agenda for March.

TREATMENT ON TRIAL
COLON HYDROTHERAPY

WHAT Colon Hydrotherapy - or more oft-referred to as "colonic irrigation" - is the detoxification and restoration of good colon health and has historically been a treatment of choice for celebrities like Cindy Crawford, right **THE INSIDE STORY** (Yes, pun intended). Well, it's a delicate subject, both to talk about and experience, but I went in with a predisposed idea that it would be both crippling painful and embarrassing. Thankfully, it was neither. Anne Rossi, the salon owner, is an ex-nurse, so from the get-go, I knew I was in good hands. And, the fact that I was in a relaxed, dimly-lit room and not a clinical environment, helped put me at ease. The procedure, to put it mildly, is the disposal of colon waste, via an "internal bath" (basically, a hose placed where the sun don't shine). Sterile water is gently inserted into the colon and the final section of your intestines (while you lie on your side) and a flushing process of pumped water expels waste to rid the colon of unwanted matter. The whole process takes less than an hour. And, forgetting all my inhibitions, I chatted away for the entire process

THE RESULTS? An instant energy lift, a flatter, less bloated tummy (although bloating did return several days later), and visibly clearer skin. It did exactly what it said it would

UPSIDES It's good for IBS sufferers (although, it can be quite painful) or anyone whose delicate balance has been upset by environmental pollutants, stress, poor diet, etc. Colon therapists claim colonic irrigations may be instrumental in preventing the occurrence of disease and that they can also highlight food intolerances you might not know you have. They can even tell if you don't drink enough water or if you don't chew your food properly

DOWNSIDES There is an argument that it strips the colon of good bacteria that you need in your system so overdoing treatments is a big no-no **THE DAMAGE** One treatment, €110, course of four, €400 **WHERE** Anne Rossi, 2 Vernon Avenue, Clontarf, Dublin 3, 01 833 0365; www.annerossi.com.

