



PERSONAL WELLBEING



Photo: Adam W. Szczech



In her ongoing quest to test the very best beauty treatments and therapists out there, **Holly White** this month goes in search of 'wonder treatments'

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This is the first of a two-part series on so-called 'Wonder Treatments'. In this issue I focus more on the technological advances of such treatments. Next month's column will feature holistic therapies.

I-Lipo at Papillon Skincare – €495 (8 sessions)

Every once in a while a new piece of technology breaks through in the beauty industry that makes your jaw literally drop. I-Lipo did just this to me. In short, it is a completely pain free way to melt away inches of fat. Although I didn't have much to lose, over a course of eight bi-weekly sessions I lost a total of eight inches between my thighs and my hips. The process takes just 10 minutes per area, and 30 minutes exercise is required afterwards.

T: 01 4966812

W: PapillonSkincare.ie

Red Vein Removal at Anne McDevitt – €300 (3 sessions)

I had a small clump of red veins across my cheeks just under my eyes and had naively thought they would eventually go away by themselves. Sadly, the fact that this will never happen was quickly pointed out to me and I found myself looking for an expert to deal with them. Anne McDevitt is renowned as a true expert in the facial care area. After one session an improvement was visible and after two the offending veins were nearly gone.

T: 01 6777962

W: Annemcdevitt.com

OPI Everlasting Polish at Mink – from €55

All my friends had been getting so excited about three-week manicures, though I couldn't help but secretly admit that most looked clumpy or lacked gloss. Kate, the proprietor at Mink explained that she found the OPI version the best, and I definitely agree. This, in my opinion, is the future of nail polish; three weeks later my toes are still looking perfect and are a bright and glossy fire-engine red. A long-lasting and refreshingly well-priced treatment.

T: 01 6362100

W: Mink.ie

VelaShape at Therapie – €1,100 (6 sessions)

Exclusive to Therapie in Ireland, VelaShape is the first FDA-approved treatment for cellulite. It's a combination of bi-polar radiofrequency, infrared light energy, plus vacuum and a mechanical massage. It's not entirely pain-free and is a similar sensation to endermology, of which I am a huge

fan. A combination of diet and exercise and, in short, a lifestyle overhaul is also required for lasting results. For those embarking on a new regime, this will be an excellent boost to your plan.

T: 01 4721222

W: Therapie.ie

Beyond Botox Facial at Nuala Woulfe – €130

Nuala Woulfe has long been a highly regarded go-to Mecca for Southside grooming and maintenance, and this is all down to it's proprietor Nuala Woulfe's continued pursuit of the newest and most effective treatments. The Beyond Botox Facial utilises the magic of the Jet Peel as well as the magic of microcurrent. This is a serious facial with serious results. My skin was instantly smoother and looked thoroughly detoxed. I felt as if the circulation to my face was racing again.

T: 01 2300244

W: Nualawoulfe.ie



WELLBEING BOOK OF THE MONTH

Stairways to Heaven, by Lorna Byrne, published by Harmony, €17

Lorna Byrne's first book, *Angels in My Hair*, is now an international bestseller and it seems the world has welcomed her gentle and inspiring spiritual wisdom. I saw her speak in the RDS and must admit that by the end even those who at first seemed sceptical left looking uplifted. *Stairways to Heaven* is even more comprehensive and, in my opinion, is better written than her first work. Visit Lornabyrne.com

