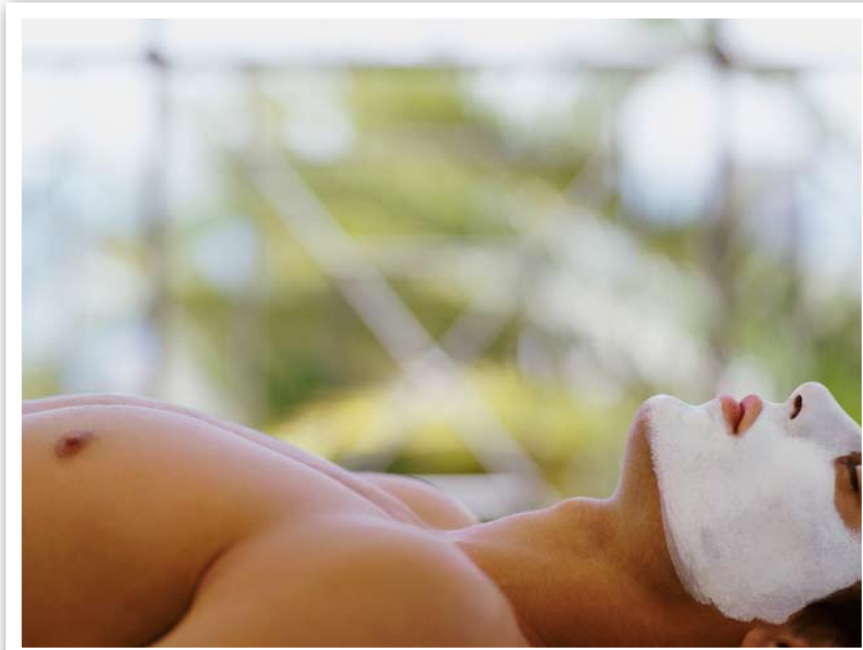


FACEFACTS

Possibly the most comprehensive men's facial around, the Ultimate Facial The Gentleman's Spa in Jumeirah is in a grooming league of its own



Men have long since overcome the initial feeling of trepidation that goes hand-in-hand with booking their first professional facial in a spa or salon. Indeed, judging by the mammoth list of men-specific facials that are available in seemingly every major spa, men in the Gulf are more than proficient when it comes to facial care.

Although these facials are great for general maintenance and a pre- or post-night out skin pick-me-up, how effective are they for countering more serious skin nasties? Facial massage, deep-cleansing, toning and moisturising all have their place in ensuring healthy, good-looking skin, but for those of us not blessed with naturally flawless complexions, something on the stronger side is needed.

Specifically designed by The Gentleman's Spa, the Ultimate Facial is a personalised treatment which utilises advanced technology and modern techniques to correct everything from acne and acne scarring, to redness, enlarged pores and overall skin texture and tone. In addition, the treatment works on fine lines and wrinkles by stimulating collagen production and resurfacing the skin, it can even reverse the effects of sun damage – all this in just under two hours too.

The treatment commences with deep cleansing and steaming and is followed by a combination of microdermabrasion, extraction, a specialised masque containing products catered to your specific skin requirements and finally, 'laser genesis' which is used to rejuvenate the skin.

It is this combination of treatments that allows for the dramatic results experienced post-treatment, as resident dermatologist at The Gentleman's Spa, Dr Christine Purugganan, explains: "We combined microdermabrasion and laser genesis because they work together, enhancing the benefits to the skin. The microdermabrasion exfoliates the dead skin cells from the surface allowing the laser genesis to penetrate deeper into the skin giving enhanced effects. We believe it's one of the most comprehensive and effective facials available on the market today."

And, while the cost of this facial may be slightly higher than the one you'd get in your average swanky hotel spa, with proven results such as the above, the Ultimate Facial is a definite investment.

The Ultimate Gentleman's Spa Facial lasts 90 minutes and costs only Dhs1,400 which includes our 30 per cent promotional discount. To book call The Gentleman's Spa on 04 395 5015.

THE DIY FACIAL...

While there's no doubt that the effectiveness of an in-depth treatment such as the Ultimate Facial is unparalleled, regular DIY facials can go a long way to ensuring that your skin stays in tip-top condition

Step One: Cleanse

Foaming cleansers are great for achieving a 'deep clean' feel. To make it even more effective either steam your face pre-cleansing or place a hot towel over the face for a few minutes to gently open the pores.



Step Two: Exfoliate

Mimic the effects of microdermabrasion with a good quality exfoliant. Dermalogica's enzyme-based Daily Microexfoliant (available at the Dermalogica store in Dubai Mall) is perfect.



Step Three: Tone

To tone the skin and tighten the pores, a quick spritz of a toner is all that's needed. Avoid any toner containing alcohol as this strips away natural oils causing dryness.



Step Four: Facial Masque

Facial masques help to correct imbalances in the skin, so choose according to your skin type. A masque is good for oily skin on the sebum-prone areas, like the t-zone.



Step Five: Moisturise

Select a moisturiser based on your skin type (oily, dry or combination). Men's skin tends to be on the oilier side, so it's best to go for an oil-free moisturiser. Apply liberally and take a look in the mirror and bask in your newly glowing, refreshed skin.

