



AUTUMN Treatment Menu

Take the time to unwind and give the skin some TLC with this range of therapies and treatments that you need to know about.

Words by Ashleigh Coldicutt.



SONOPHORESIS INFUSION AT CACI CLINIC
caci.co.nz
 This non-invasive, gentle treatment uses sound waves to penetrate products deeper into skin's dermal layer, allowing for ultimate absorption of key nutrients. Use Ki infusions post-treatment for long-lasting results. Will leave skin brighter, healthier, and more youthful looking.



BABOR ULTIMATE VITAMIN C FACIAL AT FORME SPA
formespa.co.nz
 Featuring active concentrate such as 20% pure Vitamin C derivatives, this facial is the complete three-step package. A vitalising mask identifies any problem areas followed by a thorough exfoliation with a light AHA peel, before a vitamin boost and comforting mask are applied. The result is a glowing visage – complete with regenerated collagen levels and protection against environmental oxidative damage.

THE MOCHA FACIAL AT SAKU SKIN
saku.co.nz
 A complete sensory hit, this artisanal facial uses a freshly ground coffee bean scrub, warm chocolate mask and a cocoa butter moisturiser for a guilt-free chocolate fix. Your skin will love indulging in the antioxidant rich, highly active, organic ingredients, revealing a polished, glowing visage.

Brightening accelerating mask at Haven
myhaven.co.nz
 This highly active mask combines a powerful blend of eight skin brightening agents to rapidly reduce the appearance of the visible signs of ageing. A course of fortnightly treatments is recommended for lasting results; however, a one-off treatment works as a pre-party pick-me-up as there is no post-treatment downtime due to redness or flaking. Expect a reduced appearance of hyperpigmentation, dark spots and blotchiness, to reveal the luminous, radiant complexion underneath.



Remix, New Zealand

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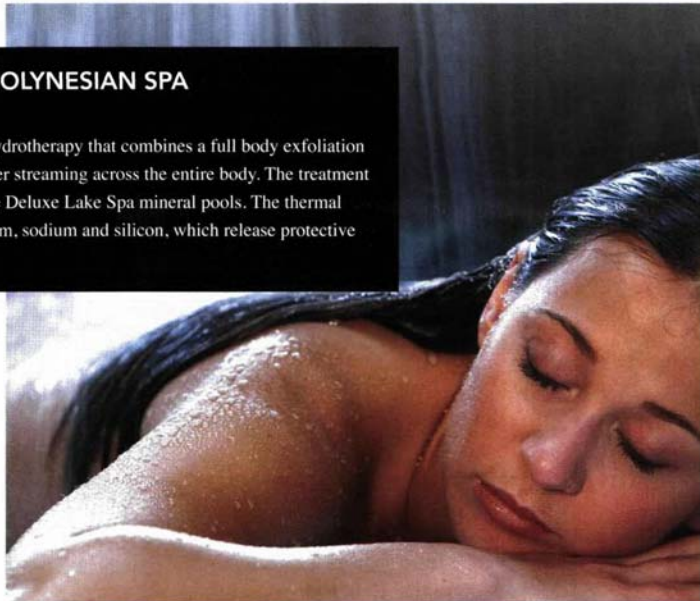
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SIGNATURE MUD AIX THERAPY AT POLYNESIAN SPA

polynesianspa.co.nz

Established more than 100 years ago, Aix is a form of hydrotherapy that combines a full body exfoliation using thermal mud from Rotorua, with jets of warm water streaming across the entire body. The treatment finishes with an oil relaxation massage, and a soak in the Deluxe Lake Spa mineral pools. The thermal mud is packed full of minerals, including sulphur, calcium, sodium and silicon, which release protective antioxidants for clean and refreshed skin.



Light Lounge at Skin Rejuvenation Bar at The Facialist

thefacialist.co.nz

The ultimate express skin treatment, the Light Lounge is a 20-minute, non-invasive LED light treatment, which works to combat all skin conditions from acne, rosacea, and eczema to pigmentation, dullness, and loss of firmness. For best results, you'll need 2 - 3 sessions per week for 3 - 4 weeks, then maintenance up to four times per month.



FEATHER TOUCH BROWS AT LASH NOIR

lashnoirink.co.nz

Feather touch brows are the latest trend du jour when it comes to framing your face. The super fine tattoo mimics real hair, to fill in, reconstruct, and add colour and shape to not only good brows, but non-existent ones too. The longevity of your newly filled in brows depend on how well you care for them, and a refresh is needed each year.

INTENSE PULSED LIGHT AT THE FACE PLACE

thefaceplace.co.nz

If you're plagued by pigmentation or brown spots, caused by DNA damage, then this treatment will dramatically reduce their appearance. Best performed during the cooler months, Intense Pulsed Light treatment (or IPL as its better known) works to treat superficial pigmentation in the skin. For best results, you'll need to be out of the sun for a month before and after each treatment, and will need to prep your skin properly by applying topical Vitamin A and Vitamin C serums for at least 4 - 6 weeks prior to your treatment.



Float Lounge at White Spa

whitespa.co.nz

The latest trend in relaxation is taking the New Zealand beauty industry by storm - float therapy. Each 90-minute session lets you melt away the days' stresses for a deep mental and physical relaxation. Lie inside the flotation pod in a warm concentration of 500kg of Epsom salts, or magnesium sulphate. The dissolved salts fully support your body meaning you expend no physical energy, maintaining your buoyant position in the silky water. One hour in the pod is equivalent to 5 - 8 hours of deep, restorative sleep.