



TREATMENT OF THE MONTH

For the next three days we never seem to be able to take time out during the working day. **Urban Escape Day Spa** in Cork have a clever lunch break package which allows customers a massage, oxygen shot and a meal in comfy hotel for the handsome price of **€49**. Contact 021 4772007

ELAINE'S TOP 5

For the body beautiful

1

Hair: Kerathermie Deluxe hair treatment, **€120**, from Jim Hutton at Revive, Mallow, Dublin. Tel: 01 2634703.

2

Face: Sunleja Age Minimizing, SPF 15, **€147**, from Soley at Brown Thomas.

3

Body: Endermologie body treatment, **€90** per session at Sarah Medina, Saggol Street, Dublin. Tel: 01 6702600

4

Wax: By Brazilian wax specialist Laura Fitzpatrick, **€41**, 151 Meadow Grove, Dundrum.

5

Feet: Milk and Honey Hot Stone Pedicure (1hr 15mins) - **€85** at Mick, the Oval, Shelbourne Road, Dublin. Tel: 01 6362100



← SUN-KISSED

From the fall House of Elizabeth Arden, Flawless Finish, **€28**, is one of the top-selling foundations in Ireland. The latest Moisturising sheer sun-kissed bronzer will give you great coverage but with a lighter and more natural look for summer. From selected pharmacies.

HOW TO

Get the Most from your Beauty Therapist...

Always have a jar of lip balm handy after a pedicure as toenails take at least 30 minutes to dry properly.

ASK ELAINE

Is it okay to apply make-up straight after a facial?

Ideally, you should try and leave your skin free of make-up for a minimum of eight hours to allow the skin to breathe and the pores to close. But if you have to apply make-up shortly after a facial, I would recommend Bare Escentuals mineral make-up with SPF 15, **€37.50**, from Skin Health Spa, Chatham Street, Dublin. Tel: 01 6350086

COLLECTOR'S ITEM ▶

Daria Westbury has just created a new limited edition make-up collection for Lancôme. Inspired by the colours of the Brazilian earth to create intense eyes enhanced by warm shades with a hint of brown and subtly natural lips, Carnet de Voyage compact pack costs **€50** and is available exclusively from Brown Thomas.



← BED HEAD

Perfect for that morning after the night before... **Prescriptions** new Good to Bed skin restoring night moisturiser, **€42**, lasts all night long!



CANDLE IN THE WIND ▶

The perfect scented candle for your boudoir this summer has to be Jo Malone's Panna Wood, **€119**. It is slightly hokey but highly amusing. From Jo Malone stocks.

