

Face

BEST ANTI-AGEING FACIAL

■ Obagi Clinical Facial (60 mins), \$400

The Wellness Lounge, #20-03 Paragon, Tel: 6887 1299,

www.thewellnesslounge.com.sg

Suitable for delicate skin, this gentle anti-ageing facial uses ZO Skin Health by Zein Obagi, which is formulated with multivitamins and amino acids to boost skin's collagen production. The results include lifted wrinkles, a smoother skin texture and a brighter complexion.

MOST DIVINE QUICKIE

■ Basic Cleansing Facial (35 mins), \$68

Simply Spa, Telok Ayer Street, Tel: 6324 2681,

www.simplyspa.com.sg

Suitable for all skin types, this facial uses organic Perfect Potion products from Australia. It includes a light face massage and a mask after cleansing. Choose from a variety of mask treatments, from hydrating, relaxing to detoxing.

INSTANT SKIN ENERGISER

■ Sothys Oxyliance Institute Treatment (90 mins), \$225

The Good Earth Day Spa, #02-08/10 Forum The Shopping Mall,

Tel: 6738 2428

By injecting a cellular energy formula on skin, the treatment recharges skin cellular activity and regulates skin cell renewal. Skin is detoxified, and appears clearer and more energised.

BEST DEEP-CLEANSING FACIAL

■ Ning Pure Skin Intensive Facial (60 mins), \$150

Ning The Fusion Spa, 40A Orchard Road, #09-00 MacDonald House, Tel: 6235 9890/6513 1299, www.ningspa.com.sg

Ideal for combination to oily skin, the deep-cleansing facial clears excess sebum and unclogs pores with a Moor mud mask and an aromatic face massage. Skin feels firmer and looks brighter.

BEST MOISTURE FIX

■ Hydrating Facial (90 mins), \$128

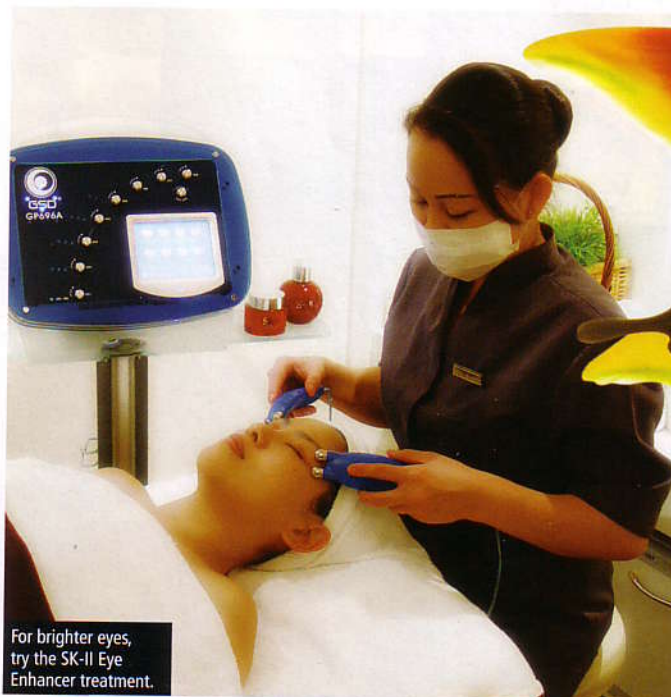
The Pink Parlour, visit www.pinkparlour.com.sg for a list of outlets or call 6100 7465/5489 for more details

A combination of oxygen products, a face massage and a cold collagen mask boosts skin cellular activity and regulates moisture levels for soft, supple skin.

MOST INDULGENT FACIAL

■ Gold Luxury Glow Therapy (60 mins), \$380

Leonard Drake Skin Care Health Spa; visit www.leonarddrake.com.sg for a list of outlets or call 6737 9177 for more details



For brighter eyes, try the SK-II Eye Enhancer treatment.

Gold packed with lymphatic drainage properties is combined with a nano-sized mist and a hydrating agent to restore skin resilience and youthful radiance. Made of 99.99 per cent gold, these sheets are suitable for most skin types.

BEST SKIN RENEWAL FACIAL TREATMENT

■ Mirror Image facial treatment (90 mins), \$285

Mask, #02-11 The Cathay, Tel: 6836 4456

Employing botanical stem cell technology, the treatment trains weary skin cells to behave like brand new. Skin feels revitalised, as nutrients and antioxidant botanical stem cells are delivered onto skin with an Electroporation machine. A soothing massage and a caviar mask promote long-lasting radiance.

MOST REJUVENATING FACIAL

■ Brightening Skin Clarifying Treatment (90 mins), \$105

Leonard Drake Skin Care Health Spa; visit www.leonarddrake.com.sg for a list of outlets or call 6737 9177 for more details

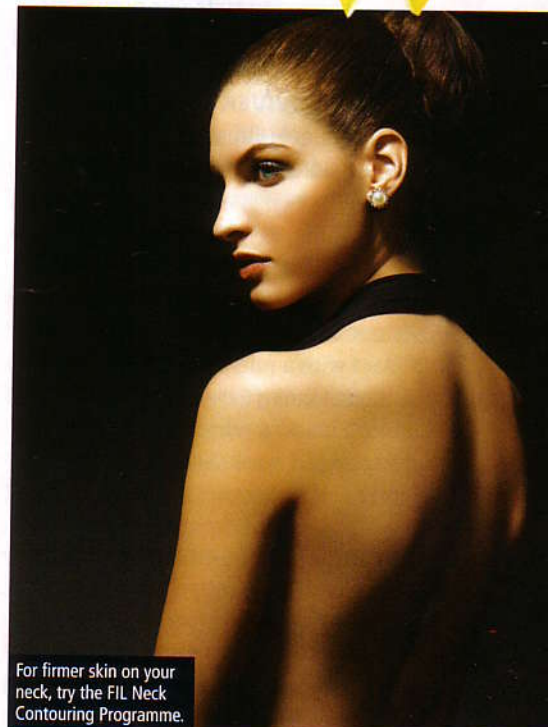
This treatment re-texturises and smoothens rough skin while visibly brightening skin tone.

BEST GLEAMING SPY EYES

■ SK-II Eye Enhancer treatment (25 mins), \$88

SK-II Boutique Spa, 31 Scotts Road, Tel: 6836 9168; #02-27A Raffles City Shopping Centre, Tel: 6333 1940

It's pretty amazing how effective this add-on eye treatment is – with just one session, your eye area is brightened



For firmer skin on your neck, try the FIL Neck Contouring Programme.

and wrinkles are plumped up. The eye area is gently massaged while bio-wave currents deliver anti-ageing skin benefits.

BEST NECK REVIVER

■ FIL Neck Contouring Programme (60 mins), \$200

FIL Skin, Body & Spa Intelligence; visit www.fil.com.sg for a list of outlets or call 6835 9000 for more details

You can guess the age of a woman by looking at her neck, so it's worthwhile to have firming neck treatments. This treatment uses an ultrasonic machine to further penetrate the firming serum into skin's deep layers to stimulate neck muscles and tone up sagging skin.



Willow Stream Spa provides a comfy experience both before and after your treatment.

soft tranquil music and luxuriant OTO massage chairs. While your scalp and body get stimulated, recline your chair and unwind to a movie. Pure bliss.

MOST INDULGENT HAIR TREAT

■ Deluxe Ritual Suite Treatment (120 mins), \$198

J's Salon-Kérastase Hair & Scalp Concept Institute, 22 Scotts Road, Goodwood Park Hotel, Tel: 6738 8488

Almost like a spa with its private bathroom and changing room, J's Salon goes the extra mile with its attentive and knowledgeable service, comfy chairs, in-house blended tea and addictive invigorating massage.



For a spa-like hair treatment, go to J's Salon.

getaway. You'll be spoilt for choice with its interesting mix of spa treatments – from the Infra-Red Sauna Treat and NeoQi Cocoon Therapy, to the Chair Massage and Oligomer Body Bath.



The cosiest spa interior elements get together at The Wellness Lounge's couple suite.

Built against a hill amongst lush greenery, this spacious retreat has huge treatment rooms, dressing rooms, corridors, and relaxation and locker areas. Pamper yourself and rectify your specific needs with its range of more than 50 treatments. Book in advance to get your treatment done in the private hilltop spa pavilion at no extra charge.

Spas

BEST OVERALL EXPERIENCE

■ Willow Stream Spa

80 Bras Basah Road, Fairmont Hotel, Tel: 6431 5600

Willow Stream Spa offers great service and facilities. There's a closed-door, cosy lounge where unlimited tea is served; an ample supply of luxurious toiletries in the shower rooms; and whirlpools you can use for free.

BEST WEEKEND GETAWAY

■ The Retreat Spa & Thalasso Centre @ Changi Village Hotel

1 Netheravon Road, #02-01 Changi Village Hotel, Tel: 6738 0080

Complete with an ocean view, The Retreat Spa is the perfect weekend

BEST BEAUTY OVERHAUL SPA

■ True Spa

Level 16, Ngee Ann City Tower A, Tel: 6732 9555, www.truespa.com.sg

Whether it's a permanent hair removal treatment or a deep tissue body massage, True Spa provides a wholesome and complete mix of treatments just for you. They also have wider and longer beds to accommodate taller men and women.

BEST RESORT SPA

■ The Ultimate Resort Spa

91 Bukit Batok West Avenue 2, Civil Service Club, Blk D, Level 5, Tel: 6316 6451



For a multi-sensory experience, book a facial at the Lancôme Beauty Institute.



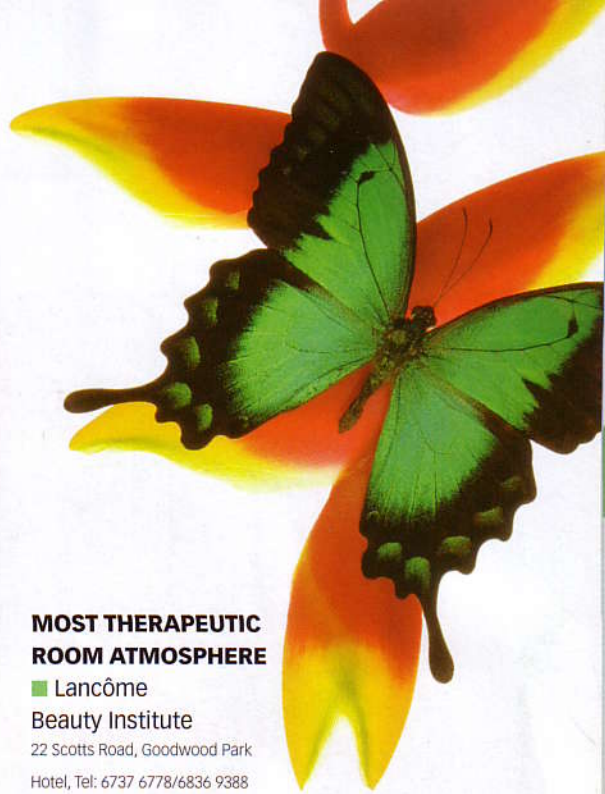
For a revitalised you, check into True Spa.

BEST ALL-INCLUSIVE SPA ROOM

■ The Wellness Lounge

#20-03 Paragon, Tel: 6887 1299, www.pachealthholdings.com/wellness.html

Shaped like a long rectangle, this minimalist-looking couple suite comes with two treatment beds, a Jacuzzi tube, furnished shower rooms, a pedicure area, a couch area, a dressing table and a handwash area. It's not just for couples – you can request for this suite if you're doing the treatment alone. Just call early.



MOST THERAPEUTIC ROOM ATMOSPHERE

■ Lancôme Beauty Institute

22 Scotts Road, Goodwood Park Hotel, Tel: 6737 6778/6836 9388

Inside the cocoon-like treatment room you'll receive a true sensorial experience. Rooms are lit up as a form of colour therapy while music originally written for Lancôme plays in the background. They complement your treatment as the therapist works her magic on your skin.

MOST DEDICATED TO SENSITIVE SKIN

■ Institut Clarins

#05-05/07 Wheelock Place, Tel: 6838 5060

Institut Clarins stands out with their genuine concern towards treating sensitive skin. We're not just talking about how their treatments contain 100 per cent rich botanical extracts or that they don't use machines on skin, but about the way their therapists work. While some simply cash in on any treatment you want, the good people at Institut Clarins will explain in great detail why you should try a product. You know your skin is in good hands.

BEST GARDEN SPA

■ Aramsa Garden Spa

Bishan Park II, 1382 Ang Mo Kio Ave 1, Tel: 6456 6556, www.aramsaspas.com

A garden spa should have more than just a green location – it should be an oasis to get close to nature. This is what the Aramsa Garden Spa offers. On top of its growing amount of spa treatments, Aramsa has a pretty garden view while you have vegetarian cuisine at the Green Room Café; yoga and pilates classes; life-enhancing focus programmes; outdoor shower facilities; and spice gardens to enhance your spa experience. **WI**



For soothing treatments geared towards sensitive skin, try Institut Clarins.

Best Anti-ageing Facial

**BEST
BEAUTY
BUYS**

THE SINGAPORE
Women's Weekly
2008

SALONS, SERVICES & SPAS

Obagi Clinical Facial by The Wellness Lounge

Look Younger Today

You can't stop time, but you can reduce its effects on your beauty and well-being with the Obagi Clinical Facial by The Wellness Lounge.

Suitable for sensitive skin, the facial is formulated with proprietary lipopeptides, anti-ageing vitamins A, C and B complex plus essential amino acids to boost collagen and keratin production in skin cells. The latest Transdermal Delivery System of the Growth Factor Serum further enhances skin elasticity, reduces wrinkles and enhances skin texture without burning, peeling or irritation. Fine lines and signs of dehydration are less visible, leaving your skin vibrant after the one-and-a-half hour session.

You can prolong these results by purchasing the home care range, ZO Skin Health™ by Zein Obagi, MD, which is exclusively available at The Wellness Lounge. The Wellness Lounge, a member of Pacific Healthcare, is at: #20-03 Paragon, Tel: 6887 1299. Also visit www.thewellnesslounge.com.sg.



Reader Special

Call The Wellness Lounge at 6887 1299 to book and get the Obagi Clinical Facial at only \$218 (usual, \$400). Present this page at your appointment. Valid till June 2008.

the
WELLNESS
lounge