

ANAIIS: SERIOUS ABOUT SKIN

Monica Videnieks visited Anais Beauty & Body Clinic in Nedlands for some serious skincare

It's never a good sign when a beauty expert screeches "Yikes!" when you tell them the products you're using on your skin. Over the years, I've picked out a selection of skin products I thought were best for my skin. Problem is, lately, my skin has never looked worse.

And so, with congested skin — dry in parts, oily in other areas — I visited Atalie Taylor at Anais Beauty and Body Clinic in Nedlands. When it comes to skin, Mrs Taylor is serious. While some spas pride themselves on the ambience, she prides herself on getting results for clients.

One former client told Mind&Body she saw Mrs Taylor when her 30+-year-old skin began breaking out. Mrs Taylor's program, which included a shake-up of the woman's skincare regimen and regular facials, soon cleared up her complexion.

My skin is also prone to breakouts.

trained, Mrs Taylor is poised to publish her own practical skincare book next year and will also launch a skin and bodycare line.

My visit began in one of the freshly renovated treatment rooms designed to capture the most positive chi. The intensive treatment began with a dermabrasion with a vitamin infusion. Glycolics were used in the cleanser applied to my skin.

While I was lying there enjoying what felt like a long, glorious facial, Mrs Taylor was busily focusing on trouble zones on my face and formulating my new skincare regimen.

What came next was an uneasy — but strangely enthralling — experience; an Ion foot spa. In a nutshell, the IonSpa involves soaking your feet for half an hour in a warm tub of water. But while you think you're having a lovely foot soak, an ioniser is quietly drawing toxins out of

'I didn't want your traditional day spa, I wanted a place that would get results and solve skin problems — that's what I believe in.'

Add to that, sun damage, pigmentation, fine lines and (to top it off) I've had a congestion — known as milia — for years. Over more than a decade, various specialists have tried — and failed — to clear up the little white dots on my face and I've become used to them.

"I can get rid of those," Mrs Taylor announced after taking a close look at my skin.

She explained her philosophy. "When I started the salon, I didn't want your traditional day spa where you could sit around drinking tea, I wanted a place that would get results and solve skin problems — that's what I believe in."

Mrs Taylor said most of her clients were aged over 35 and many had skin issues they wanted practical help in resolving. The mother of an active toddler herself, she said she appreciated that most women didn't have a lot of time either. Almost 20 years in the beauty industry, and paramedically

your body. At the end of the 30 minutes, the fresh, clear water my feet started in had turned into a sludge. Each colour/texture emitted is said to give an indication of the toxins drawn. In my case, the red/brown mud-like water was said to indicate that my blood, kidneys and liver had been cleansed.

VERDICT? Three weeks in and my milia has dramatically reduced and my complexion is noticeably more fresh. I like the fact that Mrs Taylor offers practical advice for busy women.

Facial treatments begin at \$110. To see Mrs Taylor, phone 9389 1552.

Monica Videnieks was a guest at Anais Beauty & Body Clinic where she had a dermabrasion, vitamin infusion and IonSpa — for a value package of \$135.



Focused: Atalie Taylor

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WIN! SMITTEN GOODIES

Perth beauty therapist Caroline Stanbury created the Smitten Organic Skincare range to meet clients' questions about what they were really putting on their skin.

Mind&Body and Smitten are giving away a range of Smitten face and body products to one lucky reader. The gift pack includes a citrus blossom body butter, an organic hand and body wash and facial products. To be in the draw to win, write your name and address on the back of an envelope and post it to: Mind&Body Smitten competition GPO Box 2908, Perth 6800. Competition closes on Monday.



TOP 5 tips

We ask Anais skin therapist **Atalie Taylor** for her skincare tips

- 1 SUN CARE** — prevention is better than cure so sunscreen will help protect against cell damage.
- 2 DIET & WATER** — vitamins, good diet and hydration are essential for healthy cell growth.
- 3 QUALITY PRODUCTS** — should be referred by a very experienced therapist. Vitamins A and C are saviours of the skin.
- 4 DETOXIFICATION** — promotes cell turnover and helps eliminate sagging skin.
- 5 FACIALS** — imperative to ensure skin and facial muscles are kept looking their most youthful.

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