ANAIS: SERIOUS ABOUT SKIN

Monica **Videnieks**

visited Anais Beauty & Body Clinic in Nedlands for some serious

skincare

he hottest thing in nails. ay Spa, said it was applied light applied after each not chip or crack straight

it it's two weeks of high y," she said. n Shellac because it hem to grow. lics. People are sick of whereas Shellac activates to grow and prevents them

1122 or auty 9388 1134 or

t'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

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.

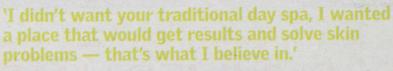
My skin is also prone to breakouts.

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 and 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



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

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 reddy/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

DECEMBER SKIN HEALTH SPECIALS FROM OMEGA SKIN SPA

Gift vouchers available for Christmas!

Summer Gift

Get your body ready for Summer enjoy a Luxury Summer Facial & Summer Pedicure

PLUS FREE Skin Analysis, Written Skin Care Prescription,

De-Stress Massage, Hydrating Paraffin Mask and Touch of Colour.

Your Summer Package costs only \$99 Save \$95

Call to make an appointment today! Omega Skin Spa • PH: 08 92494957

Shop 37, cnr Illawarra & Kingfisher Dve Ballajura City WA 6066

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



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

SUN CARE — prevention is better than cure so sunscreen will help protect against cell damage.

DIET & WATER — vitamins, good diet and hydration are essential for healthy cell

QUALITY PRODUCTS — should be referred by a very experienced therapist. Vitamins A and C are saviours of the skin.

DETOXIFICATION — promotes cell turnover and helps eliminate sagging skin.

FACIALS — imperative to ensure skin and facial muscles are kept looking their most youthful.