

Having your hair blow-dried by a professional as the air flow should be directed down the hair shaft to get super sleek locks, which is very hard to do yourself," says Trudi Allerton, senior stylist at Ted Morgan. And they are the professionals after all – we wouldn't trust anyone else to style our locks. Call 04 430 8190 for appointments.



C is for...
Cleansing

After a complete cleanse but don't know where to start? A colonic hydrotherapy treatment with Dr Kay Vosloo at Synergy Integrated Medical Centre will get you sorted in no time. Not at all the traumatic experience Team Grazia was expecting, Dr Vosloo will flush away all your toxins (literally) in one hour flat. Just sit back and watch that tummy shrink. Dhs850, 04 348 5452

G is for...
Gyrotonic

Nope, it's not some sort of crazy new cocktail. It's a hot new exercise system that incorporates movements found in everything from swimming and yoga to gymnastics and tai chi and helps to improve flexibility and balance whilst helping with fat burn and muscle strength. Complete rejuvenation for the entire body, it's now available at our very own Hundred Pilates Studio in Dubai Healthcare City. Single one-hour sessions cost Dhs290. Call 04 429 8433

the Deep Cleansing Facial with microdermabrasion and Glycolic Pore Reduction, Dhs600 – we know it sounds scary but it's amazing for problem skin. You'll leave glowing! Go for your complimentary consultation, now. Call 04 348 4789

TAKE THE BRAZILIAN ROUTE



CHOOSE YOUR SHAPE

H
Hair Removal

Trust us, thanks to Spaces Salon, a bikini wax has never been such fun (well, as much as a wax can be). The only place in Dubai to use hard wax (it's sooooo much less painful than the other stuff), you can even choose your shape from a board on the wall. Go for regular if you choose, but Grazia went for the pretty heart. Sweet. Dhs120, 04 295 3339

D is for...
Detox

Over-indulged on your summer holidays? Detoxing is an important part of any health and beauty regime, ridding the body of nasties which also helps in weight-loss. For the ultimate plan, get yourself down to SensAsia Urban Spa

for 'The Detox' programme – it's the perfect way to kick-start your body back to health. Indulge in an exfoliating salt scrub to rid your body of dead skin cells, followed by a warm cellulox aroma spa wrap which gets to work on the toxins. This is the ultimate blissful detox. Dhs795, call 04 349 8850 for more information.



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