



Passport to glamour

SAY HELLO TO LUSCIOUS LOCKS AND CURB YOUR BEAUTY BILL IN THE PROCESS WITH HAIR MECCA KAZUMI'S NEW LOYALTY PASSPORT. AFTER EVERY THREE VISITS, BAG YOURSELF A COMPLIMENTARY BLOWDRY, A SHU UEMURA TREATMENT OR AN IN-BETWEEN COLOUR SERVICE. NOW THAT'S PERFECT BEAUTY MATHS. KAZUMI, 36 MOLESWORTH STREET, DUBLIN 2, 01 678 5004; WWW.KAZUMI.IE.



Beauty sleuth

From painless hair removal to lunchtime tummy tighteners, we get you prepped for summer.

TREATMENT ON TRIAL Mama Mio Bootcamp for Tummies

WHAT A new one-hour tummy-toning massage treatment from the skincare brand beloved of celebrity mums and mums-to-be, such as Claudia Schiffer, right. Mama Mio has recently launched a new range of Bootcamp treatments - one for tummies, one for butts and one for boobs. After two children and a gazillion stretch marks, I opted for the tummy treatment. **THE**

RITUAL The four-stage treatment begins with reflexology on the feet, concentrating on the colon, followed by an exfoliation of the tummy and love handles with the O-Mega Body Buff. A strategic massage then focusses on the invisible "corset" (the lower back and tummy), helping improve posture. The Pro-Strength Peel then exfoliates further and stimulates collagen fibres, rehydrating and making way for the Mama Mio Shrink to Fit Alginate Mask, a key step which encourages fluid drainage and improves elasticity. The treatment finishes with the Tummy Toner and Get Waisted, which both work to reduce water retention, restore elasticity, tighten and re-texturise crepey skin. **VERDICT** I was quite pleased with the results on the day - my normally crepey, lumpy tummy was suddenly smooth and flat and I felt energised.

Advised to follow the 30-day at-home skincare and exercise system, I vowed to turn over a new leaf and start afresh. **BOTTOM LINE**

From €79; 30-day at-home kit, €78. For salons and stockists, 01 461 0645. **MW**



PAIN-FREE HAIR REMOVAL

Fantasy or reality?

Two years ago, I subjected my bikini line to a session of laser hair removal and nearly jumped off the table with the pain. The therapist laughed as I winced my way through the prickly session and joked that she has some restrainers ready for my follow-up. Needless to say, I didn't return and vowed I'd never put my privates through that much discomfort again. However, when an email popped up in my inbox raving about a new pain-free laser treatment, my curiosity got the better of me and I plucked up the courage to try again. Sensing my scepticism and terror, Paula Cuddihy of Urbana, where the new treatment is available, talked me through the technology and did a small patch test on my thigh 24 hours before my first session. She explained that traditional laser hair removal worked by weakening hair follicles with a single hot burst of laser energy directed onto one small area at a time; but this new FDA-approved Soprano XL Diode Laser gradually heats up the follicle, so it's much less of a shock to the skin, and because the laser is moved about in a constant circular motion, the procedure is much more comfortable and faster too.

Still dubious, I returned the next day, laid back, and waited for the worst, while Paula swished around my lower legs with a showerhead-like mechanism and a cool gel.

I assumed she was applying a



numbing agent and was speechless when about two minutes later she said, "There we go, that's the first section all done." Not only was it pain-free, it was actually quite a pleasant sensation. Sixty blissed-out minutes later and my lower legs and bikini line were completely done.

There was a little redness for about an hour afterwards but otherwise nothing nasty to report. Depending on hair type and growth, laser treatment can take up to seven sessions, with six weeks between each, to remove unwanted hair permanently; but after just two sessions, I've hardly a strand in sight. And as you pay per area (upper lip, leg, bikini, etc) - not per session - you needn't worry if your body hair is particularly resilient. And it's effective on all skin and hair types. In my seven years as a beauty editor, I've scarcely been so impressed. Prices from €320 for up to seven treatments. Urbana, 9 Wicklow Street, Dublin 2, 01 635 1616; www.urbana.ie. **LD**

BACKSTAGE PHOTOGRAPH BY JASON LLOYD-EVANS
CELEBRITY PHOTOGRAPH BY REX FEATURES