



Shhhhh...

HEALTH AND SERENITY

At Their Best

One of the perks of visiting a city where luxury is a key concept, is having full access to a wide variety of stimulating services and a unique and uplifting experience. The city of Dubai, sometimes referred to as the world's capital of health and beauty, offers an abundance of just about anything related to these areas of ever-growing popularity. With a tastefully decorated spa, quality massage parlour or high-class beauty salon emerging on literally every street corner, a stay in Dubai is guaranteed to turn even the plainest Jane into a true glamour queen.

BY KAYA PETERS PHOTOGRAPH BY NICOLE ANDERSON

UV manicures, anti-cellulite massages, Brazilian Blowouts and Brown Sugar Body Scrubs; new hypes in the world of beauty seem to arise on an almost daily basis. Most well-known beauty salons, spas and massage centres need to be booked far in advance and are frequented by the local female population as well as Dubai's expatriate community. Women from neighbouring countries, like Saudi Arabia, are also known to come for regular visits in order to experience the newest beauty treatments first hand. Naturally, Dubai has something to offer its male visitors and residents too. As Arabic men take great pride in their well-groomed appearance, specific high-class beauty salons, tailored to the needs of the modern day man, offer massages and relaxing spa rituals, quality shaves and male manicures. And for those wishing to experience something a little more basic, a visit to the older side of the city is highly recommended. Stroll through the streets of Deira and Bur Dubai and you will find small, traditional barber-

shops, where an old-fashioned shave costs no more than AED 25 and your face is washed with home made mint soap after your treatment. Not only does Dubai focus on looks and appearance but in recent years, an ever-growing interest and awareness of both physical and mental health has seen enormous growth in the city of clinics and people specialising in all aspects of holistic care and treatments. Where Dubai was once almost devoid of alternative options, now one can pick from an abundance of yoga centres, holistically orientated health clinics, wholesome cafés and restaurants, vibrant, organic vegetable markets and detox-programmes delivered right to your door. So whether you're on a small or large budget, a long or short stay, prefer ultimate luxury or have a passion for traditional simplicity, Dubai has something for everyone. Browse through this next section thoroughly and book yourself an appointment at your favourite centre, to guarantee a real Dubai beauty experience first hand.

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