

Publication: Time Out Abu Dhabi

Date: February 24, 2016

Page: 68

Circulation: 18,005



Time Out

Abu Dhabi

February 24 – March 1 2016 | ❤️ YOUR CITY | timeoutabudhabi.com

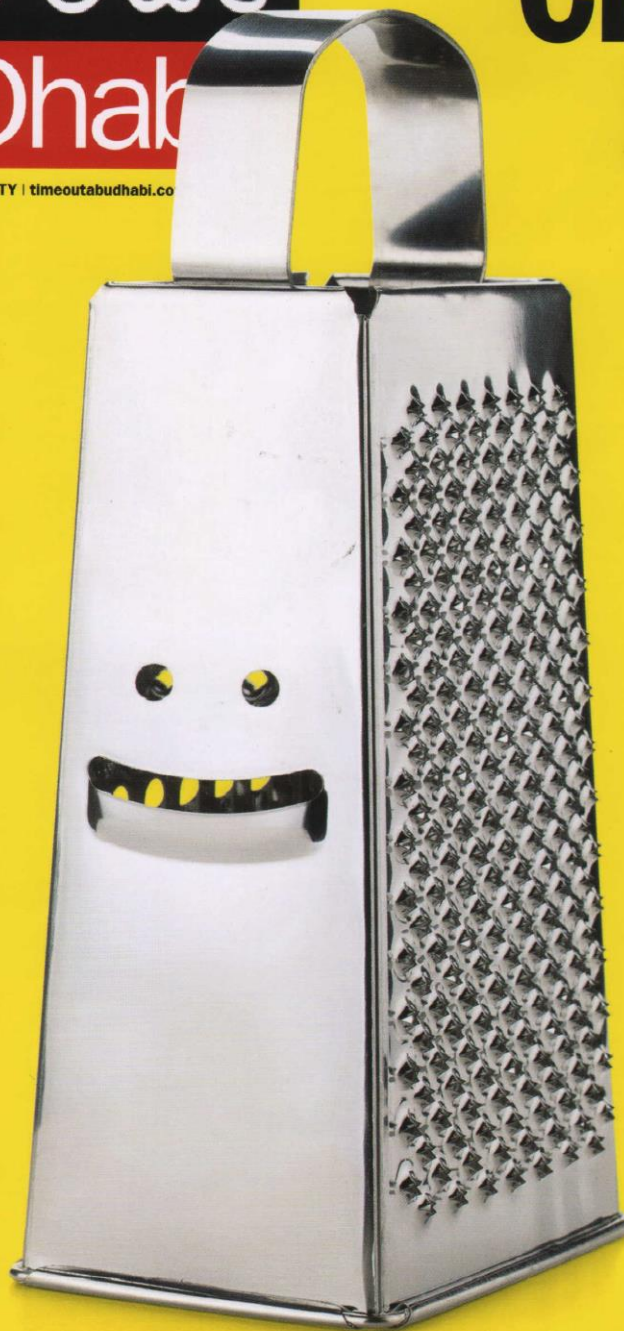
**VOL 15
ISSUE 08**

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An ITP Executive
Publication

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**FREE
GUIDE TO
THE CAPITAL'S
SIGNATURE
DISHES***



THE BIG CHEESE ISSUE

**THE CITY'S BEST
PAIRING DEALS
REVEALED**

(WE KNOW IT'S CHEESY, BUT YOU'LL FEEL GRATE)

And! Footgolf explained • The Wilson Tennis Cup returns • Stay frosty with Cryotherapy

Body & Mind

THREE TO TRY For dry hair and skin



FABULOUS FACE

Aesop Fabulous Face Oil is an all natural botanical product that hydrates and detoxifies dull and congested skin.

► Dhs210. www.mrporter.com.



LUSCIOUS LOCKS

Coconut oil is an age-old treatment for lifeless, limp hair and Parachute Gold's latest hair oil formula caters to that.

► From Dhs8. All major supermarkets, including Carrefour (800 73232).



MIDNIGHT MAGIC

Kiehl's Midnight Recovery Concentrate works on the skin overnight and leaves it looking radiant when you wake up.

► Dhs194. Kiehl's, Marina Mall www.marinamall.ae.

Tried & Tested

Jack Dignum experiences American Surgecenter's aqua drain treatment

THE PROMISE

To reduce visible cellulite in the skin, as well as fight water retention within the body. An exfoliation of the skin adds a smoother feel and the full-body massage to finish aims to aid muscle relaxation.

STEP BY STEP

Our 90-minute treatment begins with our therapist brushing down our body with a dry brush, before applying glycolic acid – a non-irritating spray which helps to remove the dead skin. Our target area – our midriff down – is then mummified in bandages that have been soaked in salt water, pineapple and green tea. Our therapist then neatly tucks us into a head blanket where we cook for 30 minutes. Thankfully the head massage distracts us from the sweaty bag we are wrapped in. We're then cut loose from the bandages and towelled down before the full-



body massage ensues. And with tight muscles from training, our therapist goes to work on all our knots. Yes, we squealed.

THE RESULT

Our skin feels smoother, but it may take a few treatments to see the real effects. Our muscles finally relax and feel more flexible than before. Our therapist knows her stuff.

PROS

Our body feels like new, with no aches to worry about.

CONS

No disposable underwear offered for the massage. Dhs500. Mubarak Bin Mohammed Street, near the Japanese Embassy. www.theamericansurgecenter.com (02 443 0909).

LEAP YEAR Five ways to use it to feel great

1

NO LIE-INS

February 29 falls on a Monday, so you might not be able to hit snooze. But, if nine to five isn't your thing, don't waste the day in bed.

2

RECONNECT

The expats among you will know what we're saying. If you haven't text your BFF from uni in a while, do it today.

3

BOOK A DATE WITH YOURSELF

Leap Year days are for those who chant, "I don't have any time." Take these additional 24 hours as a blessing and enrol in that martial arts class you've always wanted to try.

4

GET SOME EXERCISE

Do your bit for your body and your mind and use this day to walk to work or join a gym.

5

SPLURGE

Sometimes a big shop is all you need to feel better. Take this day for serious but guilt-free retail therapy and you'll feel instantly good about yourself and the month ahead.

