



27 - 29 FEBRUARY 2016
CORNICHE BREAKWATER, ABU DHABI
3pm - 6pm

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Surgecenter in Dbu Dhabi

Try busting cellulite with American Surgecenter's aqua drain treatment [Discuss this article](#)



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).

By Time Out Abu Dhabi staff

Time Out Abu Dhabi, 23 February 2016

