

ALTERNATIVE THERAPIES

IMAGE SKINCARE BODY PEEL

Who says taking care of yourself has to be all pain and no pleasure? In this weekly feature, we trial the very best therapies that promise to deliver stirling results without the hint of a needle or a knife



by Regina Lavelle

Say goodbye to rough, pimply skin — it's time to dust down that bikini

THE very dread of it. Paring down the layers as the weather gets warmer. In winter, a uniform of black, black, and ooh, maybe a splash of navy sees you through — but in early summer when the shops offer you only ivory or flouro pinks, you lose your appetite for fashion.

This is especially the case among those of us who have pimples on the upper arms — which fail to respond to much except a sun holiday.

These pimples can be caused by dry skin, or by Keratosis Pilaris — also known as chicken skin — which is rough, bumpy skin on the backs of the arms and thighs. They can also be due to a vitamin D deficiency, or hormones.

Aside from fake tan, there's little way of improving the tone of unloved skin, save for a miracle. Or a treatment to do the hard work for you.

This therapy applies the same techniques used in facial peels to the body. It's no gentle pat-down, and tingling skin reminds you the active ingredients are at the advanced end of the scale.

The line used is Image Skincare, the U.S.-formulated range that's causing a stir in skincare circles. Such was the success of the Image facial peel, Renew introduced the line's body peel.

First off, the body is dry brushed to remove dead skin and prepare for exfoliation. Then, as in a facial peel, a prepping solution is mas-

saged on to strip away any dirt so the peel can work directly on the skin.

A layer of exfoliating scrub is applied over the entire body, made up of papaya and pineapple with sweet almond oil and lemongrass. Crushed walnut shells add that extra bit of rough to lift dead skin on stubborn areas like the arms and backs of the thighs.

Next is the fun part — the peel. A 'resurfacing solution' made up with glycolic acid and retinol is applied to the skin. It tingles, but the therapist massages the skin to alleviate the sensation.

After around five minutes, the solution is removed with warm towels. The skin on my arms, although slightly red, looked smoother and brighter. Then, another solution of the brand's Cell.U.Lift and some retinol is applied to help improve the skin's appearance and increase circulation. After-

wards there was a little redness around my décolletage — which is sensitive at the best of times and reacts even to strong sunlight.

After a day, the skin on my arms looked remarkably improved. The pimples disappeared, the tone evened out, and they looked tighter. I'd done my homework though. The therapists advise use of the Body Scrub and the Cell.U.Lift Firming Body Crème every day. I only used the Crème, which prolongs the effectiveness of the peel.

It's now a month since the peel and I'm really pleased with the results. My arms are clear enough to wear short-sleeved tops and the skin on my thighs and upper back is still improved. It's not cheap, but if I was going away on a sun holiday and bikinis were being dusted down, I'd be signing up again. Just pack a strong SPF before you go!

THE COST: It's €250 for a one hour full-body peel, single areas can be peeled for €50.

THE LOCATION: Renew Aesthetic Clinic, 30 Lower Hatch Street, Dublin 2. Tel: 01 6619261. Visit renewclinic.ie.

Did you know?
The 1960 song, Itsy Bitsy Teenie Weenie Yellow Polka Dot Bikini helped boost the bikini to iconic status

+ There are more than 980 species of bat, the

MODEL OUTFIT ROMANTIC

DRAPED DRESS

WITH a skinny beige belt and a gold chain necklace, this draped asymmetric dress is the epitome of spring chic. For summer parties, team it with a pair of pretty floral shoes, or for a sophisticated city look wear it with wooden wedges and a leather tote.



Cream dress with belt, €48, **Warehouse**, nationwide
Gold chain, €22, **Marks & Spencer**, nationwide
Flower shoes, €85, **River Island**, nationwide

MIDI SKIRT

THE pleated midi skirt is the must-have wardrobe addition of the season. Pair your key piece with an embroidered chiffon blouse and then toughen up the look with a leather belt and platform heels.



Preen editions top, €45, **Debenhams**, nationwide
Peach midi skirt, €78, **Mango**, nationwide
Belt, €12, **H&M**, nationwide
T-bar platforms, €95, **asos.com**

PLEATS

THIS French Connection blush pleated strapless top is a sophisticated take on bohemian style. Define the draped cut with a skinny belt and team with taupe trousers and kitten heels for a summer evening look.



Pleated top with belt, €140, **French Connection**, nationwide
Beige trousers, €35, **Marks & Spencer**, nationwide
Bow front shoes, €59, **asos.com**

ELIZA SCARBOROUGH

We challenged a



10.55 am

The world gets its first glimpse of Kate's dress

DRESSMAKERS across the world were poised to pick up their scissors as Catherine Middleton arrived at Westminster Abbey on Friday. The race to produce a replica of 'The Dress' was on.

Here, wedding couturier Annette Carey tells DIANA APPELBY how she did it in six hours...

AS CATHERINE stepped out of the bridal car, I held my breath — and then gasped. She looked unbelievably beautiful and the dress she had chosen (by Sarah Burton at Alexander McQueen) was flawless.

The royal wedding dresses I've most admired until now have without a doubt been those classic styles of Grace Kelly and Princess Margaret — and Catherine's boned and corseted bustier top, nipped-in waist and full skirt appeared to draw inspiration from those two timeless elegant dresses.

It was absolutely perfect for her. As a bespoke dress couturier, I produce two collections a year, but I really wanted to create my own individual version of this iconic dress.

Many of today's bridal gowns are bought from China and the majority of copies of

SCRUBBING UP NICELY

I LOVE Michael's Original Washing Up Luffa Pad — it's handmade, biodegradable and lasts 12 months. These pads are free from plastic and are a great way to cut down on waste.

■ COST €2.50, auravita.com

