

BEAUTY BOX



JO Syme is spa treatments manager at the award-winning One Spa, at the Sheraton Hotel, Edinburgh.

What's your top beauty product?

Currently it's ESPA's Super Active Firming Eye Contour Concentrate. The Super Active range was newly launched this year and the results speak for themselves.

Do you have a beauty tip? When cleansing your eye area always sweep inwards. This avoids dragging the skin and will keep this delicate area free from fine lines and wrinkles.

What are your best and worst features? My eyelashes are my best feature, as I don't have to worry about trying to lengthen or curl them as they are naturally that way. The worst is my hair and nails which grow too quickly.

Biggest beauty disaster? I once had my hair coloured and ended up with what looked like zebra stripes.

Would you ever consider having cosmetic surgery? Never say never. **What's in your bathroom cabinet?** What isn't! Being in the spa industry means I like to try everything. My regular items are from the ESPA range **Quick wipes or a three-step regime?** A three-step regime always - I like to know my face is thoroughly cleansed.

How long do you take to get ready in the morning? I don't like to start off in a rush in the morning, so I usually give myself an hour to get ready.

What's your favourite item of clothing? I love accessories: bags, shoes, jewellery and make-up. It's great how they can transform any outfit, and I never forget my sunglasses - they're a must.

Do you prefer a real or bottled tan? It has to be bottled for me.

Are you brand loyal? When I find a product I like I am usually hooked but the brands can vary.

Who is your fashion/beauty idol? I love old Hollywood-style glamour and the likes of Marilyn Monroe, Grace Kelly, Katharine Hepburn and Lauren Bacall. I just need more red carpet events in my calendar!

What is your fantasy beauty treatment? Would you think me greedy if I said a week of top-to-toe spa treatments in a beautiful spa resort in Asia?

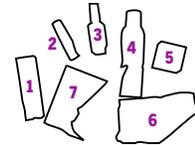
If there was one thing you could change about your face/body what would it be? I'd be a natural blonde.

Is there anything you'd be too frightened to have done? I don't think I'll be trying Botox anytime soon, as I prefer a natural approach.

VANITY FARE

It may be better to travel than arrive, but only if you've packed your pampering kit

COMPILED BY CLAIRE HAY PHOTOGRAPH NEIL HANNA



1 Frizz-free Climate control sun, ski and chlorine protection spray ★★★ £3.91, Lee Stafford, at Boots. Whether you're hitting the slopes or sipping daiquiris at the beach bar, it is important to protect your hair from the elements. This light, dry spray contains a UV absorber and is non-sticky and its strong smell fades to something much less offensive quite quickly.

2 Forty winks Sleep enhancer spray ★★★★★ £10.95 for 20ml, Aroma Therapeutics (www.fragrantearth.com). Got a long flight ahead? This product will help you fall into a deep slumber. Simply spray on your pillow and relax - our tester slept like a baby. The fragrant blend of ylang ylang, sandalwood and vetiver means it smells great too.

3 Freshen up Colloidal silver spray ★★★ £12, The Sher System (www.sherco.uk). An antibacterial spray containing colloidal silver that is designed to hydrate the skin of frequent fliers and people who work in front of a computer screen. This tester is happy to report she didn't end up with glitter all over her face, just refreshed skin. Best of all, the spray is fine so can be used on top of make-up.

4 Protect yourself X-treme sport SPF 50+ spray ★★★★★ £17.50, Australian Gold (www.austrialiangold.co.uk).



Promising SPF protection for up to 80 minutes of activity in the water (or sweating), this summery-scented spray dries quickly and provides even coverage. A must for sporty types hitting sunny climes this winter.

5 Perfect potion Aromatic renewing balm ★★★★★ £38, Darphin, at department stores nationwide. Aromatic is certainly the word for this waxy overnight balm, which softens into a luxuriously scented oil when rubbed between your fingers. It

contains six essential oils - chamomile, grapefruit, orange blossom, rosewood, sweet orange, and tangerine - and the smell is heavenly. Our tester had to slap quite a lot on to feed her skin as it just kept drinking it in, but as a result it felt lovely and silky the next morning. In a 15ml jar, it's perfect for flying.

6 Hit the slopes Ski kit ★★★ £44, The Organic Pharmacy (www.theorganicpharmacy.com). Skiers will love this handy kit. The

pouch contains lots of miniature products including devil's claw cream for pain relief, cold and flu pills, SPF 25 cream and a honey and jasmine mask to rehydrate over-exposed skin. The only drawback is the price.

7 Best foot forward Flight Socks compression factor 14-17 ★★★★★ £12.99, at Boots. Perhaps not the sexiest of travel accessories but these socks can dramatically reduce the risk of deep vein thrombosis (DVT) on long haul flights.

TRICK OR TREAT?

BESPOKE BEYOND MEDISPA FACIAL

WHAT IS IT? Some treatments have you floating off into a sweet-smelling nirvana, but leave you looking no different than when you went in. Beyond Medispa's approach is less about relaxation, more about medically sound products, developed by plastic surgeon Dr Barry Cohen, and the latest techniques designed to deliver real results. The bespoke facial is one of the spa's signature treatments and includes a facial peel, microdermabrasion and mesotherapy, all customised to suit the individual.

HOW DOES IT WORK? First the therapist cleansed my face and removed my make-up before carrying out a skin analysis to establish my needs. That was followed by a 10 minute face, shoulders and decollete massage featuring lymphatic drainage techniques to rid my body of toxins. A gorgeous-smelling pumpkin scrub containing wheat extract and vitamin E was then applied to the whole face/decollete area to start the exfoliating process.

The diamond microdermabrasion used here differs from other types in that, not only is it more effective, but it also doesn't leave you picking crystals out of your ears for the next four days. The combined abrasive/sucking action removes dead

skin cells from the surface of the skin, with a variety of head sizes meaning the therapist could get into even the smallest nooks and crannies around my nose. The results are plain to see, as a little ball of dead skin, looking a lot like a dust ball from beneath the sofa, is discarded at the end.

Next came the GloEnzyme peel - just five per cent strength for me, but those on a course of treatments can work their way up to 60 per cent, and the stronger the peel, the more dramatic the results. This stayed on for a maximum of five minutes and though the therapist promised to remove it if it stung too much, it never got that bad. To soothe my by then pink cheeks, a vitamin E calming gel was left on for a further five minutes.

Next was the mesotherapy - as seen on *Ten Years Younger*, where vitamins are injected into the skin. Instead of needles, a galvanic current of electricity was used to force the vitamin serum deep into the dermis, encouraging collagen production and hydrating my dried-out skin cells.

After a quick removal of a few tiny black and whiteheads, my face was toned, some eye gel applied and a moisturiser with SPF 15 slicked on to protect my newly nude face from the elements.

STRIP OFF OR COVER UP? It may only be your face, neck and shoulders being treated, but you'll probably feel more comfortable stripped down to your underwear, snuggled up under warm towels. **DOES IT WORK?** Of all the facials I have had, this had the most obvious results. My skin felt as soft as silk, and those wrinkles between my brows and at the corner of my eyes had been significantly smoothed out, leaving me looking more wide awake and younger than I have done in months. **WHO'S IT FOR?** It's an ideal treatment to combat the worst of the winter, when we all get a little lazy with our beauty routines. But it is particularly useful for anyone with specific skin problems - whether that be acne scarring or skin pigmentation - because it's tailored to the patient. **HOW MUCH DOES IT COST?** £150 for 90-minutes. There is currently 25 per cent off your first visit to the clinic, and the offer runs until May.

Beyond Medispa, Harvey Nichols, St Andrew Square, Edinburgh (0131-524 8332, www.beyondmedispa.co.uk)

Ruth Walker