

GALWAY

now

GOLDEN GLITZ

BEAUTY GOES GOLD THIS SEASON

Domestic Goddess
INTERIORS SPECIAL

The Healthy Holiday

THE REFRESHING BREAK

BOOTY CALL
THE BEST BOOTS IN TOWN

Rustic Chic

MIX NUDES WITH FUR AND LACE FOR A LUXURIOUSLY SEXY LOOK THIS WINTER

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THE FINAL LOWDOWN...

Having just completed my sixth and final laser treatment at Galway Laser and Skincare Clinic, I now have 100% wonderfully hair-free under arms. I'm told by Irene that I may need to pop back in a year or so for a once-over to keep any unwanted hairs at bay, but up until now, any regrowth has been so fine and light in colour that it's barely noticeable. It's just another thing that I don't have to think about, and having constantly hair free underarms means that they're always presentable at any given time or place. So no more angry looking red blotches after shaving, unsightly growth or irritating stubble. This is one treatment I would recommend to every woman who fancies making life that bit easier for herself.

'THE NON-SURGICAL FACE LIFT'

The CACI is something that a lot of women equate to older skin, but for those looking for a firmer, fresher look - a more intensive facial treatment, then this could just be the thing for you. I tried out the new CACI Ultimate at Seabreeze Beauty Clinic in Oranmore. The very first treatment system to combine;



Microcurrent, Facial Toning Crystal Free orbital Microdermabrasion and, LED Light Therapy Photo Stimulation. The effective non-surgical treatment method aims to redefine facial contours, plump out deep lines and wrinkles as well as tackle a range of skin imperfections on other parts of the body such as cellulite.

My Seabreeze Beauty Clinic therapist, Anne Marie told me that while the treatment was definitely popular with more mature ladies, those in their 20s and 30s looking to plump up their skin for an occasion were increasing all the time. The treatment itself was unusual, with tiny microcurrents sometimes giving me a slight electrocuted feel, but overall, it was so relaxing and therapeutic that I nodded off on more than one occasion. For me, I really noticed a difference a day or two after the treatment. My skin definitely glowed, and it certainly looked slimmer, with all puffiness gone. This is something I'd recommend before a big event or if you feel that you're in need of something a bit more hard working than a regular facial. Seabreeze Beauty Clinic, Oranstown Centre, Oranmore, Co. Galway (091) 795722 www.seabreezebeautyclinic.ie

NEW
deep wrinkle
treatment
improves and
whitens results

trilogy

Trilogy's new AGE PROOF Triple-Action Line Smoother is a concentrated botanical line smoother specifically formulated to target deep wrinkles and fine lines **€37.95**



RÉPONSE JEUNESSE

- **Climatis**
baume de protection climatique
peaux sèches ou climats froids
- **Climatis**
climatic protective balm
dry skin or cold climates

Matis Climatic Protection Balm helps to restore the skin's protective film and acts like a real barrier against cold, wind, dryness and bad weather. Ideal for this time of year. 50ml Jar **€49**

Max Factor Smokey Eye Effect Eye Shadwo The smokey eye look in an instant without the make-up bag of brushes. **€9.99**



beautyGALWAY



Suffer from sensitive skin? La Roche-Posay's new Tolerialane Teint Mineral Compact (**€21.50**) could be your best buy this winter.



L'Occitane's Fleur Cherie Body Lotion (**€23.50**) leaves skin supple and perfumed with a beautiful, sparkling, floral scent.

Beauty Editor's Choice

This month's pick of the best beauty buys out there

Soaps are back again! After years of the liquid soap obsession, we've begun to miss the simple pleasure of using a beautifully scented soap. These decadent 100% natural soaps from The Handmade Soap Company are our favourite. **€4.50** at Standún, An Spidéal, Galway or buy online at www.standun.com.

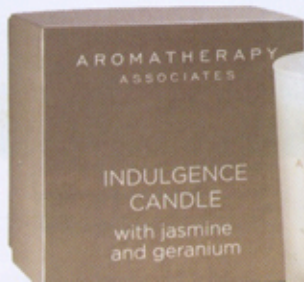


YSL's Belle D'Opium - add to that Christmas wish list **€72**

One of the best mascaras on the market at the moment to elongate, define and lift lashes Rimmel Lash Accelerator **€10.95**



Aromatherapy Associates new Indulgence Candle will see you through the cool autumn evenings and dark winter months. **€32** www.aromatherapyassociates.com



An intoxicating, seductive and balmy scent - Space NK Laughter Nuit EDT 50ml **£45/ €50** www.spacenk.co.uk

