

a his & hers spa time



Heading to a spa for a treatment? Fashion reporter **Craig Lawson** and reporter **Amy Milne** gives a "his and hers" view on getting pampered.

his

THE door closes and all I see is a tub full of bubbles. First I feel scared – this may be a bit girly for me. But then I see a magazine with Metallica on the cover, which bakes up the place, so decide it might be safe to stay.

I am in the Geisha Room, which I have all to myself for an hour, at Beauty & Beyond.

In the space I have the choice of the geisha tubs, steam room and the jetted shower. I first choose the hot tub, which soothes my sore muscles from playing rugby the day before (well, not really, all I did was pick up the ball and pass it to the guys in the park after they miskicked it in my direction – but that counts for rugby in my books.)

Soon, I am feeling relaxed but I get bored easily so I go off to test products.

Finding the body scrubs I then apply them all over my body and hit the steam room, which is amazing, and I totally blissed out for 15 minutes.

Before I knew it, I was feeling like a lobster so went straight for the jetted shower.

The shower had water shooting in all directions and I was a bit surprised at first. But once you have the jets pointing in the correct directions it is like a gentle massage.

My massage therapist, Tarina Legett, then called me for my hour massage.

I do enjoy a hard massage but found this one to be relaxing and enjoyable. My therapist was lovely – one who likes to talk but is not too chatty (there is nothing worse than when they keep talking all the way through).

Overall, I thought the experience was superb and think I should be sent weekly to make sure they are still deserving of their title.



WHEN you walk into Beauty & Beyond on Kelvin St in Invercargill, it's hard not to feel a sense of luxury and tranquility.

Beauty & Beyond was this year named runner-up Best Spa at the New Zealand Beauty Industry Awards earlier this year and I'm here to check out whether they live up to this title.

I'm taken upstairs to the spa room, where there's a jetted shower, a steam room and a geisha tub filled with bubbles. Beside the tub is a platter with assorted chocolates, strawberries, grapes, dried fruit and nuts. It's all very new to me and I feel a bit like an alien.

In my space cadet state, the receptionist's instructions do not sink in. All I hear is that she'll call out when my time is up but I don't actually hear her saying how long I have. This proves to be a mistake.

I head for the shower and then the steam room. It's amazing!

After about 25 minutes of spending time between the two, I decide to get in the tub. I'm lowering myself in when the receptionist calls out "your time is up".

Unfortunately, this confuses me. I do not know if she means my time is up altogether or that the first half is up. I really don't know what to do. After about 15 minutes, I realise she must have meant the first half was up. But by then I'm rattled. It's my fault for being a novice at this stuff. Luckily I'm also here for a facial, which follows the spa.

Steph Egerton, one of Nicole's dedicated beauty therapists, introduces herself and directs me to her treatment room. The lights are dimmed and I quickly relax on the treatment bed.

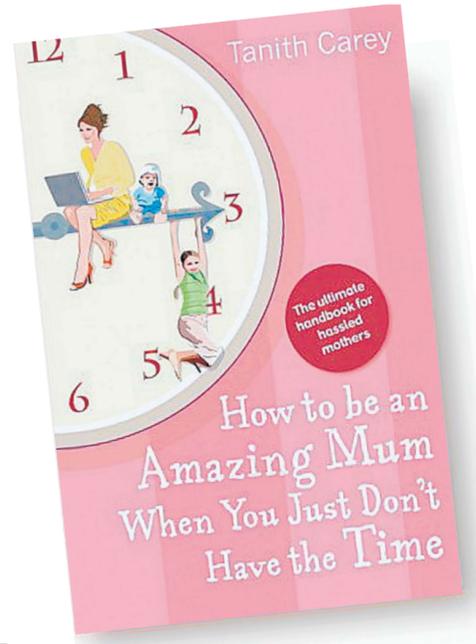
Steph uses Ilcsi organic products during my facial. She asks what concerns I have with my skin and I tell her I'm having problems with an area where a small rash keeps appearing. She questions what skin care products I've been using and suggests an Ilcsi product that might help.

I'm told facials are an important part of a beauty regime. (I believe her; I just wish I could afford them every month!)

The facial also includes an eyebrow shape and a head and shoulder massage. I leave with a goody bag filled with Ilcsi samples to try at home. It's a nice touch to the facial.

Overall, while I had a few hiccups, heading to a spa is definitely something to consider treating someone you love to this Christmas, or even yourself. I can promise you will not regret it.

► Treatment was provided courtesy of Beauty & Beyond.



how to be...

How to be an Amazing Mum When You Just Don't Have the Time
By **Tanith Carey**
Lion Publishing
RRP: \$21.99
Reviewed by **Naida Mulligan**

Tanith Carey is a British journalist, author and illustrator. She has written for a wide range of UK newspapers and magazines and writes regularly on parenting for the *Daily Mail* and the *Daily Mirror*. However, her most important and most rewarding job is that of mother to two daughters. This is Carey's second book on parenting and is presented in an easy-to-read format with headings, points and summaries. The short-cuts and advice cover things subjects such as choosing toys that won't leave your home looking like a tip, assembling a nutritious school lunch in just a minute, buying and using clothes in a way that makes laundering more manageable,

staying in shape and losing weight, and getting children to do what you ask the first time, not the 20th.

There are some excellent tips in this book. It has a modern, eye-catching cover with quotes that show it already has a very positive critical reputation. However, I am disappointed that it is being sold in New Zealand as is – that is, not adapted to our New Zealand way of life, currency, ideas. It is very British and aimed at that market specifically. For instance, the strange custom they have of parents and children having their evening meals at different times is mentioned a couple of times as though it is just normal – which it could be in the UK but not here.

So, while it's faintly insulting to be offered a book that isn't really aimed at New Zealand mothers, you will still be able to cull some excellent tips that could save you time performing unnecessary chores.

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trend alert

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