

Fashion and Beauty insider Caroline Scott has your body regime sorted

## Luxe summer skincare



Actress Marion Cotillard, 37, boasts beautiful, well-kept skin

There are various opinions on the who, what and where of skincare but if you're a fan of **layering**, you may find that as the weather turns, one layer has to give, to stave off shine. If you are a BB Cream fan, or you wear a separate SPF (as opposed to a cream or foundation containing one) the solution may be to forgo moisturiser for a few months and use a hydrating, power-packed **serum** instead.

I've found that by using **Clarins HydraQuench Intensive Serum Bi-Phase** (right) I can pass on my usual cream. Consisting of two layers, which you shake together, this has a surprising liquid texture – quite unlike other serums – which your skin drinks in. I find this a really **refreshing** hit. It contains Inca peanut extract, rich in fatty acids and also alfalfa (interestingly, alfalfa was first consumed by the Arabs, who were wise to its high protein content).

If you're worried about the efficacy of using a serum alone, **La Prairie's** new Cellular Power Serum (left) 'acts as a battery supplying energy to your cells to repair existing damage'. What this means is that instead of just being a typical, topical **antioxidant treatment**, it also taps into the skin's natural antioxidant 'self defence' network, which becomes tired over time; so it helps the skin help itself.

If you really can't step away from your moisturiser, switch to a more lightweight (in texture, not effect) serum, such as **Guerlain Super Aqua Serum Light** (right), a new version of their cult serum created for fans of the 'less is more' approach. This boasts a fresher 'feather-light' feel and matte finish.



Dhs290



Dhs2,100



Dhs743

## SUMMER BODIES



Whether you're staying put and retiring your swimsuit for the summer, or jetting off for a more civilised dose of sunshine, OK! has rounded up some seasonal body-beautifying solutions:

### AT HOME

If you plan to stay in the region, it may be the ideal time to finally try **laser hair removal**, a course of which is most effectively undertaken when you can avoid sunbathing at all costs.

**Kaya Skin Clinics** are currently offering a free patch test and 20 per cent off the **Tearless** laser hair removal services (until June 31). Kaya dermatologist Dr Mohamad Dallah recommends a series of up to seven treatments, with a break of four to six weeks in between each. Getting the best results is a commitment, but one that will ultimately save you money (and pain!). [www.kayaskinclinic.me](http://www.kayaskinclinic.me)

### OR AWAY

Dr Maurizio Viel and Dr Roberto Viel, of **LCAS Gulf**, have brought the first surgical and non-surgical **BodyTite** machine to Dubai. **TiteFX** is one of the non-invasive procedures that can be performed using this machine; it targets small, stubborn areas of fatty tissue that won't go away (no matter how many crunches you do!).

This three-pronged attack uses **RFAL** (radio frequency assisted liposuction) to warm the skin, a vacuum massage and an **HVP** (high voltage pulse) to destroy those pesky fat cells. It's ideal for recontouring and **tightening** the tummy or thighs. Best of all, there's no downtime and minimal discomfort, so it's definitely one that can be squeezed into a busy pre-holiday schedule. You'll see the best results from a course of six weekly treatments. [www.lcas.com](http://www.lcas.com).



Giorgio Armani unveiled Cate Blanchett as the face of his new fragrance, in Milan

## SUITED AND BOOTED...

This lady means business; **Cate Blanchett** recently sealed a deal with Mr Armani as the new face of **Giorgio Armani Parfums** in an arrangement rumoured to be worth an eye-watering Dhs36.7 million (according to the *New York Post's* Page 6). Cate will be gracing billboards and magazines the world over as the face of a new fragrance called **Si**, which should hit shelves at the end of the summer.

Meanwhile, Cate continues to be the face of uber-luxurious Japanese skincare brand **SK-II** – Kate Bosworth and Cat Deeley are also fans – which recently became available in the UAE. You can now find its iconic **Facial Treatment Essence**, which contains 90 per cent of the brand's signature special ingredient **Pitera**, and the rest of this range, at **Dubai Duty Free**.