

Indulge at Kinsale Hotel & Spa

We all want to unwind and take a break from reality at times. Well, now you can do it right on your doorstep at the Elemis Spa at Kinsale Hotel & Spa.

After recently launching its new brochure, the spa has been inundated with clients trying the gorgeous treatments which includes a range of facilities, luxury products and treatments while a spa day could be the perfect way to unwind for you and loved ones.

The prime location offers the ultimate experience in one of finest spa hotels in Cork and offers wonderful spa deals for perfect day of relaxation. The Elemis Spa offers a sanctuary away from the hustle and bustle of everyday life. Treat yourself and indulge in a treatment performed by the Elemis-trained spa therapists.

You could even try the one night spa offer from €199, perfect for a mid-week or weekend spa break or for those seeking a romantic getaway. On site there are ten individually designed treatment rooms, each featuring a chandelier and rustic bamboo furnishings, and have been carefully fashioned to enhance the clients' experience.

Unwind in the relaxation lounge, with a magazine by the indoor heated pool



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or avail of the hydrotherapy jets in the pool area. Complete your Elemis spa experience in the bubbling jets of the jacuzzi, overlooking views of Oysterhaven Bay or in the revitalising steam room or the detoxifying sauna.

One of the most popular treatments is the Elemis Biotec Facial Treatment. Elemis has combined high-potency actives and hands-on therapy with the science of bio-electric technology to deliver a new generation of facials through its Biotec treat-

ments. This treatment is the ultimate wrinkle-smoothing facial to help rejuvenate ageing skin and targets face and eyes with the anti-ageing benefits of the lines and wrinkles activator, an intensive complex of tripeptides and amber whilst microcurrent pulses lift and firm up the skin.

There is an array of treatments with the Elemis Biotec but most popular at the Kinsale Hotel & Spa is the Biotec Radiance Renew which is also the spa manager's recommen-

dation. It is a hydrating and brightening facial with two technologies used to get a refined, even skin tone, that uses an ultrasonic peel, massage and light therapy resulting in baby-soft smooth skin.

Kinsale Hotel & Spa Cork offers a wide range of treatments for both men and women to indulge in. For details on the spa treatments or to book a spa hotel break, check out the range of exclusive spa packages. Call 021-4706625 or visit kinsalehotelspa.ie/spa.html.

Get that natural glow-up!

The days of the tango tan are long behind us thanks to stealth tanning. With people preferring a more natural-looking glow you can wear day or night, He-Shi has developed a number of tanning products that will give you the perfect colour minus the traffic-cone glow.

Gradual:

He-Shi Face and Body Tanning Gel (€23) has been specially formulated for dry skin and is an easy and effective way to achieve an instant golden glowing tan. It is quickly absorbed and is incredibly light with a smooth, moisturising texture.

He-Shi Body Sculpting Gradual Tan (€23) can be used for

a more toned appearance. It helps the appearance of cellulite and is a great way to improve skin condition and is ideal for sensitive skin.

He-Shi Overnight Ageless Tanning Balm (€28) is a radiance boosting tanning balm with anti-ageing properties and has been formulated especially for the face to help regenerate cells while you sleep.

Instant:

He-Shi One Day Tan (€19.50) is a tinted wash-off gel bronzer that enhances your natural skin tone to give a flawless, sun kissed finish, whilst moisturising your skin.

He-Shi Rose Pearl Illuminator (€12.50) can be used on your body to highlight key features or blend with your foundation to achieve a radiant makeup finish.

Available in selected pharmacies and salons across Cork.



Glamity Jane

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Ireland is now a haven for beauty innovation

Ireland is definitely one of the most innovative places for cosmetics and in the last few weeks and months we have seen so many excellent new launches from Irish



brands. Last week we were talking skincare but this week I have some other fantastic additions for your makeup bag and bathroom.

Cork entrepreneur Lisa Jordan just dropped her new colour range of Luna glosses and lipsticks which are for sale individually, and not just as a lip kit, which will have hardcore fans jumping for joy because I use Morganite liner pretty much as a base for all of my nudes.

Luna the brand will celebrate its second birthday in September and has a

core focus on haircare and face products. My picks of the new colours include Cherry Opal liner and lipstick and the lip scrub which keeps your lips supple. Her shampoos and conditioner are selling out in Penneys all over the country.

Next up is Irish brand Ideora, the brainchild of an Irish couple that wanted to offer an alternative to aluminium containing antiperspirants that didn't compromise on comfort. What I love about this is that it contains magnesium which is a natural odour neutraliser and an essential mineral for our body. It doesn't contain any environmental

hazards such as propellants, but you'll be delighted to hear it is still a spray. That, to me makes a huge difference.

It smells unisex and quite summery, natural coconut and vanilla - therefore pleasant. It won't block pores or stain clothing which is essential if, like me, you love wearing black.

The creators are Eimear Tully, someone who is passionate about natural healthcare and sustainability, and graduate of UCC medicine Dr Pranshul Chauhan. A 75ml bottle will last about 9-12 weeks and retails at €19.99.

It is manufactured in Ireland to the highest standards. It is so handy for the handbag, too, as

the bottle is compact.

Ayu is an Irish makeup company set up by renowned makeup artist Suzie O'Neill in 2015. Suzie, from Co. Kildare, was working as a makeup and beauty tutor and realised the makeup brushes in the kits given to students at the college were extremely poor quality. After some research, Ayu was born and the business has grown from strength to strength since.

Starting with a range of affordable, premium quality brushes back in 2015, the brand offering has expanded to include a Signature Eye Shadow Palette, a Radiance Cream and the newly launched easy-to-use brow pencil.

Susie gave me a great tip recently when I complained about my skin feeling muggy. "When applying your makeup base, stick to lighter formulas than you would use in the winter. They will look and sit better on your skin and won't clog pores in the heat. Products such as BB and CC Creams and tinted moisturisers with SPF are perfect for this time of year." Thank you, Susie!

Lastly, the queen of tan Marissa Carter has blown me away with her latest release. Not only has she launched a full range of cosmetics, she has brought two brand new products to the market.

First up is a spray oil tan that develops and smells

so nice.

It is fantastic for dry skin and glides on the skin effortlessly. It's a lovely one to pop on post shower and run out the door. It is, like all her products, so affordable at €8.95 for 150mls.

Next up is the Body Makeup that offers both colour and coverage. I tried this on Sunday and could not believe how flawless my skin looked after application. It still offers a nice finish, though, and isn't powdery or drying on the skin. It also won't leave streaks like some brands. It even covered some old residual tan that was left over from last week.

Both new launches are animal friendly, and of course, vegan.