

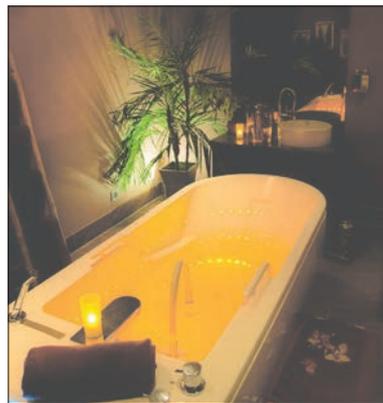
Style & Beauty

CORK INDEPENDENT

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Bliss at the beautiful Kinsale Hotel & Spa

Charlene Corkery

Well what can I say? There are worse things to be doing on a Saturday than taking a trip to Kinsale Hotel & Spa for an afternoon of absolute bliss, definitely one of the best spas I've been too, and I'm lucky enough to have visited quite a few!

At the moment I arrived at the spa, I was greeted by the lovely spa manager Roisin, who was so friendly and informative about all treatments and more importantly the products that would be used from the fabulous Elemis range, which left my skin feeling brand new.

I had two treatments during my spa day. It was so hard to choose them as there was such a variety of treatments to choose from, whether it's a girl's day or a romantic spa weekend, this spa has something to suit everyone.

I narrowed it down to the hot oil back, neck and shoulder massage and then the booster facial which did not disappoint.

My therapist Brona was so friendly and explained everything before the treatments commenced, after which I was left to totally zone out and relax for two hours.

When a therapist listens to your needs and answers your concerns on what you are looking for your treatments, it's always a help and puts you at ease, and Brona did exactly that. I knew I was in safe hands when she told me she had been employed at the spa for over ten years!

After my treatments, Brona brought to the beautiful relaxation room, with amazing views overlooking Kinsale. We were spoiled for choice when it came to our choice of beverage and fruit, and of course it was great to

chill with my friend, who was also impressed with her choice of treatments.

Our day was completed with a beautiful lunch in the very trendy Rockpool Bar & Restaurant and, as weather was so nice, we were able to sit outside to take in the amazing views surrounding the hotel. It was the perfect girly afternoon treat and anyone looking to relax and distress needs to book a well-deserved afternoon here.

I would highly recommend someone of any age to take a trip down and see for yourself. I will most certainly be taking a trip back for an afternoon of bliss, The Kinsale Hotel & Spa gets a huge thumbs up from me!

For more information on all the packages available at the spa give Roisin a call on 021-4706000 or visit the website on www.kinsalehotelandspa.ie.

@fstylists

SO LAST SEASON...

Investment over impulse

On Sunday I was down in Killarney as I had been asked to speak about sustainability in fashion at the OMF Events Swap Shop which took place in Social 15.

Obviously I shop and take a lot of my personal shopping clients to high street stores, but I'm very aware that over consumption of fast fashion is damaging the environment so there's always that issue of trying to achieve balance and helping people to make informed decisions about what they buy.

I personally like to mix vintage with high street and swap shops are a great way of having a fun day out and getting to swap your clothes for someone else's, thus getting a 'new' piece for your wardrobe.

People really need to get over this hang up of wearing already worn clothing. Realistically we have washing detergents full of chemicals that reduce even the slightest trace of dirt.

While some might think using a personal shopper is all about excessive spending and buying bag loads of things, the opposite is in fact true. I personally would prefer for a client to go away with a few well chosen pieces, that they love and will get great wear out of, instead of buying loads of items that when they get home, they feel they won't wear them as they've been pushed too far out of their comfort zone.

A personal shopping experience should eliminate those impulse buys that we are all guilty of and just hang in the wardrobe unworn and haunting us.

When I shop for myself or for a client, I really think about whether a piece will fit in with my existing wardrobe? Can I dress it up or down or can I wear it in a few different ways, because if I only wear it one way I know I'm going to get sick of that item pretty quickly.

You also don't want the expense of having to buy loads of items just to go with that one piece to make it work for you.

I also find knowing your own sense of style helps to lessen those wasteful impulse buys. Instead of just buying trend-

led pieces, you end up buying items you know will work for you and it helps to focus your attention when you do go shopping.

Most people have an idea of what they would like their style to be but just have trouble getting there, so with a stylist they can help you to put looks together using items from your existing wardrobe, plus some new carefully chosen pieces.

While I do love a brightly coloured vintage print, I went for many a year having a wardrobe packed full of them and I ended up not getting the wear out of that many of them because I just didn't have the simple basics to tie the look together.

Now that I'm older and wiser, I see the benefits of having a basic capsule wardrobe of neutrals to ensure I always have the basis of an outfit and I can layer print and colour with these items.

It doesn't have to be a huge amount of pieces and it will be different for everyone but mine always includes plain v neck t-shirts, straight leg jeans, a khaki military jacket and plain white converse.

Finding and putting together this wardrobe is invaluable in saving yourself time getting ready and saving you money in the long run as you'll always have something to wear no matter the occasion. The key is to make considered purchases and the environment and your wallet will thank you for it.



Natasha Crowley

PICKS OF THE WEEK



HIM:
Sliders,
H&M,
€14.99

A must have for fans of this cult Netflix series.

HER:
Blouse,
H&M,
€29.99

Pair this blouse with denim cutoffs and some flats for a laid back summer look.

