



Carla Hanrahan pamper a client

Rescue for the ages

This is one treatment you will find is lavish
by name, lavish by nature

WORDS FIONA WELSH

With a long-awaited trip to the UK bearing down fast upon me, I was in the mood to be indulged just a little.

Selfishly I was looking for some "me time" as I prepared to take my mum and aunt over to see their relatives in Scotland for the very first time. So I gratefully accepted the chance for a special pick-me-up.

The thought of a timely Winter Skin Rejuvenation treatment at Lavish Cosmetic Surgery Clinic in Mooloolaba was just the ticket and I was keen to see exactly what lay beneath my tired and dull skin (I was pleasantly surprised, but more about that later).

As Carla Hanrahan from Lavish explains, the beauty business is very much results-driven these days. No longer are clients happy with just being pampered and some short-term plumpness. No, they are looking for rejuvenated skin straight away, with results that last well beyond walking out of the salon.

Carla says the Lavish package has been designed to ensure clients leave the clinic feeling and looking great.

Of course I couldn't wait to be placed in her hands, given she is a qualified paramedical aesthetician. So after a chat about what I was looking for, it was down to business. Carla is very much

about letting her clients relax and zone out, but she is also more than happy to run you through what the treatment entails at the start of the session and answer any questions you may have towards the end.

First up was the essential tidy up and shaping of the eyebrows, which I may have put off a little longer than was necessary. But under Carla's skilful hands, it was all over efficiently and effortlessly, leaving me ready for the start of an intensive facial regimen.

The session started with the obligatory cleansing and steaming to help open my pores. Then came the peel accelerator, using Skinstitute products, which are a medicated range.

A face peel (the strength of which is based on your skin's needs) would normally follow but I asked Carla if I could try my very first mechanical exfoliation with microdermabrasion.

I was suitably impressed with the application, which left my face feeling smooth and firm, with just the slightest hint of pinkness. Of course, this can easily be concealed with a touch of make-up after the session. (Don't forget the factor 30 either. There is no point going to all this effort if you don't take care of your skin afterwards.)

The next step was the oxygen facial treatment, which infuses powerful antioxidants and anti-ageing vitamins into the skin with a light spray of oxygen under hyperbaric pressure to help with hydration and suppleness.

My face felt smoother and more nourished as the application did its work, while I happily drifted off into another world altogether. Carla says the instant hydration really is noticeable and people often comment straight away how much better their skin looks and feels.

While my face enjoyed plenty of welcome attention, Carla ensured my hands and arms also were not forgotten. The rejuvenating hand treatment included a hand peel and microdermabrasion with hot towels used to remove the exfoliant. Then she gave me a relaxing hand and arm massage. I also received a shoulder massage, which left me blissfully hoping I never had to rise from this state of absolute contentment.

Before I knew it the two hours had flown by and it was back to reality — with a jolt. Happily, though, back at work I did enjoy the comments about my glowing appearance.

The writer was a guest of Lavish Cosmetic Surgery Clinic

www.theweekender.com.au

Back or neck problems?

Actually, spine and nerve trouble, discomfort and pain are common problems and, according to chiropractor Dr David Hendrey, about 80% of us will suffer from a debilitating episode of back pain at some stage. This leads us to feel less energetic and little things start to bug us. Our productivity goes down and we just drag ourselves through the day. Living life like this is simply not as much fun.

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