

MOJERH

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NATURAL WONDERS

Whether you are drawn to hard-working spas hidden away in untouched corners of the globe, protecting what mother nature gave you, or interested in the restorative benefits found when turning your home into a sanctuary, discover MOJEH's curation of the nature-based retreats, regimes and therapies that may appear modest but are undeniably transformational



MOJEH 2019

HARD to BEAT

WORDS BY Aoibhinn Mc Bride

With the global pandemic far from over, people are increasingly taking the holistic route to help tune out stress and anxiety, and music therapy in particular is leading the charge

Even before Coronavirus hit in early 2020, the Middle East was in the midst of a mental-health epidemic. According to a global study conducted in 2018, the Middle East suffers from the highest rate of depression and mental health disorders in the world, and with anxiety steadily on the rise since Covid-19 became the most overused phrase in our vocabulary, many people are now turning to alternative and more holistic therapies to help drown out the external noise, soothe frazzled nerves and focus on being more present.

Take streaming services, for example. Once the preserve of playlists for going to the gym or getting ready for a night out, Spotify now has several sleep-related playlists including 'Deep Sleep' (which has been downloaded over a million times) and 'Sleepify', while YouTube has numerous ambient songs and playlists that can be accessed for free. This includes 'Weightless' by Marconi Union, which after being tested by neuroscientists in the UK was found to reduce anxiety by 65 percent and reduce physiological resting rates by 35 percent. Created in collaboration with sound therapists, the song's rhythm, melody and harmonies were all constructed specifically to help slow down the listener's resting heart rate, reduce blood pressure and decrease the amount of the stress hormone cortisol being produced by the body. Pretty impressive – and intriguing – we think you'll agree.

Closer to home, streaming platform Deezer has launched its new original podcast, *Sleep Tight*, to help alleviate insomnia. Featuring a collection of fairytales, it aims to help listeners unwind and prepare for a good night's sleep by taking them on a journey that oscillates between the worlds of fiction and reality, engaging the listener enough to be listening yet not requiring enough concentration to keep them awake. "Sleep Tight was our first foray into wellness," says Mark Abou Jaoude, head of content, artist marketing and label relations for Deezer, of the decision to launch the podcast. "At Deezer, we believe there's a need for content that ultimately helps our users. In the near future, we plan to produce more of this type of content in both the podcast and music spheres."

And even the music industry is taking more of an introspective approach, with more DJs, being unable to perform on the usual club circuit, shifting their focus towards more ambient music to reach their fans in a new way. In August 2020, Grammy Award-winning American DJ and producer Diplo teamed up with meditation app Calm to release his first ever ambient album, *MMXX*. In fact, over the past 12 months, the app best known for its celebrity-narrated *Sleep Stories* has been adding to the Calm Music stable of artists, and now includes playlists by Sam Smith, Kygo and 5 Seconds of Summer. ☺

But can music therapy – the clinical and evidence-based use of sound-centred meditation within a therapeutic relationship – really help treat depression or replace traditional talking therapy?

One area of music therapy that has been gaining traction in recent years is binaural beats – a process that involves playing two tones of slightly different frequencies, with one in each ear. Widely acknowledged as a therapeutic stress reliever, binaural beats can also be used to increase focus and concentration, and aid in the treatment of depression and other mental health disorders such as anxiety. US-based Karen Newell, co-founder of Sacred Acoustics, is a specialist in personal growth and development, and her programmes, workshops and guided meditations have even been given the Goop golden seal of alternative therapy approval. Speaking to *MOJEH*, Karen explains that she discovered binaural beats through her own personal explorations to get into a deeper meditative state of awareness. "We're so used to thinking and analysing and doing and being so active and to just take a moment to calm ourselves can be so challenging," she explains. "And I found that these kinds of binaural beats sounds really helped to calm the mind and to help me get into those meditative states more easily."

Newell, along with Sacred Acoustics co-founder and composer Kevin Kossi, recently completed a pilot study with a psychiatrist in New York City where binaural beats were prescribed to patients suffering from anxiety. After just two weeks of listening, patients showed a 26 percent reduction in anxiety, in particular those who have trait anxiety (someone who is anxious all the time, as opposed to someone who has state anxiety, which is situational).

"Meditation in general has been shown to reduce stress and anxiety, and binaural beats seem to, for some at least, give an extra boost to that support. Especially when you're in a very stressful, anxiety-ridden kind of situation it can be very challenging to just say 'Let me get calm,'" Karen adds. "It's really helping people who have that quality of anxiety in their system and bring it down to a calmer level."

And while other kinds of meditative musical therapies require the person involved to go into a session with an open mind for optimum results, binaural beats can also work as a therapeutic tool in what Karen describes as "a crisis moment" when "they're not thinking about their belief systems." However, she does attest that those who approach binaural beats with an open mind and open attitude will get potentially greater results, especially those who currently find themselves at home, unable to carry out their usual activities due to the pandemic, and are looking for alternative ways to reduce their anxiety.

"It's an opportunity. So many people think of it as a hardship and so often hardships are opportunities, be it for personal growth, for spiritual growth, for community, and societal evolution. It's causing us individually to look within, and I think it's also causing us collectively as a society to re-evaluate some of our policies of how we take care of people," she adds.

That sentiment is echoed by sound therapist Marko Zigon, founder of Sonic Temple, Dubai. "It has certainly created an additional state of fear throughout humanity," he says of the pandemic. "The good side effect is that many individuals finally have a chance to take a break and start questioning

"AFTER TWO WEEKS OF LISTENING, PATIENTS SHOWED A 26 PERCENT REDUCTION IN ANXIETY."

a lot of aspects of life. Perhaps some for the first time ask themselves: Am I living a purpose-driven life? Do I feel fulfilled? Happy? Do I want to change habits that don't serve me well? This existential self-inquiry can be an excellent start to more conscious life. And sound, being a universal and omnipresent force has all the required potentials in establishing a new way of living."

A classically trained musician, Zigon had been working as a producer, musician and sound engineer for almost nine years before an experience with sound therapy changed the course of his career. He has worked in the UK, Germany, USA, Nepal, Bahrain, Hong Kong and Japan and is internationally certified in the use of tuning forks, Himalayan singing bowls and gongs, but uses over 300 sonic tools, including crystal bowls and shamanic drums as well as sound massage and

voice release with his clients. "After playing drums for several years, I came across sound therapy in 2006 while doing my diploma thesis on noise reduction as part of my mechanical engineering bachelor's degree. At that time, I encountered tuning forks in a scientific fashion and then started learning more about other ways these and other tools are being used," he shares.

Describing sound therapy as a "modality of energy transmission," Marko says the induction of vibration can be used to invoke a biochemical response in the body, and while he's loathe to link sound therapy with achieving an ultimate goal (he believes it creates a "barrier" and "mind resistance"), his sessions aim to entrain the brain, regulate the heart rate and stimulate the nervous system.

"Therapy itself means something that is done consistently and/or over a period of time. One session only can certainly have a very beneficial effect – and it's usually groundbreaking – however, to let go of physical pain or traumatic experiences, more sessions are needed, as we need to monitor what we are doing," he clarifies.

For Joanne Smallwood, a yoga teacher and sound healer based in Dubai, a sound therapy session while on holiday in Bali was the catalyst for her own journey of discovery with music therapy. "I went to a session and I was blown away. For the entire hour I was anchored into a deeply relaxed state. When the session was over, I went up to the instructor to ask a question and when I opened my mouth nothing came out. I was so relaxed I couldn't even speak. In that moment I knew that I had to learn more and study this incredibly powerful healing tool," she reveals.

Using Tibetan singing bowls and a spirit drum to lead her meditations with groups and private one-on-one clients, Smallwood believes that because sound meditation takes the pressure off 'letting go', participants are able to get into a deep relaxed state without complicating how they get there. She's seen a huge increase in people turning to sound healing since the pandemic hit.

"Participating in sound mediation will help to reduce stress in the moment. If you make it a regular habit, the effects will be compounded. It will boost immune function by reducing the hormone cortisol; heart rate and blood pressure are lowered, sleep quality is improved and so is overall mood," she adds. "These are the effects of spending time in the parasympathetic state, or the 'relaxation response'. This is the state where we are supposed to be spending the majority of our time. Due to stressful and overloaded lives, compounded by the current world situation, we are spending too much time in the stress response. Rest is important for our bodies to function at optimal levels." That sounds like music to our ears. 🎵





SPAS with SOUL

Has the pandemic derailed your healthy habits? Whether you're looking for a week of relaxation or a strict detox programme, get inspired by these authentic wellness retreats, blissfully awaiting you once travel resumes **WORDS BY** Naomi Chadderton

Whether your definition of wellbeing involves yoga and sound baths or more scientifically backed therapies, fully immersing yourself in the wellness culture of some of the world's most renowned retreats is sure to provide the ultimate post-Covid reboot. From luxury havens hidden deep in the Balinese jungle to traditional Japanese treatments and medicine, these soulful spas will help you discover your authentic self and leave you feeling fulfilled and rejuvenated, both inside and out.

KAMALAYA, KOH SAMUI, THAILAND
Tucked away in the south east of Koh Samui, this multi-award-winning sanctuary and holistic spa resort is the ideal spot for a remote healing holiday. Offering stress relief, detox, weight loss, fitness and yoga, the land's spiritual energy is so intense that monks would gather here to contemplate, and it is around their cave of worship that the resort has been built. Guests are nurtured by some of Asia's best healers, with activities including everything from meditation to sleep-enhancement programmes aided by acupuncture and cognitive healing, plus releasing therapy to cope with loss and bereavement. Its ayurvedic treatments are also popular with those looking to de-stress and recover. Healthy Thai cuisine is served up on tap, with its near-vegan dishes designed to treat your body from the inside out. kamalaya.com

ABOVE: The Kamalaya Retreat, Koh Samui, Thailand
OPPOSITE: The Euphoria Retreat, Mystras, Greece

THE PALACE DOWNTOWN, DUBAI

A harmonious blend of Middle Eastern heritage and modern-day Dubai, The Palace Downtown offers a Bedouin escape away from the hustle and bustle of the city. At its heart is The Spa at Palace Downtown, and if you're looking for a true taste of Arabia, its eclectic array of signature rituals make use of traditional Middle Eastern tools and ingredients sourced direct from the desert. Opt for the Arabian Escape, which includes a trio of indulgent treatments beginning with a body-smoothing date and henna scrub followed by a skin-enriching camel-milk body wrap and rejuvenating date facial. Alternatively, the Karak Chai Adventure explores Emirati tradition with a wellness twist, using the finest quality local black tea leaves and fragrant saffron spices to deliver empowering antioxidant benefits. addresshotels.com/en/hotels/palace-downtown

EUPHORIA RETREAT, MYSTRAS, GREECE

An award-winning destination spa which opened to great fanfare in 2018, Euphoria is set in the heart of the Greek Peloponnese, close to the astonishing UNESCO World Heritage site of Mystras. Carefully curated wellness treatments draw inspiration from a number of sources – think Ancient Greek philosophers, Hippocratic medicine, Taoist philosophy and Chinese medicine, with programmes cleverly blending the best of these philosophies and complementary medicines to promote deep emotional and physical transformation. The 45 spacious rooms and suites are as sleek as the impressive spa, which rises over four levels with an innovative sphere pool and 25m water well at its heart. Expect to leave with a deeply rooted sense of balance, equipped with the tools to manage your health on a daily basis. euphoriaretreat.com





The ANA InterContinental Beppu Resort & Spa, Japan

“HARNESSING THE POWER OF JAPANESE ONSEN WATER, TREATMENTS ARE BASED ON TRADITIONAL MEDICINE.”

COMO SHAMBHALA ESTATE, UBUD, BALI

Bali's number-one pick for both beauty editors and yoga aficionados worldwide, this popular flagship retreat of the renowned COMO brand promises an authentic back-to-nature experience, perched high above the Ayung River in the Balinese jungle. A natural paradise, COMO Shambhala spans 23 acres of lush tropical forest, with a soundtrack of cicadas, fireflies and the roaring river providing the only background music. The resort offers three distinct traditional programmes: Cleanse, Ayurveda and Be Active, which address everything from stress management to weight and diet, so expect plenty of Pilates, meditation, hydrotherapy, massages, lectures, and treks through nearby rice paddies. What's more, all dishes are made from local ingredients at the brand's award-winning restaurant, Glow, leaving you feeling renewed and regenerated both inside and out. comohotels.com/en/comoshambhalaestate

ANA INTERCONTINENTAL BEPPU RESORT & SPA, BEPPU, JAPAN

A luxurious private oasis nestled in Japan's Oita prefecture, a trip to the picturesque ANA InterContinental Beppu Resort is worthwhile for the views alone. With just seven guest rooms and 10 suites, it is sumptuously exclusive, and its HARNN Spa boasts five treatment rooms, two outdoor *onsens* (natural hot springs), open-air baths with mountain or bay views, a Japanese garden and an infinity pool overlooking the Beppu hot springs. Harnessing the power of Japanese onsen water, treatments are based on traditional medicine using natural ingredients – think: mineral-enriched products crafted to focus on renewed skin, activated metabolism, enhanced sleep and relief for tired muscles – and will leave you with serenity and relaxation. This is a well-deserved splurge for the discerning health tourist. anaicbeppu.com

BEAUTY from within

From amino acids and magnesium to vitamins A through to D, navigating the world of supplements can feel like a minefield. MOJEH's no-nonsense guide reveals all you need to know

Anyone who has spent their time in the supplement aisle will know it's crowded, confusing and overwhelming with its promises. Vitamin C, probiotics, fish oils... while all apparently essential to our health, being assaulted by screaming labels and a blizzard of acronyms at every turn just adds to the confusion. Yet most experts will agree that if we're not getting enough nutrients from our food, supplements are essential health-boosters that can help fill in those nutritional gaps and work wonders on our anxiety levels, sleep patterns, skin and hair, to name a few. "I am an advocate for the life-changing transformative power of vitamins to naturally nourish your body," clinical nutritionist and founder of JSHealth Vitamins Jessica Sepel tells MOJEH. "Alongside a balanced diet, supplements can help support a healthy body by naturally enhancing physical and mental wellbeing, perfectly showcasing how subtle adjustments can make a world of difference, so you feel your best." So, where do we begin?

FORTY WINKS

Responsible for the correct metabolic function of over 350 enzymes in the body, magnesium may be found in everything from leafy green vegetables to nuts, seeds and dark chocolate, but many of us still fall short. Essential in helping you unwind, and relaxing tense muscles, while it's not officially a sleep aid like melatonin (which should be taken directly before bed), magnesium can be taken to help calm you if taken an hour or so before you settle in for the evening. Still feeling restless? Studies suggest amino acids L-tyrosine and L-theanine regulate the stress hormones that may otherwise be keeping you awake.



JSHealth Magnesium+



TURN BACK THE CLOCK

While there isn't a magic vitamin that can stop the ageing process altogether, certain supplements can definitely help. One ingredient to look for is purslane – a herb that helps calm the skin and reduce visible signs of irritation – found in Dr Barbara Sturm's Skin Food Supplements. A cult favourite for maximum skincare results, just two tablets a day with water and you're good to go. Alternatively, fat-soluble vitamin A (the first vitamin approved by the Food and Drug Administration as an anti-wrinkle agent) can help you maintain healthy, youthful-looking skin.



Dr Barbara Sturm Skin Food, at Ounass

Wildlab
Liposomal
Vitamin C and
Glutathione

HIGH ENERGY

'Tired' seems to be the perpetual state of the moment, with long hours and lack of holidays wreaking havoc on our energy levels. If you're looking to fight off fatigue, coenzyme Q10 supplements are ones to watch, as is vitamin B, which breaks down carbs into fuel for a much-needed boost. Elsewhere, JSHealth's best-selling Hair + Energy tablets sell out in seconds for a reason, with every single ingredient in each of its formulas supported by scientific research, and therapeutic dosages

IMMUNITY BOOSTERS

Given the current pandemic, it's no surprise we're looking for extra help in boosting our immune systems, and when it comes to daily supplements, vitamins A and C are of particular interest. Wildlab's glutathione and vitamin C supplements include an innovative liposomal technology (LipoCellTech) that delivers the ingredients directly to your cells to ensure the antioxidants have optimal synergistic effects on the immune system, making them extremely fast-acting.



carefully worked out by JSHealth's nutrition experts. Formulated with two carefully sourced essential minerals – iodine (from high purity kelp) and zinc, these supplements do exactly what they say on the tin.

JSHealth Hair + Energy

As complex and confusing as it may be, looking after your natural bacteria could be the ultimate underpinning to calm and nourished skin. MOJEH discovers the ins and outs of the microbiome...

make room for MICROBIOME SKINCARE

We know about the importance of friendly bacteria for gut health, but what about friendly bacteria for the face? Just like our intestines, our skin is home to a rich ecosystem of bacteria and other microbes – a unique collection of microorganisms that greatly impact how skin looks and feels – that is the external part of our microbiome. And also just like the gut, the skin's ecosystem is made up of 'good' and 'bad' microbes, both of which are required to keep skin in optimum condition. Not only do they help protect against infection, aid in wound healing, limit exposure to allergens and UV radiation and minimise oxidative damage, they keep the skin barrier intact and well hydrated too.

"The microbiome is susceptible to a number of internal and external factors, so anything we do to our skin will change the microbiome balance – from the use of skin products and perfumes, to clothing, sun exposure and environmental pollutants," explains Rebecca Treston, skincare expert at Dubai London Clinic. "When this healthy composition of microorganisms and bacteria on the skin is disturbed, skin can be adversely affected with bacterial and fungal skin conditions such as eczema, psoriasis, dermatitis and acne." As such, the microbiome has recently become a hot topic in the beauty world, leading to a new generation of skincare ranges that promise to safeguard or restore the microbiome's equilibrium, kicking off with the introduction of probiotic skincare.

While ideologies are still in their infancy, to keep our microbiome at an optimum level, experts say a combination of pre-, pro- and postbiotics in our beauty products is required to see real results. "Products containing probiotics will not be enough on their own to balance the ever-changing microbiome of each user, because the balance



needed is dependent upon the environment that pre-, pro-, and postbiotics create together to help skin protect itself naturally," says Treston. "You need to consider all three elements together."

So what exactly do the three members of this skincare dream team do? "Prebiotics are supplements or foods that selectively stimulate the growth and/or activity of the skin's microbes," explains Treston. "Probiotics are living microbes on the skin, which have a key role in stabilising the microbiome; and postbiotics are the new, beneficial substances that probiotics generate as they break down on and within the skin's surface. Together they help to facilitate an optimal skin environment and maintain an effective moisture balance, plus they strengthen the skin's barrier against environmental stressors."



"SWITCHING A SKINCARE REGIME TO BEING MICROBIOME FRIENDLY IS NO EASY FEAT, BUT CAN WORK WONDERS."

The ambiguity and regulatory inconsistencies around probiotics have proved to be a challenge for both the industry and the consumer. "Past probiotic skincare formulations were general in the bacterial species used and claims made for skin health," says Paula Simpson, founder of Nutribloom Consulting and the author of *Good Bacteria for Healthy Skin: Nurture Your Skin Microbiome with Pre- and Probiotics for Clear and Luminous Skin*. "Based on evolving research and market expectation, formulations are moving towards synbiotic blends that include appropriate bacterial species, subspecies and strains that support the specific skin-health claims."

Luckily, as labelling, claims and regulations become more cohesive, probiotic-based skincare is evolving as a rapidly advancing market in the beauty space, and we're going to be seeing a lot of microbiome-focused skincare in 2021 and beyond. Beauty brands including Esse, Exuviance, Elemis, Aurelia Skincare, Mother Dirt and Murad are all already getting in on the act by creating products containing probiotic-derived ingredients, with a great deal of attention also paid to packaging, since the products' delicate formulas can easily deteriorate through air and light exposure, causing them to break down faster. And while it isn't possible to sell products containing live bacteria, most will contain preserved extracts such as lysate (derived from *Lactobacillus*), glycoprotein (from *Bifidobacterium*) or prebiotic sugars such as xylitol and fructooligosaccharides to feed existing

microbes. "Probiotic skincare brands are expanding and intriguing the consumer, but in order to turn this into a macro trend and societal norm within skincare and natural beauty, there is still a lot of work to do," states Simpson.

Switching a skincare regime to becoming microbiome friendly is no easy feat, but one which will work wonders if done correctly. Firstly, forget about your other products. "If one starts using probiotic skincare, any other skincare products must be avoided. This means stopping using anti-bacterial formulas (usually soaps, some gel cleansers and toners) that kill both bad and good bacteria," states Angela Turovskaya, founder and managing director of ethical beauty platform Balmessence. "If you choose to use a specific probiotic skincare brand, then invest in their entire range as the brand will carefully design products to benefit each other and not create a conflict." ESSE is a good starting point: the moment that its probiotic serum touches the membrane, 50 million live probiotics per drop are activated by the moisture on the skin. It also includes harmonising ESSE Toner Plus, which contains prebiotics, the food for probiotics.

"Microbiome skincare is so much more than a fad" says Treston. "Clinical studies have shown that gut health is directly linked to chronic skin conditions such as acne, atopic dermatitis and rosacea. Similarly, if you find the right formula of microbiome skincare on the levels of pre-, pro- and postbiotics, it can improve the skin in much the same way." (1)

AT-HOME healing

Feeling anxious? If your wellbeing has been suffering of late, creating a calm and peaceful environment at home is more important than ever

When we think of wellness destinations, it's usually a weekend-long unplugged yoga refuge or luxury spa retreat that comes to mind. But right now, our homes are the safest spaces to be, meaning there's no better time to readdress our living spaces and transform them into a calming haven of healing. Not only can such spaces minimise stress, but our surroundings can directly influence our wellbeing, too. Luckily, creating the ultimate wellness sanctuary you may never want to leave is simpler than you think.

CUT THE CLUTTER

Whether you're an avid follower of the KonMari method or a die-hard maximalist, there's no denying clutter produces both physical and mental chaos. "If you have clutter in your house and it doesn't seem inviting when you walk in, you may actually be falling ill due to it," explains Soniyaa Kiran Punjabi, founder of premier wellbeing centre Illuminations Dubai. "Clearing spaces is actually an ancient healing practice, and follows the principles of dispelling negativity, unnecessary energies, and lingering clutter in the same way one would rid one's house of dust and dirt on the outside." Be it clearing out unused items for donation, or investing in appealing organisational tools like woven baskets, drawer inserts and clear storage jars, you'll feel the tension immediately leave the room.



CREATE THE CALM

From aromatherapy candles to essential-oil diffusers, a few small investments can make all the difference when transforming your home into a soothing sanctuary.



COLOUR ME HAPPY

While choosing the right colour scheme is entirely personal, try experimenting with cooler shades. Dubai-based interior designer Liza De Luna swears by the hues Gray Owl, Raindance and Ice Breaker by Benjamin Moore, as well as simple wallpapers in natural textures. Keep in mind though that a calm and amicable home doesn't have to be bland and monotonous – simply add gentle accent colours to add depth and interest.



CLOCKWISE FROM LEFT: White Rose Candle, Jo Loves: Diffuser, Diptyque: Gentle Wash, The Works: Ivy Scented Range, LOEWE

LET THERE BE LIGHT

"A beautiful sunlit room can do wonders to lift your spirits, and research backs this too," explains Soniyaa. "One study found that letting natural light in can act as a natural mood enhancer and energy booster, while helping reduce tiredness and eye strain." A naturally lit room boosts productivity, improves mood, and creates an overall tranquil atmosphere better than an artificially lit environment does. To make the most of your space, Soniyaa recommends adding more mirrors and shiny accessories, using skylights, installing large windows and keeping them clean. "Well-placed furniture that does not block natural light-streams can also work wonders to enhance the light in a dark room," she says.



THE POWER OF PLANTS

If your favourite way to recharge after a stressful week is to head out into nature, why not bring the restorative qualities of those emerald escapes indoors? "Researchers have found that exposure to nature can lower blood pressure, improve cardiovascular health, reduce cortisol levels, and balance the sympathetic nervous system activity in the body," explains Soniyaa. "You don't really need a green thumb to make indoor plants thrive, either – you can choose ferns, succulents, and aloe as they require little attention." Lavender is also known for its stress-relieving qualities, which is why the scent is often found in lotions and sprays. The snake plant (*Dracaena trifasciata*) is also believed to reduce anxiety.



the lap of LUXURY

THE QUEEN OF CLEANSERS

An A-list favourite, Augustinus Bader's newest launch, this extravagant cleanser boasts the same TFC8 complex as the brand's face and body creams: a cocktail of amino acids and vitamins that delivers key nutrients straight to cells, boosting the skin's ability to repair and renew itself. *The Cream Cleansing Gel, Augustinus Bader at Ounass*

SWEET AS HONEY

Dedicated to the delicate eye area, this dewy serum encapsulates the repairing powers of honey and royal jelly to not only combat fine lines and wrinkles, but work their magic on dark circles, too. *Eye R Repair Serum, Guerlain*

THE RULE OF FOUR

What if we told you that within four weeks, your skin could be totally transformed? Sisleya's four-week treatment is backed by 30 years of research, and comes packed with concentrated botanical extracts to activate the cellular processes responsible for keeping skin rejuvenated and energised. *Sisleya L'Integral Anti-Age La Cure, Sisley*

Whether you're looking to smooth, hydrate, plump or bestow radiance, the latest wave of ultra-luxe skincare is the ultimate indulgence

SWEET DREAMS

The latest addition to Chanel's Le Lift line, the Le Lift lotion now features a new magnetic water complex for ultimate hydration. Its star ingredient, the alfalfa extract, does all the hard work, aiding skin's collagen production, so it's a win-win. *Le Lift Lotion, Chanel*

CAKED IN CAVIAR

One of the most luxurious new ways to pamper your skin, La Prairie's Skin Caviar Liquid Lift serum is infused with two highly concentrated extracts – oils and proteins – from eggs sourced from sturgeon that swim in pools of fresh, mountain-filtered water in the Swiss Alps. *Skin Caviar Liquid Lift, La Prairie*

BRIGHT SPARK

Combining not one, but three forms of vitamin C – including kakadu plum, the world's most potent plant source of the ingredient – this lightweight serum brightens and evens skin tone and supports collagen production, with stunning results. *The Good C Vitamin C Serum, Dr Barbara Sturm at Net-a-Porter*

THE THIRST QUENCHER

A mega moisturiser considered capable of changing your skin for the better, this luxurious formula makes use of five types of hyaluronic acid to provide instant hydration to the deepest layers of skin, all while helping powerful anti-ageing actives penetrate deep into your epidermis, too. *The Super Smart Hydrator, U Beauty*

GOOD AS GOLD

Gold has long been recognised for its beautifying properties, so it's no surprise it's the key ingredient in Clé de Peau Beauté's new 24k gold mask. Apply every three days to make the most of its renewing and anti-ageing effects. *Precious Gold Vitality Mask, Clé de Peau Beauté*