

her world

So Real, So Chic!

FEB 2010 RM7

50 YEARS
CELEBRATING
WOMEN

VA-VA-VOOM!

FASHION & BEAUTY TIPS FOR A SEXIER YOU

CREATE A CANDLELIGHT DINNER

Fail-safe ideas to impress him

ACHIEVE YOUR GOALS NOW!

Easy ways to think positive

COVER STORY
Samantha Schubert & Oliver Knotts
On love, devotion and growing old together

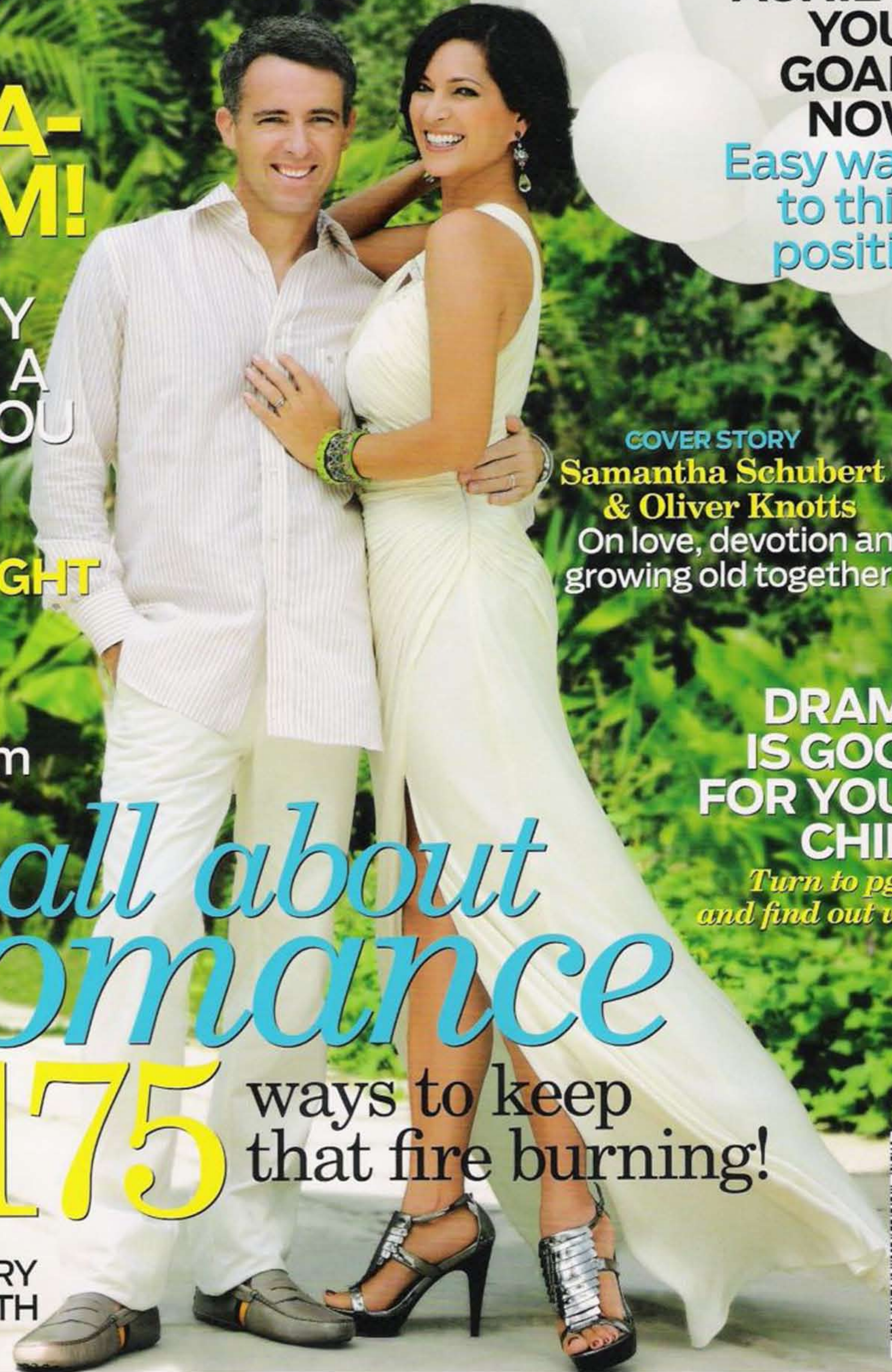
DRAMA IS GOOD FOR YOUR CHILD

Turn to pg142 and find out why!

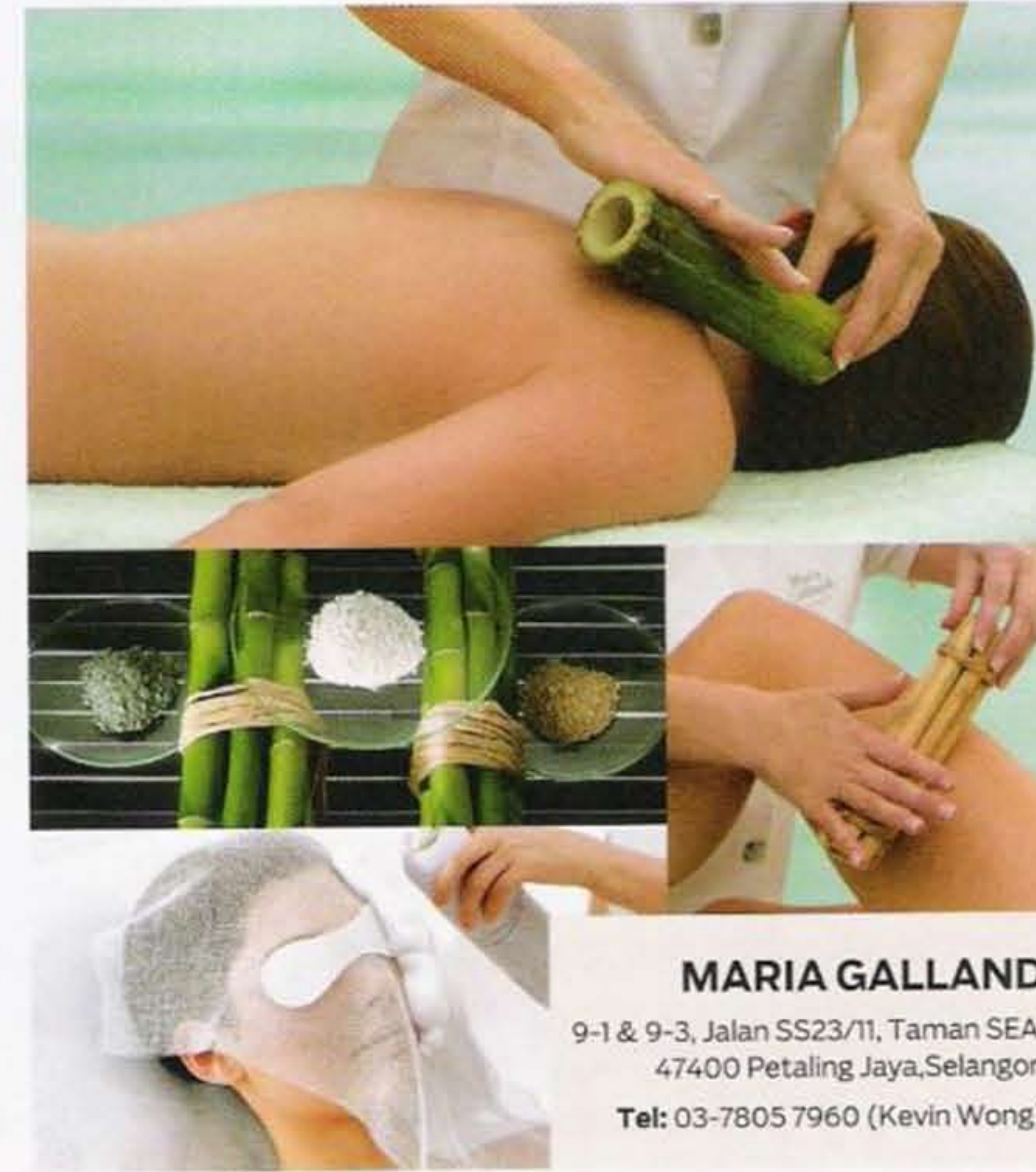
all about Romance

175 ways to keep that fire burning!

WIN! LUXURY FACIALS WORTH RM5050!



Her Look Spa Story



MARIA GALLAND

9-1 & 9-3, Jalan SS23/11, Taman SEA, 47400 Petaling Jaya, Selangor.
Tel: 03-7805 7960 (Kevin Wong)

For Radiant, Glowing Skin

The Re-mineralising Massage at Maria Galland

RM300++ for 90 minutes

Tester: Michelle Tan

The treatment: This body massage is recommended to be taken with an accompanying facial for a total spa experience. I opted for a hydrating facial using a cocoon effect foam mask. Prior to the massage, the therapist prepped my skin with essential oils to absorb the minerals for the treatment. A mixture of Guerande sea salts and essential oils was then rubbed onto my skin in long, invigorating strokes. After rinsing off the scrub, this was followed by another massage using a hydrating lotion for the body and a soothing lotion for the legs.

Great for: ...people who have a less active lifestyle as it drains excess toxins without much exercise.

My verdict: I loved that my skin was radiant and glowing after the massage. Even after a few days, my skin still felt baby-soft and extremely hydrated!

It would have been better if: ...there was a foot soak before the treatment to soften the dead skin cells on my feet before applying the scrub.

Spa in the city

The Her World team take spa matters into their own hands as they try out six body massages around town.

For Relaxing Stiff Muscles

The Tanjung Spice Massage at Tanjung Wellness Spa

RM228++ for 90 minutes

Tester: Noor Azura Ahmad

The treatment: I loved that I had a good therapist who did wonders to sort out the stiffness in my back. The session started with a relaxing foot soak and bath. The main therapy was a therapeutic massage from Germany which concentrated on key points of the body. A note on the practice of the joints going 'crack' – that makes a lot of noise, but is not painful at all. Since you're advised not to take a shower immediately afterwards, make sure you have sufficient time to rest and shower before your next appointment!

Great for: ...workaholics who spend most of their day sitting in front of the computer and stressing out their back muscles.

My verdict: At the end of the session, I felt much more relaxed. I slept like a baby that night.

It would have been better if: ...the peppermint oil I chose didn't smell so strong. Maybe lavender would have been a better choice.



TANJUNG WELLNESS SPA

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