

The BEAUTY *Bazaar*

The BEAUTY BLACK BOOK

*The body experts, make-up artists, hair
stylists, diets and workouts that will have
you looking your absolute best
on the happiest day of your life...*

Soft bridal
make-up



Natural waves

Best for... GLOWING SKIN

To get the best out of investment face creams give needling a go. Micro-needling or 'derma rolling' uses small needles to puncture the surface of the skin, causing what is known as 'micro-trauma' to trigger the skin's repair mode and induce collagen and elastin production. Performed at a dermis level (anaesthetic cream is applied first), the procedure firms, tightens and regenerates, while also leaving skin more readily able to absorb serums. Mesotherapy similarly employs needles, but this time to inject ingredients into the dermal layers of the skin. Most superficial mesotherapy is painless and brings an immediate glow.

Derma roller, Dhs650 per session; Mesotherapy, Dhs600 per session, both at Kaya Skin Clinic; Kayaskinclinic.com

Radiance Primer,
Dhs180 NARS
at Sephora

NARS



Reverse Day
Cream, Dhs495,
Filorga at Boots

Hydra Life Extra
Plump Smooth
Balm Mask,
Dhs255, Dior



Tinted Hydra
Repair Day
Cream,
Dhs195, Grown
Alchemist at
Harvey Nichols
- Dubai



Abeille
Royale Eye
Cream, Dhs761,
Guerlain

The
HERO
PRODUCTS



Hydration
Vaccine,
Dhs250, NIOD
at Harvey
Nichols - Dubai



PRADA S/S17

The FACE

*Treatments, products and tips
on how to achieve a perfectly
photogenic face in time
for your wedding day*



BLUMARINE S/S17

THE CAVIAR FACIAL

This facial is recommended for brides-to-be who need a fresh glow but are also looking to relax in luxury. Using a high-performance lotus pink caviar sheet, luxurious eye and facial creams, and anti-aging products, this treatment will leave your skin luminous, but not before you've enjoyed the relaxing hand and foot therapy that accompanies it. *Dhs675 for 90 minutes. CHI, The Spa at Shangri La Abu Dhabi +971 2 509 8900; Shangri-la.com/abudhabi*

Youth Preparing
Exquisite
Lotion, Dhs300,
Givenchy

Remedies,
Dhs230,
Bobbi
Brown



Get a defined jawline
with Kybella at Dubai
Cosmetic Surgery

NINA RICCI S/S17

Best for... A DOUBLE CHIN

A minimally invasive treatment where deoxycholic acid is injected into the double chin area to literally dissolve unwanted fat and tighten skin, Kybella is the perfect choice for those who happen to be a little self-conscious of a less defined jawline or loss of elasticity in the neck area. "Deoxycholic acid naturally occurs in the body and when injected into the double chin disrupts the cell membranes around the fat cells and causes them to release the fat. Once released into the body fat is excreted as it would be when dieting," explains Dr Rory McGoldrick, an English board Certified Consultant Plastic Surgeon at Dubai Cosmetic Surgery and Euromed clinics in Dubai. Suitable for mild to moderate fat excess, the result is a reduction in a double chin and tighter skin in as little as a few weeks. The number of treatments needed depends on the individual – most patients require one treatment for a mild double chin to two treatments for moderate double chins a few months apart – but, says Dr Rory, "The amazing thing with this treatment is that if the patient's weight remains stable then the results are permanent as the fat storage potential has been reduced in the double chin area." *Kybella starting from Dhs2,500. Dubai Cosmetic Surgery, +971 4 348 5575; Dubaicosmeticsurgery.com*

"For great skin, staying stress-free is where it all begins. Hectic planning activities can release hormones that are known to produce that oily substance sebum which cause break-outs and blemishes. The best solution is to chill out, take long walks, dive into hobbies and find some sort of entertainment that brings on the smiles. As well as having regular facials." Dr. Rosanne Dalgado, dermatologist at Kaya Skin Clinic

Body Slim Fix, Dhs119;
Body Cellulite Fix,
Dhs149, both Nip+Fab
at Beauty Solutions

GET WAISTED

When it comes to achieving a waistline you love, sometimes a balanced diet and regular exercise are just not enough. SculpSure is an advanced FDA-cleared laser treatment that targets stubborn fat in the abdomen and love handles. This non-invasive approach destroys fat cells by targeting them with laser energy which they absorb causing them to dissolve, following which they are excreted by the body. It takes approximately 50 minutes and the results can be seen around eight to 12 weeks afterwards. To speed up results it is advised to have a slimming massage to help flush out the unwanted fat cells.

From Dhs4,000 at Dr. Simin Medical Centre, +971 4 344 4117

BRAZIL BUTT BLAST

Get booty with Fitness First's Brazil Butt Blast workout designed to curate and shape the derrière of your dreams using weighted bars, plates, steps and resistance bands. Take two or three classes a week and see a noticeable difference in two to three months.

Uae.fitnessfirstme.com

TOP WORKOUT

A circuit concept, 9Round offers a 30-minute, full body workout designed to keep your heart rate within its target fat-burning zone using nine rounds of exercises, from strength and kickboxing to abs and core. The beauty of this club is that workouts start every three minutes so you can go at your own convenience and a trainer will be on hand to support you. 9Round, +971 4 321 7997; 9Round.com

Restorative Body
Cream, Dhs600,
Sisley at Harvey
Nichols-Dubai



Detox Body
Treatment,
Dhs240, Filorga
at Boots



Super Fit Tummy
Tuck Bodycare,
Dhs445, Rodial at
Paris Gallery



Bats and
balls,
Chanel



FEEL GOOD FROM THE INSIDE OUT

A great way to kickstart any diet or fitness regime is to look at cleansing your body from the inside out. The Dubai Herbal Treatment Centre offers numerous options in which to reach your optimum health. One such option is their Feel Intensively Detoxed Package that offers four cleansing treatments including 50-minute cleansing massage followed by colon hydrotherapy in the first session; the second session includes a beneficial slimming massage and 90-minute body detox scrub to get both your insides and outside in shape.

Dhs2,165, Dubai Herbal Treatment, +971 4 335 1200; Dhtrc.com



TOMMY HILFIER S/S17

THE NEW STUDIO

It goes without saying that you want to tone up before your wedding. The Gym, Dubai's ultimate luxury fitness destination, is not your average studio. Boasting beautiful interiors, enter a new world of workout glamour, housing a selection of the best strength and cardio equipment that the industry has to offer (with built-in entertainment) and elite trainers. Once you've finished working out, the changing rooms will greet you with big fluffy towels, warm massaging rain showers and a delicious

array of beauty products and even GHD's. Before you leave, stop by The Muscle Bar and let the experts create a healthy drink to suit your mood. Packages are available daily, weekly or monthly. The Gym, +971 4 442 6586; Thegymdubai.com

BARRY'S BOOTCAMP

A one-hour class at Barry's Bootcamp in DIFC burns up to 1,000 calories, using a combination of treadmills and strength training for the ultimate HIIT workout. Book a class at International. barrysbootcamp.com

LASER HAIR REMOVAL

Smooth legs for a wedding and honeymoon are a must, so say goodbye to waxing for good by trying Duetto Laser Hair Removal. State of the art technology means that this particular laser is fast and mostly painless, offering a permanent hair removal solution so there is no need to worry about stubbly legs or painful trips to the salon ever again – surely worth the investment.

From Dhs 2,800 for full legs, Rebecca Trestone at Euromed Clinic, +971 4 394 5422; Euromedclinicdubai.com

Long
lithe
legs

The BODY

The treatments, creams and workouts to help your body look and feel its best



ERMANNO SCERVINO S/S17



DETOX DELIGHT

Detox Delight is the most efficient, super chic way to embark on a detox or juice cleanse. The

German-born company has found cult status throughout Europe and the Middle East for its colourful, nutrient-packed juices and vegan meal plans that are conveniently delivered to your door or office, daily. Designed to give you everything you need so you will never feel hungry or lacking in energy, the various plans can be tailored to suit your individual needs but are based mainly on raw ingredients and cold-pressed juices with the option of light vegetable soups. For hardcore cleansers, a pure liquid detox will achieve fast results and help you in your quest for glowing skin and slim body. *Bazaar* loves the Super Green Delight cleanse where you will consume up to 12 kilos of fruit and vegetables in liquid form per day. From Dhs299 per day, +971 4 338 3565; Detox-delight.ae



PURA NUTRITION

Part of successful dieting is being organised, so for those with hectic lifestyles food plans that are delivered to your front door make life, and losing weight, much more achievable. Pura is an affordable plan that focuses on clean eating – combining the correct amount of calories you need per day with the correct nutritional balance. Tailor your diet to your tastebuds by selecting from an extensive menu with flavoursome meals like turkey bolognaise, grilled salmon with vegetables and Asian beef salad. The menu changes weekly and if you don't like something you can swap it out for something else making it easier to stick to the plan. *Pura meal plans start at Dhs125 per day*, +971 52 699 2562; Pura.ae

The DIET

*The best food plans,
diets and detoxes as tried
and tested by Bazaar*

*Beauty
starts
from
within*

GLAM GOURMET

The 'glam' bit of Glam Gourmet is – aside from the fact it gets delivered to your door daily, at your chosen time so you never have to lift a finger – the fact that it has Michelin-recommended chef Gautam Chaudhry behind its menus to provide you with the best tasting, most nutritional food for your chosen plan. They offer convenient meal plans for everyone; pregnant women, pescatarians, gluten-free followers, vegans, and for those who want to slim down fast there is the Express Weight Loss plan that *Bazaar* roadtested with great results. Though only 1,000 calories a day, the plan is packed with healthy, delicious and filling meals – think a healthy egg wrap for breakfast, rich and filling chicken coconut curry for lunch and cod fillet for dinner, with healthy snacks in between – meaning you are never hungry and your dream wedding physique is easily achievable. *Meal plans start at Dhs3,500 per month*; Glamgourmet.me

Get glowing with Detox Delight's Super Green Delight detox plan



VITAGENE

If you're struggling to find the right wedding diet for you, this exclusive DNA test is the most complete genetic test out there for ancestry and nutrition. The Vitagene Vitality test was created in the knowledge that 90 per cent of diets fail because of how differently individual bodies react to different foods, exercise, and micronutrient levels because of our individual genetic make-up. Our genes don't just determine our eye colour, but also determine your diet and nutrition, physiological traits like endurance, fat burning ability, metabolism and undiagnosed nutrient deficiencies. The test provides a detailed analysis of your ancestry, as well as a customised diet, exercise and supplement plan. The personalised recommendations are designed to help you reach your health goals, whether that's losing weight or understanding what exercise you should be doing for your body, or learning the foods you should avoid or add to your diet. Your tailor-made bridal health plan awaits. *Dhs2,999, The Nova Clinic by Aesthetics*, + 971 4 384 5666; Thenovaclinic.com



ALBERTA FERRETTI S/17

VICTORIA BECKHAM S/17



Nail Vernis in Tulle, Dhs130, Chanel



LUSH LASHES

With a plethora of lash treatments on offer there is no excuse not to have fabulous, thick lashes framing your eyes on your big day. Choose from Russian Layering (Dhs750), a technique that involves a fan of ultra-fine lashes being adhered to each of your own lashes to create a thickening effect; LVL Lashes (Dhs275), a type of lash perm that lifts lashes from the roots so they appear longer, or traditional lash extensions (Dhs660 for a full set) for eyes to envy.

The Nail Pavilion, +971 4 422 9791; Thenailpavilion.com



Pretty Accents



BLUMARINE A/W17

DIGITAL SMILE DESIGN

Your wedding photos will be with you forever, so being happy with your smile on your big day is imperative.

Thanks to Digital Smile Design, a revolutionary concept combining the benefits of science, technology and art and Dubai's leading dentist Dr Sofia Aravopoulou, you have the chance to design a smile that accurately fits your face. Whether it's whitening, veneers or crowns you require, the treatment plan will be as unique as your smile design. You'll try out temporals to make sure you are completely satisfied before the work is carried out and leave with the smile and confidence you always wanted. *DSD consultation costs Dhs1,500. Euromed*

Clinic, +971 4 394 5422; Euromedclinicdubai.com

SMILE FILES

VENEERS

If your teeth don't require too much work but you would like to fix something, then veneers can be a great and relatively fast option. Dr Apa, dentist to the stars and Victoria's Secret models, can give

you the perfect smile through customized veneers created alongside his in-house ceramist who will create perfect porcelain veneers that match your own teeth, allowing for a seamless, flawless finish to give you full confidence in your smile in just a few weeks. *Dhs9,000-Dhs15,000 per tooth. Apa Aesthetic, +971 4 709 1000; Apaaesthetic.com*

SIX MONTH SMILE

If it's a straighter, whiter smile you're after for your wedding day don't automatically go for veneers, as is most commonly thought to be the best, and fastest, solution these days. Six Month Smiles are barely visible clear braces that will correct misaligned, crooked or spaced teeth in anywhere between four-to-nine months depending on the individual. This means no filing down your teeth for veneers, but natural teeth that are perfectly straight. Once your smile is straightened, whiten your teeth with either an at-home whitening kit or in-clinic Zoom whitening (From Dhs3,300) to achieve the smile you've always dreamed of.

Dr Michael's Dental Clinic, +971 4 349 5900; Drmichaels.com

The TWEAKS

From the ideal eyebrow arch to a dazzling white smile, here are the final touches you need in your life right now

DEFINED BROWS

Microblading is the number one trend in beauty at the moment and offers a semi-permanent solution in achieving defined arches. They last between six and 12 months and are suitable for everyone. *From Dhs3,000 - Dhs3,500 at Browz, +971 4 321 4828; Browz.ae*

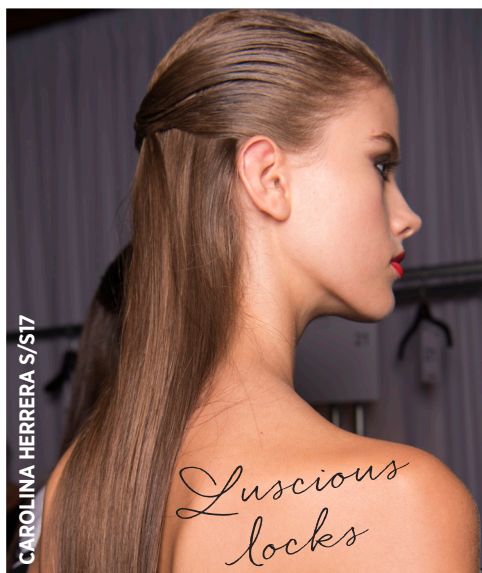


ERDEM S/17

"The revolutionary Six Month Smiles cosmetic braces system enables patients to have straight teeth in an unprecedented short time (between three to six months). Even though veneers are still a good treatment option for some, the Six Month Smiles enable you to achieve a natural smile in a minimally invasive way."

Dr. Maysoon Abdelmajeed, Dr Michael's Dental Clinic

CAROLINA HERRERA S/\$17



Luscious locks

OLAPLEX HAIR REPAIR

Make sure your hair is hydrated and shiny with a few sessions of Olaplex in the lead up to the wedding. A 20-minute session will help to repair the hair shaft leaving it shinier, stronger and healthier – it also helps colour appear more vibrant and protects hair from further damage.

From Dhs200 depending on hair length.

Be Bar, +971 4 321 2348; Mybebar.com

BEAUTY PACKAGES

Amro Ladies Salon

At-home bridal hair

and make-up,

Dhs8,000,

+971 4 442 4985

Blowout & Go

At-home bridal hair

and make-up,

Dhs4,000,

+971 4 431 1973

Maison De Joelle

At-home bridal hair

and make-up,

Dhs15,000,

+971 4 3949088

Sisters Beauty Lounge

Bridal Essentials

Package, Dhs3,000,

inclusive of bridal hair

and make-up

+971 4 379 2992

La Loge Salon

Offers an at-home

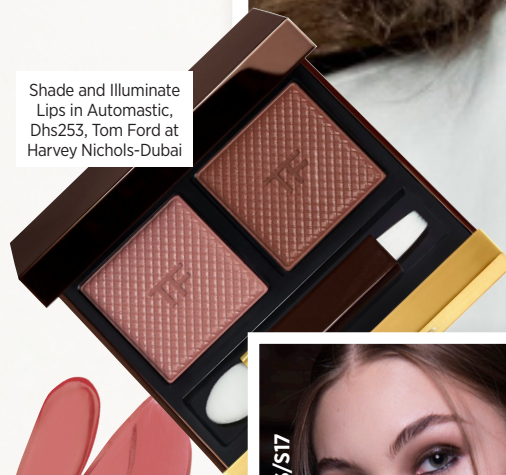
bridal hair and

make-up package

starting at Dhs12,000,

+971 50 222 2290

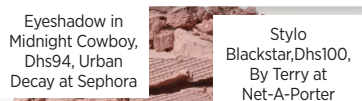
Shade and Illuminate
Lips in Automatic,
Dhs253, Tom Ford at
Harvey Nichols-Dubai



Matte Shaker,
Dhs120,
Lancôme
at Sephora



Eyeshadow in
Midnight Cowboy,
Dhs94, Urban
Decay at Sephora



Stylo
Blackstar,Dhs100,
By Terry at
Net-A-Porter

Super Volume
Mascara, Dhs150,
Clarins at Paris
Gallery



Soleil
Lip Foil in Venus
Rising,
Dhs245,
Tom Ford
at Harvey
Nichols-
Dubai

ERMANNO SCERVINO S/\$17



*Bridal beauty
inspiration*



CAROLINA HERRERA S/\$17

MAKE-UP ARTISTS

Sophie Leach

Bridal make-up,

Dhs,2,000

+971 50 225 4856;

Sophieleach.com

Nadine Elias

Bridal make-up,

Dhs,2,000

+971 50 849 6026;

Nadineelias.com

Tip: Before your big day it's important to have some trial make-up sessions to decide what you really want and to find someone who you trust to do your make-up.

"A simple but effective bridal beauty look is the classic smoldering eye. Wear it with a neutral lip to really make the eyes standout."

Karuna Chani, make-up artist

BRIDAL BEAUTY BY GUERLAIN

For the ultimate bridal make-up experience book into the elegant Guerlain Spa at One&Only The Palm. To ensure you are the belle of the ball, Guerlain's make-up expert will create a look that complements your personal style and fulfils your unique bridal beauty vision. *Dhs2,500 for two hours, +971 4 440 1040; Oneandonlyresorts.com*