



**BEAUTY**

# Beauty Notes



*Sarah Halliwell investigates cryotherapy and other autumn beauty trends*



As the weather cools down, perhaps our beauty routine should, too. Janna Ronert of Image Skincare (a favourite Irish brand celebrating 20 years in business) says that facial ice baths are a daily skincare ritual. "I always use ice cold water or bowls of ice as a plunge for the face. It has so many benefits: it reduces inflammation, preserves natural oils and relieves skin irritation." She's not alone - cryotherapy tools are popular with facialists (including Sienna Miller's, Teresa Tarmey). Try DeDanu's ice therapy tools ([www.dedanu.ie](http://www.dedanu.ie)).

I'm a devotee of Biologique Recherche facials, which advocate cleansing with cool water rather than hot (book in with Melissa Ferguson in Limerick; [www.facialist.ie](http://www.facialist.ie)). Cold-pressed is a buzzword; Act+Acne's scalp-detoxing haircare is made using cold processes to preserve active ingredients. Clarins' new Cryo-Flash Cream-Mask features a chilling menthol molecule that's soothing to parched summer skin. It's hot to be cool.

A mix of heat and cold is stimulating, too. At Offgrid ([www.offgridrecoveryandwellness.com](http://www.offgridrecoveryandwellness.com)) in Bray, Co Wicklow, you can book an hour's session alternating between the infrared sauna and ice bath (€33). Benefits include boosting immunity and activating the parasympathetic nervous system, leading to better sleep and mental balance. No wonder home saunas have become a trend. We love the idea of spending winter wrapped in an Infrared sauna blanket (€495; [www.sealieve.ie](http://www.sealieve.ie)); heat therapy can increase dopamine and endorphins, notes Sealieve's Karen O'Reilly, as well as improve circulation and sports recovery. Sign us up ... @sarahhalliwellbeauty



**TRIED & TESTED:**  
**Castle Spa at Dromoland Castle**

Co Clare's newest spa takes face and body treatments seriously. Following an extensive facelift, Dromoland's state-of-the-art Spa is the only one in Ireland offering (exemplary) facials by Barbara Sturm - a German brand that's a gift for mature skin - and Seabody treatments, a first for the Irish brand. The setting itself is all about quiet luxury: it has a calm, elegant ambience. There's attention to every detail, from the Deborah Veale-designed robe (the most elegant I've ever worn in a spa) to swish treatment beds. In the relaxation room, a personal meditation takes you through the Castle's rose garden - just one of many beautiful touches that elevates the experience. Note that the pool and fitness centre are in a separate building; this space is dedicated purely to specialist skincare, with a crack team of therapists. Take home Sturm's Glow Drops, to see you through winter. Facials from €180. [www.dromoland.ie](http://www.dromoland.ie)



**AUTUMN HIGHLIGHTS**

**HAIR TRENDS**

We asked legendary stylist Sam McKnight for his take on hair trends this season. "We're seeing a return to glamour, more 'done' hair, and embracing volume," he says. "It's a bit Hollywood, with finish and polish, perhaps with an element such as a wave or volume on top. Invest in a good hot brush, and medium-size velcro rollers - we've been using them backstage to capture a return to the glamour of 1990s supermodels." For finish and polish, seen at Victoria Beckham's show (below), GHD's Duet Style takes hair from wet to dry, creating smooth, sleek straight or waves. €399, at Peter Mark salons.

**DAILY TREAT**

I recently discovered the Energising Shower Gel version of Clarins' Eau Dynamisante (€26) - which will delight anyone who's worn that herbaceous scent, the uplifting spritz that inspired Kate Moss' Cosmoss fragrance. It transforms your morning routine.

**BLESSED BE THE FRUIT**

We're holding onto summer via the scent of soft fruits. It's hard to imagine anything more lovely than Peach Kernel Oil. €34; [www.buly1803.com](http://www.buly1803.com), to nourish skin - it also defends, with antioxidant properties. I'm intrigued by their melon oil, too. I also recommend Yon-Ka Serum C20, an antioxidant elixir with potent and stable 20 per cent vitamin C, plus organic apricot and sweet orange oils, to brighten skin. €138.50; [www.yonka.ie](http://www.yonka.ie).

**CUSTOMISED CANDLES**

One Fifty Candle Bar & Scent House, run by a female family trio in Tralee, Co Kerry, specialises in hand-poured soy candles. We love the idea of creating a personalised candle, from €40 - an original way to scent your home, or special event. [www.onefiftyscenthouse.com](http://www.onefiftyscenthouse.com).

THIS MONTH I'VE...



TALKED HAIRCARE with the legendary Sam McKnight at Brown Thomas Dundrum (try his Cool Girl range).



BOOKED a Clarins Precious skincare treatment, at Clarins Boutique & Spa, Dublin 2.



LEARNED FACE YOGA at Agnes Gajewska's brilliant workshop; [www.faceyogabyagnes.com](http://www.faceyogabyagnes.com).



LOVED the sleek ponytails on the Victoria Beckham catwalk, we're keeping K18 hair oil handy at all times. ■