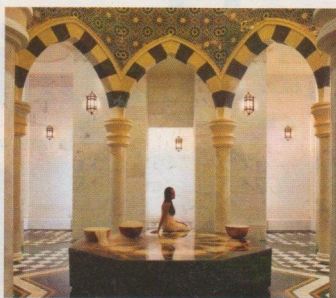


Coffee Peeling Hammam

Imagine the scene: it's been a long week, you're sick of travelling between home and sofa, and last night was a big one. Instead of indulging in junk TV and food, drag your sorry self to the spa, where a coffee Hammam won't just perk you up, it will leave you skipping back to reality. Taking place at the magnificent Talise Ottoman Spa, the treatment begins with exfoliation on the warmed marble slab, then a full-body foam massage as you gaze up at the painted ceiling and a hair wash and cleanse, before a mask of Turkish coffee is applied to exfoliate



further. Make sure you arrive in time to use the vast wet facilities – including a snow bath and therapy pools – and enjoy the faint coffee whiff on your skin.

🏠 *Talise Ottoman Spa, Jumeirah Zabeel Saray, West Crescent, The Palm Jumeirah, Dhs485 for an hour. Tel: (04) 4530000. Taxi: The Palm. jumeirah.com*

Budget vs blowout

Two cleansers at two very different prices



HUMAN + KIND ALL-IN-ONE FACIAL CLEANSER™

Irish brand Human + Kind has thrown their hat into the hot cloth ring with a wash-off formula that comes with a soft cloth, and is packed with nutrients including *aloe vera*, cocoa butter for moisture and *centella asiatica* extract for boosting circulation. It smells great, is gentle and budsge even mascara. Cute packaging, too. 🏠 *Available at Boots, Milk & Honey, The Change Initiative, Down To Earth and namshi.com. humanandkind.com*

SQOOM

With a futuristic name and the technology to match, this German-designed gadget promises to beat the ageing process with ultrasound vibrations and ionisation to deliver cleansing and moisturising gels deep into the dermis. It's a spa-standard, at home product, and if you're serious about skincare (and have deep products), this could well be a good investment.



🏠 *Galleries Lafayette, The Dubai Mall, Downtown, Dubai, Dhs3,999. Tel: (04) 3399933. Metro: Dubai Mall. sqoom.com*

FOR THE DIARY: YOGAFEST

This month yoga newbies and fanatics alike can get their fitness fix for free with a variety of different classes at Yogafest, a free event that brings together teachers and students in a tranquil outdoor setting. Among the classes on offer are Bikram and

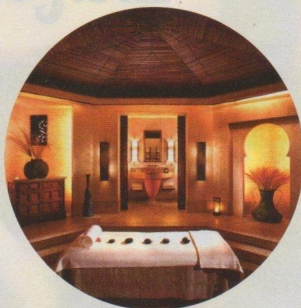
Ashtanga yoga, alongside meditation, Karma Cleansing and Chakra Balancing. There's also a special tent for children to practice their poses while the grown-ups are finishing up their sun salutations.

February 22 to 23

🏠 *Dubai Internet City Amphitheatre, Dubai. Tel: (050) 5537765. Metro: Nakheel. yogafest.me*

THE Hot list

DUBAI'S TOP FIVE SPAS



TALISE OTTOMAN SPA

One of the city's most stunning spas, this enormous Turkish-inspired retreat is a must-visit.

Jumeirah Zabeel Saray, West Crescent, The Palm Jumeirah, Tel: (04) 4530000. Taxi: The Palm. jumeirah.com

AMARA SPA

One of our fave spas, Amara offers monthly discounts, has a seriously gorgeous pool and healthy poolside menu. Thumbs up all round.

Park Hyatt Dubai, Deira, Dubai. Tel: (04) 6021660. Taxi: opposite Deira City Centre. dubai.park.hyatt.com

THE SPA

A tres romantic spa thanks to its VIP couples' suite, this is the place to go for a massage a deux.

The Address Dubai Marina, Dubai. Tel: (04) 4367424. Metro: Dubai Marina. theaddress.com

THE CURE

A friendly Media City spot that's handy for a lunchtime mani or post-work massage. They also do make-up and ear candling.

Building 10, Media City, Dubai. Tel: (04) 3916485. Taxi: BBC Building. thecure.ae

SENSASIA URBAN SPA

This month single ladies can head to the SensAsia with a pal for a two-hour treatment for two. The Dhs1,325 deal includes lunch at M's, or add vino for an extra Dhs60.

Emirates Golf Club, Sheikh Zayed Road, Dubai. Tel: (04) 4179820. Metro: Internet City. sensasiaspas.com