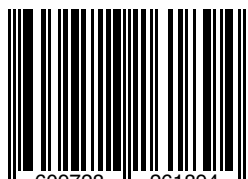


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New Year, New You

It might sound cliché, but the new year serves up a unique opportunity for self-improvement. Embrace the proverbial 'clean slate' by entering this next decade armed with the latest trends and treatments to keep your wellbeing firmly on track.

by **Mina Kerr-Lazenby**

One wise woman once said that "if we don't change, we don't grow," and while it's unlikely that she was alluding to the latest trends in beauty and wellness, we think the notion is still applicable here. From electromagnetic machines to a fat dissolving injectable, the innovations to be birthed by the beauty industry are promising an easy, and more subtle, aesthetic refresh.

Infrared Saunas

Infrared saunas are, quite literally, the hottest wellness trend of the moment. Like any beauty craze worth its salt, they first caused a stir in Los Angeles and, after being endorsed by a list of celebrities — wellness sovereign Gwyneth Paltrow is known to wax lyrical about them — the fever has spread worldwide. Dedicated devotees have even installed them in their homes, including the likes of Tony Robbins, who famously has one in each of his homes around the world. Quite different to traditional saunas, which use heat to warm the air, infrared saunas heat up the body from the inside out by penetrating the skin tissue with red and near-red infrared light. It's because of this that they are able to operate at a lower temperature, meaning that the air inside each sunbed-esque pod is far cooler than that of the average sauna. For those who have utilised the likes of Omnilux light therapy, this is essentially the same concept, but for the entire body as opposed to just the face. The infrared light used in the saunas increases mitochondria function, which in turn stimulates the increase of cellular energy and, as such reduces stress and inflammation while stimulating the cells' healing process.

Downtime: A single session usually takes around 20 minutes.

Pain factor: There's zero pain involved.

Where: NovoTHOR Laser Spa in Auckland's CBD.

Result: The process instantly relaxes muscles and helps to redevelop tissue, hence why infrared saunas are commonly used by athletes. The increase of cell production also makes it a fine anti-aging and skin rejuvenating treatment.

Aftercare: The professionals recommend two 20 minute sessions per week.

www.novothorlaserspa.co.nz

Lymphatic Facial Massage

With high-tech elements like LED lights and laser taking over beauty trends of late, you'd be forgiven for assuming that the latest innovation in facial treatments would require some sort of complex, technological device. Instead, lymphatic massage treatments — sometimes referred to as the 'Buccal facial' or 'Meghan Markle facial', (after it was revealed earlier this year that the Duchess of Sussex is a firm devotee) is little more than a traditional facial tissue massage. The crux of the treatment is to essentially encourage the body's lymphatic drainage system to do its job, which is to purge the body of unwanted toxins and waste, but it also contributes to muscle tension release, masseter muscle release (aiding pain brought on by Bruxism), muscle sculpture and increased blood flow. The treatment is pretty hands-on and often includes the practitioner massaging the inside of the mouth — hence why it's often referred to as the Buccal facial — but don't worry, they always wear gloves.

Downtime: Treatments usually take around 60 minutes.

Pain factor: It isn't painful but can occasionally feel intense — especially when someone else's hands are inside your mouth.

Where: Skinography in Ponsonby is the only place in New Zealand to offer the Buccal Massage.

Result: An immediate intense release of facial tension alongside a sculpted, stimulated, hydrated appearance.

Aftercare: To truly reap the benefits, specialists recommend scheduling in a facial around once a month. www.skinography.co.nz

Belkyra

A non-invasive, much lauded method for bidding adieu to double-chins, it's no surprise that the arrival of Belkyra to New Zealand has been met with rampant frenzy. Belkyra, put simply, is a fat dissolving injectable. The FDA-approved formula is created by the same company that makes Botox, and contains a synthetic version of deoxycholic acid, the body's natural fat-metabolising agent. It's a treatment that can be implemented virtually anywhere on the body,