

RESULTS SKIN CENTRE

By Casey Hutton

Bardon's Results Skin Centre caters for a wide range of beauty needs, including facials, massages and nail treatments, as well as Botox and teeth whitening. It's open six days, with three nights open 'til 9pm. I try their signature facial, followed by a deluxe spa pedicure. A Results facial is all about pampering. My therapist doesn't leave my side during my facial – in between hydration, exfoliation and deep cleansing, my back, chest and shoulders are massaged, making the experience profoundly relaxing. The Pevonia Botanica range used on my face smells divine. I emerge feeling utterly pampered and spoilt, and friends comment later that day on how good my skin looks. Having my feet massaged, buffed and moisturised, and my toes painted a gorgeous red, is the cherry on top.

Time: Two hours; Price: \$85 (facial), \$70 (pedi)

**Suite 11, 60 MacGregor Tce, Bardon
p 3367 0088**

REVIVE PILATES & PHYSIOTHERAPY

By Cassandra Laffey

Located in the CBD, Revive studio offers pilates, physio, massage, beauty therapy and podiatry. As the body beautiful is their speciality, I opt to try the full-body Swedish massage – a slow relaxing treatment. My Brazilian-born therapist, Juliana, is slightly built with amazingly strong hands. The massage rooms are temperature-controlled, filled with soft music and lighting. As this is my first massage, Juliana moves slowly and rhythmically, adjusting her touch accordingly and applying remedial massage to my tight spots. She smoothes a non-greasy, scent-free balm into my back, then legs and shoulders. I flip over and she tends to the front of my legs, neck and shoulders. I feel relaxed and comfortable and thoroughly enjoy the experience.

**Time: One hour; Price: \$88
Lvl 2, 21 Mary St, The City
p 3012 7007**

APRUZZESE HAIR & BODY

By Fiona Hiette

I decide to try my first-ever facial on a Saturday before the races. Located in the CBD, Appruzzese has a boutique feel without the clutter of a normal salon. Lying down in the cosy beauty room, the mellow sounds of Jack Johnson put me at ease. My therapist, Wendy, is very attentive and explains all of the marine-based Thalgo skincare products used. I try the hydrating facial, which involves an in-depth skin analysis, double cleanse, exfoliation, hydrating mask and moisture balance. While the mask works its magic, Wendy keeps my feet warm with towels and massages my hands and arms. My skin feels soft and smooth and the whole experience is so relaxing I nearly fall asleep!

**Time: One hour; Price: \$80
1st Floor, 104 Edward St, The City
p 3221 1765**



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