

Make Some Time To Treat Yourself

Indulge in a little me-time with these extra special deals, top tips and beauty buys this Holy Month



IT'S GETTING COLD IN HERE

Cryo is offering a complimentary full-body cryotherapy session with each package purchased, just for the Holy Month. A quick freezing session can burn up to 800 calories, boost your metabolism and help give you a much-needed energy boost while fasting. Sounds like a deal to us! **INFO:** Packages from Dhs1,625, available at Cryo branches nationwide, ae.cryo.com



BREAK YOUR FAST

A lack of food and drink throughout the day can take its toll on your digestive system, so with this in mind, Detox Delight has created an exclusive package with a menu designed specifically to help your body recover and revive. Break your fast with two organic dates, followed by fresh fruit and vegetable juices that are gentle on your digestive system. Why not throw in some snacks, too? We love the raw vegan white chocolate cranberry bar! **INFO:** From Dhs370 per day, 04 338 3565, detox-delight.ae

REVLON'S TOP TIPS!

Ahead of the Holy Month, Heba Kaissy, Revlon's official make-up artist for the Middle East, offers her advice for achieving a subtle, natural and healthy look.

1 Moisturise! Our skin gets dehydrated easily so it's vital to apply extra moisturiser morning and night to compensate for loss of water throughout the day.

2 Add a natural glow to your skin. Use the Revlon Photoready Skinlights on forehead, nose and cheek bones. This gives your skin a healthy and natural glow that will last all day long.

3 Opt for sheer lips. During Ramadan you should opt for subtle lip colours such as nude and peachy tones, and use moisturising lipsticks, as you're more likely to suffer from chapped lips when fasting.



LIMITED-EDITION FRAGRANCE!

If you're after something a little more exclusive this Ramadan, Ajmal is only producing 1,000 bottles of its new Oudesire scent for the occasion, so we recommend snapping it up fast! It's the house's first unisex fragrance, blending oud and musk with light floral top notes.

Amber and sandalwood add a traditional finish – as does the swish gold bottle! **INFO:** Available at Ajmal stores nationwide



Dhs750



PAMPER FOR LESS

Be it waxing, eyelash tinting, deep hair conditioning or a relaxing Moroccan bath, Tips & Toes is offering 30 per cent discount on all services from Sunday to Thursday during Ramadan. As if we needed more of a reason to get our me-time in! **INFO:** Not valid on nail services or hair extensions, 04 399 0550, tipsandtoes.com