

FIND YOUR COMFORT ZONE IN WESTPORT

NURTURING

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SPA Sula at the Westport Plaza Hotel has just launched a new line of bespoke treatments using products from the delicious Italian skin-care brand [comfort zone]. Embracing elements of plant therapy, marine therapy and fruit acids, Comfort Zone is only available in salons. Spa Sula currently offers three different types of facials – Skin Resonance, Hydramemory and Hydramemory with Collagen.

Skin Resonance is for delicate, sensitive and reactive skin, with a tendency toward high colouring and fragile capillaries. The aim is to encourage firmness, nourishment and tone.

The Hydramemory facial aims to hydrate and nourish the skin for 24 hours. For dull, dry skin on the face, neck and décolletage, the treatment aims to restore moisture and silkiness, firmness, elasticity, tone and luminosity by restoring the skin's hydra balance.

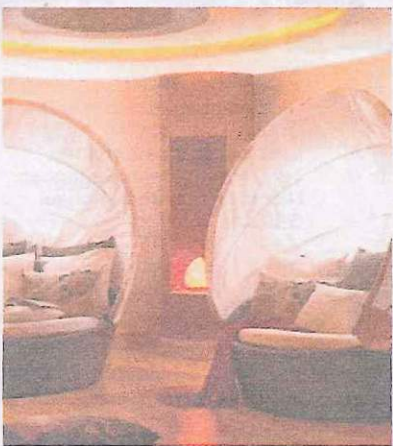
Lastly, the Hydramemory with Collagen is for depleted, mature, ageing skin in need of uplifting and restoring. This hydrating anti-ageing treatment works by masking the face, neck and décolletage with collagen fibres, which moisturises and plumps the skin while stimulating cell regeneration.

It's been five days since I tried out the Hydramemory facial, and I have to say, I'm still feeling the benefits. My skin is assaulted daily by an air-conditioned office environment, and I recently offended it further by subjecting it to the searing sun of India. It was badly in need of a lit-



▲ **MAXIMISING MOISTURE** The Comfort Zone Hydramemory skin-care system restores the skin's hydra balance

tle TLC. The facial's moisture injection has done wonders, making my skin less tired-looking, and banishing the dryness



▲ **PEACE IN A POD** A post-facial spell in Spa Sula's tranquil Relaxation Room prolongs the pampering experience.

and dullness. The luxurious nature of the Comfort Zone products is evident as soon as they're smoothed over your skin – and the after-effect lasts well beyond the 24 hours they promise.

All the facials include complimentary scalp, arm, hand and feet massages, and afterwards the experience is topped off with a spell in the gorgeous Relaxation Room, where you can loll about on a huge pod bed, sipping herbal tea while chilling out.

For an even-more-restorative time out, you could also spend some time in Spa Sula's Thermal Suite before you go for your facial. There, you can enjoy a sauna, steam room, foot spa, aromatic mineral-salt shower, outdoor Jacuzzi and more. There's even a shower that offers you a choice between aromatic Caribbean or Atlantic rain. With the latter pretty much a constant here in Mayo, however, I know which option those of us who live here will be going for...

Yoga for lower back pain

YOGA

LEE KENNEDY

LOWER back pain is incredibly common, and in most cases is caused by muscle strain or sprain.

The following posture is great for relieving lower back-ache. With regular practice it strengthens the spine and the muscular system of the lower back and waist, helping to prevent another injury.

Especially beneficial for women, it can also help prevent the accumulation of fat in the lower abdomen and improve excretory system function.

- ▶ Sitting on your yoga mat, extend both legs forward with the big toes touching.
- ▶ Raise the knees and come up to squat on the haunches with the feet together and the inner sides of the feet, the thighs, and the calves touching each other. The

back of the thighs touch the calves and the hinges of the heels.

- ▶ Stretch the arms forward, in line with the shoulders and the palms facing the floor.
- ▶ Stay here or try take the arms backwards, entwine the shins and hold the back of the ankles and heels with the hands
- ▶ Exhale and stretch the spine forward.
- ▶ Stay in this position for three to five full normal breathes, then release the hands, lift up the trunk and come back to sit with both legs extended and release the feet.

LEE KENNEDY has a Yoga-teaching Diploma from the YTTC and an Iyengar-teaching Certificate from BKS Iyengar Yoga UK. She also specialises in natural birth with yoga and Thai yoga massage. For current local and private classes, phone 086 3906343.

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MUMS TREAT!

Skin Resonance	[55min €65]
sensitive & delicate skin	
Hydramemory	[55min €65]
nourishing treatment for dull, dry skin	
Hydramemory with Collagen	[55min €85]
mature, wrinkle aging skin	
Glorious skin	[75min €95]
botox effect	

[comfort zone] facial includes 1 hour in Thermal Suite

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