

UNDER THE SEA

Eternal beauty is the result of a new dimension in beauty care. **Kate Cowling** experiences the queen of all facials at Hove's quirkiest, boutique salon and spa.

Tipped as one of the finest beauty ranges in the world, and the treatment, one of the most luxurious and expensive, the Babor Sea Creation Facial brings the depths of the sea into its ingredients combining pearl proteins, sea silk and ocifique algae complex.

Scientists believe that mysterious substances that hold the key to many beauty therapies are lying undiscovered on the seabed. Skin care house Babor has invested years of research into this treatment by exploring substances derived from previously unexplored areas of the ocean. The dynamic plant extracts and rare deep sea ingredients combined together, create a rejuvenating reaction in this treatment. The key element, Thermophilus, thrives deep underwater in the harshest of conditions and its unique properties enable your skin's cells to defy the ageing process due to its naturally high concentrate of nutrients, minerals and protein. Tranquility in the City offers the complete range of Babor face and body treatments as well as the divine product range. When Louise Eaton, owner of this gorgeously girlie salon and spa invited me to experience their 'Rolls Royce of facials', how could I resist?

Now I knew a little about Babor before my treatment, but I certainly wasn't expecting the amazing results - and of course, what better way to enjoy this facial than in this utterly chic 'boudoir style' spa. With themed treatment

rooms including Brighton Rocks, Hove Actually, Pavilion and Palace Pier, Tranquility in the City exudes girlie glamour. With flock wallpaper and calming earthy tones throughout the interior, this spa offers everything from a 'Sex in the City' style manicure and pedicure studio, treatment packages including 'Yummy Mummy' 'Pampered Girls' and 'Romance Ritual' to wedding makeup, St Tropez tanning, Heavenly Rose hot stone massage and pure indulgent face and body treatments for men and women.

The Babor Sea Creation Facial is made the more special at Tranquility with the magic of Tiger Cowrie shells and a back, neck and shoulder massage. The Tiger Cowries contain the beneficial energy of the sea - they have a calming effect, allowing energy to flow freely and thus release tension. The shells are almost round and have a cool, smooth surface ideal to glide over the body.

Following an amazing massage which began my journey into relaxation, this luxurious facial started with a deep and intensive cleanse followed by a cold water compress which was rolled down by face. Next, my skin was deeply exfoliated to remove dead skin cells, eliminating any waste products, preparing it for the sheer luxury of the Sea Creation Concentrate. The concentrate is a luxury active serum containing active ingredients: Babor Thermophilus harvested 7500 feet below sea level, pearl

proteins and sea salt - each active ingredient is able to regenerate the skin faster and increase the activity and life of skin cells. This serum complements the next stage of the facial where the Babor Sea Creation Cream is applied. Sea Creation Cream is probably one of the most prestigious (and expensive) moisturising creams on the market and should be at the top of every lady's beauty regime - many have said it even beats miracle cream, Creme de la Mer in assisting in the ageing process. This cream is truly timeless and I was the lucky girl to try it out and take a jar home for myself too!

With a silky-creamy consistency, this cream supplies everything that your skin needs to regenerate itself, with a lasting effect. Again, ingredients include Thermophilus, pearl protein, sea salt, sea silk and ocifique algae complex - a combination of different brown algae to stimulate circulation and protect the skin against free radicals. The cream was applied to my face, neck and décolleté and then incorporated into the Tiger Cowrie massage where it was applied onto the surface of two shells and swept over my skin, working the luscious cream into my skin. Next followed the Sea Creation Mask - a luxury peel-off mask with a high concentrate of seawater, rich in minerals which revitalise and energise. During the application, I felt like a cake being iced - literally the icing on the cake to this amazing treatment. The mask was left on for approximately 10 minutes and in this time, shells were placed in key areas around my head to penetrate free flowing energy. A Jacob's shell is a smooth fan-shaped shell, beautifully white in colour. Belonging to the scallop family, these shells were placed on the meridian points of the shoulders to promote all over relaxation. A Turbo conch, covered in mother of pearl, was then placed in the middle of my forehead, stimulating energy flow.

This treatment lasts for 85 minutes and costs £125. My skin afterwards was truly thankful - there was no need for makeup and the results lasted for days afterwards. Money is certainly no object when it comes to eternal beauty!

Tranquility in the City
12 & 12a Boundary Road, Hove
Tel: 01273 423357

