

## BEAUTY SENSE

When one tugs at a single thing in nature,  
he finds it attached to the rest of the world.

-John Muir

When your skin and hair look good, you feel good. The good news is that working with *Balancing Senses* you can always look your best. The cycle of regularly losing and regaining weight experienced on most diets speeds up the ageing process, leaving the skin dull, tired and worn. *Beauty Sense* attacks the root causes of ageing, offering simple age-defying recipes and tips to help you look more alive, lose weight and keep it off while also maintaining radiantly healthy skin, hair and nails.

There is no denying that skin gets thinner with age, with total skin thickness decreasing by an estimated 6 per cent with every decade after the age of 30, and hair and nails become dry and brittle, especially when not adequately nourished and protected. Although lasers, Botox, fillers and a battery of other invasive intervention techniques have become essential ingredients in the skincare routine of many by helping to reverse the visible signs of ageing, it is only by working preventatively from within, eating foods that play vital roles in protecting, regenerating and rehydrating the skin that we truly keep the skin younger, firmer and more supple. *Beauty Sense's* skin-specific and age-defying masks and scrubs complement these vital foods by maintaining a brilliantly healthy glow. The same applies to hair and nails, with an added super-nutrient boost from within, in addition to extra nourishment and care from the outside—with easy-to-prepare scalp treatments and soaks and scrubs for the hands and feet—you can face a bright and glowing future, without compromise.

Everyone appreciates the healing and soothing powers of massage. This tactile sense has been a fundamental part of life and the backbone of well-being for centuries. *Beauty Sense* uncovers the true benefits of the age-old power of touch, helping you decide what works best for you. Whether it be the uniquely ayurvedic style of rebalancing the *doshas*, Chinese acupressure, stretching Thai style, the long sensual strokes of Indonesian, or the dance-like movements of Hawaiian Lomi Lomi, the classic Swedish style or the subtle blend of therapeutic essentials oils skilfully stroking the body in an aromatherapy massage, all therapies are designed to clear blocked energy channels, release tension and harmonize your body, mind and spirit.



Before an omen arises,  
It's easy to take preventive  
measures.

-Lao Tzu, Tao Te Ching (c.1066–770bc)

The cooling and nourishing properties of cucumber, thanks to its high water content, mix with aloe vera gel to create a superb after-sun cooler.

OPPOSITE: Unlocking the knots with traditional Thai massage at the Six Senses Spa in Bodrum, Turkey.