

No.1

SCOTLAND'S GLAMOROUS GLOSSY

Zen Lifestyle

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No.1's Emma heads to Zen to try out their pre-holiday pampering treats...

Being a Health and Beauty Editor I have visited my fair share of beauty salons and tried out hundreds of treatments, therefore it's not easy to truly impress me. So you can imagine my amazement when Zen Lifestyle did just that and more.

The Edinburgh-based salon, skin clinic and day spa have three locations in the capital and have an untarnished reputation for hiring talented beauty therapists and providing their clients with an unparalleled quality of service. In fact this year Zen won Salon of the Year at the Professional Beauty Awards. So I was keen to visit their newest location on Hanover Street, to see if all of the hype was indeed well-deserved.

With holiday season fast approaching I opted for a top-to-toe summer pamper treat choosing a bikini wax (Zen are legendary for their faultless waxing), Blink & Go lashes and a Shellac pedicure.

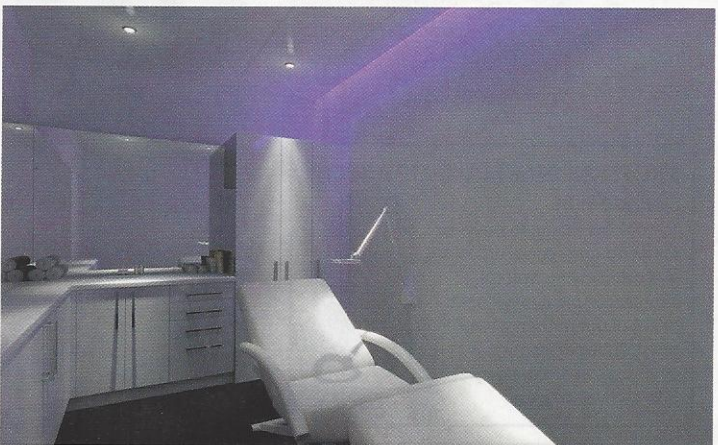
My beauty therapist Julie carried out all of my treatments which was a nice touch – it's always good to be able to talk through what you want and build a rapport with just one therapist when having more than one treatment done.

The wax was completed first and I was given a glass of bubbly to enjoy afterwards (why can't all bikini waxes end with Champers?). With the pain of waxing out the way it was onto the Shellac pedicure. I was given a choice of colours and then Julie began. The entire treatment was very luxurious, with foot soak and massage included before the nails

were painted with the Shellac polish, cured under the UV lamp, and painted again. The whole point of paying extra to get Shellac on the nails rather than a run-of-the-mill polish is that it lasts up to three weeks and stays super shiny the entire time. I'm writing this three-and-a-half weeks after my pedicure and I can confirm the polish is completely unchipped and still as shiny as ever – a total bonus during flip flop and strappy sandal season!

The pampering ended with the Blink & Go lashes. These fall somewhere in the middle of semi-permanent lash extensions and the 'for one night only' party lashes. Blink & Go lashes can last up to a fortnight and a full set is applied within 20 minutes (lash extensions can take two hours) making them an ideal 'lunchbreak' option! Once applied the lashes looked natural yet glamorous and really opened up my eyes (see the before and after pictures below).

The entire pamper session lasted just under two hours and I must admit that I was sad to leave as the whole experience was so lovely. If your budget will allow, I highly recommend some pre-holiday Zen pampering!



SPECIAL OFFER!

Zen Lifestyle are offering the Glamour Eyes package which includes HD Brows plus either an LVL Lash Lift or Blink & Go lashes for £59, that's a saving of £27! There's also a special offer of 30% off Dr. Murad facials. Visit www.zen-lifestyle.com for more info.



BEFORE



AFTER