

VOGUE

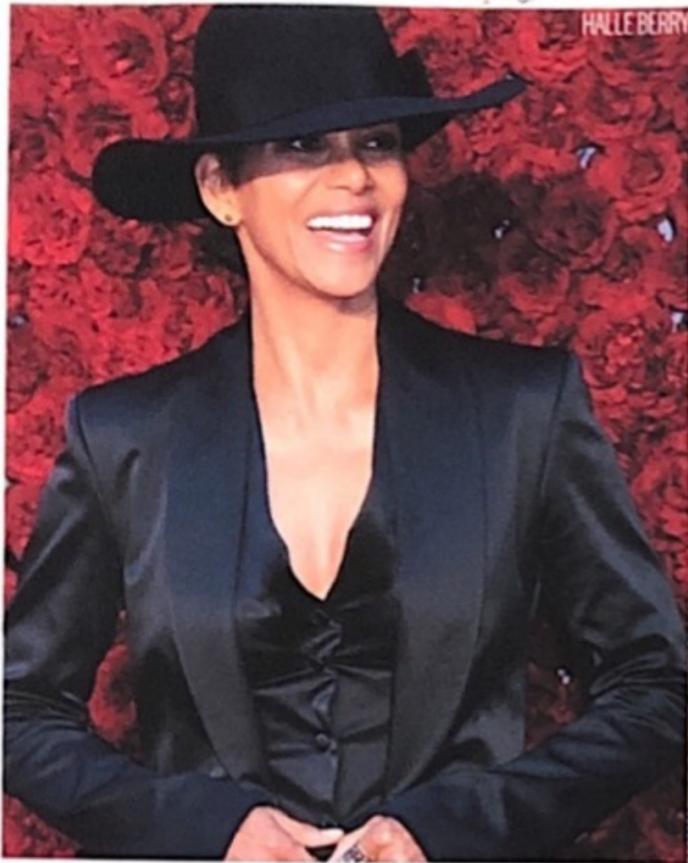
ARABIA

FEBRUARY 2020

NADINE
NASSIB
NJEIM

STEPS INTO THE LIGHT

Grace MEETS
FORCE
THE NEW WORKING WARDROBE
OF THE FEMALE LEADER



Between fire and ice

Bridging the gap between a facial and a chemical peel, iSClinical's signature treatment is dubbed the Fire & Ice facial. "It's designed to rapidly and safely resurface and rejuvenate the skin," explains Rehab Yahia, head therapist at The Nova Clinic in Dubai. A favorite of Gwyneth Paltrow and Halle Berry, the treatment utilizes glycolic acid to brighten the skin by removing dead skin cells. "It helps to reduce the appearance of fine lines and wrinkles, as well as reduce dark spots and hyperpigmentation," adds Yahia. With no downtime or peeling, it is also used by A-listers for some last-minute glow. *From AED750. Thenovaclinic.com*



DR BARBARA STURM

Out for blood

Dr Barbara Sturm offers the most bespoke skincare on the market with her MCI moisturizer. Loved by Hailey Bieber, the cream is a healing medicinal lotion created especially for each patient. "It consists of healing growth factors, which include anti-interleukin-1 and TGF-beta that are generated from the patient's own blood and added to a non-toxic base cream we make in our own pharmacy. It contains no mineral oil, fragrance, harsh preservatives, or paraffins." *£1 050 for your first clinic visit and MCI cream; £650 for subsequent creams. Available at Espa Life Spa at Corinthia Hotel in London on appointment with Dr Sturm. Corinthia.com*



DR PAUL NASSIF

Fat chance

Not ready to go under the knife? Dr Paul Nassif from the Beverly Hills Sunset Surgery Center at Valiant Clinic in Dubai suggests the Nanofat treatment. "It involves – under local anesthesia – taking a little bit of fat from the belly and making something called nanofat. It's liquid that you inject into the face but it's only the cells of the fat, not the fat itself, and it's great for skin rejuvenation. You can do that alongside micro-needling and platelet-rich plasma treatment," he explains. *From AED7 250. Bhssc.ae*

