



YOU WANT: A masculine retreat

HEAD TO: Jazz Lounge Spa

Golden Mile Galleria 1, The Palm, jazzlounge.com

This brand new men's grooming centre in the UAE serves up traditional and modern haircuts, rejuvenating massages, a very relaxing and destressing facial (highly recommended), shaving, waxing, hair removal, skin and nail care, and everything else today's modern man might fancy. The whole vibe is like a 1920s speakeasy – think dark woods, neon lights and plenty of artsy paintings dotted around.



YOU WANT: Results that last

TRY: Forever Young

Nova Clinic, Dubai, thenovaclinic.com

There are two main things to know about the new Forever Young BBL treatment at Nova Clinic: first, it hurts; and second, it works. This treatment uses broadband light to basically zap your pigmentation (which let's be honest men, we all tend to get in this Middle East sun). Through creating tiny wounds, it forces regeneration of new collagen, meaning that over time it can help get rid of pigmentation, skin abnormalities, rosacea and more. Unlike chemical peels, it doesn't require downtime – but it does require staying out of the sun for several days. The pain is real, but it's minimal. Think of a rubber band flicking across your face. It stings while being manageable. Immediately after there's no redness, although discoloration can appear darker in spots. Over the next few days, pigmentation appears to take on a 'coffee ground' feel, with lighter and darker spots mixing. Eventually the darker spots flake off, revealing pigmentation that's several shades lighter. The treatment can require two to three courses, and at Dhs750 a pop, it's not cheap.