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**IF IT'S GOOD** enough for the likes of Madonna, Jennifer Lopez and Jennifer Connelly it is good enough for us, is what we say. The plumped up faces and the hour-glass figures these divas boast of we are told, in part at least is because of the French-based cosmetic line Biologique Recherche, founded by biologist Ivan Alush in Paris.

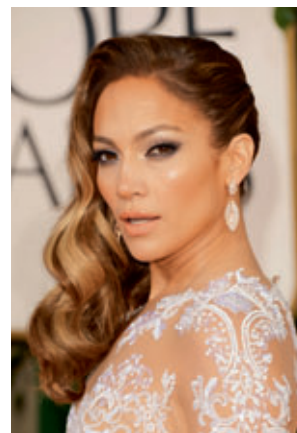
The Embassy of Beauty (the medical spa which opened its door in May last year in Marina is still going through its soft launch period) boasts a wide array of services including caviar facials and skin remodelling machines well suited to the playground of the rich and the famous.

Behind the unassuming white door (hidden in one corner of a private car park in the Marina area) lies an oasis of calm and beauty - with its signature luxury style the brand is famous world-wide for - be it Paris, New York, Moscow or Milan.

And one look at Cosmetologist Dr Julia Mescheryakova - with her porcelain complexion and dewy skin - assure you that you are in safe hands. Her over ten years of experience comes through in the soft, nearly wistful touches of her soft hands as she scrutinises your skin closely before she embarks on a skin booster

# SKIN FEAST

Head to the Embassy of Beauty for a dose of celeb beauty



treatment. Following a deft cleansing that feels more like a soft feathery touch on your face, Dr Julia embarks on a lymphatic drainage massage with Biologique Recherche VPO2 milk - that might seem a bit funny initially, till you get used to the fluttering movements of fingers on your

face. After the entire face area is covered, she moves on to apply what is possibly the most popular product of the brand - Lotion P50W - to exfoliate dead skin. A concentrate booster is then applied to plump up the skin followed by a moisturising masque to hydrate and revitalise the skin.

The whole treatment takes about an hour and a half at the end of which you step out with a brighter revitalized skin that can give any celebrity a run for their money.  
**The Embassy of Beauty is located in Dubai Marina, Marina Sail Building (04-4324909)**

## ALIGN YOUR LIFE

### Emotional Freedom Technique

**A FEW YEARS** ago I had severe back pain and was not able to identify the cause. After visiting many doctors and holistic practitioners, I turned to Emotional Freedom Technique. I had never experienced this new technique but was willing to give it a shot. To my surprise, my pain gradually diminished and I returned to work within few days. So what exactly happened and how did the healing process to begin? To be able to understand that, one must first understand what EFT is.

According to Traditional Chinese Medicine, there are several points on your body that are tapped gently with the tips of the fingers on one hand, whilst repeating certain relevant phrases at the same time.

The theory behind Emotional Freedom Technique involves the body's energy field, or "meridians", so named by the ancient Chinese. Whether you believe in energy fields or not, you might be curious enough to try this the next time you feel negative emotions - and be surprised by the results. Restoring the balance of the energy system allows the body and mind to resume their natural healing abilities. EFT is safe, easy to apply, and is non-invasive. Designed by Gary Craig, a personal performance coach in California, EFT belongs to a new class of treatments referred to as Energy Psychology. EFT and variations on Meridian Tapping Techniques are one of the most effective, efficient, gentle treatment techniques I have come across since I started working in the field of wellbeing.

The simplicity of EFT is one of its best features. No matter what the issue you are addressing while using EFT, the process itself never changes. You use the exact same process each and every time. EFT is easy to learn and easy to adapt. It uses points that we are all familiar with and is easily modified by the user. If you have negative feelings that currently interfere with your enjoyment of life or keep you from reaching your life goals, in just a few minutes, you can feel some relief and take a step closer to uncovering the root cause of these feelings so that you can resolve them in a healthy way.

The EFT process has three main steps: 1) clarification of the issue, 2) the setup statement, and 3) the tapping sequence. These can be easily learned from a certified EFT practitioner and practiced on a daily basis in your home. Many famous celebrities across the world have turned to EFT for various problems; Deepak Chopra has combined EFT with other healing modalities for better results, while Nicole Kidman practices EFT to relieve stress. When practiced correctly, EFT can bring about positive change, relieve stress and help you in leading a well-balanced life!

**Shivani Adalja is an Abu Dhabi-based well-being expert. She runs the Alignment Institute which offers effective solutions that focus on stress management and overall wellbeing**

## Love improves health, longevity



**DOCTORS IN NEW** Delhi say love is not just good for one's social life but also has a positive effect on a person's health.

According to doctors, love can keep you healthy mentally, physically, socially and spiritually.

"Spending time with those you love has an extremely positive effect on health and can cut the risk of an early death to half," says Sunil Mittal, psychiatrist and director of Cosmos Institute of Mental Health

and Behavioral Sciences.

"Research shows that people in loving relationships have a lower death rate than single people, even people who have unhealthy lifestyles tend to live longer than those who lack social and community support. The study attributes a person's longer lifespan to high self-esteem due to his or her partner's positive feedback, which lowers the chances of depression," he said IANS

