

DIY beauty versus salon treatments — Thinking about cutting costs on your beauty re... Page 2 of 12

If money were no object I'd make a living out of it. But then I got home, chipped the mani that had cost me \$80 and wished I'd just done it myself. Which got me thinking, how many of you would choose a treatment at the beauty salon over a DIY beauty regime?

Here are some teasers to get you thinking...

#### [Gatineau Paris Mélatogénine](#)

This professional treatment is designed to help combat the effects of everyday stress. It incorporates body polishing, anti-ageing management, warming tablets that are strategically placed on the body, massage technique, warming body wrap and moisturisation. It results in improved skin quality and increased feeling of wellness.

Alternatively you could try: [Clear Chinese Herbal Medicine Clear Stress](#) (fab for reducing tension and mild anxiety) or [Dermalogica Stress Relief Treatment Oil](#) (an amazing, aromatic oil for massage, bath and skin conditioning).

#### [Facial Rejuvenation Clinic Fraxel Re:store & Re:pair](#)

This gentle, non-invasive skin resurfacing technology targets acne scarring, pigmentation, age spots, wrinkles, enlarged pores and sun damage. Using the Fraxel™ 1500 laser, thousands of tiny micro thermal rays penetrate the skin eliminating the epidermal layer, along with the old and pigmented cells.

Alternatively you could try: [Skin Doctors Gamma Hydroxy](#) (targets acne scarring and wrinkles) or [Alpha-H Alpha A + E 1.5%](#) (uses vitamins A and E to help combat dryness, scarring and wrinkles).

So which is it? Professional or personal?

Sarah  
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