



SAY YES TO

the world's most luxurious massage

WHAT IT IS: Venustus, the Sydney beauty institution, is more of a House of Healing than your average day spa. Along with intuitive skin and body treatments, you can indulge in a luxurious six-hand massage, where three therapists work simultaneously to massage, clear and cleanse negative energy using all six of their collective hands. They also incorporate tools such as prescribed crystals, singing bowls, Tibetan cymbals and sage and Palo Santo smudging to transport your mind and body to a higher plane of existence.

WHAT IT FEELS LIKE: Before you're even ushered into the sanctuary of a warm massage bed, the treatment commences with

a consultation about the kind of massage you're in need of and a chat about your lifestyle that feels more akin to a therapy session.

A massage that consists of three bodies moving within the walls of a compact treatment room should feel crowded, but lying face-down on the table and unable to observe the movements, the sensation is that of a choreographed dance. The synchronised movements up and down your body – which only the most expert therapists could complete in tandem – feel like a form of meditation.

VERDICT: In the same way there is champagne and then there is Champagne, there are massages and then there are *massages*. This is the latter. It's a luxurious hour (which will more likely turn into two once you factor in all the self-analysis and discussion you'll have with therapists both before and after the treatment) that leaves you feeling as if you've cleared out of the city and spent a few days at a wellness retreat. Add it to your bucket list.

Personalised six-hand massage, \$549 for one hour, **VENUSTUS**, venustus.com.au



TOP FORM

FORGET BRUSHING 100 TIMES A DAY – HEALTHY SCALPS JUST NEED A WEEKLY SCRUB

Caring for the face and décolletage is a given, but the skin above the face needs your love and attention, too.

"Exfoliating your scalp is super important as you're removing dead skin cells, dandruff, excess oil and any hair products that have built up over time, making hair dull and flat," says Anthony Nader, scalp scrub enthusiast and owner of Sydney's RAW salon.

The cardinal rules of scrubbing apply: no micro-beads or abrasives. Celebrity stylist Jen Atkin opted for a sugar base with probiotics and coconut oil in her Ouai scrub, and IGK's is a mix of walnut oil and apple cider vinegar for a detox treatment.

A scrub can also quiet irritated, flaky scalps. 3" More Inches' blend of essential oils reduces dandruff and inflammation for a happy scalp that thanks you with super-shiny strands.

"EXFOLIATING YOUR SCALP IS SUPER IMPORTANT. PRODUCTS HAVE BUILT UP OVER TIME, MAKING HAIR DULL AND FLAT"



Low Key Cleansing Walnut Scalp Scrub, \$52, **IGK**, sephora.com.au



Scalp & Body Scrub, \$62, **Ouai**, sephora.com.au



Exfoliating Scalp Treatment, \$37, **3" MORE INCHES**, mecca.com.au

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