

THE NEXT BIG THINGS

New beauty names to know and the entrepreneurs offering us new ways to do things this spring ...



THE NEW SUPERFOOD



DAWN HOURIGAN
ATLANTIC KITCHEN

Push the goji berries and quinoa to the back of the cupboard - the next health- and beauty-enhancing superfood is seaweed. Companies like Crème de la Mer and Voya have long capitalised on seaweed's beauty benefits, and now it's set to take a place in our kitchen, too. Co Cork native Dawn Hourigan, now based in London, set up Atlantic Kitchen in 2012 with Ruth Dronfield, importing seaweed, including kelp sourced in Clare. She now supplies top restaurants, including Ottolenghi. Hourigan lists the health benefits: seaweed is rich in trace elements such as magnesium and iron, as well as antioxidants. "Alginate, which lines the digestive system, keeps you satiated longer so you feel fuller on less, so it's a great diet food." A recent university paper revealed that it stops your body absorbing fat while you're digesting it; it also absorbs toxins, so is an effective internal cleanser. Atlantic's new range of soups have just landed in stores such as Selfridges: think beetroot with wakame, and spicy tomato bisque with smoky dulse, all made with kelp stock - lots of flavour, very few calories. "It offers a lot of flavour, as well as being a superfood. And its umami taste enhances other flavours." If you're new to seaweed, Hourigan suggests starting with sea spaghetti, which has a mild flavour and is easy to prepare - simply simmer, like pasta, then add a sauce. www.atlantickitchen.com



THE BEAUTY BUY



ANIA MACADAM
POMMADE DIVINE

Sometimes, old treasures make a welcome return, and so it is with Pommade Divine, Nature's Remedy Balm, an all-purpose beauty and healing balm that has been around since the 19th century. Many remember this blend of natural oils and spices, and the company is now run by Ania Macadam, ex-Procter & Gamble, who has restored it to its original natural formulation from 1800. It's a blend of shea butter, cinammon, benzoin (a healing essential oil), clove and nutmeg, so it's wonderfully fragrant and soothing on bruised, dry or rough skin. "It's the most useful product I've ever owned," declares beauty expert Michael Donovan. We're inclined to agree. At Liberty London, www.liberty.com, and www.cultbeauty.co.uk, £20stg. www.pommadedivine.com



THE HIGH-TECH FACIAL

DR JANE MULROONEY COSMETIC
DERMATOLOGIST



You have to be pretty dedicated to try the notorious "vampire facial" - anything that involves blood and needles is beyond the pale for most of us. But there's a more accessible

version, Dr Jane Mulrooney tells us, and it's popular with brides who want refreshed, radiant skin. "The Raindrop Facial is where a vial of blood is taken from the patient and spun to separate the serum or 'liquid gold', containing all the skin's stem cells or goodness, and red blood cells. The red blood cells are discarded and 'liquid gold' is injected back into the face using a specialised mesogun, the U225, which delivers the serum into the skin in a precise and controlled manner so there is no blood, bruising or downtime, just glowing skin." The U225 is exclusive to the Dr Mulrooney Clinic. Three sessions are recommended; €850 each. www.drjmulrooney.com



BEAUTY NEWS



THE OIL QUEEN



SINEAD DUFFY
YOGANDHA OILS

Last May we mentioned Sinead Duffy's body oils and her Dublin-based business continues to go from strength to strength; we recently spotted them in Liberty's illustrious beauty hall in London. "I designed the products thinking of yoga practitioners, but have been overwhelmed by feedback from people with no interest in yoga who use the oils." The oils and rollerballs are formulated and made at home in Blackrock, Co Dublin "and my neighbour designed the packaging", says Duffy, who has a Masters in Human Rights and also teaches yoga at Exhale in Sandymount. Her Balance rollerball with jasmine, clary sage and cypress smells as good as any perfume "and every herb in it is an aphrodisiac". From €19.95, at www.yogandha.com

WAXING LYRICAL



LINA KENNEDY
BODY SUGARING

"You can't compare sugaring to waxing - it is a completely different thing," declares Lina Kennedy, a hair removal expert for the past 25 years. Kennedy speaks on the topic at medical conferences and conventions and is adamant it's the most gentle way to extract hair on the body or face. "It gets rid of hair permanently and improves the skin's integrity," she explains. "It's a water-soluble product, and is delicate and lovely for the skin. The sugar seeps into the hair follicles so that the hair glides out, in the natural direction of growth, rather than being ripped. Because the sugar penetrates the follicle, it can take very short hairs, so there's no need to wait between appointments. You'll see much-faster depletion of the hair, and it grows back finer every time." Around half will find they are hair-free after six months. Prepping skin is key

- do a light exfoliation at home a few days before. At salons nationwide including Nail & Beauty Bar, Dublin; www.alexandriaprofessional.co.uk

AT HOME TRY: Lycon Sugar Scrub, €19.95, at Brazilia South William Street, Dublin 2; www.lycon.ie.

TRIED & TESTED **GUINOT AGE SUMMUM FACIAL** This four-step anti-ageing facial starts with a gentle exfoliation using almond oil and shea microbeads to soften skin, followed by a regenerating active-rich serum to encourage cellular regeneration. A relaxing massage and then a mask saturated with pure vitamin C leaves you with a radiant glowing complexion and firmer, more elastic skin. 60 minutes, €90. *Guinot Flagship Salon, at Mary Cohr, Church Road, Greystones, Co Wicklow, 01 287 2699.*