

The male members of the Abu Dhabi Week team are not averse to a little pampering and apparently we're not alone – men all over the capital are discovering beauty services such as manicures, pedicures and facials that were once solidly in the realm of women.



So, when we heard that The Beauty Spot had recently opened a new male grooming studio in the swanky Marina Royal Complex, just around the corner from its already well-established sister salon, we didn't need much persuasion to go and take a look ...

### **So what's the deal?**

Booked in for a manicure and pedicure, we take our seat and slip our feet into the bubbling foot spa – the hands get to go first. Each one in turn is tenderly massaged with oil to get the circulation going and soften the skin and cuticles. The nails are then clipped and given an initial filing to shape them and the cuticles are treated again to further soften them before they're pushed back to the sides of the nails. A little more filing, followed by some buffing, a little

moisturiser, some more massage and our hands are done.

Our feet get dried and moisturised, then receive virtually the same treatment as the hands with just a little more emphasis on the dead skin. By now we're feeling so relaxed and our hands and feet are looking so good, we wonder why we've never had this done before.

### **Why go?**

There's nothing wrong in taking a bit of pride in your appearance and taking an hour or so off for a little manly pampering. The actual manicure and pedicure itself feels good, but it's the mini-massage of the hands and feet that really steals the show.

### **Why not?**

We really can't think of any reason not to recommend it. Don't listen to what your friends say – get your "mani/pedi" booked today.

**What?** The Beauty Spot – Male Grooming

**Where?** Marina Royal Complex

**The treatment:** Manicure and pedicure

**Cost:** AED 140

**We say:** Never again need you feel ashamed to get your feet out in public – wear those flip-flops with pride

**Contact:** 02 681 6786