

# Treat YO'SELF

Try these beauty and wellness therapies to get your body and brain into tip-top shape



## SWEAT SESH

LIKE KIM KARDASHIAN

Ever felt like it's hard to breathe in a traditional sauna? Thankfully infra-red saunas are all the rage.

They work by using infra-red light to bring up your body heat instead of the room temp, so you're able to last longer and reap the benefits of mass-sweating - think detoxification, muscle recovery, collagen production, weight loss and stress relief. No wonder Kim has one in her house!

INFRA-RED SAUNA \$42 FOR 45 MINUTES  
NIMBUS & CO. NIMBUSCO.COM.AU

## BOOTY BOOST

LIKE BEYONCÉ

Make like Bey and get your tush in shape for the beach with a cellulite treatment. While laser is a popular option for boosting collagen and smoothing out your derriere, there is another big player for sending that saggy skin packing. Kind of like a hardcore massage, LPG treatments use a smoothing and sucking metal device that works by toning and firming skin, while helping to reduce the appearance of cellulite and break down fat cells. The best part is you can see results after three sessions.

LPG BODY TREATMENT \$150 PER SESSION  
ENDERMOLOGIE ENDERMOLOGIE.COM

## DEEP BREATH

LIKE GWYNETH PALTROW

You can trust Gwyn to have tried every quirky beauty treatment around, and this is no different. Hyperbaric Oxygen Therapy is all about inhaling increased oxygen in a pressurised body chamber. Yes, it sounds kooky, but it'll help boost circulation and deliver more oxygen to cells - great for fighting the signs of ageing! The treatment involves lying in a chamber with an oxygen mask while the pressure slowly releases. You'll be left feeling cool and calm.

HYPERBARIC OXYGEN THERAPY  
\$69 FOR 45 MINUTES VRAI HEALTH  
VRAIHEALTH.COM

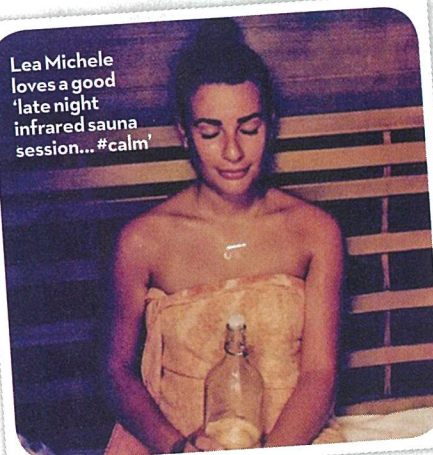
## ICE, ICE BABY

LIKE JESSICA ALBA

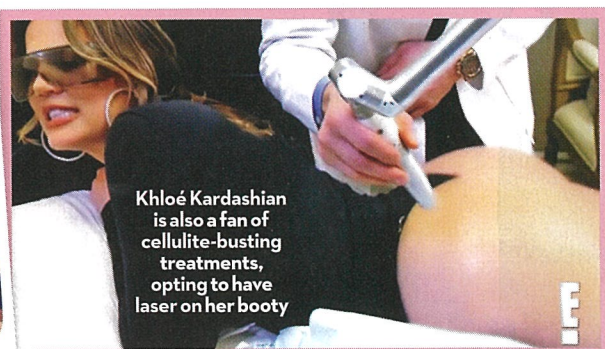
Feel the freeze with this cooling treatment loved by stars like Jess and the Hadids. Cryotherapy involves getting into a chilly chamber in socks and undies for three minutes while nitrogen mist cools the air to -140°C. It's bitey but quick, and leaves you feeling refreshed. Long-term results include skin rejuvenation and anti-ageing, weight loss and faster muscle recovery.

CRYOTHERAPY \$90 PER SESSION  
CRYO.CRYO.COM.AU

TEXT BY KELSEY FERENCÁK PHOTOGRAPHS BY SPLASH



Lea Michele loves a good 'late night infrared sauna session... #calm'



Khloé Kardashian is also a fan of cellulite-busting treatments, opting to have laser on her booty



Former *Real Housewives of Beverly Hills* star Yolanda Hadid uses cryotherapy to ease symptoms of her Lyme disease. '3 Minutes of Bliss... #AntiInflammatoryTreatment,' she shared with her fans