



The cover of The City Magazine features a female athlete, likely a member of Team GB, sitting on a white pedestal. She is holding a large Union Jack flag that is draped over her shoulders and extends behind her. She is wearing a white athletic top with the Adidas logo and the words 'TEAM GB' and 'LONDON 2012' visible, along with dark blue leggings and red sneakers. The background is a plain, light grey.

THE
CITY
MAGAZINE

READY FOR RIO

**BRITAIN MEANS BUSINESS:
GOING FOR GLORY WITH TEAM GB'S GOLD MEDAL HOPEFULS**

+ **MARGOT ROBBIE**
FROM SOAP OPERA STAR TO
MARTIN SCORSESE'S LEADING LADY

DRIVE OF YOUR LIFE
HOW UPMARKET CAR MAKERS
BECAME LUXURY TOUR OPERATORS

LA DOLCE VITA
WHY ITALY WILL ALWAYS MAKE
FOR THE ULTIMATE ROAD TRIP

GO, GLOW & GROW

WE REVEAL THE SECRETS TO AN ENVIABLE GLOW AND A MANE TO MARVEL AT

WORDS: TIFFANY EASTLAND



Of all the facials I've had over the years, I can honestly say this facial delivered the greatest results

GO: 001 SIGNATURE SCULPT AND GLOW FACIAL

When I go for a facial, I expect to walk out blotchy, red and rather oily. If it's a good facial, once the redness settles, I might notice that my skin feels slightly softer and tighter. Other times, I might feel pampered throughout the process, but I'm left with the same skin that I went in with.

Neither outcome was true of my experience with Ada Ooi, founder of 001 Skincare. In fact, I could hardly believe the outcome of the 60-minute 001 Signature Sculpt and Glow Facial.

Ada begins by diagnosing your skin so she can determine and tailor the mix of her award-winning 001 Skincare formulas, blending to suit your precise skin conditions. From here, she applies the product through a series of unique massages and tapping techniques to lift and firm. Warmed volcanic rocks are then massaged over the face, before being used for meridian scrapping around the jawline for lymphatic drainage. It was this process that left a lasting impression.

From here, Ada performs a relaxing cooling massage using her popular Eyecicle temperature therapy and precise massage techniques, which stimulate blood flow, boosting oxygen and nutrients to the skin cells.

When I looked in the mirror at the end of the 60 minutes, I observed a noticeable slimmer and contoured face, reduced

puffiness around the jawline, plumped and youthful looking skin, not to mention a brightened and radiant complexion.

Ada says: "My facial is designed to make my clients' skin look sculpted, plumped and glowing, without the need for makeup." She has succeeded. Of all the facials I've had over the years, I can honestly say this facial delivered the greatest results.

001 Bespoke Signature Facial Booking fee: £50

55 minutes – Redeemable with two 001 products at F&M 85 minutes – Redeemable with three 001 product at F&M 001skincare.com



GLOW: DR SEBAGH SUPREME DAY CREAM

Defend your skin against free radical damage and provide anti-pollution benefits with a luxurious cream that contains a powerful blend of antioxidants. A true pioneer, this 'Ageing Maintenance' moisturiser helps to shield skin against High Energy Visible Light that's emitted by laptops, tablets and mobile phones, which can often be as damaging as the effects of UVA and UVB light combined. Aside from

this, the Supreme Day Cream will also restore moisture and prevent water loss, while providing and instant tightening and glowing effect.

Triple Protecting, Hydrating & Restoring Face Cream, £145, Dr Sebagh, drsebagh.com

GROW: EXTENSION PROFESSIONAL

Until very recently, my opinion of hair extensions was unfavourable to say the least – I've seen some seriously bad bonds in my time. So, whenever my (ex-hairdresser) mother confirmed which celebrity locks were not their own, I was shocked. How do they end up with these manes to marvel at, while so many simply get it so wrong? Then I met Louise Bailey, founder of Extension Professional, and it all made perfect sense. To start with, her incredible extensions are 100 per cent ethically-sourced human hair. Secondly, she offers a bespoke service, whereby her clip-in extensions can be cut, styled and blow-dried for a fabulous and flawless finish. I can confirm that you simply cannot tell where your own hair starts and finishes. Bailey herself has trained a team of skilled professionals who will carefully colour match your hair for a truly natural result.

Clip on hair extensions, from £199; Styling service, from £50, Extension Professional at Urban Retreat, urbanretreat.co.uk

