

TRIED + TESTED

The latest and greatest in the aesthetics industry, tested by the SPA+CLINIC team.

Dyson HEPA Cool Formaldehyde

Do you ever wonder how clean the air that you're breathing is? Even if you're a regular shelf-duster around your house or business, there are many pollutants including potentially harmful gases such as NO₂ from smoke, VOCs released by air fresheners, odours and formaldehyde, as well as particles as small as 0.1 microns such as allergens, bacteria, pollen and mould spores. We tried the new Dyson air purifier, the HEPA Cool Formaldehyde, which not only purifies your air effortlessly, but it also connects to an app on your phone to show you exactly what type of pollutants are in the room. After using it for a few days, and seeing the graph jump from 'good' to 'poor air quality' every time we were cooking a meal, we loved the challenge of keeping our air as clean as possible, which the (super quiet) device makes really easy thanks to its auto setting. DYSON.COM.AU



Nutritional Cleanse by Fermio Lab



You can't think about skin health without first addressing gut health, and the Nutritional Cleanse from new Australian brand, Fermio Lab, does just that. We tried the 8-day program that's formulated to bring balance to your gut and skin health. The plant-based shots are made from 88 whole foods that are triple fermented making them highly bioavailable. It's high in prebiotics, antioxidants, gut-friendly enzymes and energy boosting B vitamins that work together to eliminate waste build-up, prime the microbiome and support gut health and immunity. Unlike your average cleansing protocol, Fermio's Nutritional Cleanse doesn't require any periods of restrictions or going without our favourite vices (ahem, coffee). Instead, it aims to support your lifestyle and was easily added to our routine by simply sipping one dose every morning 30 minutes before eating. The sweet berry taste is achieved naturally through the addition of grape juice and makes the elixir not only pleasant, but actually enjoyable to drink. FERMIO.COM.AU

CHANGE Skincare

When the founder of Aspect skincare releases her own line, you have our attention. Trish Winchester launched CHANGE Skincare earlier this year, almost 20 years after she first launched Australian Skin Technology in 2003. The range includes 17 products, all based on proven applied science with a biometric formula to help restore and build long-term results for all skin types. We tried the Blemish Detox Kit and loved the potent ingredients in the products, which aim to clarify our skin tone and deeply hydrate. Our personal favourite? Protecta Zinc+, which protects the skin from UV rays and environmental pollutants while deeply hydrating with Niacinamide, Hyaluronic Acid, and D-Panthenol. CHANGESKINCARE.COM



MiHIGH Infrared Sauna Blanket



MiHigh's Infrared Sauna blanket arrives beautifully packaged, including its very own store away bag, making it super easy to pack away after use in clinic or at home. This innovative idea brings the wellness that infrared technology promises, all wrapped up in a cocoon like cosy sleeping bag. It is worth noting the velcro opening going all the way from top to bottom, which makes it extremely easy to clean before and after use. The blanket has a timer, which automatically turns off after 30 minutes. Different temperature options means we can work our way up to the maximum heat of 80 degrees, which delivers a really good sweat. After using the MiHIGH three times a week for a month, we can feel the benefits and adore the energised feeling we get after a 30-minute session. It reduces toxins, relaxes us and has definitely improved our sleep. We love the product and would highly recommend it for in-clinic and at-home use! AU.MIHIGH.COM

Cutera xeo

There is only so much you can do about Rosacea as it's one of the hardest skin conditions to treat, but regular IPL tends to help, so we were excited to get treated with Cutera's xeo device at the stunning Jacqueline Brennan clinic in Mosman. According to Cutera, more than 92% laser and light-based treatments can be addressed with xeo. We were impressed how quick the entire treatment was, taking only about 10 to 15 minutes. While the light pulses were quite intense and felt like someone snapped a rubber band onto our skin, they were so short that it was completely tolerable. Afterwards, we experienced mild redness and some puffiness around the eyes, which subsided within 48 hours. A week later, our skin clarity had improved and redness due to Rosacea was slightly reduced. CUTERA.COM.AU

