



My mission: to discover exactly what 'executive grooming' entailed.

To many, it might simply imply a haircut, a shave and a trim in all the right places. But The Lounge offers more.

At first glance it gives the impression of being merely a luxury villa. Inside, it seems more like an overgrown barber's shop, albeit one well-stocked with interesting and expensive products. But first impressions, as we know, can be deceptive. And The Lounge really does offer the full range, from a Moroccan Bath (for the individual or a group), to unobtrusive massage rooms and discreet quarters for manicure or pedicure.

I had decided to throw caution to the wind and opted for a back wax to prepare me for those visits to the beach.

I was certain I had heard my guide Marielutter the words "this is going to hurt you more than it is me", but unless you try something you'll never know. Mariel was right, though, leaving me muttering "never again!" My admiration goes out to all those women who regular undergo the selfimposed torture of waxing. But I had to admit, the result was good.

Next came the massage, with Mariel stretching, pushing and pummelling away. That went a long way to soothing the pains of the previous exertions. It was now the turn of Roda to get to work rejuvenating my sensitive skin with a combination of creams, moisturisers and anti-wrinkle gel.

After half an hour my skin may certainly have been left flushed after the onslaught it had definitely undertaken, but it had undergone a major revamp.

Finished off with a quick trim, the initial executive grooming was complete. By the end of the session, this executive was indeed more relaxed. The Lounge, with its friendly staff and personalised selection of treatments to fit even the most stressedout individual, had achieved its goal. The experience is to be recommended.

Now, never let it be said that the team from Abu Dhabi Week is not prepared to suffer for their art and to bring you the best advice possible ...

What? The Lounge Executive Grooming

Where? Al Khaleej Al Arabi Street, near Al Butain Mall

How much? Full body relaxation massage 30 mins AED 80, 60 mins AED 160; facial AED 350

Why? A good way to give your body an overhaul

Why not? Can take a long time to get the full effect!

Rated: 8/10

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