

## Be good to yourself, you deserve it.

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The temperature has well and truly dropped, it's raining more often than not, the financial crisis is deepening, jobs are under threat, uncertainty and stress levels are on an exponential up and we are all pretty much well and truly fed up. In the words of the late great William Shakespeare, "Now is the winter of our discontent."

At times like this we are forced to count the pennies; to make-do-and-mend until things pick up. However, it is also at times like this that we are apt to forget to take care of ourselves when in fact we should be doing just the opposite. We feel guilty about spending a little bit on ourselves for what we see as non-essential expenses. But is this really the right attitude?

In August last year Sylvie Saeul-Bouzonvillers opened her new beauty salon (although this term does not do the place justice) in Luxembourg-Cents precisely because she does not agree with this sentiment. "It is very important that, during stressful times and in wet cold weather, people take the time to treat themselves. We all need to take time out in a relaxed, safe environment and unwind. This is important for our physical, mental and emotional well being." She told 352 recently, just how her institute can help do just that...

In fact it takes nothing more than to walk in the door to feel stress begin to melt away. Sylvie has paid meticulous attention to detail in her choice of décor such that once over the threshold you enter a domain of natural earthy colours, candles, and warm lighting; all designed to make you feel calm as you take your seat

in the waiting room. The waiting room itself houses a small shop, when clients can purchase unique items of jewellery, scarves or make up and skin care products that Sylvie has personally and carefully selected over the course of many years travel to Africa.

As for the services offered at the Institut Sylvie, these include facials, massages, pedicures, manicures, waxing and, something which is often of interest given the Grand Duchy's climate, a sun bed - each of these is carried out in a quiet and private room by qualified practitioners. "In this humid and cold weather a sun bed is a real treat," said Sylvie,

"We all need the light and the heat. Skin care is also important to look your best and we can even help you deal with acne, remove facial hair and give anti-ageing treatment."

If you think that this all sounds a bit superficial, when, in tough times, people have better things to do with their hard earned cash, then think again. "It is a hard fact of life (rightly or wrongly) that how you look affects how you feel and also helps you to be taken more seriously. So looking your best does help your professional life," said Sylvie. "Not only that," she added, "bit if you are more relaxed (and our treatments really do help you relax) then

you sleep better and if you sleep well you are more alert the next day. This can't hurt your career either."

Above all, however, Sylvie just believes that people should be good to themselves. "There's no need to feel guilty about pampering yourself. Everyone needs it, even men. In fact over the last few years I have seen more and more male clients sign up for one or other of our services." Why not make an appointment for yourself, or arrange a gift voucher for a loved one - trust us she'll (he'll) love it. There's even private parking outside!

[www.sylvie.lu](http://www.sylvie.lu)

