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## Tighten & Tone From Your Head to Your Toes: Spa Valmont's Time Master Sublimating Program

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Starting in October, SPA Valmont at the Hotel Plaza Athénée in New York City will be offering a brand new treatment that offers immediate and unbelievable results. How do I know? Well, because I took the treatment for a test drive and couldn't believe my eyes!

The treatment, available next month exclusively at SPA Valmont, is the 60-minute Time Master Sublimating Program (also available as a 90-minute service with a body wrap) and its geared towards offering a relaxing yet results-oriented experience for the entire body and face in a minimum amount of time. The promise? A tighter more toned appearance from head-to-toe. The reality? I woke up the next morning and my entire body looked airbrushed.

The experience begins as you check into one of the spa's four treatment rooms, which are more like suites featuring their own private bathroom, closet, and sitting area. My esthetician Miranda directed me to shower off to prepare my body for the treatment by scrubbing off dead skin cells and then to undress and lay face down on the massage table. The time I had to shower was longer than I anticipated so be sure not to rush since the scrub, a mix of the Fresh Dew Cleanser and the Cellular Refining Scrub, was unreal and definitely meant to be enjoyed for the full 10 minutes! Miranda then used Valmont's Fit and Tone program on my entire body, focusing on the areas

that needed a little extra attention. The Fit and Tone program is a mix of the D. Solution Booster and C. Curve Shaper, which work together to burn fat with caffeine and forskolin, ease lymphatic draining, and firm the skin! When used at home twice a day, women have reported that after a month they are one size smaller and see 38 percent less cellulite (more on that later). I expected this part to be very warming, since in my experience, most cellulite-reducing creams and lotions, especially after bathing, have a heating quality to them. Let me tell you, I was wrong. I needed the heated massage table to be turned up and three blankets to drape over my body because this mixture has an unbelievable cooling quality.

Up next was the anti-aging facial which starts with a cleansing, Miranda used the Fresh Cleansing Gel on me and followed with The Vital Falls Invigorating Toner and the Instant Beauty Primer which hydrates skin as it tones. She then exfoliated my skin and followed with a facial massage using Valmont's Firming Lifting Corrector Factor II. Next up was a Time Master Intensive Program application followed with the Prime Renewing Pack rebalancing mask. After the mask was removed, a selection of serums were applied to my eyes, lips, neck, and face and I was allowed to leisurely re-dress and check myself out in the mirror. I left barefaced and feeling beautiful and then I woke up the next morning to a serious surprise.

My skin always looks great after a facial and this facial was no exception. Everything felt hydrated and firm and I loved my appearance but what made me almost faint with shock was taking a look at my upper thighs. I have cellulite, I've gotten to a point where I just grin and bear it because there's not much I can do besides dry brush, use every cream that ever crosses my desk, and drink mass amounts of water. However the day after this treatment and the three days that followed I was cellulite free. There was not a bump, ripple, or dimple anywhere near my legs and I may or may not have spent a fairly obscene amount of time staring at my tush in the mirror (#sorrynotsorry). If you have a beach weekend getaway planned I would definitely recommend investing in this treatment if your backside gives you the anxiety mine usually does when I have to wear a bathing suit. It's pricey but for a body that looks like it was Photoshopped, it's worth it!

Book your Time Master Sublimating Program starting in October 2014. 60-minute treatment; \$345

