

# Mirror, mirror on the wall...

Smart Mirrors led the charge at this year's CES, joining an array of AI tech innovations

**SMART MIRRORS** go beyond providing a simple reflection. Using AI, sensors and digital displays they are able to offer personal health and beauty insights.

The futuristic Withings Omnia mirror and scales caused a stir at the trade show. Users step on the scale and 360-degree body scanners measure their weight and both metabolic and heart health, while an AI voice assistant offers friendly feedback.

Omnia can also pull medical data collected from other trackers like your smartwatch or blood pressure monitor to provide recommendations.

Given the interest at the trade fair, expect to see smart mirrors on the market soon

The Omnia mirror is only at the concept stage (and too large for a conventional bathroom) but Withings is working on a smaller consumer version.

Samsung also showcased its Micro LED Beauty Mirror. The camera at the top scans your face in roughly 30 seconds and analyses skin to assess four areas – pores, wrinkles, melanin (tone) and redness. This is combined with data from 20,000 clinical image-based skin diagnoses to deliver an AI Skin Report. Recommendations for skincare products are then displayed on the mirror screen. The Micro LED Beauty Mirror is also in the concept stage.

**CHECK YOURSELF OUT**  
Soon you'll be able to retrieve information about your health and skincare with Withings Omnia mirror and scales



## Plasma therapy in the Big Apple

**AMAN HOTELS IS** known for offering cutting-edge treatments, and its New York hotel has just launched Platelet-Rich Plasma (PRP) Therapy in partnership with the Manhattan-based aesthetic centre, bodySCULPT, known for specialising in minimally invasive medical aesthetics.

PRP works by using the healing properties of your blood to

rejuvenate your skin – hence its nickname as the “vampire” facial when it was first popularised by celebrities like Kim Kardashian.

As well as for facials, PRP can also be used on the head, neck and hands. A small amount of the individual's blood is taken and then spun in a centrifuge to extract the platelet-rich plasma, a powerful substance rich in

growth factors that promote cell repair, stimulate collagen, reduce acne scarring and fine lines, while also improving hyperpigmentation and promoting hair growth. The platelet-rich plasma is then injected or applied to areas of concern. And if you're not convinced, improvements can reportedly be seen after just one treatment.

**DID YOU KNOW?** Hilton hotels has partnered with Calm, a leading app for sleep, meditation classes and relaxing soundscapes. Launching this month, guests can access the app for free from their in-room TV.



TAKE THE  
COLD PLUNGE

**THOSE OF US** who love cold water swimming know that the biggest faff is the speedy changing required to warm up afterwards. Enter the WYLDING boiler suit, invented by cold water swimmers, Daniela Bohling and Millie Dornan (wife of actor Jamie Dornan).

The suit is light and flexible, so you can wear it over your swimmers en route to the shores, and its micro fleece lining means its cosy enough to pull on after a chilly dip.

Plus, it's surprisingly flattering to wear and a great addition to your cold swimming wardrobe.

The WYLDING suit costs £160 and comes in three colours: Moss Green, Midnight Black and Marine Blue. Each year, the brand offers a guest colour – last year it was on-trend Burgundy combined with an ice-blue fleece, while this summer sees the launch of Cocoa with a sky-blue lining.

