

LUX\* SOUTH ARI ATOLL

# WELLNESS MENU

LUX\* ME WELLNESS / EMBARK ON YOUR WELLNESS JOURNEY







# LUX\* ME WELLNESS

Because we know health isn't one-size-fits all, we advocate a holistic approach that integrates hallmarks of modern wellbeing with ancient beauty customs. Our therapists are trained to tune in to what your body is craving - total relaxation? Detoxification? Healing? Strengthening? Once you check in to LUX\* South Ari Atoll, you will naturally leave everything behind...

The LUX\* ME Spa, walking through a zenitude lane that ends at a crystal clear blue lagoon, is a sacred space where you will begin your journey to a healthier, happier you. Our LUX\* ME concept originates from a desire to bring wellness into your everyday rituals.

Follow these symbols  
and embark on your own journey:

-  Relaxes, reduces stress and unwinds
-  Cleanses, resets your system, and kick-starts your metabolism
-  Rejuvenates, anti-ageing, promotes longevity
-  Energises and promotes a healthy weight



# EMBARK ON YOUR WELLNESS JOURNEY

Our holistic approach means your vacation can be as full with Yoga, fitness classes, and meditation as it is with facials and massages. We offer individual consultations and tailored programmes to help you jump-start your wellness routine.

IT'S A JOURNEY.

A consultation gets you on the right track, with meditation sessions marking the beginning and end of this journey.



## RELAX

- Daily Mindfulness practice
- Wellness advice
- One 90-minute Absolute Relaxation full body massage
- One 90-minute Shirley Page signature facial
- Two 60-minute spa treatments of your choice
- A De-Stress oil concentrate



## REBOOT

- One Personal Training session
- One individual Mindfulness session
- One 60-minute Active Abdominal therapy session
- One 60-minute Pressure Point foot massage
- One 90-minute Balinese massage
- A Meta-boost oil concentrate



## REJUVENATE

- One Personal Training session
- One individual Mindfulness session
- One 90-minute Signature Arramu Dhathuru massage
- Two 60-minute Rejuvenate Oxygen facials
- A Rejuvenate oil concentrate



## RE-ENERGISE

- Daily Cardio or Personal Training
- Wellness advice
- One Oxygen Facial and one 30-minute Lift & Firm Face massage
- One Thai massage
- Three 60-minute Detox and Muscle Reviver treatments
- An Energising oil concentrate


LUX\* SOUTH ARI ATOLL

# SPA MENU

LUX\* SOUTH ARI ATOLL SIGNATURE / LUX\* SOUTH ARI ATOLL SIGNATURE RITUALS /  
SHIRLEY PAGE SIGNATURE TREATMENTS / LUX\* ME FACIAL /  
SPECIALISED TREATMENTS / DETOX AND SILHOUETTE THERAPIES /  
LUX\* ME BODY MASSAGES / WORLD'S BEST THERAPIES SOUTHEAST ASIA HOLISTIC  
TREATMENTS / CHINESE HEALING TREATMENTS / AYURVEDA WELLNESS TREATMENTS /  
LUX\* ME SCRUBS & WRAPS / LUX\* ME BABYMOON / LUX\* ME TIME / LUX\* ME YOUTH /  
LUX\* ME BEAUTY



# LUX\* SOUTH ARI ATOLL SIGNATURE

**Araamu Dhathuru Massage (90 minutes)** 

A unique therapy carefully crafted by the experienced Therapists of the award-winning LUX\* ME Spa at LUX\* South Ari Atoll, this body treatment has been designed to restore physical and emotional synergy, and are customized for each and every guest. An entirely new approach and pure concoction for a total relief. Rich in organic actives to enhance your well-being.

With warm oil and pressure points with raw baby coconut to relieve muscle pain, and improve circulation, highly recommended to immediate unwind, relax, and re-charge. Wrap the experience up with our fresh kurumba to fully nourish your body and absorb the effect of the treatment.

*(Araamu Dhathuru – relaxing and serenity)*

*(Kurumba – coconut water)*



# LUX\* SOUTH ARI ATOLL SIGNATURE RITUALS

## **Aloe Vera Soothing Wrap (45 minutes)**

The enzyme-active nature of Aloe Vera is the binder that allows other ingredients to work synergistically and go deeply into the skin leaving you refreshed, moisturized and smooth. Anyone with sun damage will feel instantly soothed.

## **Kurumba Peeling (45 minutes)**

Rejuvenate your skin with particles of coconuts, raw salt in combination with coconut oil to exfoliate, cleanse and smoothen the skin. This will bring moisture, brighten up, and preparing your skin for a lovely sun tan.

## **Loabi Kurun Evening Escape (75 minutes)**

Indulge with a special evening of pampering with you and your loved one. Land in deep relaxation with a soothing massage and face refresher in our private and peaceful over-water treatment villas, followed by a glass of cold sparkling wine in our lush Spa Garden.  
(Loabi kurun – romantic)





# SHIRLEY PAGE SIGNATURE TREATMENTS

## **Mood-Enhancing Full Body Massage (90 minutes)**

Our sense of smell is linked to our memories, emotions and mood. To create her unique mood-enhancers, Aromatherapy guru Shirley Page blended organic oils known for their mood-boosting properties. The therapist will alternate between slow and rhythmic movements using the elixir you will have chosen.

## **Absolute Relaxation Body Massage (90 minutes)**

To achieve total relaxation, this holistic massage combines acupressure and lymph drainage techniques to balance your meridians and nervous system, energise your body and combat jet-lag.

## **Shirley Page Signature Facial (90 minutes)**

Unwind as you enjoy a gentle exfoliation followed by a customised blend of Shirley Page Organic Skin Care Oils and Mood-Enhancers that will leave your skin radiant and hydrated. This holistic, non-invasive facial works at a physical, emotional, and spiritual level. A must for anyone seeking a truly healthy, glowing complexion.

## **Shirley Page Scalp, Neck & Shoulder Massage (30 minutes)**

Acupressure is applied to various points above the scalp line, the neck, head and jawline, releasing any tension. The benefits of a head massage are untold: it helps relax the face muscles, combats hair thinning and recalibrates your mind.



# LUX\* ME FACIAL

## Deeply Hydrating (60/90 minutes)

Sun, surf and sand can be a little rough on your skin. This hydrating facial, tailored to your skin type, ensures the only visible effect of your beach holiday is a sunkissed glow.

## Lift & Firm Anti-Aging Facial Massage (30 minutes)

Advanced skin stimulation techniques and a transformative touch are combined with anti-aging formulas to plump and firm your skin.

## Intraceuticals Oxygen Facial (90 minutes)

Also known as the Celebrity Facial, the Intraceuticals Oxygen Infusion Therapy is a non-invasive treatment that targets fine lines and wrinkles and dramatically enhances skin hydration. High-pressure pure oxygen infuses your skin with a serum of low molecular weight hyaluronic acid, essential vitamins, botanicals, antioxidants and peptides. It is called the Celebrity Facial because it gives a red-carpet glow instantaneously.

- Rejuvenate: lifts, tones, hydrates
- Opulence: lifts, tones, hydrates, and brightens
- Clarity: clears, balances, refines

## Treatment Enhancers

- Eye mask: Reduces fine lines, dark circles, and puffiness
- Lip mask: Protects, plumps, enhances natural lips
- Boosters: Vitamin C+3, vitamin A, collagen, antioxidants
- Atoxylene Serum (30 minutes): Minimises expression lines and reduces the visible appearance of skin ageing



# SPECIALISED TREATMENTS

## **Therapeutic (90 minutes)**

This hands-on, advanced therapy makes use of multiple massage techniques to customise your treatment. Hot stones or compresses, medical grade soft cups, and/or herbal poultices may be used to relieve any aches and pain. Mat work and stretching may also be incorporated into this therapeutic moment.

## **Natural Anti-Ageing Face-lifting by Yakov Gershkovich (90 minutes)**

Yakov's sculpting facial massage is a unique, non-invasive rejuvenating method that involves gym-like exercises that tone and lift the face. The natural lifting procedure sculpts the face from the inside out by targeting all facial muscles and deep tissue. It also increases elasticity, improves complexion, reduces puffiness, eye bags and dark circles, and visibly reduces wrinkles. The treatment, which includes a cooling and illuminating face mask, is ideal post-facial surgery and for those with sinus and respiratory problems.



# DETOX AND SILHOUETTE THERAPIES



## **Active Abdominal Therapy (60 minutes)**

At times our hormones seem to have a will of their own. But you can gain control again with the help of this treatment using the ancient remedy of essential oil from the chaste tree. Warm herbal packs activate the circulation system. Specific massage techniques to the abdomen ease tension and aid drainage of unwanted toxins. And pressure is applied to points on the feet to enhance the benefits of this hormonally balancing therapy.

## **Muscle Reviver Body Shape (60 minutes)**

Our Silhouette essential oil blend contains a revolutionary compound that helps dissolve the membrane of fat cells. During this treatment, the therapist combines deep tissue massage with lymphatic drainage ease away toxins and sculpt your body.

## **Anti-Cellulite Soft Cupping Therapy (60 minutes)**

Cellulite is a modern disease of the times and caused by a combination of many factors such as poor circulation, hormonal imbalances, dehydration, high sugar and carbohydrate diets, caffeine, and lack of exercise. The soft cupping techniques on the targeted areas help smoothen the skin, minimise the appearance of lumpy skin and make it less noticeable.

\*The Detox and Silhouette therapies may be combined for a longer, 90-minute sessions.

We recommend 3 sessions for maximum benefits and in combination with Personal Trainings



# LUX\* ME BODY MESSAGES

## Shiatsu Deep Massage (75 minutes)

A combination dry and oil treatment that treats deep-seated muscular problems. Start with dry pressure and trigger point work to release the muscular contraction followed by deep tissue massage and stretch. This massage focuses on the back area of the body.

## Bamboo Massage (90 minutes)

Looking for something unconventional, effective, and soul-soothing? Our signature bamboo massage ticks all of those boxes. During the massage, natural bamboo sticks and organic herbal poultices are used to knead out muscle tension and ease stress.

## Hot Stone Massage (60/90 minutes)

Feel the deep penetration of volcanic stones heated to perfection as your Therapist kneads away all the stress and tensions from muscles using our aromatic oils. It is an absolute essential treat.

## Holistic Aromatic (30/45/60/75/90 minutes)

Our therapists use a wide range of skill sets to customize this holistic, aromatherapy-based oil massage according to your needs. This personalized, collaborative approach turns the focus on your physical and emotional wellbeing for a moment of deep relaxation.



# LUX\* ME BODY MESSAGES

## Ying and Yang Four-Hand (60 minutes)

The “four hand” massage technique is a synchronized massage, meaning that two massage therapists work on you at the same time. The four hands moving in unison will release any energy blockages, helping you unwind.

### Add-ons (30 minutes)

- Scrubs and wraps
- Neck, scalp and shoulder massage
- Foot massage
- Back massage
- Hot stones
- Herbal poultices
- Bellabacci Soft cupping



# WORLD'S BEST THERAPIES

## SOUTHEAST ASIA HOLISTIC TREATMENTS

### **Balinese Massage (60/90 minutes)**

This full body massage combines dry and deep pressure movements followed by an oil massage. Skin rolling and flicking, firm, gentle stroking, and percussion techniques are used to loosen any muscle tension and boost circulation.

### **Thai Massage (60/90 minutes)**

Improve your flexibility and release any muscle tension with yoga-style stretches and acupressure techniques. This bodywork therapy is performed over loose comfortable clothing to allow range of movement. Our Thai massage is unique that it is relaxing yet energizing, and is a highly effective therapeutic treatment.



# CHINESE HEALING TREATMENTS

## **Foot Pressure Point Massage - 30/60 minutes** 💧 🌸

A natural Chinese healing art based on the principle that there are reflexes in the feet that correspond to every part of the body. By applying pressure to the reflex points, this healing therapy relieves tension, improves circulation, and stimulates the natural functioning of the related areas of the body.

## **Chinese Full-Body Meridian Massage (75 minutes)** ❤️ 💧 🌸

Various techniques are used to clear the body's energy pathways and release any blockages so the Qi can flow freely. Our meridian massage heals the body and strengthens your immune system.

### **Add-ons (15 minutes)**

#### **Moxibustion**

The burning of moxa (dried plant material) on or near a person's skin is a form of heat therapy that stimulates the flow of Qi, improves blood flow and maintains general health.

#### **Cupping Therapy**

An ancient healing practice in which a suction pulls up and stimulates the body tissue beneath, increasing blood and lymph flow and improving the circulation of Qi energy. Bruising of the skin is normal and should disappear within 7 days.

#### **Scraping**

Gua Sha involves the scraping of the surface of the skin to stimulate microcirculation, which increases blood flow and unblocks stagnant energy. Scraping reduces inflammation, treats chronic pain and promotes healing. The tiny red and blue marks will fade within 4 days.





# AYURVEDA WELLNESS TREATMENTS

## **Abhyanga Indian Massage (90 minutes)**

This ancient Indian Ayurvedic oil massage therapy heals and cleanses the body and mind. Medicated oil is applied to the whole body, which absorbs the nutrients present in the oil, helping the skin eliminate toxins.

## **Indian Head Massage (45 minutes)**

The benefits of a head massage are untold: it helps relax the face muscles, relieves tension in the shoulders, neck, and head, combats hair thinning and recalibrates your mind. Sleep disorders and stress are washed away.

## **Slimming Udvartana Massage (45 minutes)**

Dry Triphala powder is used to massage the body in upward strokes. This slimming massage improves circulation, reduces cellulite, and promotes a healthy weight.

## **Indian Scalp Shirodhara Massage (30 minutes)**

Warm herbal oil is poured in a steady stream onto your forehead to clear the mind and relax the body. You will leave with a newfound sense of clarity and purpose.



# LUX\* ME SCRUBS & WRAPS

## Out with the old, in with the new Scrub (45 minutes) 💧 🌿

We begin with a body exfoliation ritual made from fresh ingredients that removes dead skin cells followed by a moisturizer. With your newfound baby skin, you will feel like a new person.

## Cocoon Wrap (45 minutes) 🧑‍🤝‍🧑 💧 🌿 🌿

Our invigorating wrap envelops your body and replenishes your skin of its nutrients, revealing a fresh complexion. During this calming and therapeutic treatment which stimulates blood circulation and strengthens the immune system, the therapist will give you a head massage.

## Soleil Toujours Pre - & Post Sun treatment 💧 🌿 🧑‍🤝‍🧑

Let the most natural and exceptional sun care restore and beautify your skin. As it brings an interesting, rich and unique experience through refined textures. Protect in highly formulation. Its exquisite a must-do treatment.



# LUX\* ME BABYMOON

## Prenatal Massage (60 minutes)

Designed for mothers-to-be during their first and second trimesters, our prenatal massage releases tension in your hips and low back and relieves any ache or discomfort. Goodbye stretch marks, tired legs, and cravings. It is also a chance to sit back, relax, and appreciate the miracle that is about to happen.

## Prenatal Facial (60 minutes)

Bring out the best of your skin with this pampering, vitamin-rich facial that will leave you looking radiant. Our prenatal facial ends with a cooling hand and foot massage to soothe your limbs.

Add an extra 30 minutes of bliss

- Face and scalp massage
- Body polish
- Skin softening body wrap

*\*Pregnancy is an individual experience. We recommend consulting your physician before booking a spa treatment.*



# LUX\* ME TIME

Design-Your-Own spa day

What does your ideal spa day look like?

Browse our menu and choose between  
4, 8, and 12 hours of treatments.

You will receive a cumulative discount.

# LUX\* ME YOUTH

Kids and teens deserve to live their best life too. These customised rituals are adapted to their taste and age (we use spa ingredients that looks just like desserts). Parental company is mandatory.

- Mini Massage - (30 / 45 minutes)
- Sun-kissed Facial - (30 minutes)
- Tutti Frutti Scrub - (30 minutes)
- Gorgeous Nails - (starting 15 minutes)
- Haircut, style, up-do, or braids - (30 minutes)
- Side by Side Experience - (60 / 75 / 90 minutes)
- Youth and Family Yoga / Fit / Boot camp

## Some samplers:

Mother and Daughter Facial

Father and Son Thai Shiatsu

Mother and Daughter Beauty



# LUX\* ME BEAUTY

## HAIR & MAKEUP

### **Hair Treatment Ritual (45 minutes)**

Choose from Sun-proof, Post-Sun, and Intense Repair treatments

### **Shampoo and Blow-Dry**

(starting 30 minutes)

### **Shampoo, Blow-Dry, and Style (starting 60 minutes)**

### **Shampoo, Cut and Blow-Dry (starting 60 minutes)**

### **Bride Hair Styling & Make Up Trial and Consultation (120 minutes)**

### **Bride Hair Styling & Make Up (starting 90 minutes)**

### **Bride Make Up Session (45 minutes)**

### **Gentleman's Haircut and Styling (45 minutes)**

### **Kids Mini Haircut (starting 30 minutes)**

## NAIL TREATMENTS

### **Manicure\*, choose from Swift, Smooth, and Spa**

### **Pedicure\*, choose from Smooth and Spa**

### **Gel soak-off\***

### **Gel Manicure**

### **Nail varnish and application**

\*Non-acrylic or other non-natural nails

## HAIR REMOVAL

Face (eyebrow / upper lip / chin)

Back

Arms (underarm / half / full)

Legs (half / full / bikini / Brazilian)

Gentleman's chest

*\*Please note that the times indicated above can vary.*

LUX\* SOUTH ARI ATOLL

# MINDFUL FITNESS MENU



# LUX\* ME FIT

There's an activity for everyone. Get technical in our world-class gym with or without personal trainers to kick-start your fitness regime or keep you topped up while on vacation. Or keep it simple and get onto the idyllic soft sandy beaches for a run or an ocean swim. Or join one of our classes. They are indoor and outdoor, they include low and high intensity sessions, cardio, functional, toning, and they are sure to inspire, motivate and challenge you.

## The innovative Life-fitness features:

- A range of Cardiovascular equipment: elliptical, treadmills and bikes
- Resistance machines
- Functional Training Station
- Free Weight Training Station
- Multi Gyms Station

## TRX CORE (60 minutes)

Enjoy a 60 Minutes Aerobic workout combining the best training methods for core strength, all over body sculpting, and the use of weights, bands and TRX suspension straps. All fitness levels welcome.

## Private Total Body Sculpt Class (60 minutes)

A full body low to medium intensity multi-station exercise program.

This class will focus on improving balance, stability, endurance and core strength.





# LUX\* ME FIT

## **Total Body Blast (60 minutes)** 💧 ❤️

Enjoy a full body workout starting from your toes to and ending at your head. This nonstop workout is a bit of weights resistance using light weight dumbbells and your own body weight and yet is not rigorous or too vigorous... it will be nonstop so that you get the heart pumping as well as your muscles worked. This Class is great for any levels

## **Float Fit (60 minutes)** 💧 ❤️ 🌿 🧘

60 minutes Core conditioning, legs and back is what will be worked while you float and balance on the Floating Mat... work on your abs, gluteus and entire body... Float conditioning integrates both balance, strength and fun.

## **Private Personal Training (60 minutes)** 💧 ❤️ 🌿 🧘

Come and we will design an exercise program individualized for you. These on-on-one training sessions begin with an individual Body Balance Analysis, goal assessment and warm up. The session continues with a combination of resistance and cardiovascular training using the latest techniques with an emphasis on teaching the importance of proper technique and form. Our goal in this session is to instill a greater understanding of how to attain your health and fitness goals safely and effectively



# LUX\* ME MINDFUL

You're swamped by stress? Feel like your life is crazy busy? Overwhelmed by the pressures of this so-called crazy busy life? It seems as though the rapid pace of our lives has taken a toll on our mental wellbeing. This is where Mindfulness comes in.

We help you incorporate it into your daily life, making it a habit that will boost your overall wellbeing.

Our pure and beautiful location offers the perfect starting point: allow yourself to be guided by our wellness team on a sensory journey that will awaken you from the inside, expand your mind and strengthen your body.

Mindful, body-mind connection classes and private sessions include Yoga, Meditation, Breathing, Stretching, Nature walks, Eating & Nutrition.



# YOGA

## Flow Yoga Class (60 minutes)

Like all forms of yoga, this intermediate level Vinyasa flow class builds flexibility, detoxifies the nadis (our body's energy channels), activates the lymphatic system, and improves complexion among many other benefits. Vinyasa is a flowing sequence of specific asanas during which movement is synchronised with breath. It teaches us to cultivate an awareness and to be mindful of how one action connects to the next.

## Power Yoga (60 minutes)

Power yoga incorporates the athleticism of Ashtanga, including lots of vinyasas (series of poses done in sequence) to teach any poses in any order, making every class different. It enhances stamina, flexibility, posture, and mental focus. Like all physical activities, it also relieves tension and releases toxins through sweat. Because it is rigorous, it burns more calories than most traditional forms of yoga and therefore can help with weight loss.

## Prenatal Yoga (60 minutes)

We provide a practice that helps mothers-to-be tune in and listen to their bodies. Prenatal yoga eases the discomforts of pregnancy such as mood swings, swollen ankles, and tired legs. It also gives women time to bond with their babies. Pranayama, the breathing, will certainly come in handy during labour. Everything else - the glowing skin, the sculpted body - is an added bonus.

## Sound Healing Meditation (60 minutes)

To rebalance body and mind with the healing vibrations of Tibetan singing bowl Sound to enter a state of deep relaxation. Meditation is great for our bodies, minds and spirits and can be used to heal, as healing is the process by which we become whole and attain optimal functioning.

## Floating Yoga Class (60 minutes)

Tone your body and improve your postural balance while connecting with the healing powers of water. This unique yoga sensation allows you to be present and mindful while enhancing your overall well-being and focus through a sequence of simple postures and movements.



# LUX\* ME NUTRITIOUS

At LUX\* South Ari Atoll, the only diet with adhere to is the self-love diet, which involves a daily dose of sunshine, multiple dips in the sea, endless hours at our LUX\* ME spa, and eating mindfully. You deserve to feel good. Show your body some love by nourishing it with real, whole foods that will make you feel amazing, inside and out.

## **VEGGIE HEAVEN**

Plant-based diets help the body function properly, boost immunity, prevent diabetes, fight back chronic and autoimmune diseases, and help with weight loss. A plant-based diet that is loaded with a rainbow of veggies also just tastes really, really good. Our Veggie Heaven menus are curated to excite and inspire all guests for whom wellness is not just a good trend but a way of life.

## **DETOX SMOOTHIES**

The easiest way to eat your greens is with our green Detox smoothies. Whether you are a green juice purist or prefer a blend of greens and fruit, our smoothies are packed with nutrients for increased energy, digestive ease, hormone balance, a happy gut, glowing skin...



# LUX\* ME NUTRITIOUS



## **GINGER TEA**

Ginger root has been considered a medicinal food in Chinese and Indian cultures for centuries. Our ginger tea, an immune-boosting brew, is anti-emetic, meaning it relieves nausea and helps with digestion. Served hot or iced with a dash of lime and honey.

## **GRANOLA BARS**

Grab a housemade granola bar from our snack stash at the Fitness Centre for some pre- or post-workout fuel. Baked with superfood ingredients, our bars are the perfect high-vibes snack.

*Whether you are seeking to detox, reach a healthful weight, boost your energy levels and clear out the stress, our wellness team will help you create a healthy dietary plan that matches your needs and goals. Meal diaries can be prepared for you, and balanced, nourishing options are available in each of our restaurants to meet your dietary needs and/or requirements.*



# COMPLIMENTARY ACTIVITIES



## **Hatha Yoga - 60 minutes**

Based essentially on bodily exercises (asana) and breathing exercises (pranayama), Hatha yoga improves the circulation, flexibility and strength of the physical body. At the mental level, it also calms, balances and develops concentration.

## **Boot Camp on the beach - 60 minutes**

Jump, hop, skip and hustle through the grounds of LUX\* South Ari Atoll! With a full view of the Ocean, sand beneath your toes and the sunshine above your head. As you push through the workout, you are working every muscle of your body. Come join the fun of Boot Camp On the beach

## **Body Balance Analysis – 30 minutes**

Improve flexibility and core strength for maximum performance and ease. To help determine the programme best suited to your needs.

## **Kids Yoga - 30 minutes**

Tree pose, lion's breath, cobra... Yoga's figurative language makes it a perfect learning tool for kids. We use music and playful poses to help them develop self-confidence, coordination, and focus.



Wellness is about feeling amazing from the inside out. Our goal is for our guests to leave feeling empowered and happy and with the tools they need to pursue their journey.

**LUX\* ME offers complimentary classes, outdoor Yoga, a Fitness Centre, and a Spa.**

*\*\*Our Complimentary Activities schedule can be found on our LUX\* App. We recommend booking classes at least 24 hours in advance as there is a 12-person limit per class. All outdoor activities are contingent on the weather. Classes may be made private depending on availability. Please contact the Spa or your Island Host for bookings.*



**\*LIGHTER. BRIGHTER.**