

# New year, NEW FACIAL

OK people, we bet among those resolutions you made, getting younger-looking, fresher skin was one of them, right? Try one of this year's hottest lo-fi facials – designed to inject techno-stressed skin with a touch of the feel-good factor...

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## YOUR PROBLEM IS: COMPUTER COMPLEXION

It's not just our eyes that get laptop fatigue; skin is left flagging and weary looking too. 'Many of us wake up to our mobiles, read the news on our tablets, then spend the rest of the day glued to a computer screen,' explains holistic facial guru Helen Brown. 'This sterile way of life leaves us overexposed to electromagnetic energy, resulting in tired, ashen-looking skin and under-nurtured minds.'

**YOU NEED: THE YOGA FACIAL** (from £85 for 60 minutes; [yogaonthelane.com](http://yogaonthelane.com))

For blooming, yogi skin, no downward dog required. 'When you're stressed internally, it shows on your complexion.'

The yoga facial specialises in free-flowing massage movements, which put you into a theta state – the meditative state where the brainwaves slow down and the body's own self-healing mechanisms kick in. Expect bright and beaming skin.

**FEEL-GOOD FACTOR:** yes, skin looks angelic afterwards, but the bonus comes from the deep acupressure point stimulation, which rebalances internal blockages, leaving you feeling serene and centered.

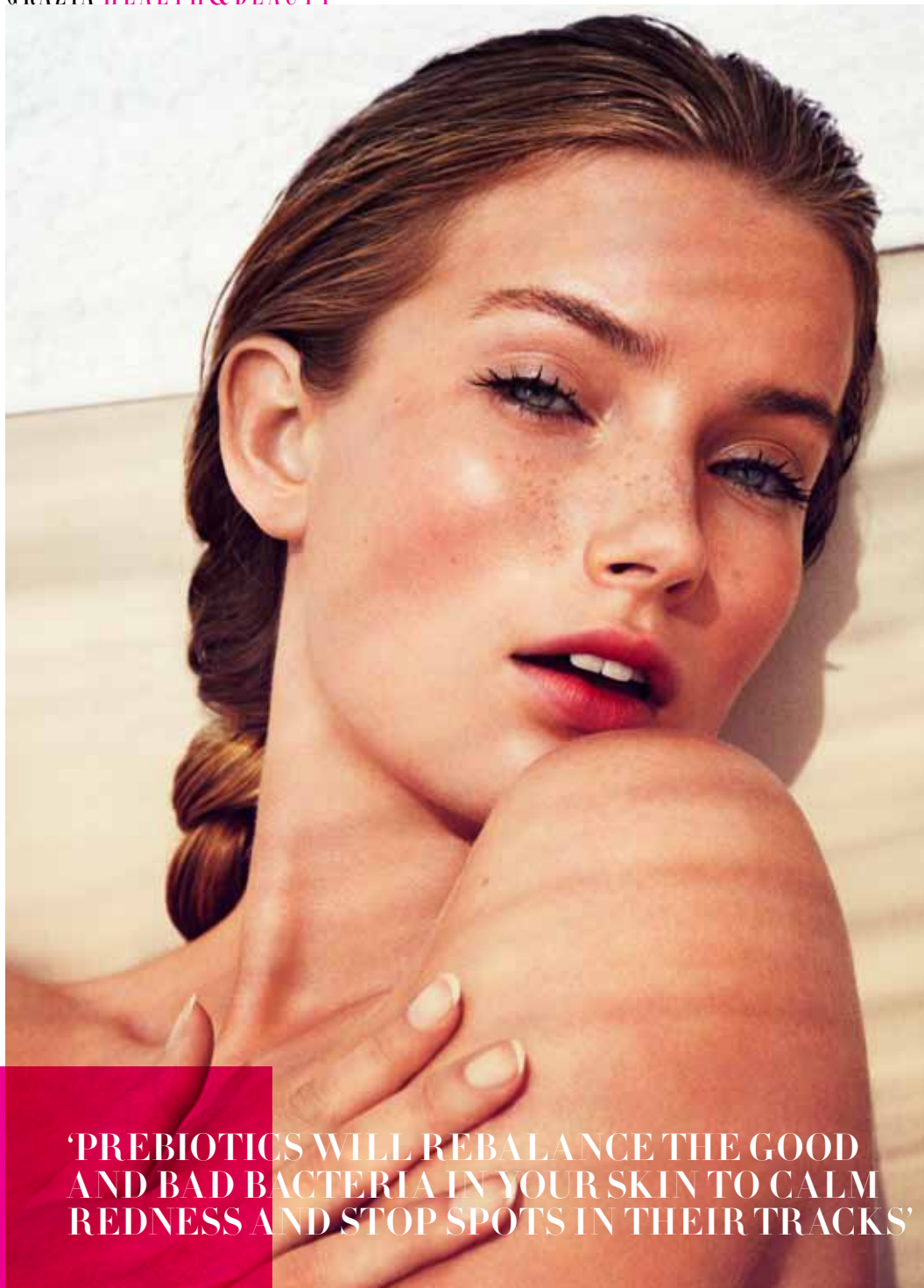
## YOUR PROBLEM IS: DEPRESSED SKIN

Take a long, cold winter, a dose of central heating and too many mince pies, and you're left with a serious case of skin depression. That'll be a blotchy, puffy-looking face.

**YOU NEED: ILA ANANDA FACE THERAPY** (from £90 for 90 minutes at spas nationwide; [ila-spa.com](http://ila-spa.com))

Ananda, meaning 'divine bliss' in Sanskrit, will replenish lost oils, lift cheekbones, detox pores and de-puff eyes.

**FEEL-GOOD FACTOR:** chillax with a foot scrub followed by a lymphatic massage, which releases toxins and stimulates energy flow using rose otto and sandalwood oils. 'Rose otto has a healing effect on the skin, while sandalwood stimulates the limbic (emotional) part of the brain to unblock negative energy.' Top that with cranial 'holds' to relax the nervous system, a heated treatment bed and trance-like music, and you'll leave a new woman. ▶



'PREBIOTICS WILL REBALANCE THE GOOD AND BAD BACTERIA IN YOUR SKIN TO CALM REDNESS AND STOP SPOTS IN THEIR TRACKS'

## YOUR PROBLEM IS: BREAKOUTS

Fed up with the breakouts already? Suffering from flare-ups, redness and sensitivity? Then bring on the decongestant – and we're not talking Sudafed.

**YOU NEED: DECLEOR ILLUMINATING FACIAL** (from £65 nationwide; decléor.co.uk) 'Spots and flare-ups are caused by a build-up of "bad" bacteria due to a weakness in the skin's defence barrier. This can be brought on by stress, poor diet, pollution or too many aggressive anti-ageing treatments,' says Fiona Brackenbury from Decléor. In 60 minutes, the therapist will decongest blocked pores, smooth fine lines and bring back brilliance with deep cleansing, gentle

exfoliation, a super-serum massage and three layers of topical prebiotics. 'Prebiotics will rebalance the good and bad bacteria in your skin to calm redness and stop spots in their tracks,' says Fiona.

**FEEL-GOOD FACTOR:** forget bright lights and extractions – there's no cringe factor here. Try five massages within the hour, starting with a diagnostic back massage that highlights problem areas, followed by a warm mask. 'Like the feet, the back has well-being zones which, when stimulated, heat up, highlighting problem areas like poor circulation or dehydration,' explains Fiona. Plus, mood-lifting essential oils are chosen for your emotional needs. 'All our oils have a psychological effect. Neroli is great for decongesting and hydrating, but it's also a known mood enhancer.'

## YOUR PROBLEM IS: PARTY FACE

Puffy eyes, dark circles, bloated jawline – we hear you! Sounds like a case of post-party face. Don't panic: you're just a lymphatic massage away from regaining your cheekbones.

**YOU NEED: THE BACK TO BASICS**

**LYMPHATIC FACIAL** (£90; teresatarmey.com) The newest fashion facialist on the block, Teresa Tarmey refines the pores of fashion darlings like Tallulah Harlech (daughter of Chanel muse Amanda), Suki Waterhouse, Freida Pinto and Daisy Lowe. And that's just the ones she's prepared to mention. A wizard with a laser, for 2013 she's going back to basics with her new Parisian-inspired facial. 'Paris therapists are the best in the world at facial massage. Many top models and celebrities will head there before the shows or a big red-carpet event,' she says. Trained by a top Parisian facial master, Teresa's technique involves quick, gentle pinching movements around the neck, ears and face, which drain away puffiness and reduce dark circles instantly. 'It's amazing at blitzing water retention around the eyes, neck and jawline caused by wine and sugary foods – perfect post-party season,' she explains.

**FEEL-GOOD FACTOR:** let's start with the bespoke double-sized treatment bed and cosy heated blanket – not to mention the gentle pre-massage cleanse and exfoliation with raw, unwashed sea salt from the Dead Sea. We also adore Teresa's un-producty touch, using cold pressed olive oil and lemon grass for the neck and shoulder massage. 'I don't use any pre-mixed oils. It's all about a hands-on experience,' she adds.

## YOUR PROBLEM IS: SAGGING CHEEKBONES AND JOWLS

Have your cheekbones migrated south? Is your jawline carrying a little extra weight? We've got just the thing.

**YOU NEED: CLARINS YOUTH ACTIVATOR FACIAL** (from £65; clarins.co.uk)

This is no quick fix. In an hour and 20 minutes, 80 intricate movements are performed over the face to lift the muscle tissues underneath the skin for a chiselled ▶



'BY CONCENTRATING ON DIGESTION, TOXINS ARE SWEEPED OUT OF THE BLOODSTREAM. THIS IMMEDIATELY BENEFITS OUR SKIN'

Doné McConnell, therapist and facial trainer for Sisley

effect. 'There's no electrical equipment or gimmicks; this is a deep, hands-on facial that delivers long-lasting results in just one treatment,' explains Marie McKeever, head of treatment development for Clarins. It starts with a double cleanse and exfoliation combined with a glow-boosting massage, followed by a deeper skin-tissue massage, layers of potent plant serums and a mask, then another layer of serums and day cream. 'It contours features, plumps wrinkles and boosts circulation for a peachy-smooth texture,' says Marie. **FEEL-GOOD FACTOR:** the cocktail of essential oils help you get your mojo back. 'Petitgrain and camomile are used to calm and soothe the mind,' says Marie. While the mask is sinking in, your therapist performs a hand and foot relaxation ritual, followed by dry scalp massage to release tension. Zzzz...

## YOUR PROBLEM IS: TOXIC SKIN

Burning the candle at both ends? Then your skin will be paying a hefty price. Our advice? A skin detox is in order, girlfriend!

**YOU NEED: SISLEY D-TOX FACIAL** (£134, Sisley Treatment Room, Harrods, redeemable against the purchase of two Sisley products; 020 7730 1234)

'More women are feeling overworked and sleep deprived, which brings on a sluggish digestive system, causing dark circles and lacklustre skin,' explains Doné McConnell, therapist and facial trainer for Sisley. Specifically designed to reboot the liver and digestive system, this facial works on the meridian points around the cheeks and jawline, which are directly linked to poor digestion. 'By concentrating on digestion, circulation is boosted and toxins are swept out of the bloodstream, which immediately benefits our skin,' explains Doné.

'We designed this facial as an intense booster to be had twice a year – it's like a gentle shock treatment for the skin and sets you back on the right path.'

**FEEL-GOOD FACTOR:** boosting olfactory senses is key to this treatment, which kicks off with a lavender breathing ritual to oxygenate the body and energise the brain. Hot mitts soaked in rosemary throughout the touch therapy perk up a tired mind, while a heated foot cleanse with lemon and thyme is an added treat. ■

# LO-FI FACIAL ESSENTIALS



**THE DETOX SKIN SHOT:** Sisley Botanical D-Tox, £134

**THE SKIN SHRINK IN A JAR:** Roques O'Neil Therapie Heal & Repair Face Serum, £48

**THE COMPLEXION CALMER:** Origins Plantscripton Anti-Aging Treatment Lotion, £25

**THE ULTIMATE SKIN DRINK:** Blink Pure Rose Gel, £24

**THE LO-FI EYE HERO:** Darphin Uplifting Serum Eyelids Definition, £45

**THE HAPPY SERUM:** Decléor Aromessence Nérou, £44

**THE DRY SKIN HEALER:** Ila Face Oil for Glowing Radiance, £68

**THE DOUBLE DIP RADIANCE BOOST:** Aurelia Miracle Cleanser, £26

Additional photos: Pixvelyes. Make-up: Mel Arter at C.M. using Max Factor. Hair: Adam Reed at Percy & Reed using Percy & Reed and Bbby Miss Pro. Model: Joanna at Models 1. Aurelia: 020 9951 0887. Ila: 020 7409 1948. Darphin: 0870 034 2666. Decléor: 020 7513 8787. Ila: ila-spa.com. Origins: 0600 751 4039. Roques O'Neil: roquesoneil.com. Sisley: 020 7391 6380