

Asiana Wedding
Circ: 45,000
Spring 2011

POWER FACIALS

Guarantee radiance with the latest skin care treatments selected by Anjana Gosai

A radiant complexion on the Big Day is every bride's beauty must-have. A good skin care regime, combined with regular facials can give you an immaculate wedding day glow. But with so many treatments on the market, which should you pick? Regular facials involving a cleanse, scrub, mask and moisturise may give you a temporary glow, but for lasting benefits, pick from a new breed of 'power-facials'. These innovative treatments are more results-driven than ever, thanks to technological additions such as light-emitting diodes (LED), radio frequency and electric muscle stimulation. Here's our pick of the best...

THE A-LISTERS' FAVOURITE

What is it? O2 Intracutaneous Oxygen Facial
Best for: Boosting hydration
What's involved? This glow-enhancing procedure is performed by super-facialist Julia Hart and is renowned to be a favourite of Angelina Jolie, Eva Longoria and the *SATC* cast. After a deep cleanse with a rotating brush, collagen-regenerating red LED light therapy is used in conjunction with a serum pumped with antioxidants, peptides and hyaluronic acid. A pen-like device, which shoots out soothing bursts of oxygen over the face, works to push the serum deeper into the skin, leaving it feeling baby-plump and amazingly dewy in appearance.
£200; www.juliahart.co.uk or 0871 2000766

THE SKIN DETOX

What is it? Indiba Deep Beauty Detox
Best for: Neglected skin
What's involved? This unique facial is designed to help flush out toxins from the body and give the skin a fresher, healthier and tighter appearance. First of all, a radio frequency machine is used to open the lymphatic system and flush out unwanted fluids and toxins. The second part of the treatment involves raising the internal temperature of the skin, which increases circulation and tones the tissue.
From £70; www.indiba.co.uk or 08454 680560

THE PIGMENTATION FADER

What is it? The Rouge Peel
Best for: Banishing pigmentation and blemishes
What's involved? This thirty-minute method promises zero recovery time or flaky skin, which is usually associated with peels. A cocktail of pore refining salicylic acid, complexion brightening glycolic acid, skin repairing phytosterols, plus firming DMAE is applied to the face and left to get to work for a few minutes. Next, a red LED light is smoothed over the skin to stimulate the peeling process. The intense treatment is far from pampering and neither is it a quick fix – three sessions are recommended for best results. But if you want a guaranteed glow and a reduction in pigmentation, this is the one to book.
£700 for three sessions; www.beautyworkswest.com, 020 7221 2248

THE FACIAL FOR YOUR EYES

What is it? Fusion Mesotherapy
Best for: Dark circles and puffiness
What's involved? Dark circles and puffiness are difficult to tackle with products alone. This treatment promises to give the eye zone a more youthful appearance after just one session. After a cleanse and exfoliation, a serum is applied to the face. Then a pen-like device that emits a radio-frequency wave is manoeuvred over the skin. The radio-frequency waves help transport the skin care ingredients deeper into the skin, while increasing its temperature to boost new collagen production. The skin around the eyes is left brighter and tighter.
From £95; www.aldocoppola.co.uk, 020 7052 0709

THE GLOW ENHANCER

What is it? The Japanese Peptide Facial
Best for: Lacklustre skin
What's involved? Celebrity facialist Nathalie Eleni uses lymphatic drainage techniques to massage a bespoke blend of products into the skin. She then brings in a special machine to spray a brightening nano

mist all over the face. The nano mist contains gamma PGA – a natural compound derived from Japanese soybean, which encourages collagen production and

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£125; www.dermclm.co.uk or 0208 742 2204

THE NON-SURGICAL FACE LIFT

What is it? The Slendertone Facial
Best for: Skin tightening
What's involved? This 60-minute skin lifting and plumping session begins with a thorough cleanse. The Slendertone device, which uses electric muscle stimulation to give the facial muscles a workout, is then attached to the face. While the facial device gets to work by causing the muscles to contract, the therapist treats you to a hand massage. The face is then exfoliated with a mild glycolic acid peel and massaged using toxin-eliminating lymphatic drainage techniques.
£125; www.richardward.com; 020 7720 1222

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