



6 of the best holistic facials

Dream of a perfectly peachy, dewy soft complexion? Turn those dreams into reality with our pick of the best all natural radiance boosters...

1 Japanese Facial Lifting

Can a facial give you the same appearance benefits as a facelift? As unbelievable as it sounds, Rupert French uses Japanese massage techniques and some lovely natural ingredients sourced from the Andes to sculpt your face and give it the incredible appearance of lifting. The treatment begins with a cleanse and face mask and then Rupert starts to work his magic. He gently manipulates your facial muscles (not unlike someone moulding Plasticine) to lift and firm. Spookily, you can actually feel the areas which he's lifted, and those he hasn't, half way through the treatment. His unique therapy helps to lift the complexion and return definition to saggy chins. Results are hugely impressive and still discernable two weeks later. Highly, highly recommended. **Japanese Facial Lifting costs from £55 or £450 for a course of 10. Call Rupert on 07779 789 939 or visit mindbodysole.info.**

2 LIA Therapy

Heaven's signature LIA Therapy treatment is a combination of lymph drainage, 'incandescent' massage and acupressure (hence 'lia') and is rated as one of the best facials in the world. Using her fingertips, hands and arms, top therapist Deborah Mitchell lifts your facial muscles by using resistance and release techniques. The treatment combines physical strength, working some muscles faster and other muscles slower to tone. What sets this apart from other facials is that this therapy induces that daydream feeling, allowing your face and body to heal. This in turn makes you look younger and feel happier. All Deborah's

products are made with energy-infused natural ingredients and include her amazing new bee's venom mask, which really does leave skin looking plumped up and radiant. Who needs botox when facials are this good? The only downside is that Deborah has a two-year waiting list but luckily she has trained therapists across the UK.

Costs from £65 nationwide and appointments with Deborah start at £145. To book call 01952 461 888.

3 Eastern Facial Rejuvenation

This sublime anti-ageing treatment combats the ravages of time with completely natural and organic ingredients, using both Japanese and Indian massage techniques. Createo, Marie Coudounas explains that it focuses on facial meridians, which can affect the balance of health in the whole body, as well as the specific flow of 'ki', or life energy, in the face. "The secret of the natural face lift treatment lies in the massage technique which uses tapping and stroking movements," says Maria. "By tapping on certain pressure points, this stimulates the nerve endings and so tightens the skin and softens the lines." She massages the skin to stimulate the circulation and lymphatic drainage to bring blood to the surface of the skin, and so improving its texture and tone. Not only does this revive tired, ageing skin but it leaves it glowing with health. What's more, it stays like that for ages.

Costs £60 for an hour at Neal's Yard in Covent Garden and other locations. Call Maria on 07870 670 617 or go to completelycomplementary.co.uk.

4 ESPA Advanced Super Active Facial

Spa specialists ESPA consistently deliver some of the most luxurious facials in the UK and their latest one doesn't disappoint. Designed to treat specific skin problems, it uses results-driven products which improve skin damaged by the ageing process, environmental and lifestyle stresses. Therapists are trained to use deeply relaxing lymphatic drainage massage techniques, which naturally purify and drain the skin to reveal a brighter complexion. Rose quartz crystals, which have calming and soothing properties, are placed on the face to complement the effects of the facial. This is a real treat and thoroughly recommended. **Costs from £140 for an hour and 30 mins at The Grove in Hertfordshire. Call 01923 294 294 or go to thegrove.co.uk. To find your nearest UK therapist call 01449 727 000.**

5 Kimia Life Cycle Treatment

This luxurious facial is based on the philosophy that, like a plant, our skin has a complete life cycle of its own. Consisting of five stages, the facial uses a unique plant-based facial serum, formulated from an extraction process designed to concentrate and enhance the most powerful bio-active ingredients from plants grown in perfect weather conditions, locations and soil variations. Skin is left feeling velvety soft and radiant; an effect which lasts for days.

Costs from £70. For details call 01706 836 565 or go to kimia.co.uk.

6 Pevonia Botanica Luminous C and Sea Facial

This transforms dry and lacklustre skin with a combination of vitamin C and seaweed, leaving it glowing and radiant. The treatment uses Pevonia's Luminous C serum and their super-strength vitamin C mask. Blending a potent concentration of stabilised vitamin C with the latest high-tech formulation of pure freeze-dried seaweed, this mask reduces fine lines, strengthens skin's elasticity, counteracts photo-ageing and restores a youthful appearance, rendering skin luminous and soft to the touch. What's more, while the organic ingredients work their magic, you get treated to a relaxing head, neck and shoulder massage, which is simply divine.

Costs £99 at The May Fair Spa in London. Call 020 7915 2826 or go to mayfairspa.com. For your nearest therapist call 01449 727 000.