

Project: Life Overhaul

In this series, Dawn Mellowship reviews some top health and beauty treatments that the glitterati just can't get enough of!

Part II

A fantastic new natural face

tonic tests three top organic facials that will soothe your skin while minimising any damage to your health or the environment. Enjoy!

Image www.istockphoto.com

Rose crystal lymphatic facial

Location: The wholly holistic Organic Pharmacy in High Street Kensington.

What is it? This remarkably luxurious treatment enlivens the senses, firms the skin and stimulates your lymphatic system using acupressure massage, cleansing, AHA exfoliation (buffing off those dead skins cells), steaming, extraction, rose crystals and a range Organic Pharmacy products. The Organic Pharmacy, true to its word, produces a variety of 100% natural products utilising the very finest natural ingredients.



Results? This was my out-and-out favourite facial for product quality, pampering and relaxation. Celebrity devotees include Kylie Minogue, Yasmin Le Bon and Jerry Hall.

My face was manipulated into near skin perfection (my skin will never be completely perfect!). The face steaming and extraction were not quite so soothing as my blackheads were duly eased out, but the foot and leg massage and the four lush face-masks (rose hip, seaweed, honey and jasmine, and collagen) completely made up for this – my skin was cooled and melted to a butter-soft texture. I walked out of the Organic Pharmacy on a big, fluffy, white cloud and floated to the train station...

Cost: £100 for 90 minutes, £75 for 60 minutes.

For more information, see www.theorganicpharmacy.com or call 020 7376 9200.

Living Nature prescriptive facial

Location: Float well-being centre in Notting Hill, a haven of tranquillity.

What is it? This facial utilises the deliciously natural Living Nature product range. These products use no artificial preservatives and only the purest of ingredients sourced from native New Zealand plants. The packaging is even recyclable.

Your skin is cleansed and pampered with a honey mask and then pummelled into ultimate softness using a range of other products. Afterwards, the therapist suggests potential products for your skin type.

Results? I am all for natural beauty products, being a sensitive-skinned soul myself, and am ever conscious of the damage many products can cause to our well-being and natural environment – so this facial was ideal for me. The manuka honey face-mask smelled so delectable that I had to resist the urge to lick my lips. Hydrating oil with nourishing ingredients such as macadamia oil and jojoba rehydrated my dehydrated skin. This was topped off with a luscious moisturising cream.

Living Nature products are a breath of fresh air in a largely inorganic beauty industry, and this facial is the icing on the cake.

Cost: £115 for 150 minutes.

For more information about Living Nature Products, see www.livingnature.com or call 01794 323 222. To contact Float for a facial, see www.float.co.uk or call 020 7277 7133.



Organic micro-dermabrasion

Location: Metrospa at FordhamWhite, an acclaimed Soho salon shortlisted for Best London Salon by *HAIR* magazine awards.

What is it? Skin for Life has crafted a fabulous machine that offers micro-dermabrasion, LED light therapy and liquid oxygen concentrates, either individually or combined, to create one phenomenal face treatment. This provides super-exfoliation, shots of oxygen to plump and rehydrate the skin and light to heal imperfections and promote collagen growth. The organic grains used are less harsh than traditional micro-dermabrasion crystals and are highly therapeutic. Aveda products are incorporated into the facial.

Results? I was apprehensive about having grains blasted against my skin but the reality of organic micro-dermabrasion is a rather more enjoyable experience. The sensation of the machine refining my skin with the tiny organic grains was unusual but pleasant. The oxygen shots felt delightfully refreshing and the light therapy soothed my skin. A refrigerated Aveda face-mask was applied to cool my skin, followed by one of Aveda's tourmaline-charged creams. The tourmaline is said to make the beneficial ingredients in the products more potent. My skin certainly looked and felt glowing after the treatment. This is a welcome alternative to traditional micro-dermabrasion.

Cost: £60 for the first session and £80 for subsequent sessions, or if you purchase five sessions you get the sixth one free.

For more information, see www.fordhamwhite.com or call 020 7287 8484.

