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NEWS AND FEATURES BEAUTY WAITLIST

## Beauty 121: Sarah Chapman

Beauty 121 finds out facialist Sarah Chapman's skin secrets.

BY KATE SHAPLAND | 21 NOVEMBER 2011



Skinesis skincare range Photo: Sarah Chapman

Facialist Sarah Chapman, known in beauty circles as 'The Queen of Clean' thanks to her special deep-detox approach that turns skin around in one session, is one of the best-kept secrets in the business - makeup artist Mary Greenwell and actresses Naomi Watts and Sienna Miller are fans of her transforming facials.

**Your great skin philosophy?**  
"I have a few rules that I live by: drip feed your skin daily with a high dose of vitamins and Omegas inside and out. Always protect your skin by wearing a moisturiser with a broad-spectrum (UVA and UVB) sunscreen - even in winter: my Skinesis Dynamic Defence SPF15 (£43, [victoriahealth.com](http://victoriahealth.com)) ticks all the boxes because it protects and contains antioxidants to defend against environmental damage. On holiday use a high sunscreen, no less than SPF50. Drink lots of water and look after your diet. Beauty is fun - experiment, mix and enjoy".

**Your mission?**  
"My clients constantly ask me to find new solutions to their skincare concerns, everyone's skin is so different and my mission is to treat all my clients individually in this way, that's why a Skinesis facial is rarely the same twice. Helping my clients achieve these results and perfect their skin is why I got into skincare initially - I aim to create the perfect canvas from complexions and help people who have confidence issues with their skin. I often see skins who have not cleansed properly and they appear clogged and dull. A few minutes a day spent properly cleansing can change the way your skin looks and functions within such a short time. For clients who say they don't have time or are too tired by the time they go to bed I change their routine and encourage them to cleanse when they get home. This always works to help people fit cleansing into their routine so they actually begin to enjoy it again and are encouraged by the difference they see within a week".

**Your hero?**  
"My Skinesis Overnight Facial (£45) is my absolute must-have product. A power potion packed with anti-ageing, high-performance actives like Vitamin A, Dermaxyl peptide and Renovage (clinically proven to prolong the life of skin cells), combined with soothing Omega oils, pure natural essential oils and exotic scents, it embodies the philosophy behind my range and my approach to skincare. It's cashmere-like texture is irresistible and it gives instant dramatic results. Overnight Facial is like a facial in a bottle - it mimics the lifting, firming and rejuvenating effects of my bespoke facials, leaving you glowing. And the best part is it all happens while you sleep! Many of my clients are addicted and can't go to bed without it".

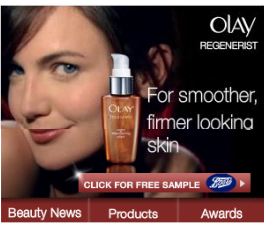
**Your own skincare style?**  
"I have a very classic and natural English Rose style. I take care of my skin with a combination of my own skincare, which allows me to keep my look very clean and means I don't need to wear much makeup, but I do use a mix of mineral make-up and Chanel. I'm always on the lookout for the latest cutting edge ingredients for my products and I like to mix it up and experiment with cocktail products".

**Your film?**  
"Coco Before Chanel for me was so inspiring and fascinating, she is and was such an icon".

**Your music?**  
"In the clinic and at home I'm listening to Chill FM on DAB, Its great chill out, cool vibe music with no interruptions, news or chat!"

**Your place?**  
"My absolute favourite place for relaxing and revitalizing is the Sha Wellness Spa in Spain, I always feel invigorated after a visit. Sha has the most blissful surroundings, white billowing curtains and comfy rooftop loungers with views of the mountains and sea. It has the most incredible detox program as well and the spa treatments are heavenly. At home my stomping ground is the King's Road. I love all the boutiques and little caf s there".

To book an appointment with Sarah call 020 7589 9585 or visit [www.sarahchapman.net](http://www.sarahchapman.net)



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