

TRIED & TESTED TREATMENTS

By Ginny Weeks

SARAH CHAPMAN SKINESIS
FACIAL AT THE SKINESIS CLINIC

The Process:

'Everyone's skin is different and it changes throughout the year which is why my facial will always vary even if you have been coming to me for 10 years' says Sarah Chapman, founder of the clinic and facialist to the stars.

My treatment began with a chat through of any concerns I had with my skin, both current and long term. Chapman then created a bespoke treatment plan for me, which would address my tricky combination skin. After cleansing, peeling, extractins, LED light therapy (to kill bacteria and encourage cell renewal) I was treated to the famous Skinesis massage which combines quite vigorous muscle stimulation and lymph drainage, all aided with the beautiful aroma of Chapman's massage oils.

SLiNK Rating:

The salon as a whole is elegant and understated and a pleasure to visit. The facial was by far the most bespoke I've ever had, and Chapman makes you feel that she genuinely cares about tackling any issues you may have, as well as giving you a relaxing experience. Her ability to mix science, aromatherapy and indulgence is second to none.

Cost:

£160.00 for 90 mins (first appointment with Sarah Chapman, £140 with a specialist).

Enq:

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