



## INSTANT PICK-ME-UP

**WHAT** Skinesis bespoke facial at Sarah Chapman.

**THE LOWDOWN** If you have dry, sensitive, won't-tolerate-a-thing skin, then drag your face down to Sarah Chapman's Draycott Avenue den. Each facial is tailored to the client using a combination of Chapman's products and kung fu facial-gymnastic techniques that include pinching and slapping (don't freak out – our tester fell asleep). Skin is made all shiny and fresh with an oil-based cleanser that gets right into your pores and polishes them, and then it's oiled, serumed and moisturised back to life.

**OUR VERDICT** Our tester's husband told her she looked younger, at breakfast. Yes, he did. And she has been unable to use anything but Sarah Chapman products since. A transformative experience.

**DETAILS** Costs from £125. At Sarah Chapman, 106 Draycott Avenue, SW3 (sarahchapman.net or 020 7589 9585).

## MOISTURE SURGE

**WHAT** Eczema facial at the Organic Pharmacy.

**The lowdown** Got a thirsty epidermis? The horrors of air-con and sunbathing leave post-summer skin dry and gasping for help. This facial is designed to nourish and really, properly rehydrate (despite the name of the treatment, eczema is not actually a requirement – any parched skin will do). Skin is thoroughly cleansed with carrot butter; exfoliation and a petal mask follow, as does a gentle but effective extraction. And then comes a delicious deluge of rose and bilberry toning gel, skin-rescue oil and a double-rose rejuvenating face cream.

**Our verdict** What sweet relief – skin is quenched and everything looks that little bit more vital and bouncy.

**DETAILS** Costs from £75. At the Organic Pharmacy, 23 Great Marlborough Street, W1 (theorganicpharmacy.com or 0844 800 8399).

# TATLER TREATMENTS

When your skin's sending out an SOS...

## FOR THE SUPER SENSITIVE

**WHAT** Natura Bissé NB Ceutical facial at Agua Spa.

**The lowdown** Barcelona-based skincare brand Natura Bissé has been anti-ageing our glossy-skinned Catalan friends for 30 years, and they're on to something. These are serious products (with a grown-up price tag). The Diamond range is stuffed full of miracle-working ingredients – quite intense – but the new NB Ceutical line is a gentler offering. It's hypoallergenic, as well as alcohol-, soap- and paraben-free. You can pick up the range at Selfridges, Fenwick et al, and online too. But scoot to the Sanderson hotel's Agua Spa for the hour-long Targeted Skin Recovery facial – angry, inflamed skin is cooled and calmed. The products are marvellously tolerable – mild enough to avoid any reactions but made punchy with an enzyme peel thrown in to brighten skin.

**Our verdict** Ultra-soothing and smoothing. A smart choice for pre- and post-surgery skin.

**DETAILS** Costs from £95. At Agua Spa, the Sanderson, 50 Berners Street, W1 (sandersonlondon.com or 020 7300 1414).

## WRINKLE PLUMPER

**WHAT** Céline Claret-Coquet acupuncture facelift at Sofitel St James.

**The lowdown** Clever old Chinese-energy therapist Céline has only gone and created a proper alternative to Botox, one that actually works. But if you're avoiding freezing your brow because of needle-phobia, look away now. Céline's toolkit is made up of dozens of fine single-use gold needles that she rapidly inserts into the facial muscles – between and above the eyebrows, the nasolabial folds (the ones between nose and mouth) and any other crevices, causing them to tighten. Fine lines are ironed out, sagging skin is toned, the face is perky and pepped up for weeks. For real!

**Our verdict** A holistic facelift that's pretty much painless too, so what's not to like?

**DETAILS** Costs £145 for a 45-minute session, on the first Tuesday of every month. At Sofitel St James London So SPA (sofitelstjames.com or 020 7747 2204). Also at Sofitel Paris Le Faubourg and Sofitel So Mauritius if you are globetrotting.

## OVERHAUL

**WHAT** Micro-Mesotherapy with Dr Prager.

**THE LOWDOWN** This is a two-hour marathon of dermabrasion (intense exfoliation), dermaroller (a small, needle-studded, hand-held instrument of torture) and electro-mesotherapy (a vibrating application of hyaluronic acid, minerals and antioxidants), all in the name of younger-looking skin. First a jet of crystals is hovered over the skin to skim off dead cells – it feels like a cat licking your face. Then a topical anaesthetic cream is applied and the dermaroller is rolled over the numbed skin, creating thousands of microscopic holes into which the mesotherapy cocktail can be poured. The result? Masses of collagen and elastin production and lots of juicy new skin cells. Be warned: the dermaroller part of the treatment is genuinely unpleasant, but also brief and bearable.

**OUR VERDICT** You may look a little sunburned afterwards, but the skin heals quickly with impressively improved texture: smoother, plumper and less, well... old.

**DETAILS** Costs from £980. At Dr Michael Prager, 25 Wimpole Street, W1 (drmichaelprager.com or 020 7323 3660).

PICK ME!