

High maintenance

Want gloriously glowing skin? Laura Johnston and Catherine McCabe try four of the best facials in town

Pre wedding perfection

Sometimes making time for a facial can seem like more trouble than it's worth. However, the Glorious Skin facial at Adamina Spa is the ultimate quick fix – perfect for a complexion overhaul right before a wedding. It boasts to be the 'must have alternative' to botox using a combination of alpha-hydroxy acids and Vitamin C. But, science aside,

the 80-minute treatment offers a very noticeable lift.

Consisting of a cleanse, peel and hydration, the experience is just the right length of time. My therapist Sophie showed her brilliant skills as a beautician and masseuse and once she left the room I jumped to the mirror to find an unfamiliar face glowing back at me. The surroundings aren't too shabby either – Adamina favours the rococo style of vintage furniture, and

the set up is unapologetically feminine. Calming pebbles deck the inlay and in the relaxation room, portraits of Audrey Hepburn decorate the walls. Plus you can easily lose a few hours in the serene changing room perusing the brilliant products, including Jo Malone – in fact, it's so blissful you may never want to leave!

Cost: £95. Adamina Spa, 276-280 Kensington High Street W8 6ND, adaminaspa.com



Bright eyes

When you're in need of utter indulgence, The Dorchester Spa should be top of your list. Carol Joy has created the ultimate facial to help turn back the clock – and as I stepped into the serene spa with dull skin and dark circles under my eyes, I was the perfect candidate to try their Diamond Facial with Oxygen and add-on eye treatment.

First my lovely therapist Jessica prepared my skin to allow the transforming ingredients (think diamond dust and golden millet oil) in Carol Joy's products to achieve their full potential. She used a gentle microdermabrasion diamond head to exfoliate and then oxygen was gently blasted to aid cell renewal and stimulate collagen production. Rose and sweet almond essential oils were massaged around the eye area using cooling jade rollers before a lifting mask was applied. Whilst it was working I was treated to a blissful scalp massage before luxurious products were applied. The result? I floated out on cloud nine with radiant skin and sparkling eyes.

Cost: The Carol Joy Diamond Facial with Oxygen is £170 Add on a 15 minute eye treatment for £20.

The Dorchester Spa, Park Lane W1K 1QA, thedorchester.com



Bespoke facial

Enter through an unassuming door on Draycott Avenue and hike up a set of stairs and you will discover where skincare expert Sarah Chapman and her team work their magic.

Her cult Skinesis facial is sought after by celebrities and industry insiders alike and as therapist Philippa cheerily greets me (with unbelievably luminous skin), I can see why.

She begins with a lactic peel to exfoliate followed by a clay steam to allow for extractions (ouch!) and a vitamin A and C mask to balance the skin, before a mild galvanic treatment helps the goodness penetrate deeper. Colostrum is smothered onto my skin while Philippa begins the 'Sarah

Chapman signature massage' of fast tapping and knuckling to brighten, tighten, and drain toxins.

Finally the Miracle Mask is whipped up, the gooey mixture applied and then peeled off in one sweep to reveal super clean, glowing skin. The difference is instantly noticeable and thanks to the combination of high tech products and expert techniques, we can see why this facial queen's treatment is in such high demand.

Cost: £150 for an initial treatment with Sarah (£130 for consecutive visits) or £130 for an initial treatment with a therapist (£115 for regular visits). 106 Draycott Avenue SW3 3AE 0207 589 9585, sarahchapman.net



The facial workout

If you're the type of girl who loves to see results from their workout then try Su-Man at the W Away Spa. She is loved by the likes of Anne Hathaway and Joely Richardson thanks to her unique treatment which draws on her expertise in the fields of Shiatsu, Pilates and oriental massage – and we wanted to find out what all the fuss is about.

Don't expect to drift off to sleep during your hour appointment because this petite former dancer means business. After an individual skin analysis (expect total honesty) Su Man begins with an invigorating scalp massage, followed by a gentle steam cleanse while she concentrates on deep extractions (think no pain, no gain). She believes your complexion is directly linked to your body so while the botanical mask she mixed herself (using ingredients from her native Taiwan) get to work, she massages my neck, shoulders and back. Plus my ears are vigorously massaged so I feel like I'm in a rugby scrum and my feet are pummelled and flexed which, Su-Man explains, is necessary to release underlying tension. Each stroke is repeated 36 times in accordance with ancient Chinese beliefs, giving your skin a great workout and bringing it well and truly back to life. I can honestly say that afterwards my eyes are whiter, skin plumped and glowing and as I step out into the buzz of Leicester Square my whole body feels re-energised.

Anne Hathaway has described it as a "life changing experience" and we would definitely agree!
Cost: £200 for 60 minutes. W Away Spa, 10 Wardour Street W1D 6QF; 0207 758 1071 su-man.com