



# Beauty Sarah Vine

## How to lose that frown

The modern facial has left painful spot-squeezing behind



Elle Macpherson, devotee of Vaishaly Patel facials

Remember when having a facial meant having to wear a bag over your head the next day? You could practically feel the break-out brewing as you left the salon, those poor benighted pores smarting from the various excavations. Facials weren't designed to make your skin look good, not in the short term at any rate; they were the skincare equivalent of a visit to the hygienist.

The modern facial is different. It's less about spot-squeezing and more about improving tissue tone. That means draining fluid to get rid of puffiness, lifting where necessary and generally pummeling the face back into shape via massage and manipulation. It's more akin to a blow-dry or a mani-pedi: something you do before a special occasion to ensure that you look your best for those irritating snaps that

everyone takes on their phones these days.

A camera-ready complexion is what it's all about. I know one A-list facialist, Amanda Lacey ([amandalacey.com](http://amandalacey.com)), who spends much of her time prepping stars' faces for TV appearances and photoshoots. Eye-bags, double chins, stray hairs all show up mercilessly under the unflinching gaze of the HD lens. Lacey melts the lot away like April snowdrifts.

Vaishaly Patel ([vaishaly.com](http://vaishaly.com)), favourite of the likes of Elle Macpherson, left, and Nigella Lawson, takes a similar approach. Patel has always been very results-driven, and where she leads others follow. In recent months the emphasis of her facials has been shifting away from the surface of the skin to a deeper, more holistic level, one that is designed to relax and reduce tension in the face and neck, smooth out frown lines and generally re-energise the whole. She now incorporates cranial work, as well as one of the best neck massages I have ever had, a treat if you spend too many hours tapping away on a keyboard, as so many of us do.

Rani Mirza's Red Carpet facial ([ranimirza.co.uk](http://ranimirza.co.uk)), meanwhile, remains a tour de force of fabulousness: hot towel compresses, steam (Mirza is very old-school about steam), gentle extraction, a superb face, shoulder and neck massage, more compresses, exfoliation, oxygen therapy, a hydrating and brightening fruit mask. The results are seriously impressive.

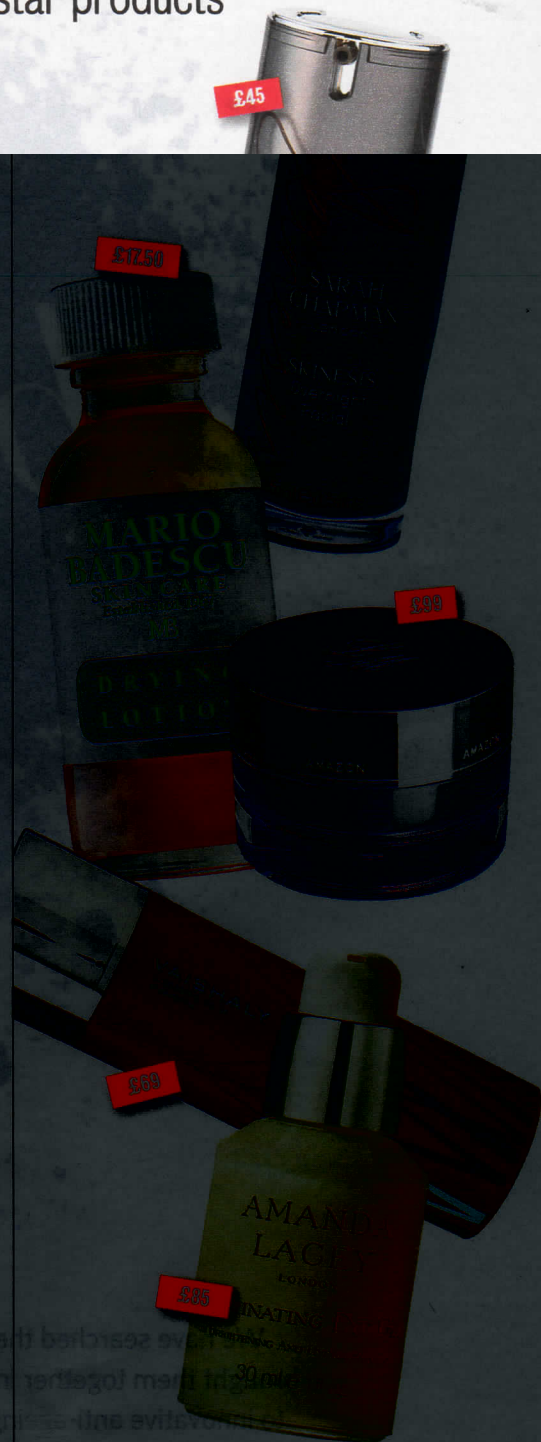
But the biggest discovery of late has been Claire Peters at Neville's ([nevillehairandbeauty.net](http://nevillehairandbeauty.net)). Peters does a facial called the Venus Freeze, which is extraordinary. I arrive puffy and tired and I leave all perky and cheekboney, having had Peters's combined manual and machine-based treatment. It's especially good at softening frown-lines, but where it really delivers is in the jowl area, making it less saggy.

The machine bit is a magnetic pulse/heat treatment. At first I was wary (I'm a terrible coward when it comes to anything with a plug), but I've had it four times now and not only has my face not fallen off, it appears to do the job. Oh, and it really is completely painless. Which is more than you can say for spot-squeezing. ■

For more health and beauty tips, check [getthegloss.com](http://getthegloss.com), Sarah Vine's new website

## What we love

Facialists' star products



FROM TOP: Sarah Chapman Overnight Facial, £45 ([sarahchapman.net](http://sarahchapman.net)). Mario Badescu Drying Lotion, £17.50 ([harveynichols.com](http://harveynichols.com)). Linda Meredith Amazon, £90 ([lindamedith.com](http://lindamedith.com)). Vaishaly Cleansing Balm, £60 ([vaishaly.com](http://vaishaly.com)). Amanda Lacey Illuminating Eye Gel, £35 ([amandalacey.com](http://amandalacey.com)). **PRUE WHITE**

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