



The SUPER FACIALS

Anti-ageing, skin-plumping or pigment-fighting? Get exactly what you want from a facial with Red's tried, tested and rated pick of the latest ones out there

THE SKIN STIMULATOR

Sarah Chapman Stem Cell Collagen Activator Therapy, £245 for two hours (sarahchapman.net; 020 7589 9585)

THE CLAIM: This hi-tech treatment combines micro-needling with Chapman's advanced Stem Cell Activator to lift, smooth and plump. The Activator contains plant stem cells and peptides in a special-delivery system to regenerate even the deepest skin layers. A course of three treatments two weeks apart is recommended as 'the ultimate anti-ageing package'

THE VERDICT: When done well, micro-needling can have a profound effect on skin's plumpness, with the results often lasting for days, and this was one of the best sessions I've had – comfortable (thanks to anaesthetic cream applied post-cleanse) and gentle. The facial features plenty of products, most notably Chapman's own super-luxe Stem Cell Collagen Activator serum and Nano Cell mask, as well as lots of indulgent massage. It ended with a dose of red light therapy (great for short-term plumping), an application of eye cream and a slick of SPF. I emerged smoother, more lifted and positively glowing.

TAKE IT HOME: When using a mask, do as Chapman does and layer your favourite serum underneath – the mask will form a seal to help push your product further into your skin. ANNABEL MEGGESON

THE PROBLEM SOLVER

Elemis Tri-Enzyme Resurfacing Facial, £118 for one hour (elemis.com; 0117 316 1888. Available nationwide)

THE CLAIM: An anti-ageing facial that combats fine lines, blemishes and uneven skintone using three targeted serums to (gently) resurface skin, without irritation.

THE VERDICT: An initial facial assessment revealed my skin held areas of poor circulation, alongside patches of dehydration and dots of imperfection, especially around my chin where previous spots have left their mark – it's these telltale signs that I was particularly keen to tackle. During the treatment, I felt warming then cooling sensations as the serums went about their resurfacing work, but any worries my skin would feel tight and sore afterwards were soon quashed. A couple of days later, my skin looked bright and healthy, but to really tackle

the blemish scarring long-term, I'll probably need a course of treatments (one every three weeks).

TAKE IT HOME: If scrubs are too messy and fruit acids too irritating, try a mask (like Elemis Papaya Enzyme Peel, £29.50) that uses enzymes to gently exfoliate skin twice a week. SHELLEY MARKS

THE INTENSIVE MASSAGE

Sanctuary Spa Active Reverse Facial, £90 for 55 minutes (sanctuary.com; 0845 521 4567. Spa locations: Covent Garden, Bristol, Cambridge and Richmond)

THE CLAIM: So famed are the cheekbone-sculpting effects of Nichola Joss' facial massages, she flies around the globe administering them to the likes of Angelina Jolie and Keira Knightley. Thankfully for the rest of us, she's designed a version for Sanctuary Spa. Rather than tackling specific issues, such as pigmentation or acne, its aim is to restore lift and overall glow by boosting circulation and banishing muscular tension.

THE VERDICT: Each Sanctuary facialist is fully trained by Joss, but I was lucky to catch the woman herself on one of her rare days at the Covent Garden >>