

effect. 'There's no electrical equipment or gimmicks; this is a deep, hands-on facial that delivers long-lasting results in just one treatment,' explains Marie McKeever, head of treatment development for Clarins. It starts with a double cleanse and exfoliation combined with a glow-boosting massage, followed by a deeper skin-tissue massage, layers of potent plant serums and a mask, then another layer of serums and day cream. 'It contours features, plumps wrinkles and boosts circulation for a peachy-smooth texture,' says Marie. **FEEL-GOOD FACTOR:** the cocktail of essential oils help you get your mojo back. 'Petitgrain and camomile are used to calm and soothe the mind,' says Marie. While the mask is sinking in, your therapist performs a hand and foot relaxation ritual, followed by dry scalp massage to release tension. Zzzz...

YOUR PROBLEM IS: TOXIC SKIN

Burning the candle at both ends? Then your skin will be paying a hefty price. Our advice? A skin detox is in order, girlfriend!

YOU NEED: SISLEY D-TOX FACIAL (£134, Sisley Treatment Room, Harrods, redeemable against the purchase of two Sisley products; 020 7730 1234)

'More women are feeling overworked and sleep deprived, which brings on a sluggish digestive system, causing dark circles and lacklustre skin,' explains Doné McConnell, therapist and facial trainer for Sisley. Specifically designed to reboot the liver and digestive system, this facial works on the meridian points around the cheeks and jawline, which are directly linked to poor digestion. 'By concentrating on digestion, circulation is boosted and toxins are swept out of the bloodstream, which immediately benefits our skin,' explains Doné.

'We designed this facial as an intense booster to be had twice a year – it's like a gentle shock treatment for the skin and sets you back on the right path.' **FEEL-GOOD FACTOR:** boosting olfactory senses is key to this treatment, which kicks off with a lavender breathing ritual to oxygenate the body and energise the brain. Hot mitts soaked in rosemary throughout the touch therapy perk up a tired mind, while a heated foot cleanse with lemon and thyme is an added treat. ■

LO-FI FACIAL ESSENTIALS



THE DETOX SKIN SHOT: Sisley Botanical D-Tox, £134

THE SKIN SHRINK IN A JAR: Roques O'Neil Therapie Heal & Repair Face Serum, £48

THE COMPLEXION CALMER: Origins Plantcription Anti-Aging Treatment Lotion, £25

THE LO-FI EYE HERO: Darphin Uplifting Serum Eyelids Definition, £45

THE ULTIMATE SKIN DRINK: Blink Pure Rose Gel, £24

THE HAPPY SERUM: Decléor Aromessence Néro, £44

THE DRY SKIN HEALER: Ila Face Oil for Glowing Radiance, £68

THE DOUBLE DIP RADIANCE BOOST: Aurelia Miracle Cleanser, £26

Additional photos: Pixeleyes. Make-up: Mel Arter at CLM using Max Factor. Hair: Adam Reed at Percy & Reed using Percy & Reed and BaByliss Pro. Model: Joanna at Models 1. Aurelia: 020 3651 0887. Blink: 020 7409 1948. Darphin: 0870 034 2566. Decléor: 020 7313 8787. Ila: illa-spa.com. Origins: 0800 731 4039. Roques O'Neil: roquesoneil.com. Sisley: 020 7591 6380