

# THE FUTURE OF FACIALS

Step away from the needles! There's a host of new techy facials that promise to make your skin instantly tighter and brighter – with minimal downtime. Sign me up, says **Verity Clark**

## ULTHERAPY

**What is it?** According to the pros it's the closest thing to a facelift! "Ultherapy is the only non-invasive, FDA-approved skin rejuvenation that can specifically lift and tighten skin," says the facial aesthetics doctor and founder of MZ Skin, Dr Maryam Zamani.

**Have it if...** you're tempted by the full works but you're not ready for needles or surgery.

**How it works** This is high-tech but simple. A gel is applied to the treatment area and then the Ultherapy machine uses unfocused ultrasound, similar to that used during pregnancy, to map the area.

Micro-focused ultrasound energy is then delivered to the deep layers of skin tissue to tighten existing collagen and trigger the production of more. This is basically the only nonsurgical way to rebuild lost volume, or as Zamani puts it, it's the "gold standard in skin tightening and lifting".

**What to expect** "Significant and natural results," Zamani says. You need only one treatment and you'll see an immediate improvement, although the full effects appear about three months after your appointment. Increased volume and overall

skin tightening is the aim of the game and this nifty machine can be used everywhere from under the chin to the décolletage. Effects last about 18 months.

**The pain scale: 3/10** Did someone say lunchtime facelift? You'll be in and out in under an hour and there's zero downtime. Some people report a warm, slightly sore and uncomfortable sensation and you can take painkillers beforehand, but others say that a check-up at the dentist is more uncomfortable.

**Where to go** Prices at the Clinic by Dr Maryam Zamani start from £800 for a brow lift. Ultherapy is offered at cosmetics clinics across the country. To find your nearest clinic visit [ultherapy.co.uk](http://ultherapy.co.uk).

## CRYOTHERAPY

**What is it?** A souped-up version of the old "putting cold teaspoons under your eyes to de-puff them" trick or putting your face in an icy bucket of water to rejuvenate a tired, dull complexion. A cryo facial, or ice therapy, is a much more glamorous way of de-puffing, detoxifying and basically giving you that thing our busy lives rob from us — radiance.

**Have it if...** you have an event you want to look your absolute best for. Or if you have post-flight puffiness and need to look fresh asap. An "ice-lift" is a quick fix to drain away water

retention. It's a backstage secret for models, who swear by the IllSkin Cryotherapy Facial for its instant sculpting results.

**How it works** Cryofacials differ, but all involve your face being blasted by varying temperatures of icy air. The IllSkin cryo machine is a wand that shoots out subzero air (minus 30C, eek!). Such temperatures shock your skin, boosting microcirculation, which helps to reduce inflammation and water retention and even flush away toxins.

**What to expect** You know that post-day on the slopes or Boxing Day-walk glow? That's kind of the effect here. But more than instant radiance and a healthy flush, ice therapy also temporarily tightens the skin so you look more contoured. It is also claimed to reduce inflammation and in some cases help minimise the appearance of fine lines and age spots.

**The pain scale: 1/10** Quick but cold and no downtime. There's no post-freezer redness or rawness here, just a froglow, if you will.

**Where to go** Pop into Harvey Nichols in London for an express cryofacial with IllSkin, from £60 for 30 minutes; [Illcryoheat.com](http://Illcryoheat.com). Sienna Miller and Phoebe Dynevor's South Kensington-based facialist, Shane Cooper, has launched his Red Carpet Facial, from £600: it combines Cryo Coolifting (which uses supercooled CO<sub>2</sub>) with radio frequency and LED therapy for the ultimate pre-event skin boost; [shanecooperuk.com](http://shanecooperuk.com).

## MICRODERMABRASION

**What is it?** The skincare equivalent of taking your clothes to the dry cleaner's instead of washing them at home.

Microdermabrasion is essentially a very deep cleanse and exfoliation — pores are unclogged and the top layers of the skin are gently sanded away.

**Have it if...** you're looking to revitalise dull skin. Fans also love it for its skin-resurfacing benefits including tackling blackheads, smoothing superficial scarring and even improving the

appearance of sun damage and fine lines.

**How it works** Microdermabrasion takes less time than your usual skincare routine.

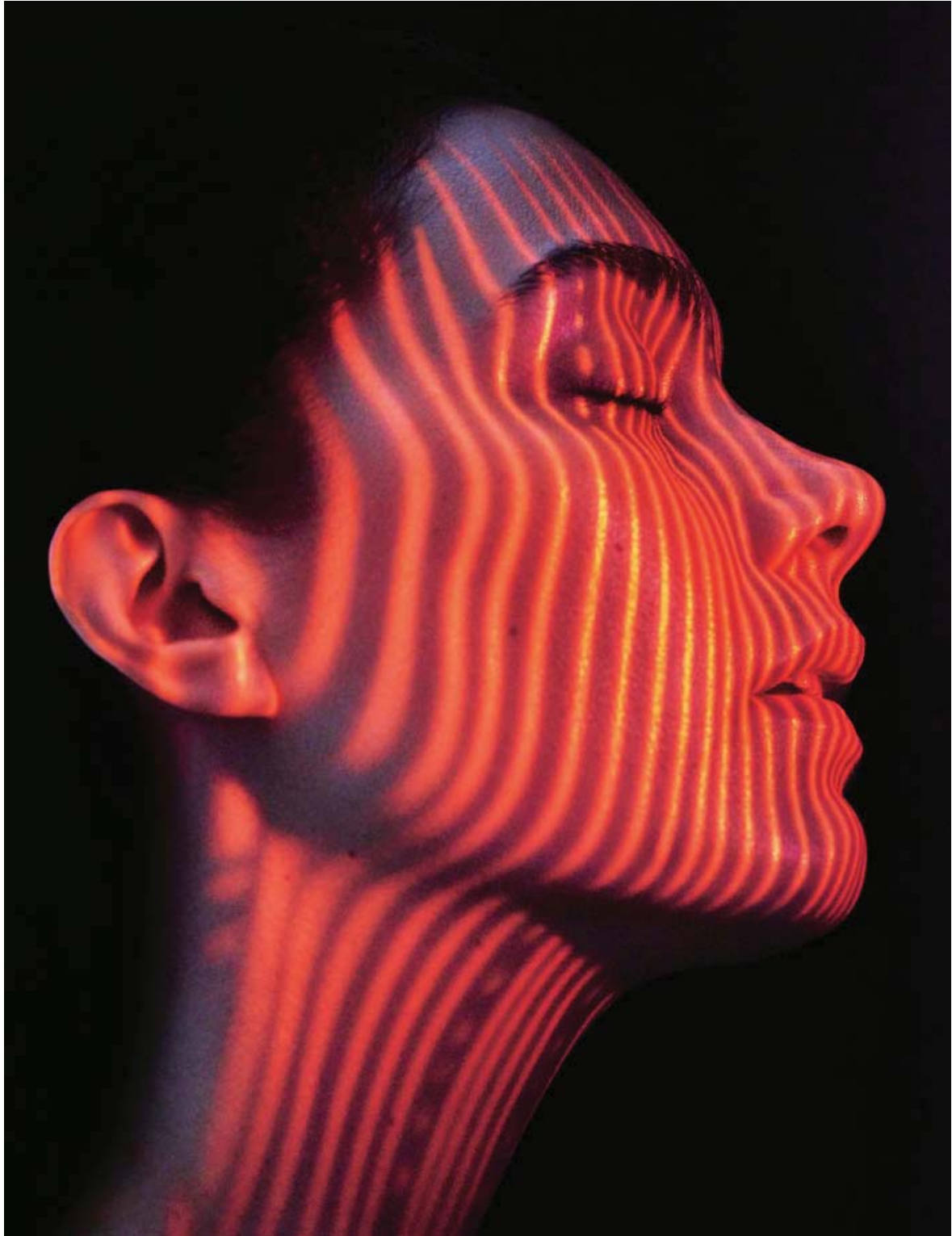
In the 15-30 minutes you're in the chair you'll have your face cleansed before a small electrical device is used simultaneously to spritz skin with an exfoliant (micro-fine crystals) and vacuum up dead skin cells, grime and debris.

Nice. "Microdermabrasion stimulates cell turnover and removes the dead layer of skin to revitalise the skin at a low-impact level," says Professor Firas Al-Niaimi, a consultant dermatologist. Once you've been moisturised and applied sunscreen you're good to glow.

**What to expect** Although the results are temporary, you will walk out with noticeably brighter, fresher, glowing skin.

**The pain scale: 2/10** At worst you'll feel mild discomfort similar to a slight tugging at your skin. If you have very sensitive skin or broken capillaries consult a dermatologist or your GP before booking in. Although a great pre-event glow-giver, it may cause a little redness, so it's best to get it a couple of days before the big day.

**Where to go** Microdermabrasion is often offered as a prelude to other treatments — check in with your nearest skin clinic to see if it does it. The Augustinus Bader Classic Facial at Lanserhof at the Arts Club, Mayfair, includes microdermabrasion, £200 for nonmembers; [lhtac.com](http://lhtac.com). Then there is



HydraFacial, one of the most advanced forms of microdermabrasion, combining the application of serums and antioxidants to the skin post exfoliation to boost hydration. Prices start from £130 and there are more than 900 practitioners in the UK. To find your nearest provider go to [hydrfacial.co.uk](http://hydrfacial.co.uk).

## LED THERAPY

**What is it?** LED therapy uses different wavelengths of light, including blue and red.

**Have it if...** your skin needs some rejuvenation. From teenagers battling acne (blue light) to older skin seeking to address hyperpigmentation, rosacea, age spots and sun damage (red light), LED therapy is your magic lamp for reducing inflammation and helping to heal myriad skin conditions.

**How it works** You'll lie under a space age-looking mask or helmet that uses specific wavelengths of light to trigger natural healing processes. Blue light is used to target the bacteria that cause acne while red or yellow light calms inflammation and generates collagen production. Your therapist will assess your skin to decide which light you need.

**What to expect** LED treatments are often used in conjunction with other facial techniques, but basically you just close your eyes and lie under a heated lamp for 20 minutes. Results are cumulative, so you'll need to book in for about ten sessions.

**The pain scale: 0/10** Lying under the warm glow of an LED lamp is relaxing. The most painful part is waking up after nodding off.

**Where to go** To combine the luxury of a facial massage with LED therapy try Sarah Chapman Skinesis Clinic Pep8 Micro-Facial, £130; [sarahchapman.com](http://sarahchapman.com). Or Haeckels House in east London and Margate offers standalone LED therapy, from £22; [haeckels.house](http://haeckels.house). Waterhouse Young Clinic's HydraPresso + Celluma facial is a HydraFacial with a session under an LED mask that uses red and blue light for a double skin-boosting whammy, £350; [waterhouseyoung.com](http://waterhouseyoung.com).

## FRAXEL

**What is it?** A laser treatment that targets deep wrinkles. Fraxel is the brand name for this patented treatment.

**Have it if...** wrinkles, fine lines or scarring are bothering you but you can't face any needlework. Zamani says Fraxel is an "excellent option for acne scarring, fine lines and wrinkles and hyperpigmentation".

**How it works** It's an easy process that takes no more than an hour. Topical anaesthetic cream is applied 30 minutes before the Fraxel laser is passed over the treatment area. The laser penetrates the skin creating micro-injuries (not painful, don't worry) that send your body into repair mode, more collagen is produced and lots of good stuff happens as a result.

**What to expect** You'll notice a difference almost immediately but the real resurfacing magic will appear about three months after your treatment plan has finished. Depending on the area you're treating you'll usually be advised to have three to five sessions over a few months to optimise the results.

**The pain scale: 3/10** Although not particularly painful, you may feel a mild pricking sensation. Downtime varies from person to person, but expect to look red and have some peeling for a few days.

**Where to go** The Fraxel laser used by most clinics is the Fraxel C02 and prices start from about £3,000 for a full face. If you're looking to treat wrinkles that are superficial rather than deep set, the Taktouk Clinic in Knightsbridge is pioneering a new-gen Fraxel laser, FRAXI940, which targets the upper layers of the skin to rejuvenate newer wrinkles and fine lines. Prices start from £900; [drwassimtaktouk.com](http://drwassimtaktouk.com).

## RADIO FREQUENCY

**What is it?** If there were gym equipment for faces this would be the king of the toned jaw. RF is a type of energy treatment widely used to stimulate collagen and elastin production to help firm up sagging skin.

**Have it if...** you want to look more firm and

toned. If you've previously had filler or the like you can use RF to boost the results. Although it's suitable for all skin types, Zamani advises consulting your GP or dermatologist before having RF treatment if you have melasma.

**How it works** A handheld device emits RF waves that penetrate the skin and heat up the deep layers, which boosts collagen and elastin production.

**What to expect** Depending on the area being treated, a typical session lasts about an hour. You may notice some improvement after your first try but just like one gym session won't give you a six-pack, one treatment isn't a facelift. A course of six or more weekly treatments is usually recommended to start seeing long-term results.

**The pain scale: 1/10** It can get pretty toasty under there but it's not painful. There's very little downtime. You might be a bit red for the next 24 hours, but nothing alarming.

**Where to go** The celebrity facialist Teresa Tarmey's TT Ultimate Facial, at her clinic in Kensington, combines a lactic acid peel, extractions, LED therapy and massage with RF for impressive lifting results, £280; [teresatarmey.com](http://teresatarmey.com). The beauty booking site Treatwell lists more than 400 clinics nationwide that offer RF treatments.

## *The gadgets to try if you can't make it to a clinic*



### **1 No7 Laboratories Age-Defying LED Mask, £150**

One of the more affordable LED masks on the market. Use for ten minutes five times a week and the red and near infra-red light will help address signs of ageing, including fine lines and age spots.

### **2 The Nuface Mini Facial Toning Device, £175**

A little at-home workout for your face. Microcurrent technology works to tone and tighten as you glide it over the areas you want to sculpt.

### **3 Lyma Laser, £1,999**

Yes it's eye-wateringly expensive, but this handheld device is being touted as the best thing outside an aesthetician's office. The most powerful at-home medical-grade laser can be used to improve everything from rosacea and acne to sagging skin.

A larger, body-specific laser is due to be launched later this year. ■