

elle BEAUTY TRIED & TESTED

DERMALOGICA POWER REGENERATION FACIAL

THE PROMISE: A completely refreshed, glowing complexion.

THE TREATMENT: My face was steamed and exfoliated so that extractions could be done. Thereafter a mask was applied followed by a massage that sent me to dreamland before ending with toner and moisturiser. You can also ask that they add Bellabaci cups (inspired by the ancient Chinese technique of cupping). These were applied to my whole face to increase circulation and encourage detoxification and lymph drainage. The cups act as a second massage and relaxed me even more.

THE RESULTS: After an hour, my skin felt clean and certainly a lot brighter than usual. After 24 hours, I still had a glow without any breakouts.

THE DETAILS: R490; Suntra Spa, 021 469 8063, suntra.co.za

Jenna Robbertse, deputy editor

FULL SMOOTHIE FACIAL WITH AN OXYGEN TREATMENT

THE PROMISE: 'A thoroughly detoxed, cleansed and even-toned skin as well as softness and glow' with the most visible results two to three days after the treatment.

THE TREATMENT: This is more of a full-body full monty than a facial. The series of treatments began with a light lymphatic massage to help me to detox and relax followed by a good clean that included exfoliation and a light peel. While a heated wrap delivered the first dose of oxygen, I was given a neck and shoulder massage to stimulate lymphatic drainage. Then, as I was waiting for my 'medical grade' mask to do its thing, I was also given a foot massage before my face was finally sprayed with oxygen and moisturised.

THE RESULTS: My skin felt like a nine-year-old's – and still does, three days later. It must have shown, too, as my husband made some favourable noises that evening. Smoothie uses a range of products, selecting the best for each job, instead of just one brand,



GLOW- GIVING FACIALS

*As the **nude** look returns to the catwalk, ELLE tested four **facials** that promise a natural glow*

so that I did not feel as if I was at a Tupperware party.

THE DETAILS: R650; Smoothie Beauty Bar, 021 554 9621, smoothiebeauty.com

Erla Rabe, copy editor

COMFORT ZONE ACTIVE PURENESS REBALANCING FACIAL

THE PROMISE: To rebalance and resurface skin for a vibrant, rejuvenated and glowing look.

THE TREATMENT: This is a slow, relaxing facial using products from

the Comfort Zone range. The Italian products have a gentle, natural fragrance and are activated when applied to the skin. The cleanser and the serum tingled at first, but were followed by a hydrating, calming mask and a long, relaxing facial massage. The foot massage, which was a welcome surprise, was very pleasant. The treatment lasted 90 minutes and came with another surprise: a complimentary meal. You can have this before or after your treatment, you decide.

THE RESULTS: My skin was beautifully hydrated and 'plump'. The texture was flawless and I was completely relaxed. My pores appeared smaller and my skin had a beautiful glow.

THE DETAILS: R620; The Pyramid Day Spa, 011 493 5526, pyramiddayspa.co.za

Christell Bissett, sales manager

ENVIRON DEEP CLEANSE FACIAL

THE PROMISE: To deep-clean, clear blocked pores and remove impurities for clean, hydrated and blemish-free skin.

THE TREATMENT: The 45-minute, 12-step facial is specially designed for moderately sensitive skin. It's ideal for people who have occasional breakouts, for example when menstruating; first-timers who are not sure what products to use and those looking to boost their skin's immune function. I had a hormone-induced breakout at the time and therefore was very excited about getting the treatment. It involved cleaning my skin, a gentle exfoliation and a massage after which eye cream, serum and moisturiser were applied.

THE RESULTS: My skin had a beautiful natural glow and no blackheads. My hormonal pimple was still there but the therapist said not to pop it as it would disappear by itself in a day or two. (It did.) I received a sample pack of recommended products and as I left, I realised just how much my skin had needed this.

THE DETAILS: R325; Sorbet Beauty Salon (Killarney) 011 646 3796, sorbet.co.za

Ntokozi Ndlovu, media and PR manager □