



THE BIG
BEAUTY
FREEZE

A flurry of frosty new skin treatments reveal the quest for younger, smoother-looking skin is about to hit sub-zero, says Alice Manning

IF YOU THINK you've experienced cold, think again – some of the latest skincare technology works at temperatures colder than a Russian winter and beyond the point at which mercury freezes. Yep, ice therapy is where it's at right now.

Cryotherapy – 'cryo' meaning cold and 'therapy' meaning, um, therapy – has been used on athletes for hundreds of years and there's an array of options, from whole-body chambers that you can walk around in, to more basic ice baths (à la Andy Murray post-Wimbledon).

'Localised ice therapy optimises recovery and overall performance and health,' says Greg Whyte, who is not only a former Olympian but also both director of research for the British Olympics Association and director of research and science for the English Institute of Sport. 'Scientific evidence supports cryotherapy as an acute intervention for the injury of tendons, muscles, ligaments and inflammation.'

More recently, however, cooling technologies have strayed into the

beauty sphere. And with a reputation for improving skin tone and texture, eczema and psoriasis, while boosting overall wellness, they're garnering quite the following. But, like most high-tech treatments, this lot do come with a warning. 'Used by the wrong people in the wrong way, they carry a risk of frostbite, hypothermia and loss of tissue,' Greg warns.

So no jumping into your freezers please, people – these treatments require expert knowledge and administration. ▶

THE COOLEST OF THEM ALL

We've braved the cold and tested the best in frozen beauty...

111CRYO

Harley Street has hit London's Harvey Nics in the form of 111CRYO's whole-body chamber, in which traditional nitrogen has been swapped for an electrical generator for even better results – in three minutes flat. And it's exactly that dry cold coursing through the chamber that acts as a stimulus to the body's natural defence, recovery and healing mechanisms. You can even choose an accompanying song – we went with Vanilla Ice (cue much energetic jiggling about). It's arctic in there (on average -84°C) and the minute we exited, the endorphins kicked in. We felt energised and buzzy, but were told that for therapeutic purposes, you're best booking in for five to 10 sessions.
From £95; 020 7201 8088

ANNE SEMONIN CRYO-LIPOLISS BODY TREATMENT

By combining algae-rich products to sculpt, smooth and tone with -20°C massage balls, the aim of the game here is to shock the body into boosting circulation and improve the skin's texture. It's very refreshing and revitalising, too.
£95 for 50 minutes; annesemonin.com

THE SNOW CABIN AT CHAMPNEYS FOREST MERE

Chilled to -15°C, this cutting-edge cabin works alongside the spa's hot rooms for a fire and ice, circulation-stimulating, immune-boosting experience we loved.
Free for day visitors and overnight packages; champneys.com

Z LIPO

A non-surgical treatment that uses fat-freezing and shock waves to reduce the fatty deposits that no number of gym sessions can reach, Z Lipo sounds like a no-brainer. On arrival, patients are marked with blue pen – very Hollywood – before suction cups are attached to the body. After one hour you'll be able to see and touch your frozen fat, which is subsequently broken down using shock waves. It's all entirely bearable pain-wise, too – 15 minutes later you'll be dressed and out the door. There's no denying that our tums looked noticeably flatter.
From £600; thegarretclinic.com

FACEGYM OXYGEN FACIAL

This exceedingly chilly facial blasts skin with oxygen and frozen carbon dioxide. After just one session, radiance is restored and skin has more spring.
£80 for 25 minutes at Selfridges; 020 7318 2408

COOLSCULPTING

A proven alternative to lipo, CoolSculpting is a fat-zapping machine that freezes and kills adipose cells (that's fat cells to you and I). Put simply, it quite literally turns bulge into a frozen erm – steak – for want of a better word, which quickly defrosts. Conveniently, by then, the fat cells are dead. Yes, gone, cheerio, au revoir – never to return – even after a one-off, one-hour treatment. It works on almost any area that's a little podgy and we love that it eliminates cellulite, which lipo doesn't. The only negative is that results take between three weeks to two months. Prepping for your bikini bod 2017? Start now!
Available nationwide; call 01293 312070 ■



**Peter Thomas Roth
Cucumber De-Tox
Depuffing Eye Cubes, £34**
The stuff that hungover dreams are made of, these ice cubes are packed full of cucumber, aloe vera and arnica to calm and de-puff.



**iS Clinical Hydra-Intensive
Cooling Masque, £48**
The potent cocktail of rosemary and aloe leaf oil in this mask makes for a refreshingly cool face. We hear Gwyneth is a fan as well.



**Hansderma Skin Cool
Ice Roller, £19**
Coming straight from the freezer, this beauty is a miracle for soothing sore and swollen blemishes.