

5 MINI ESCAPES for mind, body & skin

From beautifying LED light therapy to facial workouts, relax and revitalise with our pick of the best new treatments – no overnight stay required

BEST FOR...

de-puffing and lifting

ESPA Natural Face Lift Facial, £90 for 80 minutes

- Ideal for those who like their facials low-tech but big on results, this uses gentle steam rather than intrusive extraction techniques and a mix of fast and slow hand movements (based

on Japanese Kobido techniques) to deliver real improvement. After a speedy double cleanse and gentle exfoliation, jade rollers are placed along pressure points to encourage drainage, reducing puffiness. This is followed by more than 30 minutes of intense, deep-tissue-style manipulation, focusing on cheekbones and jawline. To take the heat out of pummelled skin, a cooling marine mask is applied, while a soporific head massage lets you unwind before it's time to go.

WHY IT MAKES YOU LOOK GOOD:

Skin is left so super-lifted and glowing, you'll look years younger.

OUR TESTER SAID: 'Even if it's not the most relaxing facial, I was thrilled with the (albeit temporarily) defined jawline and cheekbones.'

- Available nationwide (espaskincare.com)

WHY IT MAKES YOU LOOK GOOD:

as restorative for tired bodies and minds.

OUR TESTER SAID: 'Expect your glow to come from pure relaxation.'

OUR TESTER SAID: 'Just the right amount of massage pressure left me floating on air.'

- Available nationwide (templespa.com)

BEST FOR...

relieving tension

Temple Spa Cashmere and Truffles Body Treatment, £80 for 60 minutes

- This is the opposite of 'no pain, no gain' treatments. No digging into stiff muscles, no clammy wraps: just gentle top-to-toe exfoliation followed by the application of a silky oil and nourishing cream, then a perfectly judged pressure-point massage of body and scalp (the latter can be oil-free if you're not planning to wash your hair that day). The emphasis is on skin rejuvenation, but this is just

BEST FOR...

zoning out

FaceGym Yoga Face, £65 for 40 minutes

- The hands-on approach and use of simple tools makes this a calming, effective treatment. Combining some deep stretching of the muscles and slow, repetitive movements, it comes pretty close to the equivalent of having a Thai massage on your face. A soft rubber ball is used down the neck and around your face to ease any muscle tension and to aid relaxation. Then the massage begins with slow strokes to work a serum into

the skin, drain away puffiness and boost circulation. Jade stones fresh from the fridge are used to apply an eye cream and bring a wake-up call to mind and skin.

WHY IT MAKES YOU LOOK GOOD: Who doesn't want a more contoured face, brighter complexion and clearer eyes?

OUR TESTER SAID: 'FaceGym's Signature Serum made me feel relaxed the instant it was applied, thanks to the lavender and geranium essential oils.'

- Available in London and Manchester (facegym.com)



COMPILED BY ALICE MANNING. PHOTOGRAPH: CAMERAPRESS, ROBERT EIDMANN/AUGUST, ANNA MATTSSON/GALLERY STOCK/GETTY

BEST FOR...

perking up your décolletage

Express Skin Health & Rejuvenation for Décolletage, £35 for 20 minutes

- So quick and easy with zero downtime, this is perfect pre-special occasion when you'll be revealing a little more skin. After a thorough double cleanse, our tester chose a lactic acid peel to brighten and exfoliate skin (an add-on for £35 – you can also choose from targeted

masks or just have LED). The LED lamp is then positioned over your décolletage for 15 minutes while the therapist performs a head and scalp massage.

WHY IT MAKES YOU LOOK GOOD: Skin is left soft and smooth, and visible wrinkles and creases are reduced;

great for avid side-sleepers or sun-worshippers. LED therapy is known to ease stress, so lifted spirits also contribute to looking brighter.

OUR TESTER SAID: 'With my eyes closed in the soft yellow haze of the lights, I could

have been under the sun on some glorious beach.'

- Available at *The Light Salon, London* (thelight-salon.com)

BEST FOR...

giving skin a pick-me-up

Natura Bissé Diamond Cocoon Facial, £160 for 60 minutes

- This results-driven facial combines everything currently hot in skincare: charcoal (for deep cleansing), prebiotics (to balance and strengthen skin), exfoliating

acids (for cell renewal) and a jade massage tool (to sculpt contours). That's a lot to get through, so application is business-like, but textures are luxurious and the unique massage is cocooning.

WHY IT MAKES YOU LOOK GOOD: There's nothing like chemical exfoliation for instant brightness.

OUR TESTER SAID: 'I'm all for relaxation but when I leave a treatment room looking visibly fresher, I know I've made good use of an hour.'

- Available nationwide (naturabisse.com) □