

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)

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

as restorative for tired bodies and minds.

WHY IT MAKES YOU LOOK GOOD: 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...

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)

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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 Bisse 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)