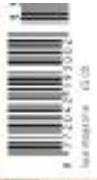


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ISSUE 33 MARCH/APRIL
LISA MCGRILLIS

Forget pamper – go gutsy

It doesn't promise to make you look like Beyonce but her facial of choice, HydraFacial, is nevertheless an A-lister. Kathryn Armstrong gives it a go



There are pamper-me facials and there are 'results-driven' facials. HydraFacial is the latter: no-nonsense, skin-scrubbed, restorative glory. In your lunch-hour. Beyond MediSpa is new to the Harvey Nichols store in Leeds. It looks like a clinic and as if to reinforce this, is tucked away discreetly on the store's first floor rather than the beauty department. The HydraFacial is beloved of Beyonce and promises instant results and 'no downtime' – which I think means you don't have to hide away for a few days whilst your face peels off. It promises clear, more plumped-up, younger-looking skin immediately. The therapist warns me that it's not a lie-back and relax facial but one that 'goes for it', with gutsy exfoliation and extractions. The HydraFacial is ideal for all skin types and good for ageing (yep) skin, targeting whatever your concerns, be they hyperpigmentation, oily/congested pores, fine lines, and wrinkles. You have a skin consultation to chat through any concerns – I just wanted a

good old line-shrinking lift!

The magic is in the machine and the treatment goes through a few different steps. The first is a good cleanse and exfoliation. The therapist uses a small "deplaning" tool that opens up pores and sweeps a layer of dead skin cells away. It feels like a soft suction pump zooming over the face and slurping out the bad stuff. Not at all unpleasant. Next it is peel time. I was once scared witless by a glycolic peel which was really stingy and unpleasant. I was assured this was a gentle one. This was the slightest of tingle, barely felt and even then only for five minutes.

Then it was extractions time. This is when you really feel you're getting your money's worth from a facial. Using what is impressively and Dr Who-ishly called a vortex-extraction nozzle, the bad bits are sucked out of your face's nooks and crannies. It's a bit tickly and made me sneeze like a mad thing when she used it around my nose. Like a Dyson, it efficiently gets into the hidden parts for super-cleaning.

Then the final step is the application of




serum. This time the tool blows rather than sucks, so the powerful, restorative serum shoots deeper into the skin for maximum effect. It is rich in antioxidants and collagen to help elasticity and hydration. The end result is squeaky-clear skin. Only a bit of redness around the nose but otherwise a real clarity and noticeable reduction in lines. My skin felt a bit drier for a couple of days but then the effect gets more noticeable still. It is definitely one of those treatments that would be great before a big event as it leaves you feeling as good as your skin gets.



One treatment, £130, course of six, £690
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