The Hema facial
Seriously eye-opening
Tested by Kathryn Hobbs, SZ, from Kent
IS IT FOR YOU? Based on acupuncture and lymphatic drainage, it’s for you if you’d like to open your eyes and lift up those contours.
THE EXPERIENCE: ‘I’d really noticed before the treatment how suddenly looking my eyes up and a little more lifting was sagging and my eyes were looking tired and downy; I was lucky enough to have a Hema lift, that would give you a lift on your face for what was the least fussy but the most beneficial – facial treatment ever had. After skin cleansing, Margaret massaged my face with the organic oil she creates herself. As she worked, Margaret picked up the tension in the muscles, and the rhythm of the underlying fluid, and worked where skin needs to move. After a rest that included a hand massage, she finished with a slice of more organic oil on the face, with no mask. I walked in looking smooth and plumped, and my eyes were wide open again!’

BEAUTY & THE BONUS: ‘What’s great about this treatment? Everything! My skin felt wonderfully smooth, my eyes were open, de-puffed and de-swollen. No other facial has ever done so much for my confidence!’

IT’S WORTH IT: Now hand therapist Margaret Hema treats at G层ow Urban Spa in London. You can also have the facial by other therapists, and buy the organic skincare. Hema Facial, £65 (020 7712 0562; growthemap.co.uk).

The Reflexology facial
De-stressing, relaxing and skin-smoothing!
Tested by Lynn Tilley, SZ, from Middlesex
IS IT FOR YOU? Definitely, if you’re feeling rebellious, you’re under stress, you’d like to get that redline glider back again. Working on facial acupuncture points, reflexology massage focuses on balancing the cause of your problems.

THE EXPERIENCE: ‘A few months of stressful working and poor eating had left me feeling fogged and feeling drained. I heard about facial reflexology and as I’m not a great fan of anyone working on my feet, this seemed like the therapy for me. I was a regular foot reliever for a week at a time, and enjoying being a patient of a facial reflexologist. I was very nervous at first, never having had one. My therapist was very good, and the experience was very relaxing.’

BEAUTY & THE BONUS: ‘The massage is very relaxing, and is particularly good for someone with an all-round healthy lifestyle. I had a very nice facial reflexology treatment, and it was very soothing indeed.’

Shiatsu massage
De-stressing, relaxing and skin-caring!
Tested by Amanda Jones, 42, from London.
IS IT FOR YOU? It’s perfect if you’ve just had a workout that could be affecting your skin. Poor kidney energy, for instance, could reveal itself in dark rings under the eyes, with a digestive intolerance. It can result in a yellow, sallow complexion. Improve these and blood will flow!

THE EXPERIENCE: ‘A problem with my shiatsu preferred me to try shiatsu. I found an excellent boutique of treatments, and it was nice to be able to take time out for myself. I had a nice massage, and I was very relaxed.’

BEAUTY & THE BONUS: ‘I didn’t have the shiatsu as an alternative kind of facial, but since I’ve had treatment for my shingles, the smoothness under my eyes has gone!’

IT’S WORTH IT: Shiatsu is for those who prefer a ‘lighter’ massage – manipulative, divorce and joint changes – that leaves traces of stress on your skin. No oils are used, so you keep your clothes on and you stay warm. Shiatsu was treated by Katherine Haildred, at Healthworks. For therapists near you, contact The Shiatsu Society, 0845-0545642; theshiatsu.society.org.

Facial rejuvenation acupuncture
lifting, firming and revitalising!
Tested by Liz Normand, 49, from London
IS IT FOR YOU? If you’re concerned about wrinkles, undereyes, baggy, droopy or general sagging, then yes, this could be for you. Facial acupuncture promotes a firming, lifting and brightening of the skin.

THE EXPERIENCE: ‘I live too much alcohol and I just feel more relaxed. I’ve been there for a year and a half now, and I’ve noticed a lot of changes. The facial acupuncture has helped me feel more confident about my appearance. It’s a great feeling.’

IT’S WORTH IT: You may feel some of the incisions more than others but this often changes a therapist to a level that can mean they’ve hit the right therapeutic spot. They may also insert needles on the abdomen, feet and legs – remember, it’s a whole-body treatment.

THE EXPERIENCE: ‘I’ve been treated with Dr Archer at the Pacific Centre in London. First consultation £35, follow-ups £55 for an hour, 020 7722 3000; karin@acupuncture.co.uk. For therapists close to you, the British Acupuncture Council, 020 8765 0400; acupuncture.org.uk’

Facial reflexology is wonderfully soothing.

Shiatsu massage is de-stressing, relaxing and skin-smoothing!

The Hema facial is seriously eye-opening.

Facial acupuncture is lifting, firming and revitalising!

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