

The FACIAL TREATMENT *directory*

Medi-spas, urban RETREATS, clinics and corner shops are our SPRING go-tos for the latest in LASER technology, biotech and CONTEMPORARY takes on traditional Chinese medicine. Here, ELLEN BURNEY spotlights five of the BEST treatments to try

FIRM FAVOURITE

Opting for no pain and all the gain? Enter Exion Face, a brand-new technology that boosts the body's ability to produce its own hyaluronic acid without needles. From the same skin-tech titans behind EmFace, the treatment, which feels like a hot-stone massage, allows you to pick the areas you'd like to tighten. From forehead, face and lips to neck and décolleté, the therapist uses a handheld device to deliver the noninvasive and totally painless treatment. Backed by 14 clinical studies, Exion Face delivers 224 per cent more hyaluronic acid in the skin, a 50 per cent increase in elastin, a 47 per cent increase in collagen and a 41 per cent improvement in texture after a series of four treatments. It uses radiofrequency and focused ultrasound technology to create controlled thermal stress, stimulating production of your body's own hyaluronic acid, elastin and collagen. It's a time commitment of four 10- to 30-minute treatments, seven to 14 days apart. *From £500, at Dr Rita Rakus Clinic. Drritarakus.co.uk. Btlaesthetics.com*

NATURAL SELECTION

Before now, an invitation from French biotech brand Orveda was VIP-only. The facial treatments powered by natural and bio-engineered actives were exclusive to celebrities, privately in Paris and at pre-premiere pop-ups. Today, that red carpet glow rolls out globally with three gender-free Orveda facials landing in London, Paris, New York and Shanghai. Glow is the New Lift, Orveda's signature facial, uses vegan products The Vital Sap and The Omnipotent Concentrate to replenish the skin, while re-plumping and refining it with manual massage. Acupressure and lymphatic techniques decongest and de-stress the skin, as lifting massage strokes stimulate blood circulation and boost that star-player glow. *From £210 for 60 minutes, at Harrods. Uk.orveda.com*

IN FULL FLOW

For a hit of Six Senses Spa in west London, head to Argentum apothecary in Holland Park. Ibiza-based therapist Guillaume Guibordeau is taking residency here for 2024 – and he brought a souvenir. The AXO Method – a hands-on treatment devised by Guibordeau, a blood-circulation therapist and exercise physiologist – focuses on optimum flow of the body's key circulatory system. This enhances the body's ability to efficiently distribute collagen while also purifying the skin. The Detox & Balance Face treatment at Joy Isaacs's London atelier includes a full cleanse and rejuvenating Argentum silver clay facemask, beginning with an Archetype card reading and intention setting and finishing with Silver Tip tea. *£138 for 30 minutes, at Argentum. Argentumapothecary.com*

LASER FOCUSED

There's a novel take on needlework at The HVN, a brand-new holistic retreat nestled in London's Knightsbridge. Combining acupuncture lifting and laser technology, The Aculaser Lift is a new facial treatment by Dr John Tsagaris, a practitioner of traditional Chinese medicine, and Dr Tanja Phillips, a laser specialist. The two practitioners work side by side to seamlessly combine the precision of facial acupuncture with the science of the Fotona laser. Both techniques trigger collagen production, improve facial volume loss and visibly lift the skin. Additionally, there's a gentle laser resurfacing and moisture-infusing mask, plus red- and blue-light massage. Each treatment then offers a further focus on either hydration and skin plumping or pigmentation of the skin. Phillips is the medical director at The HVN, a wellness centre she set up alongside Muriel Zingraff, former CEO of Paco Rabanne and Aromatherapy Associates, and Jo Harris, who headed up Urban Retreat. *£1,250, at The HVN. The-hvn.com*

CONTOUR CREATOR

Sophie Carbonari, the French superfacialist revered by Rihanna, Naomi Campbell, Carla Bruni and Caroline de Maigret, sculpts faces into shapes you didn't know they could make. She uses Japanese kobido massage, Ayurvedic techniques and a signature fingertip touch, probing into the fascia until it "pops". Now, Carbonari launches the SC Synergy Protocol, a holistic treatment targeting deep into multiple layers of tissue, using a gemstone tool she has designed, inspired by gua sha. Carved in Greece by master craftsmen, the SC Tool is made from onyx, which has telluric, earthly properties. "It's known as the stone of stability, linked to the root chakra and associated with the kundalini energy," Carbonari tells *Vogue*. She calls it a "3D facial massage", a transformative beauty ritual doubling as a multidimensional experience. *£450 for 60 minutes, available in London and Paris. SC Tool, £517. Sophiecarbonari.com*