

beauty secrets

If you are offering a brand new beauty treatment or product you believe in, let us know about it. Call 01689 885792 or email le@london.newsquest.co.uk.

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a new you

Anti-ageing treatments are so plentiful these days that it's hard to know which one to choose or how far to go.

If you're looking for something new to try, you could go for a course of facial revitalisation acupuncture. Some people describe it as an acupuncture facelift because it claims to increase collagen production by up to five times by improving the flow of energy throughout the body. I was a bit nervous when I turned up at the **Beckenham Therapy Rooms (020 8568 5544)** but my acupuncturist, Pamela, quickly put me at ease saying what the experience was relatively pain-free. I'm not sure how many needles I ended up with in my face, but they were made up of two kinds, the long hair-thin variety and tiny short ones along the frown lines in my forehead (these short ones were a little more painful).

But, having expected both blood and bruising, I was surprised after all the needles were inserted that I could hardly feel a thing and my face didn't feel like a pincushion. Pamela tells me I have good strong skin, which, having spent most of my life living under the harsh African sun, came as a shock. Pamela left me alone in the room listening to soft background music for about 10 minutes before returning to remove the fully disposable needles and and give me a delightful walnut oil massage. I'm sure with a course of treatments you could take years off your face. A single session costs £60, six sessions £340 and 10 sessions £ 540. It's an alternative to botox injections — one you might prefer.

Heather Ramsden

banish orange peel skin

In an effort to banish orange peel skin, many of us will do anything we can especially when the prospect of summer and swimwear looms.

So to find out how one of these treatments works, **Heather Ramsden** tried out Endermologie at **Klinik salon in Hayes (020 8462 8851)**.

Endermologie is a machine which deeply massages your problem areas and claims it will help you get rid of cellulite.

The handset, a bit like a Hoover on rollers, sucks up the skin, massages it and helps it to break down fat, water retention and toxins. This is drained away naturally by your body.

I went into this treatment expecting something completely different. Yes, I did expect massage, but I also expected creams massaged into the body. Well, there are no creams, lotions or oils involved. You will however have to squeeze yourself into a full body stocking which my beauty therapist, Jai, told me is both to preserve your modesty and to aid the suction process. I do have sensitive legs so I was expecting some discomfort. However, with my guidance, Jai was able to reduce the intensity of the suction in sensitive areas and then increase it again in others.

You do need to go for 15 treatments to see a real difference and Jai tells me clients have been known to lose weight, up to 10 pounds, but the biggest result you should expect is a marked reduction in the appearance of cellulite.

I did find it quite relaxing and afterwards couldn't stop going to the loo — a definite sign that all those toxin were being eliminated.

I'd think it's ideal if you want to prepare yourself for a holiday in the sun or a special occasion with a special outfit.

A 35 minute session costs £50 while a course of 15 costs £700.

