

TRIED AND TESTED

Dr Murad Resurgence Renewal facial

words Leila Williams



The beauty of a facial at Zen is that they throw in a complimentary Visia Complexion Analysis before the treatment. If you're the type of person who prefers to bury their head in the sand, this may not be up your street but you have the option to forgo it and get straight down to business. However, the benefits of having your skin analysed are twofold: It paints an accurate picture of what's going on above and below the surface of your skin and it means that your therapist can suggest the type of facial, corrective or otherwise, that's best for you to slow down, prevent or even reverse any damage done.

Visia analyses pores, wrinkles, sun damage and overall texture and redness. It even estimates where you figure in a poll of 100 women in your age group; a pleasant surprise for some, not so for others, but that's where the experts come into it.

I was recommended the Murad Resurgence Renewal facial to hydrate, tone and brighten my skin. Dr Murad products are classed as cosmeceuticals, so they're milder than pharmaceuticals often used for medical beauty procedures but stronger than cosmetic products. Likewise, the facial is a functional treatment with direct and immediate results, but with a bit of massage thrown in for good measure and a good hour's worth of relaxation. The peel and face mask are at the core of the treatment, and are packed full of skin tingling fruit enzymes and AHA to help promote cell renewal. The hydrating properties of avocado oils and shea butters help restore texture and suppleness.

Known as the 'red carpet' facial, I was left in no doubt that my skin looked better when the next morning, after a fairly poor night's sleep, my other half commented on how 'fresh faced' I looked...even before make-up, and for once I had to agree. Result.

Visia Complexion analysis costs £35, redeemable against treatments and products purchased. Dr Murad resurgence facial costs £95 for 70 minutes. ☺

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