



Zen Lifestyle

My facial started with a truly revealing digital skin analysis using the Murad Reveal Imager which photographed my face to allow a full diagnosis, magnified every line and wrinkle and then explored layers of sun damage! This scary beneath the surface look allowed the very friendly Emma to recommend a Murad Resurgence Renewal Facial -well known in Hollywood as the Red Carpet Facial. Truly luxurious, relaxing and apparently medically advanced, it uses avocado oils and shea butter to restore suppleness, texture and tone while fruit enzymes promote cellular renewal to increase elasticity. After a deep cleanse, facial mask (with foot massage) and facial massage my skin looked positively radiant and felt really smooth, soft and ready for the cameras. www.zen-lifestyle.com