



## FOR SCULPTING

**What** Su-Man Chi Flow Contour Facial

**The lowdown** Su-Man is a diminutive, funky fiftysomething renowned for her facials, which put the bounce back into tired old skin. She'll swaddle you in sheets, then set to work: cleansing, exfoliating and deep-cleaning pores. But the best is yet to come: her signature sculpting massage, performed with a smooth jade gua sha (a kidney-shaped tool used in Chinese medicine). The sensation can be painful as Su-Man works the jade, deeply and reassuringly, into muscles, but it really helps to unlock tension in tight jaws. A series of long, flowing strokes brings circulation back to the face before she applies a thick, unctuous mask to make skin plump and juicy once more. If you're lucky, she'll massage your feet, moving energy from top to toe.

**Our verdict** Skin takes on an ethereal glow, fine lines fade, the bone structure pops. And it lasts. Think of it like Pilates for the face.

**Details** £220. At *Agua Spa, Sanderson Hotel, 50 Berners Street, W1. (morganshotelgroup.com)*

## FOR PLUMPING

**What** Endosphères Eva Facial

**The lowdown** Endosphères (the cellulite-quashing device for bodies) has evolved – and the result is Eva. But this is no ordinary facial. The 50-minute treatment is better described as an invigorating, pummelling massage, using a mechanical barrel-shaped device with interchangeable rotating heads. The first setting is the 'ablative micro vibration', which sloughs off dead cells and makes the face judder involuntarily. (The sensation as it's run across the face feels like an electric toothbrush, minus the bristles.) Next up, a head made from gel-filled cushions, designed to stimulate fibroblasts and make skin springy and elastic. The third, and final, treatment head emits an electric current, which helps a layer of quenching hyaluronic acid serum to sink in.

# face of the future

**Tatler's guide to the miracle treatments that pamper, define, restore and chisel**

**Our verdict** There's something relaxing about the monotonous, whirring device – and the tingly sensation that it leaves in its wake is pleasant. Weirdness complete, skin looks somehow plumper and feels impossibly silky.

**Details** From £150. At *Pietro Simone, 1 Sloane Square, SW1. (endospheres.com)*

## FOR BRIGHTENING

**What** Sunday Riley Ice Lift Facial  
**The lowdown** Oprah Winfrey's favourite skincare brand, Sunday Riley, has taken up residence at the swish Hershesons salon – and its cryotherapy-based facials are amassing a cult following. Slip beneath the blankets for a swift cleanse and polish using the powerful botanical products; next, a retinol-infused lymphatic drainage massage to reboot circulation and de-puff skin. Then it's time for the cryo hit: short, sharp ice-cold blasts lift and tighten the skin. After 10 minutes, the freezing stops and a blissfully warm, red LED light is switched on, boosting collagen stores.

**Our verdict** Skin is tangibly firmer, glowing and energised. A single session gives a pre-party gleam; but a course of six sessions, one per week, is when the real miracles happen.

**Details** From £120. At *Hershesons, 29-32 Berners Street, W1. (hershesons.com)*

## FOR REFINING

**What** Fire & Ice Luxury Treatment with Lymphatic Detox

**The lowdown** The Fire & Ice facial uses the startlingly effective iS Clinical products and it's legendary: a hot-then-cold combination of masks leave skin gleaming. But S-Thetics are delivering a new spin on the classic protocol with the addition of lymphatic drainage. The superficial massage technique helps to eliminate excess fluid and toxins from the body, using gentle, feather-light strokes to the face, neck and chest, and draining it to the lymph nodes under the armpits and behind the ears. The fiery glycolic-acid peel follows, whipping off dead skin cells while refining the skin's tone and texture. The 'ice' takes the form of a soothing, calming mask.

**Our verdict** Skin feels alive: shiny-smooth and absurdly soft. But the wow factor comes from the lymphatic drainage, which leaves your face looking chiselled.

**Details** £245 for 90 minutes. At *S-Thetics, Marlborough House, 45 Wycombe End, Beaconsfield HP9 1LZ. (sthetics.co.uk)* □