

TREATMENT TRIED & TESTED

Each month, we try new treatments. This month...
Organic Microdermabrasion

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NAME: Nue Skin Microdermabrasion. It's used on the face and body to reduce fine lines, wrinkles, acne scarring, sun damage and stretch marks. The treatment suits all skin types.

WHAT REALLY HAPPENS: To begin with my practitioner explained how various microdermabrasion treatments work; crystals and organic grains are blasted over the skin via a pressurised pen, which also works with suction to remove dead skin cells. I opted for the full monty, including oxygen and light therapy as well as microdermabrasion.

I was led downstairs to the treatment rooms and asked to take off my shoes and lie on a treatment table. Even though I was fully clothed a towel was placed over my body and another wrapped around my feet with the intention of making me feel cocooned and relaxed. On a cold day it might have been more welcome but it's summer so I kicked off the towel after a respectable amount of time lapsed so as not to look completely ungrateful.

My practitioner then applied a cleanser to my face and massaged it gently into the skin, and then used a two-handed motion to remove it reminding me of the Karate Kid – wax-on, wax-off. Very dextrous.

Once my face was cleansed, the level of suction was established following a quick patch test on my forehead, and then the crystal therapy began with the suction gun slowly travelling across the contours of my skin. The crystals felt like minute grains of sand hitting my face – sharp but not painful. Using suction draws blood to the surface of the skin releasing nutrients and stimulating the production of collagen and elastin, making the skin more taut. The organic grains are applied in the same way and have a buffing effect on the skin

creating a 'reflective' look.

Oxygen therapy (liquid oxygen in mist form) was then sprayed over my face followed by a burst of LED red light

BEST BIT: My skin did feel smoother so in that much it was successful. Also, I was terrified of leaving the salon with a red face, but my skin didn't flare up at all.


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(thought to regenerate cells), and then a face mask was applied, the lights were turned down and I was left for five minutes to let the goodness sink in. To finish the treatment a recovery serum and finishing cream were applied, and the whole procedure took about an hour, but I was advised not to wear makeup for 12 hours after the treatment.

WORSE BIT: I felt I should have been astounded with the results, but in truth, I couldn't see a massive difference. Apparently this isn't surprising after only one treatment – a course of six is usually recommended to clients.

WHERE TO GET IT DONE:

Nue Skin Microdermabrasion is available at various salons across the UK. For your nearest salon call 020 7092 1772. I visited Fordham White salon, 47 Greek Street, Soho, London, W1D 4EE. Call 020 7287 8484 or email andre@skinforlife.co.uk.

DAMAGE: From £60 to £150 depending on whether you have additional treatments and which salon you choose. Mobile Nue Skin Microdermabrasion is also available for hire for hen parties. Call the Fordham White salon for details. 

If you'd like us to try something out to save you the time, energy and hard currency, mail the name of the treatment to Editorial@ScarletMagazine.co.uk and we'll report back to you.