

ZEST

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BEST FOR REVITALISING TIRED SKIN

TREATMENT Olys Therapy Treatment – Hydrating Treatment For Fine Lines. The first treatment costs £45 for 45 minutes, thereafter sessions cost £40. For details, call 0800 7313048.

CLAIMS Rejuvenates the skin. Also helps to correct overactive oil glands and so treat acne, as well as dealing with psoriasis, eczema, cellulite and stretch marks.

WHAT'S INVOLVED After lying back on a heated couch, hydrating liquids are rubbed into your skin and beams of light are passed over problem areas on your face. A variety of different oils are used, depending on the particular facial you are having, for example rehydrating, rejuvenating, or specifically to combat acne.

PLUS POINTS The light wavelengths treat problem areas effectively – but without pain.

HIDDEN EXTRAS While a deep hydrating oil soaks into your skin, you are given a hand massage. And the treatment bed is heated which is very luxurious and comforting in cold weather.

DOES IT LIVE UP TO ITS CLAIMS? It makes your skin look a little less wrinkled, especially around the eye area, and feel 'springy' and hydrated.

