

GLAMOUR

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FACIALS

There's nothing like a facial to boost your skincare routine. Your therapist will tailor your treatment to suit your skincare needs, whether you're in need of an anti-ageing fix or need a deep-cleanse to clear problem blemishes – and they'll advise you of the best skincare regime to maximise the benefits of your treatment.

Michelle Peck, IntraCeuticals facialist to clients including Madonna, and Jennifer Lopez, says: "Regular facials are just as important as going to the gym is to maintaining your body at its optimum level; if you just go to the gym but do not maintain a healthy diet and lifestyle you will not get maximum results from your valuable efforts."

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