

## Treatment of the week

### SUSAN MOLYNEUX RENU FACIAL

Picture: NORTH NEWS & PICTURES

#### WHAT DOES IT PROMISE?

To rejuvenate older skin in a relaxing and peaceful environment using a range of high-tech, hormone-balancing and anti-ageing skincare products.

#### WHAT'S INVOLVED?

As I lay wrapped in big fluffy towels, my therapist applied gentle pressure to points across my chest and shoulders to release tension and steady my breathing. She then smoothed my face and neck with a rich cream cleanser and wiped it away with warm, natural sponges.

As I drifted off into half-consciousness, she warmed a revitalising toner in her hands before massaging it into my skin. After that, the therapist pressed warm bergamot-scented mitts on to my face and neck to increase circulation then applied a fine film of radiant skin peel containing papaya to smooth and brighten the complexion.

As the mask dried, my arms, hands, lower legs, feet and shoulders were massaged with a gorgeous, enriching body cream.

After gently sponging away the peel, the therapist then completed the treatment with a tension-relieving scalp rub and an uplifting massage to

the face, neck and décolletage using oils designed to nourish and firm.

#### HOW MUCH?

£70.

#### HOW LONG?

75 minutes.

#### THE VERDICT?

Despite the sounds of the Kaiser Chiefs thundering into the treatment room from the salon upstairs, I managed to sleep like a baby through most of my appointment. I woke to find my skin plumped, refreshed and moisturised - an effect that lasted several days.

The treatment is designed for women over 35 and, as my skin is younger, I may not have felt the full benefit. Still, the nourishing and firming effect will work wonders on skin of any age.

#### INFORMATION

My treatment was at the Martyn Gayle salon in West London but Susan Molyneux products and treatments are available nationwide. Call 01242 570 515 or see [www.susanmolyneux.co.uk](http://www.susanmolyneux.co.uk) or [www.renuskinicare.co.uk](http://www.renuskinicare.co.uk) for further information.

**RACHEL PORTER**

