

The Anti-Ageing Armours

Here are a few big on anti-ageing facials for you to go through a smooth age renewal process without any pain:

Bio-lift Facials

In addition to cleansing, massage and rejuvenation techniques, these facials include treatment that targets dark circles under the eye. The characteristic of this facial is the bio-mask, which tones and tightens the skin on the face, making it look younger.

AHA (Alpha Hydroxy Acid) Facials

AHA acids, which are derived from fruits and flowers, are known for their anti-ageing effects. These facials use creams formulated with AHAs, which help the skin look smoother and healthier. They are also recommended for people who have pigmented skin, and are prone to wrinkling easily.

In these, creams containing flower extracts are used, which improve action of the capillaries, skin texture and tighten pores – inducing relaxation and calming the mind. In ancient times, the fragrance of rose, lavender, jasmine, neroli, etc., was used to cure depression, insomnia, anxiety and other mental states. Fresh fruit facials are done with pulps of fresh fruits; mostly seasonal fruits. For eg., orange or sweet lime pulp. Fresh fruit facial is very good for very sensitive skin, which cannot tolerate any chemically prepared cosmetics. Fruits are chosen according to the skin type. Banana for dry skin and orange for oily skin.

Paraffin Facials

These facials are offered as part of bridal beauty packages. It involves the application of a special paraffin mask on the face over layers of gauze, which helps seal in the special anti-ageing and rejuvenating creams applied to the skin. It aids better absorption and brings back the radiance of the skin.

*Inputs are taken from
Bollywood beauty and makeup expert Puja Taluja*



Pic Courtesy: Esparanza - Spa and Beauty Lounge

You should also look into the aspects of parlour hygiene and know that half-an-hour is good enough time for your skin from redness after you get a facial. Do not carry your stress bag to the parlour, sit back and relax and do follow the golden rule of CTM (cleansing, toning and moisturizing) every night at home to see the best results.

So, let's take a look at the various types, their functions and their USPs so that when you start getting your pre-wedding facials you know what all you can ask from.

Toning Age, Skin-tastic Boost & Awesome Aroma

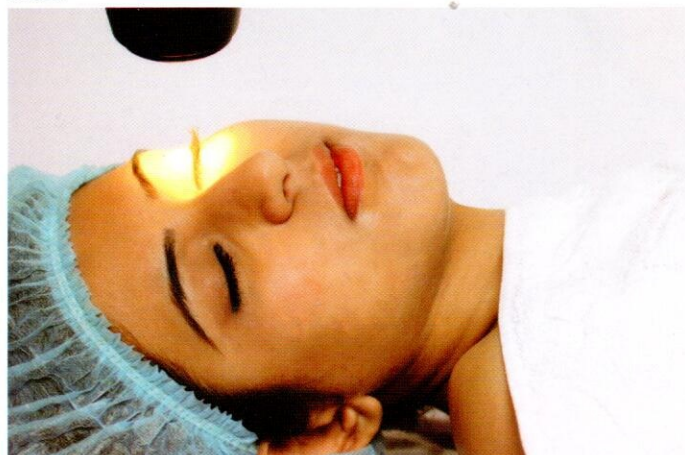
“Intracutaneous facial helps to soften the signs of premature ageing, as it hydrates, lifts and tightens the skin.” says Charoo Chawla Anand, director, Bllis Spa by Ravissant. Then there is the Hydra Facial, which involves a resurfacing procedure that thoroughly cares for your skin, providing cleansing, exfoliation, extractions and hydration. “The Hydra Facial is a non-invasive, non-surgical procedure that delivers instant results with no discomfort or downtime. The procedure is immediately effective.” says Charoo Chawla Anand.

If you are a big fan of olfactory sensations, then aromatherapy facial can not only work wonders to your skin but also turn on your senses! In aromatherapy facial, essential oils are used, which have potent and specific curative properties that are of particular benefit to the skin. They are effective for relaxation of body and mind. Aromatherapy facials help clear skin congestion and improve the normal functions of the skin. “The mask, which is applied at the end of the massage, also contains essential oils. The elimination of toxins, the improvement in the skin's normal functions, including cell regeneration and the uplifting effect; all combine to make aromatherapy facials revitalizing and rejuvenating.” says Bollywood beauty and makeup expert, Puja Taluja.

Gadget, Jewel & Detox Effect

Did you know that modern facials also use gadgets? Yes, you heard it right! Gadgets are used for a cheerful spraying session of water/water-soluble substances over your face. In galvanic facial the galvanic gadget is used, by which a steady, direct galvanic current is utilized, to introduce water-soluble substances through the skin. Puja Taluja says “It heightens the skin's capacity to absorb and improves the penetration of the products. The treatment of specific problems becomes easier. This benefits dry, dehydrated skins, improving moisture retention. It also helps remove congestion.”

There is also a bouquet of precious bejeweled facials to choose from:



Pic Courtesy: Bharti Taneja