

TREATMENT OF THE MONTH

A taste of Morocco

WHAT IS IT?

Treat yourself to this holistic facial, which is influenced by traditional Moroccan beauty rituals and promises to help purify your complexion as well as rejuvenating your soul.

WHAT HAPPENS:

At 15 weeks of pregnancy and still getting bouts of nausea and tiredness, I was in need of some serious pampering. So, when therapist and energy healer Lina Ramchand suggested her Moroccan facial I thought I'd give it a go. On arrival I was welcomed by the gorgeous aroma of the organic products and soothing North African-style background music. Lina set to work straight away – my face was cleansed, exfoliated and cleansed again. I could feel my whole body relax with the touch of her healing hands. The facial was then complemented with a lovely head massage and some energy healing, which made my persistent headache disappear and gave relief to a pregnancy pain in my lower back. As an extra treat my arms and face were given a mini massage too. Pure bliss!

TESTER: Rebecca Deller

COST: £50 for a 45-60 minute treatment plus consultation. For more info call 07941 872 419 or email linar@onetel.com. For product info visit esofmo.com



PAMPER PAGES

Read on if you want a face lift without the needles, or a super-glossy hair do!

Bharti says...

“Argan oil is a good all-round beauty ingredient. Apply some to your face twice a week for the anti-ageing benefits”



Top UK therapist Bharti Vyas is vice president of the Federation of Holistic Therapists

Celeb salon

Not that she needs any help in the looks department, but actress Julia Stiles gives her gleaming skin a helping hand by applying Weleda Wild Rose Smoothing Night Cream, £14.95, before she goes to bed. The silky lotion is easily absorbed and packed with active ingredients, designed to smooth fine lines, plump and perfect a tired-looking complexion.

Beauty wish list

1 SAVE
Australian Bodycare Tea Tree Oil, £12.99

Keep spots from surfacing with a dab of this antibacterial solution.

2 SPEND
Skyn Iceland Relief Eyecream, £37

Say goodbye to puffy eyes with this cooling lotion.

3 SPREE
Tara Walker's Dream Serum, £89

Made from super-refined ingredients, this serum is a luxurious treat for your skin that has lots of amazing anti-ageing properties.

