



...antidotes to our world

Our review of a facial with Vaishaly



Vaishaly – a Buddhist and superfacialist

of walking through French lemon groves and lavender fields. Vaishaly –wearing white shirt, white trousers and a white smile —leads me to a simple, white-on-white room downstairs with a Buddha in it. ‘I use the face for diagnosis – much as reflexologists work with feet – looking at the client’s skin to detect internal problems,’ she says, as I take off my top then pop up onto the couch and she covers me with heated towels. Each client’s facial is tailor-made on the day. ‘I factor in everything from the season to a client’s hormonal state and general wellbeing,’ she explains. ‘I love working to boost blood circulation and assist lymphatic drainage, which alleviates puffiness and congestion.’

My facial starts with deep-cleansing followed by extraction —she seems particularly focused on dealing with every last blocked pore, which gets my vote. After this comes high frequency – a high-tech tool that effectively dries and closes pores after extraction but also has an anti bacterial/germicidal effect, killing bacteria in the skin and eliminating toxins. Next she begins the gentle micro-dermabrasion to lift off dead skin cells – which is like being sandpapered by fairies, and boy does it work. This is all topped off with a rejuvenating treatment mask and massage. During the mask, Vaishaly focuses on my neck, shoulders, scalp and face, lightly releasing bodily tensions and banishing stress. Her hands are calming and intuitive.

She treats holistically and not just superficially – with a superlatively relaxing facial massage that involves cranio-sacral and her own blend of energy work to calm and re-balance the mind and body. ‘This imbalance is the root of all problems,’ she reveals. In my 55-minute facial, 20 minutes is dedicated to cranial work. I’m pretty sure it does restore harmony in mind and body (at least, that’s what I realise afterwards: I was too fast asleep to know). It certainly helps me to switch off and relax totally. ‘The facial massage that I do is the defining factor,’ says Vaishaly, when I wake up. ‘People say it’s a spiritual experience. Something intangible.’ They’re right.

And what of the products? ‘I don’t believe in “potent” anti-ageing chemical agents for the mature skin,’ she says. ‘I’ve seen too much chemical overload on the skin of new clients over the years. Instead she uses everything natural.’

The quick read: Vaishaly (like Madonna and Brad, she’s known only by her first name) is a superfacialist who works with your energy, reading your unique energy ‘signature’ and using her intuition and magic hands (plus her own brand organic products). Her treatment includes a facial massage, cranial techniques, Reiki and manual lymphatic drainage. It’s a holistic approach that takes you to heaven and back – without moving from her Marylebone clinic with its flickering candles and serene Buddhas. She has a three-month waiting list – but it’s worth the wait.

How was it for us: The Vaishaly Clinic is a haven of rose petals and good smells. Its scent reminds me

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Joseph Campbell

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At the end, I gaze into her silver-framed mirror and am sure I can see an improvement in my skin's elasticity and tone, plus less puffiness and finer lines. My face looks clearer, smoother and naturally radiant. It ticks all the boxes. That's the aesthetic side. But I also defy anyone to see Vaishaly and not disappear to Planet Om. Her treatment is like yoga or meditation, but without having to do anything. Call it the yogic facial.

More on Vaishaly: Vaishaly, a practicing Buddhist, has always had a passion, even a calling, for her work. 'When I first told my brothers that I wanted to go into the beauty industry, they were shocked. "Of all the jobs you could do, why go right to the bottom?" they asked.' Disregarding fraternal advice, she trained with skincare guru Bharti Vyas and then studied cranio-sacral work full-time for a year at the Upledgers Institute. (John Upledger was the first person to do cranial work.) In 1996, she started her own business, and then founded her Paddington Street clinic in 2002. In 2006, Vaishaly produced a natural facial skincare range that she sells online and in Fenwick, Bond Street. Her mantra? 'I believe passionately in treating the skin as gently and naturally as possible, and the products in my skincare ritual –which are the same as those that I use in my treatments –reflect this philosophy.'

👑 What's queenly: There's something special that lures the likes of Elle McPherson, Nigella Lawson and Gwyneth Paltrow to see Vaishaly. Maybe it's that OM sense of calm in central London, but more likely it's this therapist with the magic hands...

What's lowly: Some might prefer not to have their treatments in a subterranean room.

What is costs: A facial with Vaishaly costs a mere £250 for 55 minutes.

Website: www.vaishaly.com.

Reviewed by [Caroline Phillips](#).



Inside the Vaishaly Clinic



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