

BEAUTY

# BEAUTY TEST

Facialogy with Vaishaly



ABOVE: So much more than just a facial  
RIGHT: Superfacialist Vaishaly



Facialogy? What's that? It's a combo of a blissful Vaishaly Signature Facial with a relaxing, health-promoting reflexology treatment. A new therapy that's unique in London and probably in the world, I'm at the Vaishaly Clinic in Paddington Street, a place of buddhas, flickering candles and white-beclad therapists gliding around. I'm relaxing on a couch as therapist Anna Kaminski administers this top-to-toe beauty and health treatment. At the top end, I get everything from microdermabrasion, extraction and high frequency to a neck and shoulder massage. Plus a facial massage which addresses all the internal organs (reflexology of the face?) to reduce stress. Then, while the face mask is on, Anna treats my feet with nourishing

almond and lavender oil and reflexology. Call it tending my anxiety, spine and digestion while my complexion gets the gold treatment. She ends the session by refreshing my soles with a hot flannel: heaven. The Facialogy treatment was created by super-facialist Vaishaly as a two-in-one for time-pressed souls (and who isn't these days?), who want more than just a superlative facial. (In my 55-minute treatment there's 15 minutes of reflexology – so bag an 85-minute session for 40 minutes of reflexology.) I've been a devotee of Vaishaly's facials for years, along with Nigella and Gwyneth. But Facialogy is something else. It's anti-aging, de-stressing and energy-balancing. I leave with perfect skin and a bounce in my step. Obviously the futurology. 55 mins, £120. [vaishaly.com](http://vaishaly.com) (Caroline Phillips)



FIVE OF THE BEST

## HAIR RAISING

Get more bounce for your buck with our favourite hair carers

**1 Kevin Murphy Bedroom.Hair**  
A hold and shine spray to bring easy oomph to flat hair days. £22. [cultbeauty.co.uk](http://cultbeauty.co.uk)

**2 Amika Perk Up Dry Shampoo**  
Fresh out of Brooklyn, this five-star dry shampoo is the closest thing to washing your hair without water. Now available over here. £20. [birchbox.co.uk](http://birchbox.co.uk)

**3 Design.ME Power Dry Me**  
A power mist that recreates a salon blow dry, at home, in half the time. £14.95. [sallybeauty.co.uk](http://sallybeauty.co.uk)

**4 Shu Uemura Art of Hair Essence Absolue Overnight Serum**  
Applied before bed as a restorative treat, this silky smooth hair oil will improve condition and shine. £35.90. [paulemonds.com](http://paulemonds.com)

**5 Percy & Reed Perfectly Perfecting Wonder Care Conditioner**  
Detangles and conditions all hair types from root to tip without any residue for ultra bouncy and swingy locks. £18. [percyyandreed.com](http://percyyandreed.com)

