

TOP Santé

GOOD HEALTH STARTS HERE



YOUNGER SKIN NOW

New facials to lift & refresh

JAPANESE WELLBEING SECRETS FOR...
Longevity ✓
Inner Peace ✓
Purpose ✓

CAN EXERCISING ON EMPTY BURN FAT?

10 WAYS TO ALL-DAY ENERGY

23 PAGE SPECIAL

SLEEP BETTER WITH TONING

- 3 Easy yoga moves to help you sleep
 - Best scents for ultimate relaxation
 - Chillout tracks guaranteed to help you sleep
- + YOUR SLEEP-WELL 7**

5 NEW VEGAN IDEAS for getting your diet on track

The techy one

ENDERMOLOGIE CELLULAR STIMULATION

Rejuvenate your entire face with the latest non-invasive technology. Endermologie's high-tech Cellu M6 Alliance machine has a patented motorised treatment head that sends intense, yet relaxing micro-pulsations over the surface of your whole face and neck, stimulating cellular activity in a way that touch alone might not. The gentle plucking motion wakes up fibroblasts deep inside your skin, stimulating the production of collagen to leave you looking noticeably refreshed after just one session. Cellular Stimulation covers all areas of your face too – eyes, lips and also neck – to not only brighten but also drain away toxins that can lead to sluggishness, while refining skin texture in these areas and smoothing out any fine lines.

● From £60 for 30 minutes, available at Endermologie clinics nationwide (endermologie.com/en/face/).



The lunch-break one

LUSH FRESH FACIAL

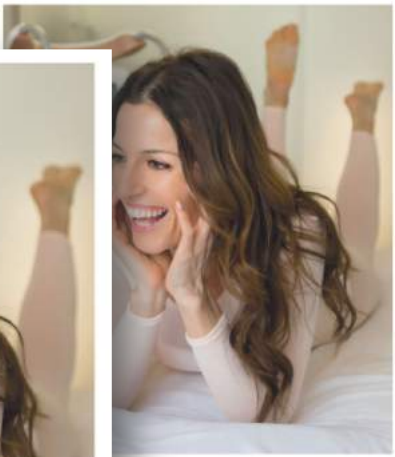
If you're up against the clock, pick up a facial in your lunch break with the Lush Fresh Facial. It's efficiently designed to zone you out and boost your complexion in less than half an hour. After a short consultation with a therapist, you're whisked away from the hustle and bustle of the shop floor to a treatment space to find a combination of natural, vegan-friendly products that suit your skin's needs.

It starts with a thorough cleanse and gentle exfoliation to remove dull surface cells. Then, working on fresh skin, your therapist gives you a medium-to-firm pressure massage, followed by a facial mask, hydrating moisturiser, finishing with relaxing neck stretches to make you feel more chilled.

● £45 for 30 minutes, available at Lush Oxford Street and Birmingham (lush.com).

The techy one

ENDERMOLOGIE



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