

The anti-aging facial that soothes both mind and skin

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I used to dread going to facials. A whole hour of pricking at my pores with a needle and extracting black heads? No shame in admitting I teared so much, the poor beautician had to cover my eyes with wet cotton pads.

I recently had the opportunity to visit AsterSpring's 1 Utama beauty outlet for its award-winning Total Anti-Ageing Therapy treatment. Upon arrival, I was ushered into a consulting room where my beautician went through a thorough list of health and skin questions for my upcoming session. After countless sessions and years of grappling at skincare products, I have sufficient knowledge to declare I have oily combination skin.

AsterSpring's Total Anti-Ageing Therapy claims to address skin ageing concerns with a compatible blend of both non-invasive technology and Dermalogica skincare products. The key technology is its award winning LPG Endermologie – which has been tried, tested, and scientifically proven to encourage hyaluronic acid and collagen production.

My beautician started out by double cleansing to thoroughly clear my skin of impurities, followed by a 15 minute steamer to open up my pores for easier extraction. I'm not going to lie, I teared during the extraction process, but maybe I had overestimated my pain tolerance again. Be sure to let your beautician know what your pain tolerance level is – in hindsight, I should have opted for low (but I went for medium). Luckily it was a speedy 15 minute process. An antibacterial essential oil was applied before toner. Then, the LPG Endermologie – which was largely used on my cheeks and jawline to stimulate circulation for instant luminosity.

Massages are essential to every facial session, and AsterSpring's beauticians never fail to deliver on scalp, neck, and shoulder massages. Feeling extremely relaxed and drowsy in the calm environment, I drifted in and out of light sleep as she then applied an oatmeal mask (which smelled heavenly – exactly like what it sounds) to my skin.

AsterSpring Anti-Ageing Therapy is a 70-minute complete facial experience. Visit any [AsterSpring outlet](#) to check out this treatment.