

The wonders of facial massage

A couple of years ago I discovered the benefits of facial massage with a Facial Rejuvenation treatment by Calm and Clear. Half way through the gentle experience the practitioner showed me my reflection in the mirror and the half she had tended to was considerably more lifted, plumped-up and alive. Amazing.



So I snapped at the chance to try a different type of facial massage, the Gankin Massage by SUQQU, and was pleased to see it had the same face-lifting effects.

This treatment was a lot more vigorous but worked in half the time (30 minutes) and with the use of the brand's Musculate Cream, your skin is rehydrated as well as toned in the process.

After a cleanse and exfoliation the cream was massaged in and my face was literally pulled up in the process. Hello jaw and cheekbones!

The innovative technique works by relieving facial stiffness, stimulating blood circulation, lymph flow and skin metabolism and the results are instant.

It isn't uncomfortable but I did wonder whether doing it on a regular basis may be detrimental, making your skin sag more from making it taught, but I was assured the specific cream SUQQU is specifically designed to work as a lubricant so your skin slips beneath it during the massage process.

I had my makeup done after the appointment (which is optional but I'd highly recommend it), but not only did this encourage complements from my friends, they honestly said I looked like I'd lost weight in the face and had more definition.

I would totally recommend having this done before a big do. Brides to be, birthday girls or those just after a boost should book up at Selfridges. It's waaay better than a facelift!

It costs £30 for 30 minutes, available at SUQQU counters in London and Birmingham.

Find this article at:

<http://www.cosmopolitan.co.uk/beauty-hair/beauty-blog/the-wonders-of-facial-massage>

March 2011