

Imperfectly[™] natural Janey Lee Grace



Neals Yard Facial

I had a fabulous facial at Neals Yard. The therapist was Rima Shah who has been working in the complementary health field for ten years. It was very relaxing and the products used were heavenly. Rima listed them as:

Cleanser: Calendula

Massage oil: Orange flower oil

Toner: Orange flower

Moisturiser: Rose and almond

Exfoliant: Wild rose beauty balm

Mask: White tea

Treatments: Orange flower gel

Essential oil: Neroli

My skin glowed, and I came away feeling very refreshed. In the past, I have had some bad facial experiences, reacting to fruit acids etc., but there was no 'sting in the tail' from this treatment. Rima recommended that I follow up with some facial lymphatic drainage treatments with another therapist at the clinic. I fully intend to book those appointments.

Christine

(full article can be found online here
<http://www.imperfectlynatural.com/what-really-works>)