

# The green facial

Does a facial without chemicals mean you forfeit the benefits? Eliza Ashe trials four of the latest to see how they measure up.

## The biodynamic facial

**THE PROMISE:** Jurlique takes the whole organic concept one step further by using biodynamic farming methods (a very sustainable way to grow plants, it uses less water and zero chemical fertilisers to minimise environmental impact) to grow its ingredients. Since it's local (South Australian) and chemical-free, it's a green girl's dream.

**THE LOWDOWN:** Like any good facial, this one starts off with a thorough cleanse, which is great, but it's the muslin cloth used to remove it that's the standout. Infused with essential oils, as soon it hits my skin, I feel instantly at ease. Next, a mask is set to work while the therapist performs a neck and décolletage massage to assist with lymphatic drainage. As if that's not enough, they also throw in a hand massage and dust my face with a finishing powder, so I don't walk out of there looking all post-facially.

**THE RESULTS:** I usually feel like running for the hills after a facial but not with this one. For the first time, I actually looked as good as I felt. My skin didn't feel greasy afterwards (thanks to the magic powder) and I was ready to face the real world looking half decent. **The Jurlique Deep Cleanse Facial costs \$105 (for 60 minutes) and is available at Jurlique salons. For information, call 1800 805 206.**

## The Ayurvedic facial

**THE PROMISE:** Om Veda is an organic range made in India that's based on Ayurvedic principles and the philosophy that what goes on your skin should be good enough to eat.

**THE LOWDOWN:** Before the therapist even considers looking at my skin she wants to get in touch with my constitution or 'dosha'. It turns out I'm Kapha - a water baby with a tendency for breakouts, which points her towards balancing products. The facial kicks off with a sandalwood cleanser and fruit-based scrub but the real jewel in the crown is the thick face mask, which works its oil-balancing wonders, while the therapist starts an intense neck massage. Never before have I fallen asleep in a facial, but halfway through the massage, I'm out to it. The next thing I know, the therapist is applying a honey and date moisturiser and a temple massage as the finishing touches.

**THE RESULTS:** I was sceptical at first. But by the end, my skin felt full and nourished and the next day a friend thought I looked so blissed out that I must be in love. **The Om Veda Balancing Facial costs \$90 (for 60 minutes) and is available at North Shore Beauty & Ayurvedic Spa Therapies. For information, call 1300 662 383.**

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## The spicy facial

**THE PROMISE:** The creator of skincare range Ilcsi, Hungarian-born Ilcsi Molnar was way before her time when she created her first organic product back in 1958.

**THE LOWDOWN:** The Ilcsi school of thought preaches that rules were made to be broken: when it comes to facials, you're free to dabble in what ever you like, regardless of your skin type. The paprika facial is a fiery one. From the word go, the therapist warns me that most clients feel a warm sensation for at least ten minutes as the mask sinks in and gets the circulation going. After a double cleanse, a fruit pulp mask is applied, followed by the paprika. A few minutes in and the therapist can sense I'm getting a little hot under the collar and kindly offers to fan me down. The hot sensation cools quickly and my skin is soothed with rosehip oil.

**THE RESULTS:** The therapist wasn't exaggerating, I looked a little red-faced for the next few hours, but by the next morning, my skin looked decidedly plump and strangely spot free. **The Ilcsi Paprika Facial starts from \$120 (for 60 minutes) and is available from select spas. For information, call 1800 808 993.**

## The multivitamin facial

**THE PROMISE:** This treatment is designed to boost tired skin with a cocktail of vitamins famous for their anti-ageing prowess. The fact that Phyt's products are also organic makes it that much better.

**THE LOWDOWN:** The therapist gets the ball rolling with a gentle cleanse and exfoliation but the steam is where it's at. Having to do your own dirty work is risky business so professional extractions are always a bonus. Once I recover from this humbling experience my skin is prepped with a duo of fancy serums. As she's massaging them into quicker-to-age areas like around the eyes, I can feel the all-natural goodness sinking in. This is followed by a hydrating mask. While the mask is doing its darnedest, the therapist gives my hands and feet one of the most incredible massages they've ever had.

**THE RESULTS:** The all-organic ingredients, with their natural smells, made the whole experience enjoyable and my skin definitely looked (and felt) like it had been on vacay. But the real beauty was in the extra treats. With all of the body work included, I felt invigorated and energised. **The Phyt's Soin Multi Vita Facial starts from \$150 (for 90 minutes) and is available from select spas. For information, call 1300 656 627.**