



EVERYBODY'S DOING...

FACIAL REFLEXOLOGY

This new spin on traditional reflexology is the latest way for celebs to put their best face forward.

Beauty Editor **Fiona Embleton** gives the low-down on the hottest new beauty treatment in town

MOST FACIALS CONCENTRATE ON zapping spots or ironing out wrinkles. Not so with facial reflexology, which massages the facial pressure points to treat stress, depression and even insomnia.

Based on acupuncture and Chinese concepts of energy flow, this spin on reflexology focuses on the face rather than the feet. Celebs such as Lisa Snowdon and Denise van Outen rely on it for a feel-good fix and ever-gleaming skin. And the facialist they flock to? Paolo Lai at London's Neville Hair & Beauty salon.

'Facial reflexology works on meridian lines – the invisible channels that carry energy through the body – as well as neurological and vascular facial maps,' he explains. 'It can

rebalance the body and stimulate areas of the brain to help you feel deeply relaxed with an extraordinary sense of wellbeing.' So, why go for the face, not the body? 'Tension held in the face is connected with emotional issues,' says Lai. 'And as it's closer to the brain, it makes the healing process quicker.'

Lai starts by cleansing your skin, then uses rosehip oil to massage acupuncture points. By working over the face with his fingertips, he feels for toxins beneath the skin and tense facial muscles, and soothes away frown lines. 'As well as focusing on these symptoms to heal from the inside out, rosehip oil is high in antioxidants and

vitamin C to give skin back its glow,' he adds. A facial that makes you feel and look a million dollars? Where do we sign up? £120 for 90 minutes at Neville Hair & Beauty, London (020 7235 3654).



NOW TRY IT YOURSELF

FOLLOW PAOLO'S TIPS FOR DIY FACIAL REFLEXOLOGY:

- Place your index finger on the middle of your eyebrow. Then, find the corner of your cheekbone, which is parallel to your mouth. Press both of these points together for one minute and then repeat on other side of your face. This is the solar plexus, which will help to calm you down in a stressful situation.
- Apply pressure to the inner corner of your eye, in the groove below your socket bone, to help with backache.
- If you need a new lease of energy or you feel faint, place your index finger in the middle of your upper lip, between your nose and mouth, and press down for 60 seconds.