



TREATMENT
OF THE MONTH

THE PROBIOTIC FACIAL

Probiotics have been known for many years to be a blessing to our health. Mini yoghurt-style drinks claiming to rejuvenate and uplift have graced the shelves of our fridges for some time now. Probiotic supplements adorn the shelves of health food shops promising miracles. But a probiotic facial? This was new to me and I was rather intrigued to find out more.

I booked myself in to the elegant Limewood Hotel, cocooned in the beautiful New Forest in Hampshire, after hearing about their skin-transforming Nude Ultimate Skin Renewal Facial. This wonder facial uses the clever probiotic technology that Nude's sophisticated, naturally concocted products are renowned for.

As my therapist double cleansed my skin using an invigorating cleansing oil, she explained how the concentrated dose of probiotics in the facial help aid the repair of cellular damage and stimulate cellular renewal. My eagerness to learn more soon evaporated as I succumbed

to a blissful deep tissue facial massage with a nourishing facial oil, which helped to rejuvenate my fatigued skin, taunted by the daily onslaught of polluted city life.

As I began to drift away to thoughts of forest escapism and ponderings on what raw culinary delights awaited me in the spa's exciting Raw and Cured café, I was roused slightly to a stimulating micro contouring facial massage. This intelligent method of massage is said to effectively plump up lacklustre skin and firm the facial contours resulting in a more youthful, toned appearance.

After a probiotic, skin-brightening face mask and an intensely relaxing head massage, Nude's famous Advanced Cellular Renewal Serum was massaged in to help repair DNA damage and reveal long forgotten radiance.

Perfect for when a brisk walk in an English forest is not enough to evoke a healthy flush to your cheeks.

The Result:

Brighter, firmer looking skin with gorgeous radiant glow.
Nude's Ultimate Skin Renewal Facial - £109 limewoodhotel.co.uk