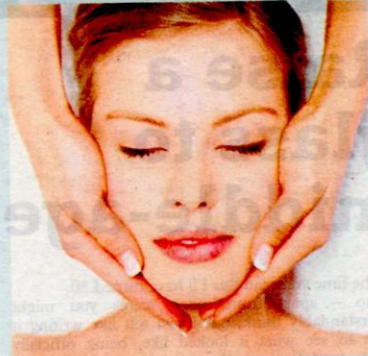


## TRIED & TESTED



AND RELAX • A typical facial

# Unwind and relax

This week **KATHARINE CAPOCCI** reviews a holistic facial.

Some facials are more about improving the texture and feel of the skin whilst others are more therapeutic because of the massage involved.

The holistic facial I tried out fell into the latter camp – and a deeply relaxing treatment it was because of the soothing massage element.

Helen Richardson of Therapeutic Massage Clinic operates from several clinics, including Darras Hall Surgery, Physiotherapy Matters in Gosforth and The Osborne Clinic on Osborne Avenue in Jesmond, where I popped in.

She is trained to degree level in massage but also offers a range of other therapies including facials and reflexology.

Helen had the privilege of helping out as part of the team of sports massage therapists at the Paralympics this year.

She explained the holistic facial involved more than just working on the skin, but was about improving wellbeing too, as she got to work using acupressure on energy channels.

Acupressure, she explains, works on the meridians, on balancing and wellbeing.

Helen first used a cleanser and toner before a gentle exfoliation of skin. For the cleanser and mask she used Eve Taylor products, a skin care range based on essential oil blends.

For the oils and creams, Helen uses a mix of her own, which makes it a very bespoke kind of facial, unique to you and your skin.

After taking off the exfoliator, Helen then got to work on the massage element which lasted about 20 minutes. She combined traditional Swedish massage techniques and work on acupressure points, paying particular attention to the neck and shoulders.

After then applying a face mask, she included a hand and arm massage.

She finished off by applying moisturiser, a blend of her own essential oils and shea butter, for a really nourishing treat for skin.

● Holistic facial lasts one hour and costs £40. Contact Helen on 01661 871748 or [www.therapeuticmassageclinic.co.uk](http://www.therapeuticmassageclinic.co.uk)