

Sleeping Beauty – and not a wicked stepmother in sight

On a dark, damp afternoon it was lovely to head to Sleeping Beauty on Alva Street for a welcome facial.

While I do enjoy these beauty treatments, and have tried a few, I have never experienced an Elemis treatment so I was excited to learn about the benefits of the one intriguingly named 'Pro-Glow Smooth'.

Before getting started, my therapist, Emily, introduced me to the Elemis Skin Lab which combines state-of-the-art technology in facial mapping analysis followed by a consultation which offers skincare solutions. This takes just 15 mins and is truly fascinating. Essentially, your therapist takes a photograph of your face which is then transposed into several different images highlighting everything from skin damage and fine lines to dehydration. All of this allows her to recommend the perfect products for each client. I loved it!

Then we moved downstairs to the cosy treatment room where my treatment started. Described as 'the HIIT workout for your skin' this 50 minute process starts with a double-cleanse using Energising Marine Cleanser for the first and followed by Superfood Cica Calm Cleansing Foam and Balancing Lavender Toner. All products are thoroughly removed with hot mitts, something I always find very therapeutic. As she worked, Emily carefully explained the benefits of each product.

Next the manual exfoliation using the deliciously named Papaya

Enzyme Peel. A plant-based product, it was the final step in prepping my skin for an 'infusion of hydration' which came via the Pro Collagen Marine Mask. As I lay on the bed allowing it to work its magic Emily gave me a lovely hand and arm massage which, as someone who spends many hours in front of a keyboard, I thoroughly enjoyed.

The face mask was followed by two others, the Ultimate Hydragel Eye Mask and the Ultimate Lift for Jowl and Chin. Again, as these two products got to work, Emily gave me a relaxing décolleté massage.

After cleansing again with the Lavender Toner she applied Pro-Collagen Advanced Eye Cream, Pro-Collagen Marine Moisture Essence, pro-Collagen Rose Oil and finally, Pro-Collagen Cream SPF 30 (pew!).

As I left the salon and headed out into the evening air I definitely felt my skin plumper and more hydrated and the following day the tightening effect was visible.

My treatment cost £78 plus an additional £10 for the Skin Lab.

For further information or to book visit sleepingbeautysalon.com or call 0131 202 7559



















