

HEALTH & GROOMING | CHRONICLES OF A SPA JUNKIE

Spa Junkie on... Biologique Recherche at EF Medispa, London

Our reporter is keen to try an über-chic Parisian facial on the other side of the channel



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SPA JUNKIE

Biologique Recherche is a French skincare brand that combines sophisticated delivery with clinical excellence. I tried its products a few months ago as part of a bespoke facial at The Peninsular, Paris, but when I found out that EF Medispa performs its treatments in the UK, I was keen to try it out again.

I hike up five floors of stairs – reaching skin lab nirvana not a step too soon – whereupon a therapist swiftly cocoons me in a heated bed for my 90-minute treatment. She explains that at the Medispa they have both standard treatments and advanced ones, which use the remodelling Face Machine, comprised of three electrical currents and micro-puncture (similar to mesotherapy – injections of fluid to produce more collagen and improve elasticity). I'd like to steer away from devices today, however – a decision compounded by the fact that Biologique's reputation among beauty insiders is for products that have a serious sculpting and lifting effect simply using manual application – so I opt for a personalised hand-and-product-only treatment: a rejuvenation facial.

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