

SKIN 10 HOURS AGO

I Tried a Biologique Recherche Ice Facial, and My Skin Will Never Be the Same

by MAYA ALLEN



I'm a sweaty person. And in the summer, I'm extra-sweaty. *Ugh.* My skin's overproduction of oil from the sweltering sunrays always causes unwanted pimples. So when the opportunity to try out an "ice facial" with the highly praised and coveted French skincare line Biologique Recherche came my way, you better believe I was ready to give it a whirl. When it comes to cool, new facials, I don't need much convincing. *I'll try anything.* The sensation of an ice facial sounded different and the complete opposite of normal facials, which typically incorporate steaming. Nonetheless, I was intrigued and so damn excited walking into the [Paul Labrecque Salon & Spa](#).

I lay down on the heated facial bed and quickly realized that was the only warmth I'd be feeling for the next 60 minutes. My lovely Jolita Lumelsky began to tone my skin with the one and only P50.





SHOP

Biologique Recherche P50 (\$65)

Anyone who has heard about Biologique Recherche knows the smell of its products isn't the best. I

didn't mind, though. My mind was anticipating the skin-cooling sensations I was about to experience ahead.

Next, Lumelsky cleansed my skin with Lait VIP02.



2/5



And she followed up with the Masque VIP02.

3/5



SHOP

Biologique Recherche Masque VIP02 (\$146)

This is when the real fun began. After applying the mask, Lumelsky layered a perforated cloth on top of it. Then, she lathered on an amazingly soothing seaweed mask. The seaweed instantly felt cooling, and my skin drank it right up. Seaweed is also made of healthy minerals, which nourish and calm my skin.

4/5



The heart of the facial involved the use of two ice-cold cryo sticks that'd been chilling on ice hours before touching my skin. To boost penetration and lymphatic drainage, Lumelsky massaged every crease and crevice of my face with these magic makers. This icing and cooling technique controls blood circulation, shrinks pores, reduces puffiness, tightens the skin, and more. After 20 minutes of heaven, which kind of felt like my skin was in Antarctica in an oddly satisfying way, the surface of my skin felt completely renewed.

And I'd like to have a moment of silence for this no-makeup glow that has lasted a total of 24 hours.

5/5



What makes this facial different from others? "Heat, steam, and extractions can cause inflammation and redness," explains Lumelsky. "The no-heat Biologique Recherche Ice Facial does not aggravate the skin's epidermis. Reducing the temperature of the skin allows for better penetration of serums and a more effective gentle cleansing. The icing and cooling technique of chilled cryo-stick face massage and cold mask regulates blood circulation and stimulates collagen to calm the skin, shrink pores, even out skin tone, and reduce redness and puffiness for an amazing long-lasting glow."

Suffering from a hangover? Sleep-deprived? Dealing with post-inflammatory aggravation? This cool-down facial is the refreshing treatment that'll truly save your skin. I never knew ice-cold facial tools could feel so comforting until now. My skin legit feels baby-soft. Whenever I'm yearning for a glow from the heavens that makes my makeup-less skin look like it drank an entire ocean of purified water, I'm coming in for this.

Next: [Here's how my summer skincare routine has completely faded my dark spots.](#)