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# THE GH FACIALS HOTLIST

Holistic or high tech, a really fabulous facial can give you so much more than glowing skin – like some well-deserved me time, for a start. Here's our guide to the best

## HOLLYWOOD'S BEST KEPT SECRET

**Ice Health Cryotherapy Facial** from £150  
[icehealth.co.uk](http://icehealth.co.uk)

**THE PROMISE** A 'freezing facial' is the way Hollywood stars Demi Moore, Jennifer Aniston and Jessica Alba get their A-list glow. Now available in the UK for the first time, this new treatment painlessly cools the skin to a staggering -292°F, kick-starting the body's natural repair processes and boosting the production of collagen for brighter, plumper skin.

**OUR TESTER SAID** 'I was very excited to have a Hollywood treatment that hasn't hit the mainstream yet! After a deep cleanse and mild glycolic peel, a stream of liquid nitrogen vapours was directed over my face. It didn't hurt at all, and actually felt super-relaxing. Not only did it plump out my frown and laughter lines but I looked like I'd had eight hours' sleep and my skin was still radiant two days after the treatment.'