

FAT TALKER®

SEPTEMBER £4.10

CLASH OF
THE TITANS:
ROTHSCHILD vs
OLDSMITH: WHICH
CAMP ARE YOU IN?

THE 50
DREAMIEST
RETREATS
TO BOOK NOW

ALL THE
CLOTHES
YOU'LL
NEED THIS
WINTER

HOW TO
MARRY A
BILLIONAIRE

Andy!



BEAUTY



FOR THE ONE-OFF BLAST

WHAT High-Frequency Emergency Breakout Treatment at Vaishaly.

THE LOWDOWN So the game goes like this: choose between two equally dreadful outcomes. How about, the day before a whoppingly important event, you can have either the worst hair disaster ever or a throbbing spot right on the middle of your chin? The hair wins hands-down, right? Because we are all so madly obsessed with our skin and with trying to make it look perfect. So when it's really not playing ball, speed-dial straight through to super-facialist Vaishaly. Her new toy is a high-frequency tool that she uses to apply an electric current directly onto the skin (after deep-cleansing and any necessary extractions).

OUR VERDICT A great quick fix. You're in and out in 30 minutes and angry blotches are significantly calmer the next day.

DETAILS From £65 for 30 minutes. At 51 Paddington Street, W1 (vaishaly.com or 020 7224 6088).

FOR THE POST-BREAKOUT PERK-UP

What Facial with Nichola Joss.

The lowdown A treatment by Nichola is totally straightforward. No frills, no fuss. She peers at your skin and enquires about your lifestyle and diet to zero in on the best course of action, which is almost always based around lymphatic drainage massage – a toxin-ridding, puffiness-reducing process that's excellent for breathing a bit of life back into skin. She dips into NuBo and SkinCeuticals products and performs some fairly invasive facial massage – don't panic when her fingers go into your mouth to pummel your cheek muscles.

Our verdict The whole experience is incredibly relaxing – bar the oral beating – and results are immediate: glowing, fresh, plumped-up skin.

Details From £200 for 60 minutes. At 14 Upper St Martin's Lane, WC2 (bookings@nicholajoss.com).

FOR THE OCCASIONAL GROWN-UP ZIT

What SkinCeuticals Blemish + Age Skin Therapy at EF Medispa Kensington.

The lowdown We've said it before and we'll say it again. On the list of 'most unfair, stomp your feet, why me?' issues, having spots and wrinkles at the same time is right up there at the tippety-top. The wrinkle creams just make you spottier and the spot creams seem to make you wrinklier. So thank the blooming Lord for SkinCeuticals. You, you dermatologists' favourite, you teacher's pet, you heard our howls of misery and answered our prayers with your Blemish + Age range. Go and buy it – it's brilliant. And do book in for a facial too, at bijou beauty den EF Medispa Kensington. The clever thing about this targeted anti-acne and anti-ageing treatment is that it isn't one-size-fits-all. The intensity of the facial is graded by your spottiness level. Extractions only where extractions are essential, exfoliation just where it's needed, peels where they will help rather than hinder. Go twice a month and reap the rewards.

Our verdict The regular visits are quite the diary commitment but it's a small price to pay for clearer, fresher skin, no?

Details From £124 for 60 minutes. At 29 Kensington Church Street, W8 (efmedispa.com or 020 7361 1004).

TATLER TREATMENTS

Out, damned spots! – now and forever

PICK ME!

FOR PROPER PROBLEM SKIN

What Consultation with Dr Sam Bunting.

The lowdown If your skin is seriously misbehaving, don't let it get to the point where it's really getting you down. It is crucial to remember that something *can* be done. People often wait an agonisingly long time before visiting a dermatologist, so here's some advice: get off your heinie and book an appointment now. Spots are a medical concern that can actively be treated by a doctor and we've found one who is super-nice, which isn't something to be sniffed at. Sam Bunting doesn't bark, or make you feel small, or tell you your problem isn't acute enough. She understands and sympathises, she takes it all seriously and together you plot a plan of attack. No gadgets, no gizmos, just a proven cocktail of pills (sometimes Roaccutane, sometimes something lighter) and topical ointments (with active ingredients), a total shake-up of your skincare regime (be prepared to bin everything you have and replace it with a softly-softly ultra-gentle approach – Cetaphil, La Roche-Posay, Avène, etc; Clearasil and the like are absolutely forbidden), an overhaul of your make-up bag (if it's not non-comedogenic, it's out) and a real sense that there is light at the end of the tunnel. It's all about discipline and routine. Cleanse, moisturise, then go for an SPF (Vichy ones are great) or something for a bit of coverage – Nars Pure Radiant Tinted Moisturiser and Lancôme Hydra Zen Teinte are the top picks. The thing to do is manage your expectations. There is no speedy solution to serious acne, so don't trust anyone who claims they can clear up a blemished face overnight. Sam suggests you'll see a 30 per cent improvement after three months, 60 per cent after six months and, within the year, a *most* marked improvement to your complexion. And, boy, it is worth it.

Our verdict This will be the best phone call you ever make. You've got to be in it for the long haul, but going on Sam's programme is a massive step towards clear skin. And you won't be left to your own devices. She is there at the end of the phone or on email pretty much 24/7 to chat, answer any questions and allay any concerns.

Details Consultation, from £175. At 10 Harley Street, W1 (drsambunting.com or 020 7467 8493).