

YOUNG LDN

HOLLYWOOD FACIAL

Words HELEN BROWN

Young LDN is the salon shaking up the beauty sphere. It's a space created specifically with Gen Z and Millennials in mind and is split into various treatment areas including the Peel Bar, the Nail Lounge and the Men's Grooming Lounge. I'm downstairs in the Skincare Lab for a Hollywood Peel, so-called for its fanbase of A-Listers - Angelina Jolie, Jennifer Aniston and Kim Kardashian are all said to swear by the treatment before hitting the red carpet. My therapist Gigi starts by cleansing the skin before applying a layer of liquid carbon over my face. This black, viscous product acts as a photo-enhancer while a state-of-the-art laser delivers targeted, high-intensity pulses of light to the skin. Attracted to the carbon particles, the laser blasts away the carbon, taking with it the top layers of the epidermis and the dead skin cells and dirt that cause congestion. It's not the most relaxing of facials, but it's completely pain-free. There's a burning smell as the laser is applied (I'm assured this is the product burning off and not my face), a mild heat and a loud popping as the carbon is blasted away. It's over fairly quickly and immediately there's a noticeable glow to my complexion. Even a few days later I'm told by observant friends that my skin looks noticeably clearer and blemish-free. With no recovery time, no uncomfortable sensations and immediate results, I'm sold. Hollywood Peel, £180; 📍

228 Westbourne Grove, Notting Hill, W11;
youngldn.com



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CHARLES Worthington

CUT AND BLOWDRY

Words FLORA THOMAS

It's far too hot in London so I arrive at the Percy Street salon glowing - not in the desirable way - and about ten minutes early. Glass of ice cold champagne? Yes please. My stylist Jack Broady introduces himself with a firm, confidence-instilling handshake, and we talk about what I'm looking for (Jennifer Lawrence: brunette version). The hair washing chairs at Charles Worthington are remarkably comfortable and I'm pleased Jack uses Pureology shampoo and conditioner - they're vegan and sulfate free, plus the brand seems to have won every award in the book.

Hairdressers often ask me to stand up while they cut my hair because of its length and it usually detracts from the experience. Thankfully I'm allowed to remain seated, and before I know it, the hairdryer is out. Jack shows me a foolproof way to style my hair and is full of top tips for me to scribble down (don't use too much oil, get a volumising shampoo but a hydrating conditioner). I leave the salon with far better looking hair but, more importantly, with a bit more confidence. £75 📍

7 Percy Street, Fitzrovia, W1T;
charlesworthingtonsalons.com



CHEMICAL PEEL

EPILUM AND SKIN

OBAGI BLUE RADIANCE PEEL

Words FLORA THOMAS

I'm booked in for a dermapen appointment but my recent breakout hasn't quite subsided and active acne is a no-no for the dermapen. As such, I turn up to Epilium and Skin not entirely sure what I'm having done. I'm asked to fill in a form on an iPad, nothing out of the ordinary, and I'm introduced to my therapist who suggests the Obagi Blue Radiance Peel. It's a non-invasive, gentle chemical peel where an acid-base is used to literally burn off the top layer of skin. The aim is to encourage cell renewal for fresher, tighter, clearer skin. When it comes to peels, the stronger the acid, the deeper the peel, and the longer the downtime. The Obagi Blue Radiance peel has a very low level of salicylic acid, so it's ideal for a lunchtime treatment. First my face is cleansed of all make-up and the therapist puts vaseline on any sensitive patches. After the first layer of acid there is an intense stinging which lasts less than a minute. Then, a second layer is applied and left on for a bit longer - about 10 minutes. Next, any remnants of the acid are sponged off my skin and a high factor SPF is applied. This step is imperative, not least because it's summertime, but also because post-peel skin is extremely sensitive. In the proceeding days I do experience some unpleasant peeling on my chin, which is where she focused her efforts due to my breakout, but four days later my skin is much clearer than it was before. £150 📍

25-27 George Street, Marylebone, W1U;
epilium.co.uk