



ABOUT FACE

From cutting-edge treatments in the Maldives to face-muscle workouts in New York, here are five innovative facials around the world that will leave you looking better than ever. **By Judy Chapman**

HIT THE GYM

One of the more unexpected tenants at Saks Fifth Avenue's flagship store in New York is the **Face Gym** studio. In a cool, open-air space, patrons are seated in reclining chairs and consulted by a "trainer" who guides them through a menu of 30- to 75-minute workouts. Each program targets the face's underused muscles by following the physical arc of a typical gym session with a warm-up, cardio, strength training, and subsequent cooldown. Extra upgrades include cryo-oxygen hydration and radiofrequency treatments to counter sagging skin (facegym.com).

JAPANESE TOUCH

Recently introduced at **Four Seasons Hotel George V** in Paris, the Japanese Kobido facial is remarkable for both its age (the procedure dates as far back as the mid-15th century) and the decades of work required to master its intricacies. During the treatment, the therapist applies hundreds of gentle sculpting movements

aimed at stimulating lymph flow and microcirculation, leaving the skin both firm and radiant after just one session. Facialists are trained by 26th-generation *kobido* master Dr. Shogo Mochizuki, whose family has been practicing the technique for centuries (fourseasons.com).

DETOX DELIGHT

The 90-minute detox facials at Melbourne's **Herbario Clinic** have drawn local luminaries since its founder and director Valli Shubere first set up shop back in 1988. Shubere's unique approach focuses on releasing facial stressors, reducing neurotoxin overload and chemical pollutants—such as makeup concealed in deep tissue—as well as congestion caused by metabolic imbalances. Other benefits include enhanced collagen production, increased oxygen flow in devitalized tissue, and more toned face muscles. Spa-goers are also treated with Herbario's own botanical formulations, made from

herbs rich in antioxidants and phytonutrients (herbario.com.au).

YES TO YOGA

Overlooking the Indian Ocean from the cliff tops of southern Bali, the **Karma Kandara** resort provides an idyllic location for trying out the Karma brand's rebooted Yoga Facial. The treatment is designed to increase lymphatic drainage and circulation through a medley of breathing exercises, facial acupressure delivered with pure organic coconut and facial oils, and Ayurvedic marma-point therapy. Take the pampering one step further with add-ons like a gentle facial scrape with a jade *gua sha* beauty tool (karmagroup.com).

POWER OF THE PEN

To balance out the abundance of ancient Ayurveda rituals on its spa menu, **Anantara Kihavah Maldives Villas** has partnered with Bali's Cocoon Medical Spa to introduce more high-tech procedures. One of the most sought-after is the Silk Peel Dermal Infusion facial, which uses a multitasking pen-shaped tool with a diamond-plated tip to buff away clogged pores, a low-pressure vacuum to remove dead skin and grime, and a chamber that infuses the skin with customized serums. Combine this with LED red-light therapy and a gold collagen mask, and you'll be returning home with a holiday glow like no other (kihavah-maldives.anantara.com).



Clockwise from left: Enjoying a Yoga Facial in the cliff-top spa at Bali's Karma Kandara resort; the Face Gym studio inside Saks Fifth Avenue's New York flagship store; the overwater spa at Anantara Kihavah Maldives Villas.

