



Charlotte Collins reports on an innovative new facial treatment.



The face of the famous

You only have to watch shows such as *10 Years Younger* to see the lengths some people go to in order to get the perfect skin; skin that looks and feels soft and flawless and, above all, youthful. Sometimes the procedures can be very intense.

Well, now you can achieve softer and smoother skin but without the intensity and discomfort. MBNS in Thame, a nurse-led clinic that specialises in anti-ageing products and treatments, now has a wonderful new, light skin peel called the Fire and Ice Medical Facial. The treatment, which forms part of a range of products from *iS Clinical*, gives you firmer and brighter looking skin and helps you feel instantly refreshed.

In fact, it's Hollywood's hottest new facial treatment. A-list celebs Halle Berry, Gwyneth Paltrow and Evangeline Lily are all fans. So popular is it that, in Los Angeles, the Fire and Ice Facial is actually known as the red-carpet treatment.

Seeing is believing

Above right: before a course of 5 treatments

Below right: after a course of 5 treatments



Now it is making its debut in the UK, exclusively at the MBNS Clinic.

It is designed, quickly and safely, to reduce fine lines and wrinkles, to smooth and soften, while at the same time encouraging the renewal of the skin's cells.

So how does the Fire and Ice Medical Facial work? It consists of two masks: one is the Intensive Resurfacing Masque (the fire), which comprises a number of botanical ingredients – sugar cane extract, apple extract, vitamin A, vitamin B3, and antioxidants including green tea extract – that hydrate and renew the skin microscopically. As the masque is applied, it opens the pores and begins to cleanse deep into the dermis.

Next comes the Rejuvenating Masque (the ice), a soothing treatment formulated with aloe vera, liquorice, grape seed and rosemary extracts, which immediately cools and hydrates the skin. A special series of crèmes and serums are then applied. Absorbed into the pores, they protect the skin. Finally, the serums are sealed in with an SPF 25, which is vital to keeping the skin safe from the sun's damaging rays.

The effect of a Fire and Ice facial, as you can imagine, is both sensual and invigorating, soothing and stimulating, as the evocative aromas of warming cinnamon spice are washed by the refreshing briskness of cooling peppermint.

You can enjoy the results of the treatment after just one facial, but the MBNS nurses recommend a course of five facials at weekly intervals for the very best in smooth, shed-the-years skin.



So next time you are visiting Thame, why not pop in to MBNS to make a personal consultation with one of the specialist nurses or talk to one of their professionals on **01844 213007**. You can also visit the website at **www.mbnsclinic.co.uk** where you will be able to see a video of the facial being demonstrated.



Anyone who phones and books a consultation will get a 10 per cent discount on the Fire and Ice Medical Facial up until 31 July, 2009.

Something that should add to the smile on your face.

The Fire and Ice Facial costs £100 per treatment.

