

Zone Facelift, better than Botox?

"A facelift?" said my friend. "Are you serious?"

Despite its name, the Zone Facelift is an all-natural, non-invasive form of facial massage. Developed by London 'facial reflexologist to the stars' Ziggie Bergman, the technique is based on the principals of reflexology and the idea that each area of the face corresponds to a part of the body. In lifting, tightening and sculpting facial muscles it also claims to address deep-rooted stresses and strains, so balancing the body in a holistic way. The treatment can slow down the aging process and achieve younger-looking and healthier skin.

Reflexologist Gabriela offered me the chance to try out the procedure for myself at the Equilibrium Centre in Corsham.

After a brief run-through of my medical history and current concerns I was invited up onto the treatment bed and swiftly cocooned in a blanket, with pillows beneath my knees and neck. It was obvious from the start that something more intensive goes on during a Zone Facelift, as Gabriela rolled, pinched and smoothed my face, I could feel the effects throughout my body. Ripples of pleasure brought my shoulders down from my ears.

I only saw the tools she was using after the treatment, a gentle stippled roller was used to stimulate blood flow and cool jade balls were rolled across my face. Most of the massage was by finger tips, quick, repeated tapping across my jaw line or gentle pressure beneath my brow and cheekbones. During the treatment organic facial oil of rose and frankincense were used to nourish and rejuvenate the skin.

By the time we were finished I was so relaxed I'd almost forgotten that it was vanity that brought me to Gabriela. But obviously, I did still want to see what my face looked like. As I sipped water and tried to get down off my cloud, I took a look in the mirror, the results were impressive. The fine lines around my eyes and jaw line seemed smoother and my cheekbones more contoured.

While a course of 12 sessions is the ideal – the repetition apparently helps retrain fixed facial muscles – the effects were noticeable from one treatment alone. It definitely seemed more effective than a typical facial and it would be a great alternative for those toying with the idea of a little Botox. I can't help thinking it could become just as addictive though. I've already booked my next session!

A Zone Facelift with Ziggie Bergman at Grace Belgravia costs £165 for 60 mins, and £55 with Gabriela at the Equilibrium Centre. For treatments and booking contact Gabriela on 07947 357956

The Zone Facelift is a combination of a deluxe facial, including hot towels, Facial Reflexology the Bergman Method, lymphatic drainage, face lift massage and the use of special facial tools such as facial rollers, gua sha and quartz crystals.

Treatment is always tailored to an individuals needs. The deep work on facial tissue increases blood flow, nerve supply is stimulated which results in skin that looks more contoured, fresher and tighter. It also encourages lymphatic drainage, helps to detoxify and stimulates the production of collagen and elastin.

Some of the benefits of the Zone Facelift:

- Naturally stimulates collagen and elastin from the inside, tightens, plumps, sculpts the neck line, smooths and lifts the face, leaving a glowing complexion after just one treatment.
- Reduces puffiness and breaks down localized fatty deposits.
- Aids the detoxification process by encouraging the lymph to flow.
- Encourages calmness and deep relaxation in the body and mind resulting in reduced stress levels.
- Enhances skin condition. Regular treatments may help to preserve youthful skin and soften wrinkles or fine lines.
- Reduce sinus congestion.

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