



FABRIC RECOMMENDS: FACIAL REJUVENATION AT BODY MATTERS

A non-invasive, pain- and chemical-free way to reduce signs of ageing? If this sounds too good to be true, a visit to acupuncturist extraordinaire Amanda Cox will overcome any cynicism you may be feeling at this point. Amanda recommends booking an initial course of five sessions, but after just one treatment, we could see a definite difference – lines are less visible, eyes less puffy and our complexion is definitely brighter. Amanda's approach is holistic, and her initial diagnosis ensures that underlying issues affecting your skin, such as stress, poor digestion and allergies, are treated. True, there are needles involved, but as anyone who has experienced acupuncture will attest, these are as fine as hair, and only take a second to insert, after which time you can't feel a thing. Amanda also gives you the option of enhancing the treatment by attaching an electrical current to your facial needles to increase muscle tone. The session ends with a blissful massage with a tiger warmer: an incense-filled roller that massages oil into the skin. We'll definitely be back for more. *£55 initial session, then £50 thereafter. Body Matters, 1 McCrone Mews, Belsize Village, NW3 (020 7419 7900; www.body-matters.biz)*