

Treatment of the week

CRYSTAL CLEAR FOOT MICRODERMABRASION

WHAT DOES IT PROMISE?

To revitalise feet and give them a new lease of life. After just one session, it's claimed, feet will be rid of all calluses and cracked heels.

It's perfect if your feet have hardened up after wearing sandals and flip-flops all summer.

WHAT'S INVOLVED?

While I lay comfortably on a treatment bed, the therapist gave my feet a thorough cleansing. She then filled a small, hand-held device - similar to a chunky pen - with powdered crystals.

Powered by an electric current, the "pen" was worked over every inch of skin from my ankles to the tips of my toes. A white, powdery trail appeared on my feet as the stream of ultra-fine aluminium-oxide crystals hit the surface of the skin.

The procedure was completely painless, and I felt only a tickling sensation on the soles of my feet as the crystals got to work, sanding away dead skin cells.

The therapist exerted mild pressure with the device over areas of skin that needed most softening but even that was pain-free. To remove the crystals,

the device was put into reverse and the white powder trail was sucked up until the skin was clean again.

Finally, a moisturiser was applied to leave my feet feeling baby-soft and noticeably free of hardened skin. The treatment also works on the lymph glands, and can reduce swollen ankles

HOW MUCH?

£40.

HOW LONG?

40 minutes.

THE VERDICT

The immediate effect was impressive but natural wear and tear means that skin quickly hardens again. It was recommended that I underwent a treatment a week for four weeks, then once a month from then on.

Everyone's feet deserve such pampering, and I'd be tempted if time and money were no object.



INFORMATION

My treatment was carried out at Emporium, London W1 (020 7723 6650). For details of salons nationwide, call 0870 593 4934 or visit www.crystalclear.co.uk

TINA MORAN