



The Beauty Therapist Lydia Sarfati

Dubbed the queen of seaweed, this Polish-born, New York-based therapist opened America's first day spa in Manhattan in 1977, went on to found the famous Repêchage professional skincare line – products based on the regenerative power of seaweed – and created one of the world's most famous facials. For 25 years, the Repêchage Four Layer Facial has firmed and toned, fôted as much for its hands-on technique (which Lydia herself has imparted to thousands of therapists in 20 countries) as for the products themselves.

In the early days, her main problem was finding trained therapists to meet demand. "My first salon was near Condé Nast and Hearst in New York, and pretty soon the beauty editors of *Vogue* and *Harper's Bazaar* became my best clients. Within three months, I was fully booked," she recalls.

Opposed to Botox ("You definitely don't want to play poker with that person!"), microdermabrasion ("Skin thins as we get older, so do we really need it?") and glycolic peels ("Sensitive skins become more sensitised; even water is painful to apply"), she believes in protecting the skin's natural barrier at all costs. Her latest creation, the Repêchage Vita

Cura 5 Phase Firming Facial (€100), does that, and more. Endorsed by plastic surgeons, it is a real alternative to microdermabrasion and cosmetic surgery, Lydia says, using papaya enzyme to remove dead cells for a brighter complexion, deep sea thermophilus for DNA repair, pentapeptides and marine peptides to firm and tone, and almond protein to lift sagging contours. A patient study found that post-treatment, skin was visibly brighter, smoother, more toned, with lines minimised. Sounds like a pre-party must. To book, call

Salon
Essentials,
01 260 0060.

Repêchage Vita
Cura Triple Firming
Cream, €65.



The Miracle Workers The dream creams, serums and masks for 2007

1 CRÈME DE LA MER The Radiant Facial, €375, is a surefire antidote to dull, uneven-toned skin. A two-part process, it comprises a primer to prepare and calm, then a cotton face mask (separate upper and lower sections) imbued with a highly-active white sea ferment, with amazing brightening properties. The secret weapon every woman should have in case of dull days **2 PREVAGE EYE**, €99, from Elizabeth Arden and Allergan, the makers of Botox, contains idebenone, one of the most powerful antioxidants in existence, to reduce wrinkles, brighten, tighten and reduce puffiness. Nice texture too **3 DR BRANDT** laser in a bottle Laser Brightening Serum, £82stg at Space NK and Beacon Dermatology, diminishes age spots, fades freckles and reduces the appearance of scarring – all without you checking into hospital. The key ingredient, albatin, inhibits melanin production. Safe for all skin types **4 LIQUID ICE MASK**, €80 for six masks, uses liquid ice technology (all very sci-fi) to increase hydration by up to 500 per cent, improve circulation, strengthen collagen and rebuild damaged tissue – all in 15 minutes flat. Be prepared: it's freezing, so perfect after peels or microdermabrasion. At Renew Clinic **5 VALMONT** This Swiss-made cosmeceutical line is the holy grail of anti-ageing, and a soothing salve after chemical peels and laser work. Teaming alpha-hydroxy acids with vitamins C, E and antioxidants, its point of difference is polymerised DNA and RNA – the building blocks of genes. "Valmont carefully extracts precious DNA from wild salmon and binds it to three essential elements: magnesium, sodium and calcium, creating an active skin ingredient with extraordinary hydrating, antioxidant and protective properties," explains Dublin surgeon Dr Peter Prendergast. Valmont Cellular Restoring Firming Cream, €151.25, at Venus Medical Beauty **6 M LAB** Anti-aging Treatment Cream, £225stg, the current obsession of UK beauty editors, is made by Milbar Laboratories – the boffins behind the anti-ageing ranges of over a thousand dermatologists, plastic surgeons and luxury skincare companies. With an unheard-of 68 per cent of active ingredients, the best of everything, Milbar claim it's the ultimate in skin preservation.

