



Eizun's Ayurvedic facials go beyond skin-deep

WELL BALANCED

Feeling tense? An Ayurvedic facial goes beyond skin-deep for a more holistic approach to wellbeing

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As we settle into autumn and winter lurks on the horizon, the skin starts to take a bit of a battering from the elements and the drying effects of central heating. My skin was already struggling after a spate of hen weekends and weddings, so I decided to seek out a super hydrating facial to get back that glow and prep my skin for the winter onslaught.

I'd heard good things about the Ayurvedic facials on offer at Eizun wellbeing centre on the Millennium Quay development in Greenwich and decided to pay a visit. But what I didn't expect was an entirely holistic approach to wellbeing that goes beyond skin-deep. Ayurveda is an ancient Indian holistic medical system that balances mind, body and soul through yoga, massage, detoxification, herbal remedies and meditation. As soon as I walked through the door at Eizun, owner Kirti Mistry, who is British Complementary Medicine Association (BCMA) Registered and a member of the Complementary Therapist

Association, had spotted the tension in my neck and shoulders. I was aware of it, but hadn't given it any thought, figuring I should just ramp up my yoga efforts. Tension in the neck, Kirti told me, can contribute to dehydration of the skin, as the oxygen supply to the head and face is restricted. This is why Kirti combines her facials with various massage techniques to provide a release. This, combined with eating well and drinking plenty of water, helps to keep us hydrated from within. Meanwhile, Eizun's own-brand Eco Protect nourishing exfoliator with pink salt, cooling Ayurvedic Mask and Eco Protect moisturiser with shea butter and coconut oil, get to work on the outside. She employs face-lifting massage techniques, too, to ensure that you leave feeling and looking great.

While treating me, Kirti had also noticed that my pelvis is misaligned and

showed me how one hip sits higher than the other and my rib cage is slightly twisted. It would explain why I've been experiencing backaches, and I assume that I'm all bent out of shape because I

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put my body through a lot – running, cycling, leaping around in various gym classes and slouching about. I also have ongoing knee problems that the rest of my poor body has to compensate for.

Fortunately, Kirti is a realignment specialist, using reflexology, spineworks and energy healing to right our body's wrongs, and her massages are legendary. So after a relaxing hour-long facial ritual that left my skin plump and glowing, I booked an appointment for a realignment session and left feeling committed to a more holistic approach to wellbeing.

Visit Eizun on 14-15 November for special prices on treatments, products, gift vouchers and more. Call 07738581683 or see eizun.com