

# The STARS' favourite FACIALISTS

Want a first-class beauty overhaul? These top international facial therapists all have different approaches, but share an all-natural philosophy and Botox-free stance – not to mention a host of famous clients. Bazaar learns their secrets

Words by Kate Hazell



**Deborah Mitchell**  
UK

**D**eborah Mitchell's Heaven facials are so popular that she has royals and celebrities, including Victoria Beckham, Kylie and Dannii Minogue (above), clamouring for an appointment. Using her own organic Heaven products and special massage techniques, Mitchell prides herself on producing fast results and flawless skin.

"I was never happy doing treatments unless my clients completely changed underneath my hands," the 43-year-old explains. "I take a completely different approach. The push-and-pull techniques on the muscles relax bones in the face, toning the skin and removing lymphatic

deposits that have been building up for years. My clients not only look different to how they did before, but they also feel like they've had a month's holiday."

The key ingredients are Mitchell's organic, phytotherapeutic products, which contain natural herbs and oils that are all preservative-free. "I chose my ingredients because they release endorphins, which boost collagen and elastin to make you look younger," she explains. "There also have a positive impact on stress levels."

**Her philosophy**

"When it comes to your therapist, the power of touch can't be underestimated. Each person's face should change after a treatment so they see and feel the benefit."

**Unique technique**

Mitchell uses massage movements and pressure points to stimulate areas on the face, neck and shoulders, which draw energy from the spine. Results can be seen after just 30 minutes.

**What she uses**

The miracle product used in Mitchell's Heaven facial, is her Bee Venom Mask – yes, it really does contain bee venom, for immediate lifting, tightening and firming.

**Try for yourself**

Mitchell's Heaven Facial costs Dhs255 at The Nail Spa in Dubai. Call +971 (0)4 339 9078 for an appointment.



**Katrina Valente**  
UAE

**S**cottish facialist Katrina Valente may have been based in Dubai for the past 11 years, but the holistic beauty expert is making waves all around the world with her famed facials. "I was born to be in this business," the 43-year-old laughs. "Ever since I was a child, it's all I've ever wanted to do – I used to massage my dad's bald head while he watched TV."

Valente uses reiki and pranic healing techniques alongside her facials, which she believes is the secret to amazing results, and many A-listers, including Madonna, Kim Cattrall and a host of Dubai's VIP socialites, swear by her world-renowned Oxygen treatment. A serum containing active

nutrients and vitamins is added to oxygen, which is painlessly blasted onto the face. The oxygen works its way past the skin's barrier to deliver the active ingredients into the lower levels of the epidermis and promote new collagen growth.

"It works because the oxygen delivers five-layer penetration, plus the nutrient-packed serums I use are very active," she explains. "Nothing bad can live in oxygen and as a result the skin really glows – and the results are long-lasting."

#### Her philosophy

"I work with crystals, colour therapy and reflexology, and I mix and match products to suit each person. I don't often stick to protocols; I look at the whole person, not just their skin."

#### Unique technique

The Oxygen facial uses organic ingredients mixed with Valente's energising approach. The oxygen works as a carrier for the nutrients and vitamins, which are absorbed deep into the lower levels of the skin.

#### What she uses

Valente works with 100 per cent organic products by luxe beauty brand Éminence and clinical skincare expert Peter Thomas Roth, depending on each client's needs.

#### Try for yourself

The treatment costs Dhs520 at the London Centre for Aesthetic Surgery in Dubai. Call +971 (0)4 375 2393 for details.



**Juliet Stewart**  
New York

After years wowing the industry as one of the US's biggest make-up artists, working for Saks Fifth Avenue and Prescriptives in New York, Juliet Stewart decided to add skincare to her area of expertise and is now NYC's most favoured facialist. "It's like building a house – if the foundation is not laid properly, nothing will ever be right, no matter how much money one spends to make it right," explains the 47-year-old.

Stewart's Complex C Facial is renowned for its amazing results, using vitamins C, A and E to boost collagen in the skin while protecting it from free radicals – perfect for stressed city complexions.

Now Stewart has a clientele that reads like a guest list at the Oscars, and she has spent years perfecting her technique to find the best ingredients to keep clients looking radiant and healthy. "I like to use products that do not contain Retinol or glycolic acid," she says. "These contribute to inflammation, and long-term use will have a negative effect on the skin."

#### Her philosophy

"For a facial to be very effective, it not only requires excellent ingredients, but more importantly it relies on the ability and character of the aesthetician."

#### Unique technique

All Stewart's facials include reflexology, a hand treatment and a shoulder and scalp massage for an all-round experience. She believes total relaxation is also key, which has influenced the design of her serene Broadway spa.

#### What she uses

Super-luxe Babor products are the mainstay of Stewart's treatments. After years of research on rare ingredients, she's also developing her own skincare range, to be launched next year.

#### Try for yourself

During your next trip to New York, visit Stewart's boutique spa on Broadway – the Complex C Facial costs Dhs350. See [julietstewart.com](http://julietstewart.com) more details.



**Margaret Hema**  
New Zealand

While humble New Zealander Margaret Hema prefers not to disclose her celebrity clients, we've heard that Liv Tyler tops the list of star fans, so it's hard not to be intrigued by

the outgoing redhead. Originally from an aromatherapy background and trained as an aesthetician, Hema's famed signature facial is a combination of deep massage and lymphatic drainage that's tailor-made to each individual client.

Hema uses her own home-grown range of organic products, created after years of experimenting, which contain natural ingredients such as lavender essential oil, manuka honey, kiwi-seed oil and pure manuka oil – all of which help to achieve age-defying results.

"I have intellectual property on my secret recipes," laughs the facialist when asked what makes her treatments so effective. "The secret is in the combination. Organic oils and the ingredients in my blends help to achieve a perfect pore structure and moisture in the layers of the connective tissue. The end result is even, firm skin tone on the face, neck and shoulders."

#### Her philosophy

"My thinking has always been that skin should be treated like beautiful fabric."

#### Unique technique

Hema's method does not include cleaning milks, foaming cleansers, exfoliation, toners, clay masks or steaming machines. She also shuns water, preferring to use essential oils to nourish the skin.

#### What she uses

Hema has spent years creating the products for her eponymous range, with 98 per cent of the ingredients home-grown in her native New Zealand. The secret mix of essential oils and organic compounds leaves skin hydrated and glowing.

#### Try for yourself

Hema is currently in talks with Dubai spas, but in the meantime you'll have to head to her spa in Wellington, New Zealand. Call +64 4 499 0908 to make an appointment, or see [hemaproducts.com](http://hemaproducts.com). ■