

Who: EKTA RAJANI,
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Treatment I tried: Kaya Signature
face therapy

The process: After a quick consultation with the resident dermatologist, the four-step therapy is fine-tuned to suit your skin type. So that no matter what your age, the end result is distinctly healthier, better looking skin.

My experience: I am greeted with a refreshing cinnamon apple drink. Ultra Youth is chosen as my anti-ageing treatment. After a round of exfoliation using micro-dermabrasion (licorice and arbutin are key ingredients, stable forms of vitamin C to enhance youthfulness), I am treated to an idyllic massage (I picked rose and geranium but you can choose from a whole gamut of other oils). This is neatly rounded up by a refreshing mask (some options include mud and chocolate) to settle the oils into the skin.

Verdict: My skin has some serious glow by the end of it; dullness is temporarily eradicated. And since it is recommended only once every three to four weeks, it comes close to being on my monthly to-do list.

Details: The Kaya Signature face therapy is available at all the Kaya Skin Clinics. It lasts one hour and 45 minutes and is priced at ₹ 3,500.

