



Day spa report

SkinGym at SkinGenesis

Report by Terri Fleeman-Hardwick

We all know the benefits of regular trips to the gym for those wanting to have the perfect body. But wouldn't it be great to give our skin a power workout too, to keep it in tip-top condition? Well now we can, thanks to SkinGym, an innovative range of intensive personal training programmes, exercise techniques and treatments – to give you the perfect skin.

SkinGenesis is a discreet 'medi-spa' style skin clinic in Leeds city centre. It has recently launched the SkinGym, the world's most intensive six-week rejuvenation programme, to give its clients the ultimate fitness regime for their skin.

The SkinGenesis clinic specialises in skincare, hair-removal and teeth whitening, using non-surgical and non-invasive methods, and the six-week SkinGym course is the clinic's very latest treatment programme, using state-of-the-art technology. Clients know that they can pop into its Duncan Street HQ during their lunch hour and reappear an hour later looking a million dollars, having given their skin a total workout to achieve a younger, fresher looking complexion.

Location

In a quiet backwater of Leeds, close to trendy Dock Street and The Calls, Skin Genesis is located on the first floor of a 1930s office building, within walking distance of Leeds railway station and the shops.

The ambience

If you expect the SkinGenesis clinic to be set in a plush, luxurious setting with soft furnishing, subtle lighting and whale music, you may be disappointed when you arrive at this no-frills medi-spa. But despite the simplicity of the décor, SkinGenesis definitely means business. It boasts all the latest technology, and its team of therapists and nurses are friendly, efficient, highly-trained and provide personalised attention, and a programme of treatment schedules to suit the individual requirements of each client.

SkinGym

Designed to give your skin the ultimate workout, the SkinGym programme includes a variety of techniques, to tighten and firm underlying muscle, boost the production of collagen and elastin and nourish and hydrate skin cells to give a natural, fresh radiance.

The unique blend of treatments in the programme includes Peptide and Pumpkin Peels and Masks, Microdermabrasion, Ultra-Sonic Skin Toning and Intense Pulsed Light Therapy. These treatments stimulate a gradual and lasting improvement to the look and texture of the skin. Unlike other programmes, SkinGym also includes a home-care kit comprising Californian Skin Therapy and advanced nutritional supplements compiled by Patrick Holford.

Six-week SkinGym

With my skin looking dry and dull after the winter months, I decided to treat myself to the SkinGym, which began with a consultation.

During the consultation the procedure was explained to me and my skin assessed for suitability. My therapist then devised a combination of treatments suitable for my particular skin, which was showing signs of sun-damage, and fine lines as a result of dehydration. The treatments were scheduled over six, one-hour, weekly SkinGym sessions. Just like at a regular gym, you need to keep to your schedule to build up maximum fitness. I was also given a pack of the very latest SkinTherapy nanopeptide skincare products to use at home between treatments.

Peel, tone and pulse

Over the next six weeks I had a series of one-hour clinic sessions, which began with a skin peel. These alternate weekly between Pumpkin Enzyme Peel, a strong (60 per cent acid) resurfacing peel to exfoliate the skin and Peptide Peel, a medium-strength (40 per cent acid) regenerative peel with peptides specifically designed to rejuvenate the skin.

Then follows Microdermabrasion – a thorough crystal exfoliation of the skin that instantly refines coarse skin and fine lines. This vacuum system clears blocked pores and boosts lymphatic drainage showing instant results.

A thick layer of the rich SkinTherapy products were then applied and massaged in, using the Ultra-Sonic Skin Toning system – a hand-held applicator which is smoothed over the face giving a faradic current to lift and tone the muscles and help with the absorption of the products at a deeper level.

Finally, I had the Intense Pulsed Light Therapy, which was targeted at the laughter lines around the corner of my eyes. This fast treatment works on specific problem areas to boost the skin's production of fibroblast cells and collagen, enabling the skin to heal itself from within.

Does it work?

You bet! As editor of *Spa World*, I have many facials. However, the SkinGym treatment is quite exceptional. Results are immediate and the texture, colour and feel of my skin was noticeably more youthful and radiant. There was (and still is) a marked reduction in fine lines, pigmentation and enlarged pores – and I haven't needed to wear foundation during the day since I completed the course, which says it all!

Further information

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