

Zest loves Claudia's Customised Skin-care.

What does it involve? The practitioner grills you on your medical history, diet and lifestyle to give you a personal ageing profile, then tests your body fat, water percentage, BMI, urine, pulse and blood pressure, before examining your face and taking a skin swab. Within a week, a personalized toner, face cream and skin oil are ready for collection, all hand-made by the practitioner. For underlying causes, there's also a herbal tincture to take orally twice daily. The practitioner also provides a tailored diet to ensure your eating the right foods for your skin

Who's it good for? If you have an underlying health issue affecting your skin, such as an overacting thyroid, or if you have sensitive skin or a specific skin condition (such as eczema or psoriasis), as the products are totally natural, organic and preservative-free

Does it work? I loved the fragrant products.

