

THE NEW AGE OF BEAUTY

Crystals, cannabis and lunar cycles – everyone’s favourite hippie hobbies have found their way into our beauty rituals. And this time we’re sold

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1 ACE A NATURAL FACELIFT

‘We’re all looking for that magic remedy to reverse the signs of ageing, but the reality is you can eat as much avocado on toast as you like, but if you’re stressed, it will show on your face,’ explains Chinese medicine physician and founder of the Hayo’u Method, Katie Brindle. ‘When you’re anxious, your body activates a stress response and diverts blood away from the skin and into your muscles. Impaired circulation means less oxygen and vital nutrients passing into your skin, so your face tenses, you look strained and you age faster.’ Brindle has perfected a technique using a jade tool that’s proven to draw blood to the face. Studies show that certified jade stones radiate far-infrared rays that penetrate tissues, muscles and bone to oxygenate the blood. Using Brindle’s Hayo’u Beauty Restorer, press and stroke your forehead, cheekbones, lips, throat and jawline. The flush means you’re drawing circulation to the skin. The result? A stress-free complexion.



HIT A NEW HIGH

The latest beauty craze is to infuse everything from shower gels to face serums with cannabidiol (CBD) – a non-psychoactive compound found in cannabis. ‘The body produces its own cannabinoids [anti-inflammatory chemicals] and has cannabinoid receptors, so when you apply products with CBD to the skin, you can activate them,’ says Dr Nicholas Perricone, who harnessed the properties of CBD in his Perricone MD Soothing Post-Shave Treatment. A study by Germany’s Lübeck University also found CBD could improve acne-prone skin by regulating sebum production.

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EMBRACE CRYSTALS

Having a ginormous rose quartz on your desk isn’t as woo-woo as it sounds. Crystals are now finding their way into seriously high-tech skincare formulas – their vibrations and energy praised for balancing our skin and hectic lifestyles. ‘It makes sense,’ says Kristin Petrovich, co-founder of Sjal Skincare, which infuses a variety of crystals into products. ‘We are all made up of minerals and our bone structure is crystalline, so we naturally resonate with gemstones.’ In skincare, it’s thought that crystals enhance the energy of other ingredients, making some extremely effective at soothing redness and boosting circulation. ‘Everything in the universe has a vibration,’ continues Petrovich. ‘Crystals vibrate at a high frequency, so when used on the face or body, their healing energy travels towards weaker cells helping to balance them in a type of electronic exchange.’ While there is little scientific evidence to substantiate this, some crystals can have physical benefits. ‘Rubies can be used to exfoliate, and rose quartz buffs away impurities and was used as a face mask in ancient Egypt,’ says Millie Kendall, co-founder of BeautyMART. ▶

