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A firm favourite with the stars from London to LA, the exclusive range of **Linda Meredith** treatments is now available at Chewton Glen

Linda Meredith is a name truly synonymous with high quality, results-based beauty treatments. Her advanced skincare formulations and legendary facials have earned her an enviable list of celebrity clients from the worlds of film, music and fashion, all of whom take time out of their busy schedules to book up regular pamper sessions at Linda's Beauchamp Place clinic in London. From 'Mr Darcy' to Victoria Beckham, her appointment book reads like a Who's Who of stage and screen.

Having first made a name for herself in the 1970s with the launch of The Linda Meredith School of Make-up, Linda became an authority on beauty, with her books best sellers across the world. She went on to become head of make-up for Sky TV and from then on enjoyed a loyal celebrity following

With just 18 products in her range, Linda Meredith's focus is, rather uniquely, on skin problems, instead of skin types. Abandoning the traditional classifications of dry, oily or combination, Linda takes a holistic approach to skincare, addressing diet and lifestyle factors which play a key part in its appearance.

"Lifestyle, environment, advanced technology and what we eat can all dramatically affect our skin," she says. "I don't deal with skin types because you can have oily skin, dry patches and dehydrated areas all on one face. My philosophy is to assess the root of the skin problem, such as acne or premature ageing, and to then use the relevant products for that particular need.

"People read a lot of articles and pick up so-called tips from the beauty media, which they then follow religiously. The problem is though, those beauty regimes may not be right for their skin," says Linda. "I see many clients in the height of summer who are consuming large volumes of fruits and berries because the high levels of antioxidants are said to be good for the skin. But too much fruit can overload the digestive system, and that's when they break out in spots. Feeding your body in the right way is essential for feeding your skin."

To ensure that the same level of attention and care is carried forward with the Linda Meredith treatments at Chewton Glen, the spa team have undergone intensive weeks of training both at Beauchamp Place and



Chewton Glen itself. "Chewton Glen has a slightly different market to Beauchamp Place, in that the spa caters for both regular clients and day visitors," says Linda, "therefore we've altered the range of facials to offer both pampering and results-based treatments that can be enjoyed in a single visit."

One such treatment is the Oxygen Therapy Facial, in which a vitamin enriched serum combined with Beta Glucan to stimulate the formation of collagen is applied directly to the skin and transferred deep into the basal layers of the epidermis. "The Oxygen Therapy Facial offers fantastic results, and is one of our most popular facials," says Linda. "Oxygen is nature's most powerful healing element and by infusing it in to the skin cell rejuvenation increases and lines and wrinkles visibly reduce."

The deep cleansing Haute Couture Facial has equally impressive results and offers a deep cleanse using Micro Glycolic serums which not only have antibacterial properties but which are particularly beneficial for rejuvenating mature skin.

Made using natural active ingredients, essential oils, encapsulated vitamins and free from mineral oils, parabens and other toxic chemicals, Linda Meredith products are suitable for both professional use and for a daily skincare regime at home. Now also available in smaller Limited Edition sizes, the product range includes V-Tox, a

botanical cream that contains neuropeptides derived from natural algae, which relaxes the skin and de-stresses muscle wrinkled areas, while new product, Gommage, is a soft hydrating gel peel, which gently removes top layer skin cells without being abrasive to encourage rejuvenation.

"My products tell you if your skin needs feeding," says Linda. "Gommage is a gentle gel peel, but if you apply more layers it will plump up the skin as it's absorbed. So if the skin feels dry, it can be applied until the skin has absorbed all it can."

Despite her many celebrity endorsements and indisputable transatlantic success, Linda says it's the results that she achieves for her clients which continue to drive her.

"People presume that I'm just a name now, and are often rather shocked when it's me who picks up the phone in my London clinic," she says. "But I love what I do, and it's important to me to stay really hands-on. The best beauty treatments depend on providing an exemplary service and that's what makes Chewton Glen a perfect partnership for me." ▶▶

More information about Linda Meredith can be found at www.lindameredith.com

Linda Meredith insider

Chewton Glen Treatments Manager Jo Farrow says: "Linda Meredith facials provide instant results which leave skin glowing with health. Linda has been in the beauty industry for over 35 years and has a wealth of knowledge combined with practical expertise which makes her treatments as impressive as they are pampering. Linda's Oxygen Facial is a particular favourite of mine and uses oxygen to hydrate, calm and plump the skin, diminishing lines, reducing inflammation and leaving it looking visibly lighter and brighter".