

GLOWING!

When we heard about the world's first verified CBD facial procedure, we just had to try it! *The CANNAVIST's* Caroline Barry visited LA Perfection in Oxford to find out what it involves.

Nothing says relaxing more than a facial that combines a skin massage with CBD. The procedure has ten steps including lymphatic drainage, dermaplaning, skin peeling and LED PDT therapy to fight skin problems such as acne, ageing or rosacea. All parts of the facial are combined with Grass Roots products which are cosmeceutical in CBD skincare.

After a consultation with the founder of the facial, Zoe at **LA Perfection** chose a range of products to best suit my skin needs. I need help fighting break outs and dryness mainly. If I'm honest, at 35, I need help with ageing too.

The treatment started with a double cleanse using the *Grass Roots AHA Cleansing Wash*, a CBD cleanser to remove any of my make up or bacteria. It wasn't only the bacteria falling away but I felt my stress melting away too as the warm cloth took away a layer of dirt, make up and pollution off of my skin. The cleanser also contained aloe vera and essential oils to make sure my skin stayed moisturised.

After this, the *AHA Skin Tonic*, *CBD Balance*, was applied to restore my skin's PH after cleansing. A combination of tea tree, aloe vera and CBD is said to help calm the skin while preparing for the lymphatic drainage massage. The idea of the massage using the black obsidian Gua Sha stone is to apply light pressure in gentle movements to increase the flow of lymph and reduce toxins in the

face. This was combined with the *Super Glow Miracle Oil*, *CBD Repair*, complete with 300mg CBD, which helps the stone to glide over the skin. The CBD is absorbed into the skin helping to reduce any inflammation I might have while 13

essential oils not only keep my skin moisturised but smell amazing too.

Dermaplaning

Once my skin is cleansed of any oil, I underwent a second application





of AHA Skin Tonic massaged in to make sure I was ready for the next step – dermaplaning.

I've been so curious about dermaplaning, if not a little nervous about it. The practice involves running a fine blade across the skin to exfoliate and remove any dead skin cells or light facial hair so the skin can absorb active ingredients better. Despite my many tattoos, I'm a little nervous that I'll feel it. It turns out that I felt a light, pain-free scraping feeling as the blades worked their magic.

An enzyme peel is then applied after this for ten minutes to fight acne and shrink pores before the skin tonic is applied again.

At this stage my skin is now at its peak absorption! Ready for the Skin Drench Super Serum, CBD Hydrate. This serum combines the brightening properties of Vitamin C to reduce any redness with CBD Isolate for its anti-inflammatory potential. A perfect combination for my skin which is wonderfully prone to both redness and acne.

To finish my facial, an LED mask is placed onto my face which uses a light therapy colour and then all I needed to do was relax!

The Results

At the end of the facial, my skin looked incredibly healthy. I'm no stranger to skincare, but this is the cleanest I have ever felt my skin feel. I also notice a glow in a

way that makes me look as if an Instagram filter has been applied to my face in real life. One of the best parts of the facial is that this will continue to work for weeks afterwards so I have a lot of good skin days to look forward to.

The Grass Roots Facial is available from [GrassRootsSkin.com](https://www.GrassRootsSkin.com), at **£99** for an hour.

