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Review: Caci Ultimate Anti-Ageing Facial



Why we wanted to review it

We heard rumours that, before walking the red carpet, a clutch of Hollywood beauties including Emma Stone, Jennifer Lopez and Christie Brinkley called on Caci to perk up their skin pre-camera. Several of the Spa Spies have tried different versions of Caci facials while on the road so we thought it was time to cover the 'non-surgical facelift' in depth.

What's it all about?

Caci (Computer Aided Cosmetology Instrument) is a system that uses a series of electrical pulses to stimulate the 32 muscles in your face. Think of it as a gym workout for your visage.

During the treatment, a therapist will run cotton-covered prongs over your skin to manipulate and train the muscles. Each set of movement will target the muscles that tend to lose tone with age.

The microcurrent toning part of the treatment is supported by other therapies. My 90-minute facial included a relatively gentle microdermabrasion, light therapy, needle-like wrinkle comb therapy and a silicon facemask.

What happened before the treatment?

My treatment was at the beautiful Spa at the Four Seasons Hotel in London. Step off Piccadilly, ride the lift to the 10th floor and you'll feel as though you've been transported to a cloud of peace and tranquillity above the busy tourist streets. On arrival I was given a pear, mint and ginger drink, a warm eucalyptus hand towel and a consultation form to fill in.

The changing areas are super bright, with large showers, well stocked lockers and as many beauty products as you can use. Inside the thermal area is a quiet hydrotherapy pool, sauna and steam room. I love waterfall showers, so was very impressed by the pool side shower which seemed to take up the whole of the ceiling.

The pre-treatment relax area has big leather seats and foot stools, a beautifully warm fireplace and dried fruits to snack on. The post-relax areas are dark pods with a full length bed, pillows and a blanket. There were headphones to listen to music and plenty of magazines to read.

Describe the treatment

My therapist, Tereska, met me in the relaxation room and took me through to the treatment room which had beautiful views over the London skyline. She drew the curtains and asked me to make myself comfortable on the treatment bed before giving me an overview of the treatment.

The Caci treatment isn't a soft, lingering facial full of beautiful smelling products. It's much more practical and promises real anti-aging benefits. At no point during the treatment was I uncomfortable, but it didn't make me want to fall asleep.

My treatment started with a very gentle session of microdermabrasion to really exfoliate my skin. There was a gentle pulling sensation as Tereska ran the wand across my skin, concentrating on wrinkle areas. Next came the wrinkle comb. The comb has five or six needle-like prongs which are even spaced and, when applied, dip into your skin along the areas that fine lines tend to form – for me this is along the my mouth and my eyes. Tereska used the wrinkle comb twice; the first session was relatively low power, for the second she applied numbing cream to prevent the therapy becoming uncomfortable. The wrinkle comb causes very slight trauma to the skin, plumping it up and stimulating collagen growth.

To calm the skin down, Tereska then applied alternating blue (calming) and red (anti-aging lights) over the areas she had really worked on. Caci is renowned for the microcurrent lifting and we spent about 45 minutes working my facial muscles. Really targeting my jawline, the lines around my eyes and frown lines, Tereska gently gripped my skin between the prongs holding each movement for maybe 10 or 12 seconds. After the initial phase of holding each movement, she then repeated the same pattern but much faster, reminding my muscles of the movement.

In the final part of the treatment Tereska applied a silicon mask and alternated the current on the electrical prongs to open and close my pores, maximising the effect of the moisturiser.

How did you look/feel afterwards?

Firstly – it's worth saying that I'm still just about in my 20s. My skin is starting to age but it's really a case of fine lines and a slight lack of definition around my jaw. I work hard to look after my skin so I wasn't expecting much change.

After the treatment I retreated back to the well-lit changing rooms to examine my skin. It was an odd sensation knowing that I looked slightly different but with no single obvious change. My skin was smoother and plumper, my jaw line more defined, and the frown lines on my forehead were definitely softened. I looked like me... but on a very good day. A day where I wasn't worried about my to-do list, the pollution levels in the city, or not getting enough sleep the previous night.

The changes were temporary. Three days after the treatment, the only place that still shows signs of improvement are my frown lines. Tereska told me that it would take a course of 10 to really improve my skin condition – and then I would need to have the treatment topped up every couple of months.

Who would like this treatment?

The treatment works in different ways for different people. The change to my skin was subtle but most definitely welcome. However, if you speak to Sybaritic Spy (who has just turned 60!) about the treatment, she will tell you that it dramatically changes the way her skin looks. Whether you're in your late 20s or 30s and you want your skin to regain the bounce of youth, or if you're a little older and want help with developing lines, the Caci facial will help you along the way. I think the treatment would also suit men who would like to turn back the signs of ageing. It's a scientific treatment that produces visible results.

Written by: [Summer Spy](#)

STYLE INSIDER

Your daily dose of luxury

LIFT



This is where technology comes into play. In the spa, Emina uses the CACI Ultra, a non-surgical face lift system, to plump out and soften deep lines (think dermal filler effect without the needles). This powerful machine is only available at leading professional salons, but the CACI Microlift is ideal for home use. Smooth on Serum Prep and follow the dedicated wrinkle programme (included with the device) to lift, firm and tone facial contours.

FINAL RESULT

After this facial, the first thing you'll notice is how incredibly plump and firm your skin feels from the CACI device. Teamed with increased radiance and glow from the Perricone MD products, this facial is the perfect addition to your anti-ageing regime. Use the CACI Microlift weekly to maintain the results.



Sali Hughes's 25 top fixes to keep you looking young – without surgery

From fringes to facials, our resident beauty expert picks her top anti-ageing treatments

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Sali Hughes
The Guardian, Saturday 20 July 2013

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'It's important to know you have anti-ageing options that don't involve cutting your skin or injecting your face with foreign substances.' Photograph: Perou for the Guardian

Caci facial toning treatment, from £49

I've always rated these treatments, which use a special machine to deliver microcurrents to the skin, visibly toning and lifting it with immediate effect. Jennifer Lopez, Madonna and the unfeasibly young-looking Gillian Telford are all fans. Caci's new Ultra system can be used on hands, face, scarring and stretchmarks, and combines a peel and LED light therapy with the original treatment. Pain-free and available nationwide.

A nano-current treatment that's a cut-price version of the wrinkle-busting CACI procedure used by Jennifer Aniston and Courteney Cox is being launched in the UK.

Dubbed the 'lunchtime facelift', it gets its nickname because it only takes half an hour - the time it would take to nip out for a sandwich.

The treatment is also proving to be popular because it only costs £30 - a much cheaper alternative to many surgical alternatives, which can cost thousands of pounds.

Scroll down for video



Celebrity style: Now you can look like Jennifer Aniston, left, and Courteney Cox, right, as a treatment they reportedly love is launching in the UK and promises to provide a non-surgical facelift in just half an hour

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BEAUTY TIPS AND TREATMENTS

The top 5 celebrity facials

09 November 2013 by Cassie Powney

As much as those gorgeous, glowy celebs try and tell us their good skin is a result of "lots of exercise and plenty of water," we're having none of it. Beauty writer Cassie offered up her face for some serious VIP treatment for Cosmo Beauty Lab. Here are her top five celebrity facials, ranging from £40 to £175.



Caci Jowl Lift

Fans: Lady Gaga, Jennifer Lopez, Emma Stone

When I first saw the two fork-like prongs that would be emitting electrical impulses into my jaw line, I felt a bit jittery. But then my skin therapist Sorina casually mentioned that she had performed this very treatment on Lady Gaga, so I knew I was in good hands. Sorina used the prongs to gently grip the muscle around my jaw line, working her way from ear to ear. The electrical impulses were very mild; some areas pulse a bit more than others, but overall it's a very bearable tingle. The metallic taste in my mouth was rather strange but completely normal, apparently. I can see why celebs love this for a red carpet instant fix. Although I'm not suffering from sagging jowls just yet, my jaw line looked more defined, and seemed to stay that way for a couple of days after. For best results a course of 10 treatments is recommended over a five-week period, but I would say one was enough as a quick fix before a special occasion.

Caci Jowl Lift, from £40 (varies with location). Available nationwide (cacibeauty.com). Cassie visited Beauty & Melody (beautyandmelody.co.uk)