

## SPA DOCTOR treats... EYEBAGS

### THE PROBLEM

The good news for sufferers of eyebags – mild swelling or puffiness under the eyes – is that, according to medical sources they aren't going to kill you.

Nor, in the vast majority of cases, are they a sign of anything more untoward than a poor night's sleep.

But that's where the joy ends. Unfortunately, if you are blighted by this 'cosmetic' problem, you're stuck with it. It's mainly due to your genes and the structure of your face.

And the bad news is that they get worse with age as the tissues around your eyes, including the muscles supporting the eyelids, weaken.

Normal fat that helps support the eyes can then move into the lower eyelids, causing the lids to appear puffy.

Fluid also may accumulate in the

area, adding to the swelling. A sluggish circulation, triggered by poor sleep, too much caffeine and also air travel is mainly to blame.

As a life-long sufferer, now 37, I tend to look as if I've been out all night partying when in fact I was in bed by 10pm with a mug of Horlicks. And that's on a good day.

So I was obviously intrigued by a spa treatment that promised to gently smooth away my eyebags using only the lightest of massage techniques.

### WHERE IS THE SOLUTION?

The Kameha Grand, Zurich. It bills itself as a business hotel as it is a stone's throw from the airport, but is really more like a trendy boutique. It has two restaurants, the casual Italian-influenced L'Unico, the chic French and Far East fusion You, and the Gold Bar,

where you can graze on the fanciest of French patisserie.

Oh, and there's also a Shisha bar – although none of the above will go any way to making your eyebags any better.

For that, you have to head to the spa, where they offer a range of pampering and also more targeted treatments for medical concerns.

### WHAT'S THE TREATMENT?

For my puffy under-eye area, I'm recommended the Detox Energy Massage Against Lymph Congestion for face, throat and decolleté' (£50 for 30 minutes).

Part of this 'facial-plus' involves lymphatic drainage massage (MLD), a procedure that is offered as a medical treatment on the NHS for those who suffer extreme fluid accumulation in the limbs, known as oedema.

This disfiguring condition can happen when lymph glands, part of the lymphatic system of fluid-transporting ducts throughout the body, are removed as part of cancer treatment. But it can also happen for no reason.

Essentially, when your eyebags look really bad on a given day, it's probably due to mild oedema. So it makes sense to have a treatment that targets this problem to reduce them.

An MLD practitioner will use extremely light strokes to stimulate fluid to disperse, and results are usually instant.

As I lay on the bed, the therapist worked her magic: she dimmed the

lights, and started lightly running her fingertips over the top of my head, moving down over the eye area, then lower face and finally neck and upper chest. Clients keep their underwear on for all this.

It's extremely gentle, and there

is no rubbing. I fell asleep, so butterfly-like were her movements.

After a facial I usually look red and swollen, but this time my complexion was great and, wonder of wonders, I also looked like I'd actually had a proper rest.

The result is not permanent, but lasts a few days – and even stood up to an evening propping up the Kameha Gold Bar.

As a quick fix, I couldn't recommend it highly enough.

Double rooms start at £151 per night, with 'theme suites' – each decorated in a unique way – starting from £305 per night.

Visit [kamehagrandzuerich.com](http://kamehagrandzuerich.com)

■ Frances Jacob