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Face Food: Naz Kupelian Salon's Custom Fruit Facial

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Parents are always telling their kids two things about food: to eat your fruits and veggies and to NOT play with it. Well, what if parents are wrong? After having a rejuvenating custom **Beauty V8 Fruit Facial** at the **Naz Kupelian Salon** in Lexington, Mass., I am starting to believe that I shouldn't eat my fruits or veggies, but play with them instead.

Normally leaving facials, my face looks like an oily tomato. Blech! But after leaving my Beauty V8 Fruit Facial, I was "glowing" as Bella kindly told me (since I am car-less, she had to chaperon me to my facial just like a good mom). I really enjoyed the fact that I wouldn't scare little children if they looked at my newly-cared-for face.



My hair was a different story though. If you have plans for after your facial, make sure you at least have time to shower, because the scalp treatment will leave your hair greasy. But the temporary grease is worth the effects. After rinsing my hair, it felt silky smooth and re-hydrated (my daily blow-drying and straightening does a number on my ends).

Naz Kupelian Salon's Beauty V8 Fruit Facial includes two masks (exfoliating and moisturizing) and a scalp treatment, all of which are custom made on site for your skin type from a variety of fruits, vegetables and oils. The ingredients are as follows:

Exfoliating Mask	Moisture Mask	Scalp Treatment
Pineapple	Avocado	Olive Oil
Milk	Olive Oil	Sunflower Oil
Peach	Sunflower Oil	Orange blossom oil
Strawberry	Orange blossom oil	Almond Oil
Olive Oil	Almond Oil	

The facial lasts an hour and 15 minutes and costs \$85. To learn more or book an appointment, you can contact the **Naz Kupelian Salon** at 781-676-7791.