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Review : Biologique Recherche, a beauty reference in Paris and beyond

When you are a beauty addict, the quest for the perfect facial is a never ending story. Yet, although you might quickly change your mind on the amazing effects a beauty treatment (remember the last time you adopted a facial for a few months, until discovering a new one that became your favourite), there are some which will never go out of fashion.

[Biologique Recherche](#) is one of those. A fan of their products since I first discovered in London a few years back a few of their core solutions (the lotion P50, the VIP O2 range), I had long been tempted to try one of their facials... And I finally did !

In Paris, the Biologique Recherche treatments are realised at their headquarters : a magnificent typically Parisian building located on the Champs-Élysées, also known as... The most beautiful avenue in the world. The facial that I got is called the "Soin Restructurant et Lissant" (restructuring and smoothing facial).

After a diagnostic, my beautician and I agreed the treatment I needed was , the "Soin Restructurant et Lissant". Specifically aimed at hydrating and smoothing the skin, the treatment lasted 60 minutes... And I wish it had lasted longer !

The facial began with a preparatory phase, including a cleansing of the face and neck with the oxygenating milk Lait Oxygénant VIP02, and exfoliation/moisturization by the application of the Lotion P50 – which was my first Biologique Recherche discovery a few years ago.

Once my skin was clean and rebalanced thanks to the Lotion P50, it was ready to receive the "core" phase of the facial : the "Complexe Restructurant et Lissant", which instantly made me feel toned and super fresh. For my first Biologique Recherche facial, I felt I was finally getting the "hype" around the brand... Ensued several finishing touches, such as the "Crème Verte Espoir", the "Sérum Biosensible" and the "Fluide VIP02".

The secret of a Biologique Recherche facial is both in the way it is applied (through specific gentle sculpting motions, that are a critical part of the Biologique Recherche method), and in the highly concentrated, then efficient, products.

My first Biologique Recherche facial was just like I had expected it to be : the utmost was done in order to make it relaxing and pleasant, in addition to efficient. Relaxing and pleasant thanks to the cosy atmosphere of the institute and the treatment room, where every attention to details was paid. Efficient without any doubt, as the combination of extremely good products and a very professional therapist made me leave the institute feeling good and glowing without anything on my face – not even foundation, and that's saying something !

