



An insider's guide to *Meghan Markle's* errr... unusual, facial

Kelsey Ferencak investigates the intra-oral facial that involves a stranger sticking their fingers in your mouth

It's been dubbed "the Meghan Markle facial", but this is far from your stock-standard celebrity-approved treatment. The buccal, or intra-oral, facial refers to the massage technique that focuses on the buccal pad (the fat that sits between the facial muscles in the hollowness under the cheekbone). And the Duchess of Sussex has credited the "life-changing facial" with making her look "way more sculpted".

The treatment uses a combination of

external facial massage as well as internal manoeuvres – like a therapist massaging your face from inside your mouth.

If you think it sounds, errr, unique, that's because it is. There are only a handful of therapists in Australia who are properly trained in the technique. April Brodie, from Melbourne's Beauté Facial Destination, and Isabella Loneragan, from Sydney's The Dermal Diary, were both trained by world-renowned massage facialist Yakov Gershkovich, who is

widely credited with having started the "Sculptural Face Lifting Method".

Brodie tells *Body+Soul*, "It works on the theory that we regularly exercise our body to keep muscle tone, [and that] the muscles and bones are no different on our face and require movement to flush oxygenated blood flow through. By massaging the muscle inside and outside simultaneously, we remove blockages and adhesions, and completely improve the posture of the face by lifting, sculpting

and firming, while improving muscle tone and muscle tension."

It may help relieve temporomandibular joint dysfunction and teeth grinding, as well as decrease puffiness, soften lines and wrinkles, boost collagen and smooth skin. It has a lymphatic drainage element and helps to improve skin luminosity and overall skin health, too. •

TRY IT: The buccal facial, from \$249, beautefd.com.au; The Intrinsic Facial, \$300, thedermdiary.com