

Spa SCENE

THE LATEST TREATMENTS AND NEWS FROM AROUND THE SPA WORLD.
WORDS: LAURA DALE



FAR & AWAY

Try a touch of the exotic with a range of treatments including spices from Bali, oils from Hawaii and herbs from Tahiti, designed to stimulate the senses and purify the soul, and leaving you with an overwhelming sense of relaxation. www.wynyardhall.co.uk

Brown's Hotel, London, has a new odour- alcohol- and chemical-free BeauBronz tanning treatment (£40). Using natural and organic products, the treatment takes 30 minutes, and claims to give a natural, streak-free tan. www.brownshotel.com

GET DIRTY

A fan of mud baths? Why not treat yourself and splash out on the new hungarymud treatment at Grayshott Spa. Not just any old English mud, hungarymud derives from Hungarian farming land and is notable for relieving arthritis and flushing out toxins, leaving the body relaxed and rejuvenated. www.grayshottspa.com



SLIM FAST

Get your bikini body ready for summer using the new Slender Cow range at Babington House in Somerset. The treatments, from £65, exfoliate and massage, using a firming seaweed blend and its signature dermochelorella, tightening the skin and improving tone. www.cowshedonline.com



French fancy

For a touch of Paris in London, head to newly opened Michaeljohn Beauty & Medispa this summer and treat yourself to one of the Anne Semonin treatments on the menu. The new day spa in Knightsbridge has

four treatment rooms and offers a range of Anne Semonin face and body treatments including the Age Defying Cryotherapy Super Facial (£120 for 85 mins), Miracle Eyes (£45 for 25 mins) and Anti-Cellulite Therapy (£85 for 60 mins).

www.annesemonin.com



Reviews

1 DECLEOR MATTE & PURE TREATMENT SPA ILLUMINATA, LONDON

When I heard Decleor's latest facial is ideal for oily/combination skin, I had to give it a go to see if it would make a difference to mine. Using its new Aroma Purete Range this treatment started with a quick back massage before moving on to the face. After a thorough cleanse, the therapist examined my skin before starting the rest of the treatment, including the application of a mask, serum and a facial massage using purifying and oxygenating techniques adapted to eliminate sebum and reinvigorate the natural oxygenation of skin. When I left, my skin felt much clearer and incredibly soft and I didn't feel self-conscious about having to head home without any make-up on! £115. **KRS** www.spailluminata.com

2 ABHYANGA MASSAGE AYURVEDA PURA SPA, GREENWICH

All treatments at Ayurveda Pura Spa in Greenwich are based on the ancient theories of ayurveda — the 'knowledge of long life'. I would have liked a full assessment but with limited time I opted for the Abhyanga: a 60-minute ayurvedic body massage. After briefly explaining the distinct massage technique (long sweeping strokes instead of concentrated kneading), my therapist moved from legs and arms to back and chest, using special ayurvedic oils to increase circulation, eliminate toxins and provide deep relaxation. The technique felt very different to regular styles of massage, and I was left feeling particularly cleansed and supple. £55. **CP** www.ayurvedapura.com

3 PREGNANCY MASSAGE COMO SHAMBHALA URBAN ESCAPE, LONDON

Massage is a tricky business when you're pregnant — you can't lie on your stomach for starters — but it's also when your body feels like it needs one the most. So I was pleased to try a pre-natal treatment at the Como Shambhala Urban Escape spa in the Metropolitan Hotel. Using cleverly positioned cushions to accommodate the bump, and an organic massage oil free from anything harmful, I was able to lie on my front and back without any awkwardness or discomfort, the therapist working around my bump. My only question: why don't more spas offer this simple solution to pregnancy aches and pains? £90. **JG** www.metropolitan.london.como.bz