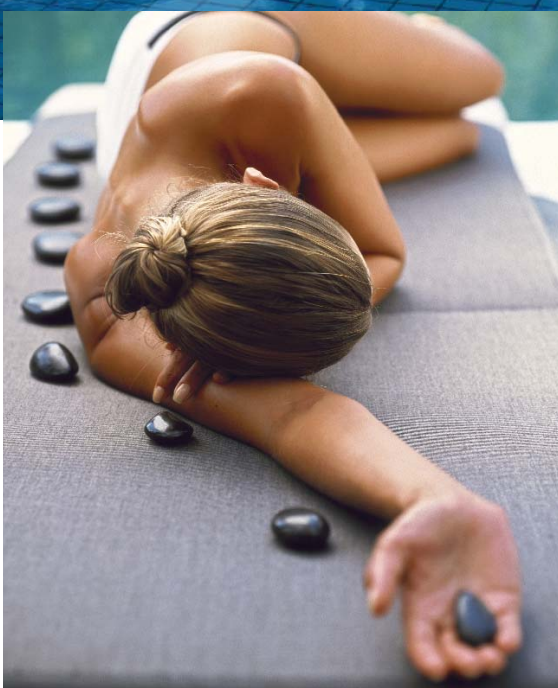


SPA NEWS, REPORTS,
THERAPIES, PLUS WELLBEING
AND BEAUTY

WORLD OF *spas*

Right on the seafront, just a few kilometres from Paphos in Cyprus, the newly-opened Azia Resort & Spa offers a cutting-edge concept in boutique hotels.

Offering three different hotels on adjacent grounds to provide three different characters for your delectation, the trio are linked by the gorgeous Asphodel Spa. Named after Greek mythology's immortal flower, this is where classic Elemis spa treatments can soothe, de-stress and revitalise the whole you. For further information visit www.aziaresort.com.



Whether you're taking a wonderful cruise or heading off to a sun-drenched beach, this is a peak time for holidays that involve swimming cossies and sarongs. Fear not, our Body beautiful feature on pages 46 and 47 covers all aspects of getting back your bikini-perfect physique.

Want an American spa adventure? Sarah Handy was lucky enough to visit Los Angeles during the Oscars earlier this year and put the spas that keep the stars in tip-top condition to the test. You can read her insider lowdown on pages 44 and 45.

Hands take a beating but rarely get the attention they deserve, so we've taken the time to provide a few simple tips on keeping them looking good in Hands on therapy on page 48, while award-winning hairdresser Steven Goldsworthy gives a plethora of tips on saving your hair from the effects of sun, sea and sand.

Have a fabulous summer!

Karen

Karen Marchbank
Editor, World of Spas

BEACH BEAUTY



Sexy summer hair

“The main thing is prevention rather than a cure,” explains three-time winner of the British Hairdresser of the Year Awards, Steven Goldsworthy. “And what that means is protecting your hair from the sun, sea and sand rather than trying to repair it when you get back home.”

“People spend a fortune on sun creams and always forget about the hair. They spend a lot having the colour done before they go and then the sun bleaches it out.” Steven recommends three products from the Kérastase professional hair care range that are available through salons nationwide: **Crème Aqua Resist**, which stops salt water and chlorine attacking the hair, **Voile Protector**, which you can spritz on for a more natural look as you go sightseeing and **Serum Apres Soleil**, which both styles and contains UV filters to protect your hair.



Don't let the enjoyment of sun, sea and sand ruin your summer locks. Here award-winning hairdresser Steven Goldsworthy gives his expert advice



Top tip: Steven recommends an innovative solution: “Chlorine can make hair go a greeny colour, especially on blondes, so to stop that do a tomato sauce rinse,” he says. “Just leave it in for two to three minutes and rinse out. The vinegar is the acidifier and brings the hair back to its proper pH balance.”

He adds: “If your hair is very dried out then there are new treatments available. Normal conditioners are superficial. Sun-damaged or chemically-treated hair needs something to penetrate into the hair shaft and bring the moisture content back up to where it should be.”

“Tanagra uses nano technology to get the hair back up to 100 per cent health within three treatments over three months. Human hair is basically keratin, but it is a very large molecule and it is hard to get it to stay in the hair shaft. Using the new nano technology, it has been possible to break it down to a size that can penetrate the hair.”

Other great sun protection products include the new Summer Hair collection by Frédéric Fekkai. **Sun Bandana, Beach Waves and Wash & Wear** (£16 each through Space NK stores, phone 020 8740 2085), are a trio of sun-safe formulas that will help keep hair gorgeous while protecting it from blistering sunshine and sea damage. Or for an extra dollop of help try **Healthy Sexy Hair Soy Potion Miraculous Leave-in Treatment** (£12.35) to revive dry, damaged locks or **Healthy Sexy Hair Soy Butter – Pure Shine** (£14.65, phone 020 8381 7793 for stockists), an excellent finishing product that actively protects hair from the drying effects of the environment.



Finally, keep luggage light with TRESemmé Mini Me, a collection of vitamin E shampoos and conditioners from the professional hair care range at stores nationwide, that come in either Moisture Rich or Colour Revitalising. Happy hols!



* Steven, who has also been a member of the British Hairdressing World Cup Team representing Britain at competitions around the globe, co-owns Steven Goldsworthy Hairdressing with his sister Nicole. It is an oasis of Feng Shui calm in the centre of Wiltshire's Swindon and the purpose-built salon has been designed to allow as much natural light to enter the building as possible.

Training is a cornerstone of the Goldsworthy approach and many of the colourists and stylists frequently enter competitions around the United Kingdom to hone their skills. For further details phone 01793 523817 or visit www.goldsworthys.co.uk.

THE TREATMENT : Crystal Clear Body



Where Champneys Health Resorts (Tring, Forest Mere, Henlow and Springs). Visit www.champneys.com or phone 01442 291000.

First came microdermabrasion for the face, now comes the body workout. A revolution in skincare, the deep exfoliating action of the Crystal Clear Body treatment will have our sagging bods rejuvenated and glowing in time for summer.

Microscopic crystals are directed over the body to gently remove skin cells layer by layer – in the process resurfacing and retexturing the epidermis. Radical improvements can be made to fine lines, wrinkles and ageing skin, deep frown lines,

acne scarring, pigmentation marks, congestion, sun damage, skin blemishes and even those two big bug-bears of cellulite and stretch marks.

Almost every millimetre of the skin (except feet and hands) are worked over by the crystal wand to deliver dramatically improved skin in just 55 minutes.

To see excellent results with cellulite a course of 8 to 10 treatments is recommended, while the number of treatments needed for stretch marks will vary according to depth and area covered. Either way, you are just a few short crystal blasts away from a super-silky, totally rejuvenated bod. Now that's what I call bliss!



In the comfort zone

Combining scientific and biological ingredients, Comfort Zone is a small company starting to make bigger waves in the world of spa treatments – thanks to its great anti-aging properties.

An Italian company, that has put the emphasis on creating products that do what they say on the tin, they have created a plethora of facials for every skin type. And one of the best facials for an all-round wake-up call is the Comfort Zone Alphatherapy Collagen Facial, which promises to stimulate circulation and cellular activity while deeply hydrating and revitalising the skin.

After a “tranquillity welcome” to relax you, the traditional cleanse is followed by an incredibly stimulating alphatherapy exfoliation, which works deep down in the skin layers. After removing the exfoliator with a kind-to-skin pH-balanced solution, the Action Sublime Serum is applied to both firm skin and help tighten pores.

A massage follows using the vitamin-packed Renight Cream, which helps brighten the skin. Next comes the Alphatherapy 10 mask and while its smoothing ingredients are left to work on your face, your scalp receives a deliciously soothing massage.

Finally, a firming treatment is applied on to the face and neck area before moisturiser and eye cream.

Results Your skin looks plumper and smoother and you look all bright-eyed and bushy-tailed!

Where? The Alphatherapy Collagen Facial (£48 for 60 minutes) and other Comfort Zone treatments are available at Matfen Hall, Matfen, near Newcastle-upon-Tyne. Phone 01661 855 725 or visit www.matfenhall.com.

MIND & BODY: Magnetic magic

What? Bemer-3000 Therapy

Want more energy or need help with chronic pain? Then the Bemer-3000, an innovative take on magnetic therapy, may have the answers for you.

The Bemer, which stands for Bio-Electro-Magnetic Energy Regulation, provides a 2,000-fold increase on the therapeutic effects of magnets – used for some time in magnetic armbands, necklaces, permanent magnets and magnet mats.

So, how does it work? Magnet therapy grew out of electromagnetic field therapy which discovered that geomagnetic fields had a positive impact on every living organism and cell of the body – regulating powers of self-healing so cells can defend themselves from disorders and diseases.

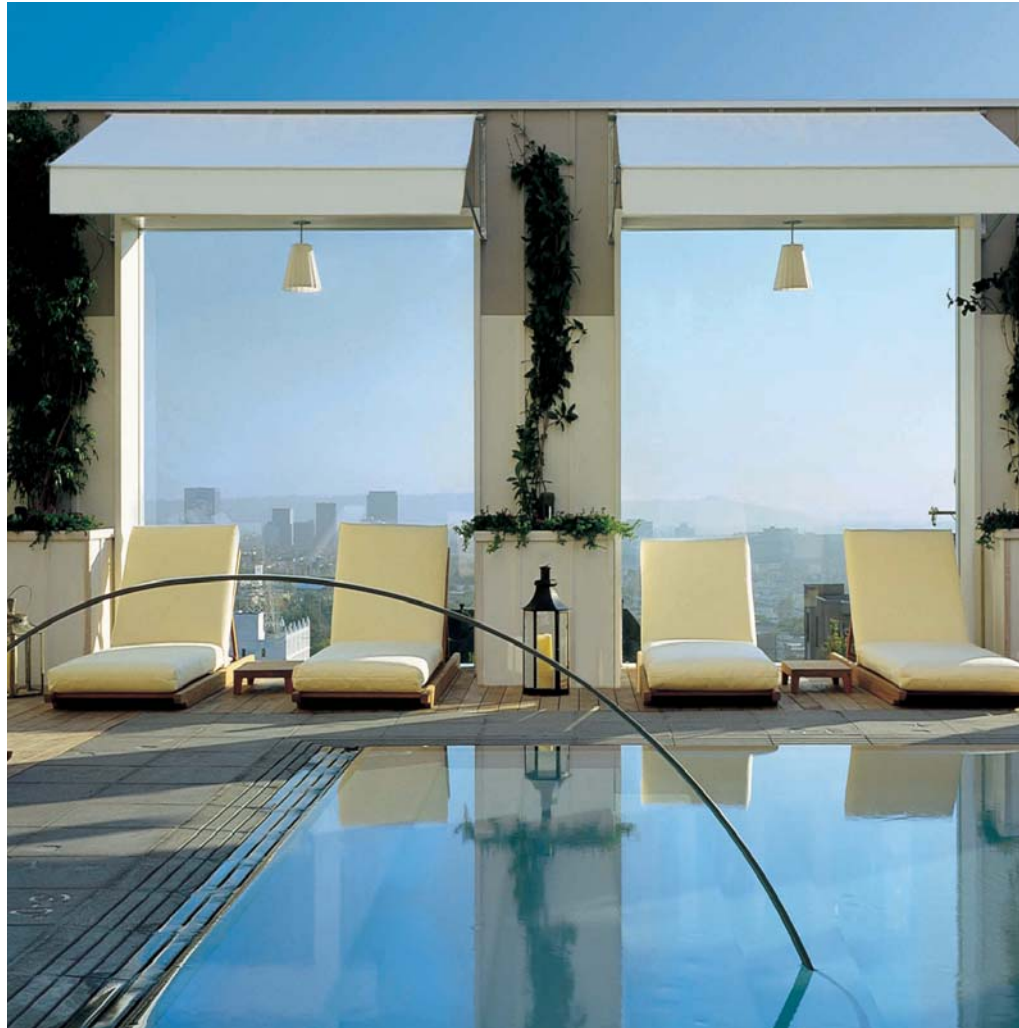
One of its biggest benefits is helping with circulation problems, which in turn helps people recover more quickly from operations. It also alleviates aches and pains, even rheumatic or arthritic, and strengthens the body's immune system.

It can also be used to ease chronic pain, treat sports injuries, heal fractures and wounds and ease stress-related conditions.

Where? Body Essence, 3 Highgate West Hill, London, N6. Phone 020 8340 9645. Prices range from £10 to £23 for eight to 40 minutes. Or phone 01923 261999 for a Bemer 3000 clinic near you.

LA STORY

Looking good is a must for any star and Los Angeles has no end of options to choose from. Sarah Handy gives the inside guide to where the celebs go to be primped and preened!



LA confidential

Los Angeles – and more specifically West Hollywood and Beverly Hills are the epicentre of A-list celebrity life, so it is no surprise that LA is home to some of the top spas in the world. Here are four of the best in town – and you'll be pleased to know that they DO open their doors to us mere mortals!

ART DECO RETREAT

The Place: Argyle Salon & Spa, Sunset Tower Hotel, 8358 Sunset Boulevard, West Hollywood, California 90069, USA. Tel: 001 310 623 9000 or visit www.argylela.com.

Who goes? Film executives, producers, directors, screenwriters and their wives and daughters.

Why go? Just opened in December of last year, this spa is buried beneath the art deco haven of the Sunset Tower Hotel. With an eclectic salon offering everything from hairstyling to botox, laser facials, vein removal, B12 shots and oxygen revitalising, this is a one-stop grooming shop for both men and women.

Busy and bustling, it is downstairs, paved with exotic Jerusalem tiles, where the true spa experience begins. Here there are four suites and four outside cabanas each fitted

with a plunge bath, giant shower, toilet, sofa, mini-bar and plasma screen TV, soft lighting and muted music awaits. Renowned for its unique scrub wraps, the Argyle's all-day experience will allow you to make free local and international calls, sip wine from the spa owner's own vineyard in Malibu, enjoy some cheese and biscuits, unlimited green tea and catch up on the latest US soap. The spa is also home to the only Turkish baths in LA where rain domes wash away the mud masks and detoxifying algae.

What to try? The Philip B. Scrub Wrap (\$200 for 80 minutes). The scrub wrap started with my own choice of signature blended scented essential oils – I was able to choose from Chai India, Thai Tea, Nordic Wood or, the most popular and the latest



trend, chocolate. I chose Thai Tea for its heady musky oriental scent. After a soak, my body was exfoliated with an oil and sugar mix, then I was encased in a dry-pack heat wrap regulated by the natural temperature of my body. As the scrub melted into my skin, a light foot and scalp massage kept me entirely relaxed. The end result? A deliciously smooth me!

Verdict: A total pamper blow-out that relaxes and rejuvenates the mind and body.

MINIMALIST SANCTUARY

The Place: Agua Bathhouse Spa, The Mondrian Hotel, 8440 Sunset Boulevard, West Hollywood, California 90069, USA. Tel: 001 232 848 6070 or visit www.mondrianhotel.com.

Who goes? Mickey Rourke, Britney Spears, Lindsey Lohan, Kirsten Dunst, Kate Bosworth.

Why go? Designed by Philippe Starck's minimalist white design creates a Zen-like calm throughout this uber chic spa. Offerings include deep tissue, Balinese, Thai, prenatal and Shiatsu massages, exotic body wraps and facials using Clayton Shagal products containing active ingredients such as elastin, collagen and placenta. Manicures and pedicures are available poolside on warm days. A private entrance from the spa to the outdoor pool where teak decking, soothing underwater music and plush sun lounges provide the perfect setting from which to enjoy the panoramic LA views below you.

What to try? The Agua Milk & Honey



body treatment (\$120 for 60 minutes). Using an Ayurvedic-based technique to create harmonious balance, a specially blended lotion of warm honey and organic sesame oil was gently massaged over my body. Afterwards warm milk not only cleansed but left me silky smooth and smelling good enough to eat!

Verdict: The décor alone made me feel relaxed upon arrival, never mind the excellent and warm service.

ESCAPE TO TRANQUILITY

Where? Kara Spa, Park Hyatt Los Angeles, 2151 Avenue of the Stars, Second Floor, Los Angeles, California 90067, USA. Phone 001 310 552 0425 or visit www.parklosangeles.hyatt.com.

Who goes? Chris Rock, Billy Crystal and Usher, along with high-flying bankers and financial whizz kids.

Why go? An air of effortless wealth and ease infuses the entire hotel and spa. Three luxurious and spacious private spa villas each with their own meditative garden offers customised spa treatments known as Escapes and Journeys. Don't skip the oversized Kohler Infinity sok, Tub with ceiling-mounted taps that fill the bath in a waterfall-like stream. Champagne bubbles gently tickle and caress while chromotherapy (coloured mood lights) sensually relax the mind. For those who cannot get away from what's going on, a flat screen television and stereo come with each villa. You may eventually be enticed out by the outdoor heated infinity pool, jacuzzi, sauna and steam rooms.

What to try? The Aromasoul Mediterranean (\$135 for one hour). After receiving the welcoming foot treatment – a soak and massage to flush away any negativity and impurities – the treatment involves using a blend of essential oils mixed with oregano, basil and lemon. Immediately I was transported to a warm Tuscan beach, with the sun shining and the smell of vine-ripened tomatoes as long, fluid massage strokes gave the feeling of ocean waves dancing over my body. A dip in the infinity bath afterwards finished off the whole Mediterranean experience perfectly.

Verdict: With only three suites, it can get very busy so book well in advance. But do book. This spa experience is an absolute must!

DIAMONDS ARE FOREVER

Where? The Peninsula Spa, The Peninsula Hotel Beverly Hills, 9882 South Santa Monica Boulevard, Beverly Hills, CA 90212, USA. Tel: 001 310 551 2888 or visit www.beverlyhills.peninsula.com.

Who goes there? Movie moguls and A-listers such as Quentin Tarantino, Martin Scorsese, Francis Ford Coppola, Nicholas Cage and George Clooney.

What's so great about it? An oasis in the heart of Beverly Hills, where pampering and luxury go hand-in-hand. The recent \$5 million renovation of the spa, pool and Roof Garden restaurant confirms its status as a cutting-edge haven where, money being no

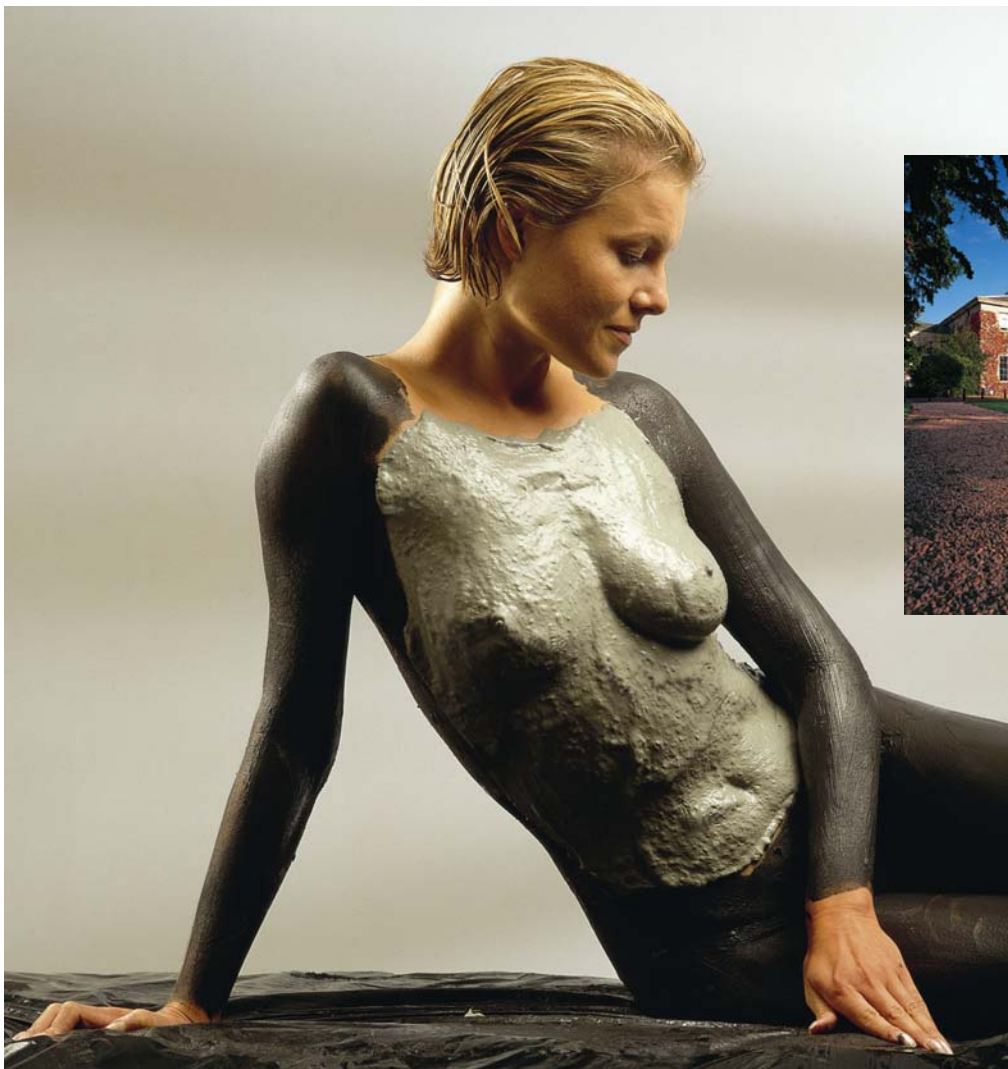


object, the speciality treatments use oils blended with precious gems such as sapphires, rubies, emeralds and diamonds. Lasting between 90 and 120 minutes, the treatments include a body scrub, mask, wrap and massage, while the price tags will also make a lasting impression on your wallet – think \$275 to \$385. But you can work off any anxiety in the 60-foot outdoor lap pool or wallow in the jacuzzi both of which have amazing views of West Hollywood and Beverly Hills. Finish off your spa session with a meal at the spectacular Roof Garden for the ultimate retreat experience in an urban environment.

What to try? Orange Vanilla Bean Body Facial (\$195 for 60 minutes). My entire body was exfoliated and polished with an aromatic mandarin orange body scrub, gently misted with the Peninsula's own orange blossom aromatherapy oil before being deeply moisturised with the vanilla bean facial lotion.

Verdict: The ultimate in decadence. Hedonism rules OK!





revolutionised the facial treatment industry and are now doing the same for our bodies. Individually powerful, when combined as a treatment duo they produce tremendous results.

First the area is cleansed before the deeply exfoliating microdermabrasion tool gently but persistently removes the top layers of skin with its high-velocity, crystal exfoliation system. Each area is worked over several times for maximum effect before the residue

Shape of for summer

Here are six fabulous ways to get you in tip-top condition with treatments that really do work

Cleansed to perfection

What? Spa Cryotherm at Nirvana (£65 for 90 minutes)

Where Nirvana Day Spa, Mole Road, Wokingham, Berks. Phone 0118 989 7575 or visit www.nirvanaspa.co.uk.

A comprehensive, relaxing and toning treatment that gets the skin taut and detoxified for summer, this is an excellent choice for people looking for both a massage and a deep exfoliation of the skin.

Using Spa Find's Dead Sea Salt exfoliation, each part of the body is gently scrubbed clean of old skin cells. Warmed, mineral-rich Dead Sea mud is then painted over the entire body. Next comes an algae, which is applied on an area of your choice, such the tummy, back of thighs or top of arms, and both layers are left to set for 25-30 minutes.

You are then wrapped in a thermal-activated blanket to maximise the effects of both the mud and the algae and enjoy a

wonderfully relaxing cranial point head massage during the wait.

Verdict A perfect combination of skin renewal and relaxing massage. Further information Spa Cryotherm is also available at other spas. For your nearest, phone Spa Find on 01580 211055 or visit www.findershealth.com.

The Italian Job

What? Versace Signature Full Body Treatment (£55 for 60 minutes)

Where Matfen Hall, Matfen, near Newcastle-upon-Tyne. Phone 01661 855 725 or visit www.matfenhall.com.

This is a triple-whammy treatment that not only helps fade stretch marks, break down cellulite and leave skin silky smooth, but is also deeply relaxing.

The treatment starts with a full body brushing to lightly exfoliate the skin and boost circulation. Next comes the serum, which is applied to main areas of concern, such as

buttocks, thighs, arms, back and stomach. Containing rafferimine, horsetail extract and Lanachrys 2B it tones the skin, stimulates the synthesis of collagen (the basic building block of skin cells) and fights against aging free radical damage.

Next comes the body cream, which contains a raft of ingredients designed to increase blood flow and act as an anti-inflammatory. The cream is applied in a massage over the entire body, so it is also deeply relaxing.

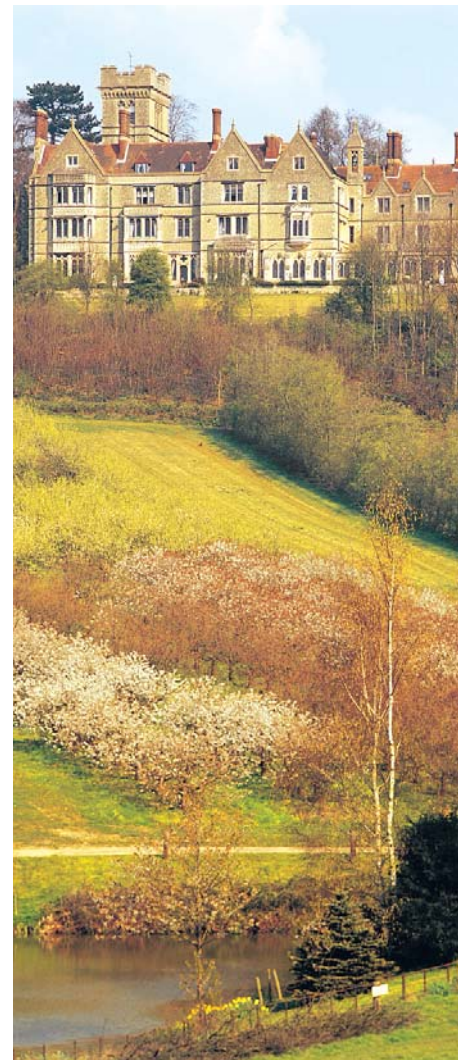
Verdict An excellent all-over massage treatment that focuses on boosting blood circulation.

Stretching a point

What? Microdermabrasion combined with Intense Pulsed Light (£xx for 90 minutes)

Where La Pelle clinics in Holborn, Highgate and Canary Wharf, London. Phone 020 72425749.

Microdermabrasion and intense pulsed light treatments have





*Top from left: Spa Cryotherm at Nervana, Linden Hall, Xfolia, Treatment à deux at Nutfield Priory
Below centre: Nutfield Priory
Below: The pool at Matfen Hall*

crystals are removed. Next comes the intense pulsed light – flashes of healing laser light using the exact right wavelength to penetrate the upper layers of the epidermis and trigger a deep renewal of skin cells.

To calm and nourish skin Vitamin C is applied followed by the famous Cosmeceuticals F&F Mask M (a fantastic, all-rounder anti-redness, cleansing and soothing mask for the face and body) which is left on for just enough time for a cup of coffee. And the end result? Visibly smoother, softer skin. A course of treatments is essential but after just a few it will be easy to spot a difference in the size and depth of stretchmarks.

Verdict A genuine stretchmark solution with positive fringe benefits.

Aromatic heaven

What? Décleor Aromatic Massage (from £46 for 60 minutes)

Where Macdonald Linden Hall, Golf & Country Club, Longhorsley, nr Morpeth, Northumberland. Phone 01670 500 022 or visit www.macdonaldhotels.co.uk/lindenhall

With wellbeing and a sense of being pampered at the top of the agenda, the beautiful old country home of Linden Hall – now a gorgeous hotel and golf retreat with stunning views of the Northumberland countryside – has opted for harmonising and balancing treatments by Décleor.

And the Aromatic Massage is the closest thing to a true aromatherapy massage, utilising soft, almost sensual strokes from Far Eastern therapies. You can choose from a range of aromatic oils to detox, relax, tone and stimulate while the oils themselves are deeply nourishing and moisturising. The massage itself covers every part of the body from legs to arms, back and stomach, ensuring every muscle is deeply relaxed.

Verdict The ultimate feel-good massage.

Two's company

What? Ytsara Nuat Namman Body Oil Ceremony (£90 for 90 minutes)

Where Nutfield Priory, near Redhill, Surrey. Phone 01737 824400 or visit

www.handpicked.co.uk/nutfieldpriory

The beautiful Nutfield Priory is a refined home to Ytsara's exotic treatment range, with the added twist of a twin therapy room where you can enjoy your treatment à deux.

With Nuat Namman, the healing effects of Asian aromatherapy are experienced in a relaxing and restorative massage that combines the sense of tropical fragrances with the soothing value of acupressure massage. Individually chosen to suit personal requirements, the essential oils rebalance vital energies within the mind and body to restore harmony and calm.

The four signature aromatherapy blends include Ponkiai, a relaxing body oil massage with a synergy of orange and lemongrass oils.

Lodkwam Aun is a slimming body oil massage using long pepper and cinnamon essential oils to help the body drain toxic wastes and resculpt the figure, Borisut is a purifying blend of cajeput and petitgrain to detoxify the body and replenish the mind and Phem Palang, an uplifting mix of madarin and peppermint, eases tensions and muscle aches to rejuvenate the body.

Verdict The Eastern rituals and oil blends provide a great sense of harmony from the outset, but be warned, this treatment is so relaxing you may just nod off!

Genie in a bottle

What? Genie Complete (from £35)

Where Body Essence, 3 Highgate West Hill, London N6. Phone 020

8340 9645. For a clinic near you phone 08709 201 177 or visit www.genie-tech.co.uk/genie_complete.html.

Now it really is possible to contour, tone and slim your body in as little as 10 minutes thanks to Genie Complete. Using powerful, non-surgical face-lifting technology, the machine has 11 different "wave" shapes that allow it to provide different solutions for both the face and body from rebuilding muscle mass to toning loose skin around the

bust area, abdomen and hands.

Genie's internal computer has refined micro-currents that work in harmony with the body's own bio-electrical field to help tone, lift and re-educate the muscles back to their original position.

A course of 10 to 15 treatments is normal depending on the skin tissue and muscle tone, with monthly boosters advised.

Verdict Does exactly what it says on the tin and results are genuinely instantaneous.

