



**BAG LADY**  
 FASHION LIFESTYLE  
 BEHIND THE SCENES  
 WITH THE  
 EDITOR



FROM TOP A TREATMENT ROOM AT THE LINDA MEREDITH CLINIC IN LONDON; THE OUTDOOR HOT TUB AT THE CALCOT MANOR SPA IN GLOUCESTERSHIRE; THE SHOP AT AMANDA LACEY'S SALON



## There is a reason why the rich and famous queue round the block for Meredith's facials

aromatic bath. Cue Jacuzzi action and music. Blinds open on to a view of the walled garden. Fifteen minutes later you will feel suitably soothed, your skin wonderfully soft. *£85 for an hour; babingtonhouse.co.uk*

○ **Shirodhara** AYUSH WELLNESS SPA, JERSEY A mind-blowing treatment at this beautiful ayurvedic spa. A gentle stream of herbal-infused oil falls on to the forehead for about an hour, soothing the central nervous system and inducing the deepest of relaxations. You will feel like you've entered another dimension, so make full use of the peaceful relaxation room afterwards. *£55 for 65 minutes; ayushspa.com*

repair and firm with massage. The best news is it costs only £10, which is redeemable against Origins purchases. Book in advance. *0800 731 4039*

### ○ Radio Frequency Therapy

TRACEY BELL CLINIC, LIVERPOOL After a thorough assessment with the skin-analysis machine, radio frequency therapy is used to deliver heat beneath the skin's surface. Two wands mildly inflame the facial tissue, stimulating collagen growth and lifting and tightening tissues. Your body continues to produce collagen over several months, resulting in a youthful, peachy glow. *£300 per treatment; 0151 707 0340*

### ○ Scrub and Soak

COWSHED RELAX SPA, BABINGTON HOUSE, SOMERSET Lie in your bikini on a heated sandstone slab for a dry body-brush. Follow this with a sea-salt body scrub that's both soothing and bracing. Turn over and repeat the process. Don't move - they'll shower off the lot before you clamber into a deep

### ○ Sophy Robson Medi-Pedi

LONDON Your typical pedicure is disappointingly slapdash when dealing with what really makes feet beautiful - namely the removal of every scrap of dry skin. Then again, a visit to the chiropodist doesn't leave you with perfectly shaped and painted nails. Thank goodness for Sophy Robson's Medi-Pedi, which does both, rendering your feet unrecognisably gorgeous. *£110 for an hour; sophyrobson.com*

### ○ Spiezia Organic Facial

CALCOT MANOR, GLOUCESTERSHIRE Calcot Spa is a great treat, with a spectacular outdoor hot tub and wood fire as its focal point. This all-natural facial from the Cornish organic beauty company Spiezia combines a deeply relaxing back and head massage with the application of delicious natural-oil-based products to face and scalp. Afterwards your skin looks rejuvenated and your hair more glossy. *£54 for 55 minutes; calcotspa.co.uk*

### ○ Trevor Sorbie Cut and Colour

BRIGHTON Winners of the 2008 L'Oréal Colour Trophy, the colourist Kate Wilson and stylist Anna Chapman are a dynamo hair team, offering perhaps the most attentive service in the country. It's common for them to have clients travelling to the salon from all over the South East. Wilson co-owns the salon with Trevor Sorbie, so you can expect high standards and an approachable attitude. Individually tailored results keep things cutting-edge. *From £26; 01273 220007*

### ○ Urban Renaissance Lymphatic Facial

URBAN SKIN AT NEVILLE'S, LONDON The delightful Vanda Serrador combines traditional facial techniques - exfoliation, cleansing, steam and extraction masks - with her own brand of deep, firm massage. She uses Yon-Ka, the French plant-infused skincare range, customised to suit your skin type. As she's working, microcurrents boost lymphatic circulation via electrodes placed on hot spots along the body. Attached at the start, they tingle throughout, boosting detoxification and helping with water retention. *£185 for 75 minutes; urban-skin.com*

### ○ Vaishaly Signature Facial

LONDON No one is a better advertisement for Vaishaly Patel's skills than the facialist herself, who attributes her glowing, plumped-up complexion to massage. She'll give your skin a thorough going-over, boosting circulation and dispersing congestion, with immediate results. Skin is not overloaded with products - although you won't be able to get enough of her delicious natural-based range. She finishes with an out-of-this-world cranial massage. *£125 for an hour; 020 7224 6088*

### ○ Watsu In-Water Massage

THERMAE BATH SPA, BATH Beyond relaxing, this is a kind of floating massage, in which you are gently stretched and guided through thermal waters by a therapist - as near as you can get to returning to the womb. It takes place in a stunning circular Georgian-style pool constructed from soft Bath stone. Available for couples, too. *£70 for 50 minutes; thermaebathspa.com* ○