

## Beauty sessions don't come much more decadent than 'Wow' at Neville Hair and Beauty. Jackie Annesley puts her feet up

### THE "WOW" TREATMENT

**What is it?** A one-hour "WOW" treatment from Neville Hair and Beauty designed to get you fully beautified in double time. It includes hair conditioning, a classic blow-dry and a manicure and pedicure with leg drainage massage.

**Any science to it?** Only the hair treatment and the leg drainage massage. A new "mist-ifying" machine, originally from Japan and exclusive to Neville's salon, is used on the hair, which is sprayed with a warm microscopic mist of purified water to allow the conditioner to penetrate. Then the machine blasts out a cold mist to seal in the goodness under an inflatable helmet. The massage on the ankles and lower legs boosts circulation, breaks down lymphatic fluids and flushes out toxins.

**What's it like?** Strangely pleasant. At one point I had someone washing my hair while a lovely Polish girl gave me a foot facial and another attended to my hands. It felt very decadent.

**Verdict:** Whatever went on underneath that inflatable hat seemed to work — even days later my hair felt lighter and softer. The pedicure was faultless and Lai spent a long time massaging my hands and telling me all about hand reflexology. The final blow dry was fuller than I'm used to but that evening both my husband and a friend's husband noticed and murmured approval. Most of all the newly refurbished salon felt abuzz with activity, the staff were smiley and fun and the owner came over twice to say hello. No wonder Liz Hurley, Elle Macpherson and Gwyneth Paltrow all love it.

**Where:** Neville Hair and Beauty, 5 Pont Street, SW1, 020 7235 3654, [www.nevillehairandbeauty.net](http://www.nevillehairandbeauty.net)  
**Cost:** £150 for all four treatments in under an hour. Perfect for time-poor, money-rich girls.

## Detoxes have their doubters but the best, says Sophie Goodchild, give bodily balance

**D**ETOXES have long been fashionable for making us feel lighter and brighter. Colonic irrigation, supplements and fasting are all popular for cleansing our bodies of toxins. The theory is these regimes remove the bad chemicals that cause tiredness, stress and bloating. But doctors remain sceptical about the benefits of purifying diets or treatments. Even Prince Charles is not immune to the detox doubters. Edzard Ernst, the UK's first professor of complementary medicine, last week accused the heir to the throne of "outright quackery" for selling a detox mix that claims to eliminate toxins.

The truth is the body is perfectly capable of expelling waste via the liver, lungs, kidneys and skin. But the new-style detoxes are more about mind and body rebalancing rather than purging. And our daily battle with stress, pollution and partying means Londoners are more in need of inner and outer cleansing than anyone. This is the capital of the detox so there are plenty of options to choose from, including wraps, scrubs or massages.

### THE BIG BRUSH-OFF

Not brave enough for fasting and colonic irrigation? Try body-brushing. Giving the skin a once-over aids detoxification by stimulating the circulation and improving drainage in the lymphatic system. Noella Gabriel, from skincare brand Elemis, advises clients to brush the body daily. She says: "Keeping in mind that the skin is the largest eliminative organ of the body and when working at its peak it eliminates a pound of toxins a day it is well worth body-brushing daily." All of Elemis detoxes start off with body brushing, including the Cellutox Aroma Spa Ocean Float (£90 for 75min, [www.timetospa.co.uk](http://www.timetospa.co.uk)). This full detox also includes a seaweed body mask

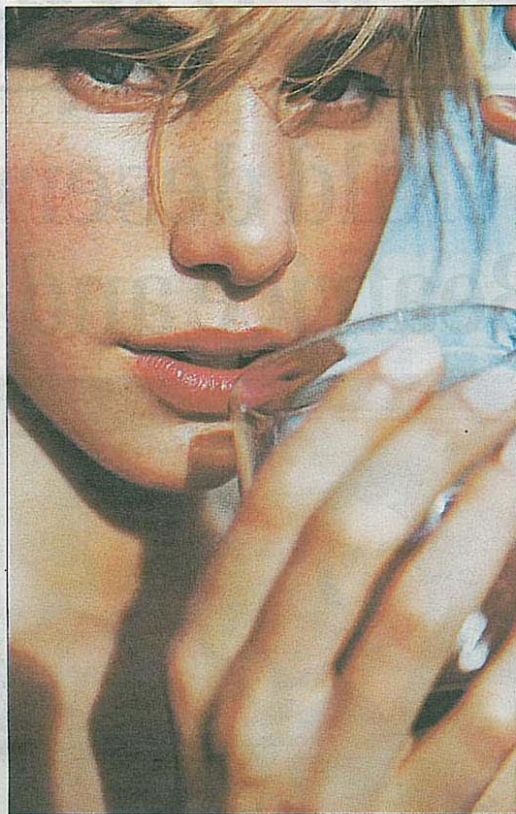


**Boost:** body-brushing aids circulation

that is massaged over you to combat cellulite and fluid retention. You could even take the DIY approach and buy a body brush. The Body Shop's round body brush is cheap and does the job (£6.85, [www.thebodyshop.co.uk](http://www.thebodyshop.co.uk)). Always brush towards the heart, using long, smooth, sweeping strokes. Start with the soles of the feet and work up.

### THE LIQUID LUNCH

Hydro Healing (from £240, [www.hydro](http://www.hydro)



**Fluid assets:** drinking lots of water is a key element of some detox treatments

# The big spring clean

healing.com) in Notting Hill has developed the Urban Detox. This three to seven-day regime imitates the starvation and colonic irrigation regimes of Thai detox retreats but packages it up for time and cash-poor Londoners who can't get out of the city. The service includes a strict, fluid-only diet of meal-replacement juices delivered to your door. Active ingredients include clay, which acts as an intestinal "scrub", removing — ahem — hard matter. Pharmacist Vim

Patel, Hydro Healing's owner, says eating no solids gives the body a break. He says: "As well as feeling energetic and losing 6-15lb, people experience mental changes. Food is an addiction, so giving it up increases willpower and people find they start thinking more carefully about what they eat."

### THE CIRCULATION BOOSTER

For a full-body toxin-busting massage, try the Ark Toxin Relief Massage (£56 for 55min, Ark Health and Beauty in

Fulham, Putney, Wimbledon and Holland Park, 020 8788 8888, [www.arkhealthandbeauty.com](http://www.arkhealthandbeauty.com)). This uses Dermalogica oils specially designed to expel waste from the body using grapeseed, an anti-inflammatory, as the active ingredient. The therapist uses oil and stimulating movements to get the circulation going, leaving the body cleansed, refreshed and relaxed. Ark advises you to drink lots of water before and after your treatment and says that for the best results these treatments should be done in conjunction with dieting and exercise. A course of six treatments to aid a full detox can be arranged.

### THE GREAT RUB DOWN

Dry body massage is called *udvartana* and uses herb-based powders to cleanse the body. Alive and Well in Covent Garden offers the *Udvartana Tri-Dosha Detox* (£40 for 30min, 61 Shelton Street, WC2, 020 7379 5531). Originating from India, this cleansing treatment uses specific ground ayurvedic herbs which are vigorously rubbed over the body to help draw out impurities and reduce water retention. The natural ingredients also exfoliate to leave the skin lustrous. Good for poor blood circulation and cellulite.

### THE BLOAT BUSTER

Think of the Green Tea Abdomen Treatment (£60 for 40min, City Point Club, 1 Ropemaker Street, EC2, 020 7920 6200, [www.gerards.uk.com](http://www.gerards.uk.com)) as a non-invasive colonic therapy. This intense massage focuses on the intestine and can take four inches off your waist. By stimulating circulation, it removes blockages and soothes bloated stomachs. A host of creams containing green tea, seaweed and alginate are applied to the abdomen targeting the digestive system and firming up the skin. The active ingredient in green tea is an antioxidant that helps fight off cancer. Other ingredients include laminaria seaweed, which reduces fatty deposits, and extract of horsetail plant, which promotes good circulation.



**Stimulating:** an all-over body scrub

## THE FIVE BEST... WAYS TO KEEP ON RUNNING



### MUSIC

A good tune can distract the mind enabling the body to work harder, say sports psychologists. Audiofuel provides downloadable soundtracks that fit your running speed. Developed with the help of top runners, it is aimed at anyone running for a major event. [audiofuel.co.uk](http://audiofuel.co.uk)/£5 for 20-minute medium-intensity "Shoot the Breeze" workout or £10 for the 40-minute "Adrenaline Junkie"

### GPS TRACKING SYSTEM

Fitness expert Matt Roberts says global positioning systems help you reach

fitness targets. He says: "These show how fast you are running and how far you have run. If you know you're running at 10km per hour when you should be going at 12kph, then it really gives you the motivation you need." Polar G3 GPS Speed and Distance Sensor from £109.66 at [www.totalcycling.com](http://www.totalcycling.com)

### DIET

Make sure you do not eat anything an hour before a major run or marathon. Drinks containing potassium salts, however, will help prevent muscle fatigue and leg cramps. Introduce them

into your system about 40 minutes into your running session. Matt Roberts says remember to take a piece of fruit along to keep energy levels boosted. Lucozade Sport Isotonic Drink or Lucozade Sport Energy Bar/[www.lucozade.com/sport](http://www.lucozade.com/sport)

### BREATHING

Breathlessness is a common complaint for runners. Running uphill or sprinting increases your breathing rate to help compensate for lactic acid production. The most effective way to breathe is slowly and deeply. Matt Roberts says: "The rate should be the equivalent of

an inhalation for every three to four strides and followed by an exhalation for every three to four strides."

### THE WARM-UP

Getting your muscles working before you start out on your run boosts metabolic rate and accelerates the heart rate. This enhances oxygen and energy flow to working muscles and increases the speed of both nerve conduction and muscle contraction. Warming up is also thought to reduce the risk of injury. [www.thefitmap.co.uk](http://www.thefitmap.co.uk) for tips on warm-up exercises