

## Beauty

# ALL THINGS Bright & Beautiful



Kate Bright brings you all the latest news from the beauty world.

You heard it here first...

\* INA Crystals contain Himalayan White Gold and give the skin a luxurious sheen – and the White Gold Detoxifying

Crystal salts are the equivalent of a three day detox. £44.04 for 1000g from: [www.spacenk.com](http://www.spacenk.com)



• If, like me, you have serious dark circles, Hylexin really is a saviour. Avoid your eyelids when you apply, as it is powerful stuff. £73.50 from: [www.salonskincare.co.uk](http://www.salonskincare.co.uk)

• Eyliplex-2 comes complete with side-by-side jars for day and night creams. Your eyes never have an excuse to be without treatment again. £27.99 from large Boots stores.



• Turn back the clock with Solgar AC-11, proven to increase the body's ability to repair DNA which prevents future damage and premature ageing.

£28.69 for 60 capsules from: [www.solgar-vitamins.co.uk](http://www.solgar-vitamins.co.uk)

• I'm going to a 'Sex and the City' themed hen party in a few weeks. What will I be wearing? Fake eyelashes of course, from the Eyelure Vivid Lashes range – check out Eyelure products at Superdrug stores nationwide.



• The Jump Snap, a Ropeless Skipping Rope from JML is endless fun in small spaces, while burning 100 calories every 5 minutes. A great way to get bikini ready; and it's pink! £39.95 from: [www.jmldirect.com](http://www.jmldirect.com)



• Elemis Cellular Recovery Skin Bliss Capsules – easy to slip into hand luggage for an in-flight moisture surge. It contains pink rose capsules for morning and green lavender capsules for evening.



• There is a fantastic new brand from Lisa Hoffman – Dustin's wife.



The products are exquisitely packaged and inspired by her family's travels across the world, and to film sets with her husband. I'm hooked on Night and Day – a single 'pockette' with one complete day of skincare, at hand in your handbag. Priced at £14 and available from Harvey Nichols.

• For a post-work treat, head to the Sloane Square branch of Toni and Guy. I was treated to highlights and a blow-dry which lasted for days, and a colour that was glossy for longer than normal. Call: 020 7730 8113.

• Fit for a Princess has launched 'City Princess' – an express 45 min lunchtime on-the-move cardio & conditioning outdoor workout for hard working office women. Mon-Thurs: 12.15pm at Green Park, Embankment & Mansion House, with more locations and classes to be confirmed: [www.fitforaprincess.co.uk/cityprincess](http://www.fitforaprincess.co.uk/cityprincess)

## Cellulite Top Tip:

Mariama Diallo-Souaré, Director of The Remédie Rooms, recommends the Manual Anti-Cellulite Massage. "It is a deep penetrating French Massage Technique called 'Le Palper-Rouler'. This is not for the faint-hearted as you will probably feel quite sore during and for a few hours after the treatment, but it works wonders!" [www.theremedierooms.com](http://www.theremedierooms.com)



## Make-up Mistress

Nadira V Persaud brings you the best beauty trends from celebrity shoots to your make up bag! "Be an alluring, sensual and a timeless beauty with the Lady Dior (Limited Edition) make-up compact, inspired by the quilted 'it' bag from the House of Dior. The compact reveals a duo of cream textures, the tinted one to add lip and cheek colour, the other to enhance cheek and brow bones with a radiant glow." [www.nadiramakeupmistress.com](http://www.nadiramakeupmistress.com)



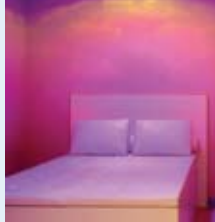
## Destination Spa Recipe of the Issue

Spirulina Sunrise (320 Calories)

Blend together: 1 tsp (5g) spirulina, 5 (8g) almonds, 1 tsp (7g) flax seeds (linseeds), 2 tbs rolled oats, 250 ml rice milk, 1 large ripe banana and 50g fruit pieces. Soak the almonds, flax seeds, and rolled oats in the rice milk for around 15 minutes beforehand to let them absorb some moisture. To find out more about Destination Spa Phuket visit: [www.sixsenses.com/Six-Senses-Destination-Spa-Phuket/index.php](http://www.sixsenses.com/Six-Senses-Destination-Spa-Phuket/index.php)



The winner of the Solgar 'Spring Cleanse Kit' from last issue was Joanna Chinappen – congratulations! Her top tip for a concealer is, "YSL Touche Eclat – I'm a religious user and don't leave home without it."



Far Left: Sunmeadow  
Left: The Six Senses Spa

## Beauty

# Spa Time

Each issue we bring you a selection of London Spa reviews and one international Spa retreat destination focus. This issue Kate Bright visits Austria.

### Spa Focus: London

**Kensington: Sunmeadow @ K Spa, K West Hotel** – a place you can guarantee a piece of summer all year round! The Sun Meadow Room is the healthier, more natural alternative to the traditional sunbed. Lounge on the comfy bed by yourself or with a friend and enjoy the sunshine-like rays. The gentle tanning effect of the Sonnenwiese sun bed is exclusive to KLAFS and exclusive to K Spa. The result is a natural, long lasting tan, without causing any damage or premature ageing of the skin. It can also improve the skin texture, especially those with eczema and psoriasis. The treatment length is 20 minutes and costs £15 for one or two people. Visit [www.k-west.co.uk](http://www.k-west.co.uk)

**The City: The Six Senses Spa @ Pan Peninsula (London's Canary Wharf)** is now open.

Visit [www.sixsensespas.com/panpeninsula](http://www.sixsensespas.com/panpeninsula) to discover a luxury retreat in the heart of the City. When you book don't forget to allow time to relax before or afterwards with a bio-thermal circuit session comprising chromotherapy steam cabin, crystal laconium, traditional dry sauna, sensory shower and a hydrotherapy pool. Take advantage of the holistic wellness and guidance with the Wellness Consultants – offering hypnotherapy, Neuro Linguistic Programming (NLP) and a range of Asian Therapies. For those on a budget also ask for their Express treatments at reduced prices. To book call: 020 7531 2320.

### Spa Focus: Austria

**Hotel Zürserhof: [www.zuerserhof.at](http://www.zuerserhof.at)**

This luxurious five star hotel is big on facilities and service. The staff greet you in traditional Austrian dress and as you walk into the hotel past the bar, the large stone fireplace and wooden panelled walls signal your arrival in the heart of Austria.

The Zürserhof has its own in-house ski centre, a concession of the Strolz brand. This is a major plus of this hotel and I was expertly measured up and kitted out by Thomas in seconds, and at the end of each day you return your skis and boots to your private heated locker.

The Spa offers a wide range of treatments, and I chose the après-ski massage which, after an exhilarating day on the slopes was much needed; my tense hamstrings were not going to give up without a fight. After treatment time there is a large heated pool and relaxation area, as well as a mixed sex naked sauna (a female only sauna is available) with an outside area of fresh snow to roll in before heading back in (very quickly). If that is too hardcore, you have the ice cold pressure shower or the 12 degree (very cold) plunge pool.

This is a large family run hotel and their guests return year after year through the generations. You can see grandparents parents and children all enjoying family time together, as well as well heeled couples from Europe and beyond enjoying a romantic break. I can see why people return; the service is world class, and rightly attracts those from the world of royalty, Formula One, sports, music etc. Don't forget to sit down after dinner and listen to the magic that is Eddie on piano, and certainly don't forget to put a beer behind the bar for him if your bed calls before his set finishes.

**Bentleys House: [www.bentleyshouse.com](http://www.bentleyshouse.com)**

For a different style of holiday, Bentleys House is a new Chalet Hotel in Zurs. The place oozes contemporary style and makes you feel like the guest of a multimillionaire in his home in the snow.

There are two similar chalets on the first floor. The sumptuous bedrooms (complete with Sky and Playstation) and living spaces appointed in a traditional/contemporary mix, which is difficult to pull off but accomplished to perfection here. You can either take one room in one of the chalets and share the living room space, or take all three rooms for a party of six family and friends.

The top floor of is given over to the gym and spa area. The Sauna, Steam Room and Ice Room are stunning; with views of the mountains through the window, and you choose the music, volume and lights on the interactive panel. A wide range of exciting treatments are available and I sampled the signature treatment – Herbal Stamp. This starts with hot oil, then a gauze bag of herbs soaked in hot oils is progressively dabbed and rubbed over your body, followed by a firm massage. The smell is divine and in the relaxation time at the end I was instantly asleep. As the therapist quite rightly said, "This is not one to have in the morning!"

The bold restaurant on the ground floor delivers the breakfast buffet, traditional Austrian lunches and its more internationally adventurous 'molecular' cuisine by night. Chef Stephen is a master, and clearly influenced by the likes of our own Heston Blumenthal but in a more restrained manner; the result being superb, accessible and impressive food.

Top tip for your next ski break: get a group together to share the 3 room chalet and experience something really special. This is a more independent style of holiday, the service is there when you want it, but invisible when you don't. Bliss!

Far Left: Hotel Zürserhof  
Left: Bentleys House

