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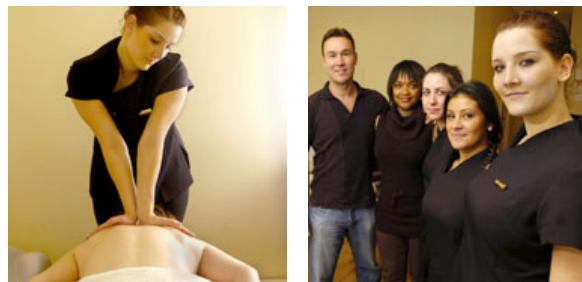
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From Times Online

March 4, 2009

Remedie Rooms, Streatham, London

Great value, friendly treatment rooms in South London that has clients coming from as far afield as Paris



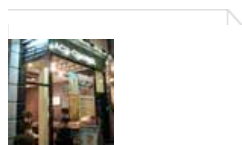
Nick Wyke

USP A little slice of Paris in a beauty salon on the insalubrious Streatham High Road.

The Remedie Rooms has been open for three years and is staffed by three French women who offer West End quality treatments at a fraction of the price.

AMBIENCE A simple, homely reception room has a front desk, sofa and chairs for manicure and pedicure with Phytomer products on display. Off a corridor at the back of the front room are three tidy treatment rooms and a spray tan room.

EXPERIENCE I had the Men's Pamper package which cost £90 for two hours and 45 minutes. It included an epic facial that I'm sure would have seemed to most men like a never-ending application of lotions, potions, peels and masks, but was, in fact, a carefully orchestrated procedure tailored to my particular pores.



Acu-Channel, South Kensington, London

Holistic calm and quick-fix massage at an oriental therapy centre on the bustling Old Brompton Road

> Chinalife, Camden, London



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The facial was sandwiched by a back massage and "scroob" as my therapist Lorie charmingly called it and a Phytomer-style scalp massage, which concentrates on certain reflexology points and is more relaxing than the usual scrabbled fingers through the hair.

The Marine Calm facial started with a detoxifying seaweed mud that opens the pores and sucks up all the impurities in the skin. A rose cleansing and toning gel followed; then an exfoliation mask and a massage with a soothing serum using firm slow-motion strokes that seemed to keep time with the Celtic-jungle music.

Next was a double mask – one to open the pores, the other to close them I was told. It felt like I was having a death mask made and, when a thin layer of tin foil was

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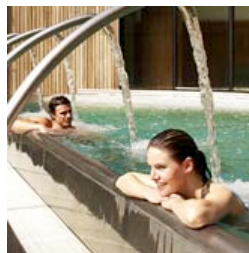
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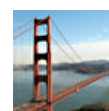
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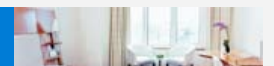
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added, I had to concentrate on my breathing to avoid claustrophobic panic. Fortunately it is RR policy not to leave the room during a treatment so that the client remains relaxed and reassured at all times. I think if Lorie had left the room I would have naughtily removed the mask.

There were yet more applications and I ended up with softer skin than I deserve and told that all the goodness would work its skin-

deep magic overnight.

FOOD Nothing fancy just tea, coffee, juice and water. Regulars drop in for a cuppa and chat with les filles Francasie.

IN CROWD Word of mouth brings French visitors in London down to SW16 and women drive over from Chelsea for the Ionithermie and Thalgo firming and toning treatments. Apparently, the French technique uses skin rolling to break down the fat. Otherwise, locals both men and women.

WALLET WATCH Even though prices have recently seen a small hike they still offer some of the best value for money in the capital. Prices this lean usually involve some sort of compromise, in the etiquette or fittings - but not here.

A range of 75-minute facials cost £56.50 each and a therapeutic Swedish massage is £40 for an hour.

NEED TO KNOW The Remedie Rooms, Streatham, London SW16 1BS (0208 677 5771; www.theremedierooms.com)



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Nick Wyke

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