

FASHION | BEAUTY | HEALTH | WELLNESS

ARTS | CULTURE | FOOD | DRINK | TRAVEL | HOMES

The GLOSSARY

YOUR LONDON STYLE GUIDE

ISSUE FIVE
SUMMER 2011
£5 WHERE SOLD

CULTURE

Essential events

FASHION

Summer style

FRAGRANCE

The latest scents

ARTS

The Royal Academy's
250th birthday

MEMBERS' CLUBS

White City House

TRAVEL

Eco luxe getaways

FOOD

Al fresco dining

The BEAUTY ISSUE

The Summer's latest looks,
products & treatments

PLUS: Sophia Webster on *FASHION*, Tom Dixon on *DESIGN*, Lady Carole Bamford on *FOOD*,
Elizabeth Hurley on *STYLE*, Alessandra Steinherr on *BEAUTY*, Lisa Eldridge's *LONDON*

SUMMER SAVIOURS

From *restorative* pampering to *high-tech* innovations, we take a look at the best beauty treatments in the city

By CHARLOTTE ADSETT



THE FACIALS

RED CARPET FACIAL
LURA BISSÉ AT THE SAVOY

Following the recent refurbishment of the iconic Savoy, skincare brand Natura is embracing its pioneering facial listed as a 'youth elixir' for 'out-of-skin' skin, the Diamond Lift facial uses the brand's powerful ingredients to improve skin texture, redefine fine lines and fade expression lines - there's a good reason this is a red-carpet treatment for many A-listers. For a truly out-of-this-world experience, try the *Miraculous Black 3D* vitality headset (pictured above) which uses calming images and music to therapist gently massages your face and head, and leads you into a meditation. Pure bliss.

at Lift Infusion, £285
109, Strand, WC2R
www.savoy-london.com

THE CLASSIC FACIAL
DR SEBAGH

If you are looking for a real skincare treat, be sure to book a Signature Treatment at the Dr Sebagh clinic with lead facialist Tina Hagedorn. Using Dr Sebagh's best-selling skin care range, this magic-fingered therapist utilises her tried-and-tested facial techniques, including gentle, but powerful lymphatic drainage for detoxification and an intense massage to rid your jaw of tension and lift and firm the muscles of the face. You are left with glowing, radiant skin that feels younger and smoother. Tina is also a great source of information about products, nutrition and overall wellbeing, so don't be afraid to pick her brilliant beauty brain for tips.

Signature Facial, £150
25 Wimpole Street, Marylebone, W1
drsebagh.com

THE HEALTH MOT

HEALTH ASSESSMENT
THE ORGANIC PHARMACY

Want to find out what's really going on in your body? Designed to identify your weaknesses and strengths within a mere three minutes, The Organic Pharmacy's BioEnergy device scans the whole body looking at anything and everything from vitamin and mineral deficiencies to hormone imbalance, digestive disorders and stress. Whether you are looking to improve general health, have a specific health concern or are planning a pregnancy, this comprehensive assessment will leave you armed with new insights plus an easy-to-follow personalised homeopathic health plan tailored to your individual needs, covering diet, lifestyle adjustments, food intolerances and more.

Health Assessment, £100
30 Great Marlborough Street, Soho, W1
theorganicpharmacy.com

THE DETOX FACIAL
SKINWORK AT ALEX EAGLE

Devotees of Skinwork often claim it's the treatment that finally sorted out their skin, and we can see why. Famous for using a Hamman Lecter-esque leather galvanic face mask that pulses the face with galvanic currents to firm and lift skin as well as stimulate cell renewal - Skinwork's treatments gives seriously impressive results. The Detox Facial is a city dweller's must-try: 85 minutes of deep, congestion-clearing cleansing, followed by an antioxidant infusion to stimulate collagen production, plus a mandelic acid pad for deep exfoliation and an anti-bac pore extraction all topped off with a tension-release neck, shoulder massage. We guarantee you'll leave floating on air.

Detox Facial, £205
6-10 Lexington Street, Soho, W1
alexleagle.co.uk

LIGHT THERAPY

FOR THE FACE
DERMALUX AT SARAH SHAH

Enjoy mood-lifting benefits and so much more with Dermalux's light therapy treatment which works by delivering therapeutic levels of red, blue and near-infrared light to naturally stimulate cell regeneration by up to 900%. Utilising the latest generation Light Emitting Diode (LED) technology, Dermalux® LED Phototherapy is clinically proven for the treatment of a wide range of skin concerns; to reduce the visible signs of ageing, pigmentation and environmental damage; and resolve inflammatory skin conditions such as acne and rosacea. Results last for four-six weeks, but a course of around 10 sessions will ensure a major difference - it's perfectly safe to enjoy two to three sessions a week to speed up results.

Dermalux LED Phototherapy, £70
25-33, Body Street, Aldgate, EC2
ariastrycosmetic.co.uk

FOR THE BODY
THE COLLAGEN BED AT THE WELLNESS CLINIC AT HARRODS

The latest state-of-the-art innovation in wellness has just landed at the Harrod's Wellness Clinic and is the first of its kind in London. The Collagen bed (pictured left) is



covered in more than 18,000 LEDs that emit a combination of near-infrared and deep red light, all completely safe for any skin type. During the 90-minute procedure, red light waves trigger healing responses in the body which increase nutrient flow to cells, fuel collagen production and also help alleviate conditions such as muscular pain and skin conditions like psoriasis and eczema.

A course of six sessions rejuvenates firmer skin with improved elasticity and reduces wrinkles, age spots and fine lines. Not too bad for 90 minutes in bed.

The Collagen Bed - Red Light Body Rejuvenation, £300
Harrods, 87-135 Brompton Road, Knightsbridge, SW1
harrods.com

THE VITAMIN DRIP

THE BODY BOOST
THE ELIXIR CLINIC

For anyone burnt-out, feeling under the weather or just suffering from the post-holiday blues, The Elixir Clinic offers an instant boost via IV therapy and vitamin infusions. With 17 treatments on the menu - each with a different cocktail of vitamins, antioxidants and minerals - ailments such as hangovers, colds and jet-lag are fixed in 45 minutes. After a consultation, we opt for the VIP Elixir - an infusion of 18 essential nutrients to combat stress. Unless you are neurotic, the experience is fairly pleasant and relaxing, although you do feel spaced out as the drip begins to work. That night we enjoyed the deepest night's sleep in weeks, with much brighter eyes and skin plus increased energy that lasted for weeks.

VIP Elixir Drip, £407
75 Wimpole Street, Marylebone, W1
theelixirclinic.com

HANDS AND FEET

THE ONE STOP SHOP
DRYBY

Just off Regent Street, Dryby is a blow-dry bar and nail salon beloved by beauty enthusiasts. Signature services include the deep pedicure, inspired by the spas of Budapest, and IBX - a strengthening treatment for brittle nails. With chic interiors, precision by the glass and wide tables ideal for catching up with girlfriends, this is the perfect pick-up.

Deep Pedicure, £285
74 Morrison Street, Fitzrovia, W1
dryby.co.uk

THE LAST MINUTE FIX
THE TOWNHOUSE

A new arrival to Fitzrovia, the friendly team behind The Townhouse aim to redefine the nail salon experience, with non-toxic products, a carefully curated colour range and grown-up nail art. Bookings can be made online in seconds, making it perfect for when you're in that last-minute hurry.

Manicure, £35; pedicure, £40
88 Great Portland Street, Fitzrovia, W1
thetownhouse.co.uk

THE MEDICAL PEDICURE
MARGARET DABBS

Looking for a complete overhaul for your neglected feet? Margaret Dabbs' Medical Pedicure is performed by a qualified podiatrist, who tackles ingrowing toenails, cracked heels and hard skin with surgical precision, and buffs and polishes feet until they look and feel brand new. We recommend Dabbs' award-winning Fitzrovia's Feet products containing emu oil, to keep your feet ship-shape at home.

The Medical Pedicure, from £85
At Liberty, Notting Hill and Marylebone.
margaretdabbs.co.uk

LIGHT THERAPY

FOR THE FACE DERMALUX AT SARAH SHAH

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Dermalux LED Phototherapy, £70
33-34 Bury Street,
Aldgate, EC3
artistryclinic.co.uk

FOR THE BODY THE COLLAGEN BED AT THE WELLNESS CLINIC AT HARRODS

The latest state-of-the-art innovation in wellness has just landed at the Harrod's Wellness Clinic and is the first of its kind in London. The Collagen bed (pictured left) is



covered in more than 18,000 LEDs that emit a combination of near-infrared and deep red light, all completely safe for any skin type. During the 30-minute procedure, red light waves trigger healing responses in the body, which increase nutrient flow to cells, fuel collagen production and also help alleviate conditions such as muscular pain and skin conditions like psoriasis and eczema.

A course of six sessions promises firmer skin with improved elasticity and reduced wrinkles, age spots and fine lines. Not too bad for 30 minutes in bed.

The Collagen Bed – Red Light Body
Rejuvenation, £200
Harrods, 87-135 Brompton Road,
Knightsbridge, SW1
harrods.com