



Cloud Twelve

By ENXHI KOLECI

Cloud Twelve is a wellness and lifestyle club in the heart of Notting Hill. A sanctuary for all members of the family, it offers a spa, salon, brasserie and wellness clinic as well as an interactive play zone for children, all under one roof.

Upon entering I am taken upstairs where my therapist greets me. She shows me the spa, which boasts a combination of massage, steam, sauna, and himalayan salt rooms to achieve ultimate physical and mental relaxation. The interior is calming and everything smells divine. The massage begins with three deep breaths over the Tranquility Oil - a blend of amaranth and essential oils which allows for an immediate alleviation of stress and tension. April starts at my feet, moves onto my back, legs and finally arms. She is very thorough, ensuring every inch of skin is massaged, and any muscle tensions are worked away. By the end of the massage I feel totally zen and my body feels ultra relaxed yet rejuvenated. All in all, it is a very pleasant and relaxing experience; you really do forget you are still in London.

Aromatherapy Massage, 60 minutes £100;
 2-5 Colville Mews, W11 2DA
cloudtwelve.co.uk



Ushvani

By FLORA THOMAS

In a grand Edwardian town house in Chelsea, you'll find a heavy carved wooden door hiding a tranquil oasis.

First and foremost a private spa, Ushvani oozes exclusivity from the outset. The place is all dark wood, speaking to its Malaysian theme, although both Malaysian and Balinese massages are on offer. My shoes are whisked away and replaced with flip flops before I'm lead to the changing room, which is reminiscent of a fitting room in a designer clothes shop. You can choose between ninety minutes and two hours for the massage. Pressed for time, I plump for an hour and a half, a decision I quickly regret. I could happily have stayed for two hours or more. Balinese massages are full-body, deep-tissue treatments; they involve a variety of techniques like skin rolling, kneading and pressure-point stimulation (all of which mean it's unlikely you'll fall asleep).

The treatment room is clean, warm and smells amazing. It's the small things which make all the difference, like a heated bed and music which straddles the fine line



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We've tried and tested two marvellous massages. You're welcome

between elevator-music and whale sounds. My masseuse is direct and professional, ensuring I feel confident to ask her to adjust the pressure. She works methodically on my back, legs, feet, arms and hands, before requesting I turn over. I wasn't expecting my stomach to be massaged, and I'm glad I hadn't eaten for a few hours otherwise it might have felt a bit odd. The hour and a half flies by but I reluctantly accept my time is up, redress and head upstairs to be greeted with a cup of hibiscus tea. It dawns on me that while the tea is nice, it affords me the chance to wake up from my zen-like stupor, for which I'm grateful. I'd highly recommend the treatment and urge anyone in need of relaxation to visit [Ushvani](http://Ushvani.com).

Balinese Massage, 90 minutes £180
 1 Cadogan Gardens, SW3 2RJ
ushvani.com



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