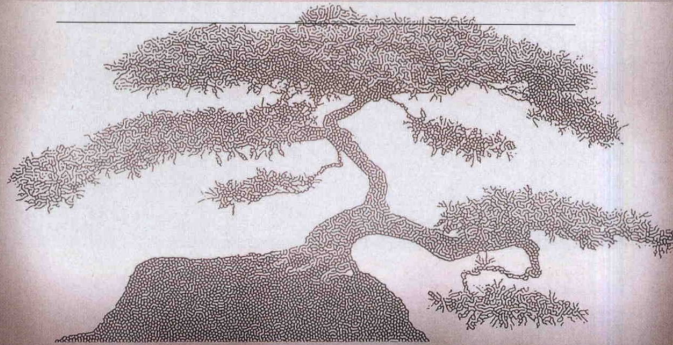


WELLNESS



Chuan Spa

GLOBAL SPECIAL

'If you want to relax in London like a world citizen, here's how'

There are lots of spas offering Swedish back rubs or Indian head massages, but few places encapsulate a country from the moment you enter. Proving that London is a global city, we have spas whose decor, ethos and treatments are dedicated to countries, from Russia to China. So if you want to relax like a world citizen, here's how.

If you're looking for a spa experience to remember, **Banya No 1** is for you. This Russian spa's signature treatment is the venik massage, during which bundles of birch twigs are pressed against your body. It sounds punishing rather than relaxing – as if you're being tortured by a James Bond villain – but the treatment is designed to ease tension and improve circulation.

If you're feeling your inner 007, you can get double the intensity by being thrashed

by two members of staff at once. Russian food and drink, including caviar and vodka, are also served (www.gobanya.co.uk).

The **Mandarin Oriental** (p. 69) is a celebration of Chinese culture, so it's no surprise to find that its spa offers so many Eastern-inspired treatments. Professor Ke, a leading practitioner in Chinese medicine, works closely with the venue. Book a consultation for dietary advice, massages and Chinese exercises. If you want the full experience, book the Oriental Suite, which can be used for one or two people.

Chuan Spa (p. 69) has to be one of the best Chinese spas in the capital: its treatments are also inspired by Chinese medicine. The Chuan You Facial uses the ancient technique of Gum Sha, where a layer of skin is scraped off to improve

circulation. Jade, a mineral with healing properties, is used to nurture the skin.

The oldest known Moroccan hammam dates back to the late eighth century. During the Ottoman Empire, many were built as public baths as there was no running water.

Entering a hammam can be intimidating: do I have the right clothes on? Should I even wear any? Don't worry, these hammams will put you at ease – especially the opulent **Akasha** in Hotel Café Royal (www.hotelcafe-royal.com). You can also visit The Ned's **Club Relax** (www.thened.com), which has one of the city's largest hammams, and **Urban Retreat** in Harrods (www.urbanretreat.co.uk). In these heated, tiled rooms, you lie on a slab and are scrubbed and massaged. Relaxation is, indeed, universal.



KOHINOOR SAHOTA
Wellness Editor

CHUAN SPA COURTESY OF THE LANGHAM

WELLNESS

SPAS

Aveda Institute

This three-storey salon offers cuts, colours, blow-dries and botanical treatments using Aveda's plant-based products. The Express Beauty Bar has a range of treatments lasting for 15 or 30 minutes. www.avedainstitute.co.uk. 174 High Holborn, WC1V 7AA. T: 020-7759 7355. **D8**. Station: Holborn.

Bamford Haybarn Spa

First opened in the Cotswolds and loved by celebrities, this is the spa's city branch. Treatments take a holistic approach to wellbeing, using botanical products. There is also a rooftop pool. www.the-berkeley.co.uk. The Berkeley hotel, Wilton Place, SW1X 7RL (and branch). T: 020-7201 1699. **F6**. Station: Knightsbridge.

Body Relaxation

High-quality, deep-tissue massage directly in your hotel room, apartment or at the Sloane Street studio. Open until late. T: 07941-505982.

Chuan Spa

Step inside this luxury spa, which uses the principles of Chinese medicine to rebalance your mind, body and spirit (p. 68). There is a VIP suite for couples. www.chuanspa.com. The Langham, 1c Portland Place, Regent St, W1B 1JA. T: 020-7973 7550. **D6**. Station: Oxford Circus.

Elemis Day Spa

Situated in Mayfair, the spa specialises in facials that tackle ageing, pigmentation and blemishes. The Penthouse is a private suite that you can share with a guest: upgrade your experience with a bottle of Champagne. The Speed Spa offers treatments in 30 minutes. www.elemis.com/dayspa. 2 Lancashire Court, W1S 1EX. T: 020-7499 4995. **E6**. Station: Bond Street.

Mandara Spa

Spa with a contemporary edge and a luxurious Asian touch. The decor features a bamboo forest, Mondrian paintings and Japanese shoji screens. Signature treatments include the Warm Bamboo Massage. There is a double treatment room, fitness centre and swimming pool. www.mandaraspaspa.com. Park Plaza, 200 Westminster Bridge Rd, SE1 7UT. T: 020-7620 7300. **F8**. Station: Waterloo.

Mandarin Oriental

Fresh from a refurbishment, this luxury spa is inspired by Chinese treatments (p. 68). The menu offers scrubs, massages and facials. www.mandarinoriental.com. 66 Knightsbridge, SW1X 7LA. T: 020-7235 2000. **F5**. Station: Knightsbridge.

One Aldwych

This spa offers a range of treatments including massages, manicures and waxing. Brands used are Natura Bissé and Oskia. The health club is excellent, while the pool is chlorine-free and has underwater music. www.onealdwych.com. One Aldwych, WC2B 4BZ. T: 020-7300 0600. **D8**. Station: Covent Garden.

The Refinery

Men-only spa with treatments ranging from sports massages to traditional shaves. If you want to master a wet shave, you can book a shaving lesson. Also at Harrods. www.the-refinery.com. 60 Brook St, W1K 5DU. T: 020-7409 2001. **E6**. Station: Bond Street.

Rocco Forte at Brown's Hotel

An oasis of calm in the West End, boasting a premium selection of treatments and a 24-hour gym. Luxury treatments include a Gold Age-Defying Facial and Carat Diamond Face and Body Ritual, while there are also treatments for two. Brands used include Forte Organics and Spiezia Organics. www.brownshotel.com. Albemarle St, W1S 4BP. T: 020-7518 4009. **E7**. Station: Green Park.

The Spa at Dolphin Square

Moroccan-inspired luxury. Signature massages include the Moroccan Majorelle and Arabian Ceremony. Treatments can be combined with a hammam. There is also a menu for brides and hen parties. www.dolphinssquare.co.uk/spa. Chichester St, SW1V 3LX. T: 020-7798 6767. **Off map**. Station: Pimlico.

Spa Illuminata

Enjoy this holistic skin and body-care haven. The menu includes facials, massages and a men's menu. Anti-ageing treatments include anti-wrinkle injections and skin peels. Recently voted the Best Day Spa in London by Condé Nast. www.spailluminata.com. 63 South Audley St, W1K 2QS. T: 020-7499 7777. **E6**. Station: Marble Arch.

Ushvani

This plush spa in Chelsea has won many awards. Its philosophy is based on ancient Asian culture, and takes a holistic approach to pampering. Treatments include the Malay and Balinese Massage, which incorporates natural herbs, spices and flowers. Look out for yoga classes. www.ushvani.com. 1 Cadogan Gardens, SW3 2RJ. T: 020-7730 2888. **G5**. Station: Sloane Square.

SALONS

Gentlemen's Tonic

This is a stylish, men-only grooming establishment with a barbershop, body and hair treatments and a full range of products. www.gentlemenstonic.com. 31a Bruton Place, W1J 6NN. T: 020-7297 4343. **E6**. Station: Bond Street.

Geo F Trumper

A traditional barbershop in Mayfair, which offers wet shaves, manicures and haircuts for an elegant result. www.trumpers.com. 9 Curzon St, W1J 5HQ. T: 020-7499 1850. **E6**. Station: Green Park.

Hershesons

At this trendy hairdressers, you can choose your favourite fashion-forward look from a menu and a stylist will create it. www.hershesons.com. Selfridges, 400 Oxford St, W1A 1AB (and branches). T: 020-7493 1600. **E6**. Station: Bond Street.

Jo Hansford

This hair salon, which is home to top stylists, is renowned for its colour correction work. The salon also has an in-house chef. www.johansford.com. 48 South Audley St, W1K 2QB. T: 020-7495 7774. **E6**. Station: Marble Arch.

Windle & Moodie

Award-winning hair salon specialising in catwalk looks for the everyday woman. The 20-minute Speed Styling service offers styles from updos to braids. The salon uses Bumble & Bumble products. www.windleandmoodie.com. 41-45 Shorts Gardens, WC2H 9AP. T: 020-7497 2393. **D8**. Station: Covent Garden.

T: Telephone number. **Station:** including Underground ('Tube'), railway and Docklands Light Railway. Most spas are open seven days a week, but check for opening hours. References at the end of listings (A1 etc) refer to coordinates on map p. 72-73.

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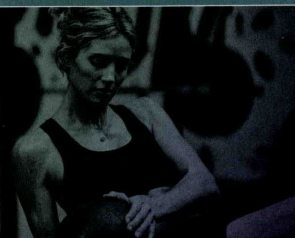
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