

# 30 best beauty treatments

Illustrations by Paul Oakley

From reflexology in the Cotswolds to hot stones in Yorkshire and water therapy in Bath – here are the rituals we think will leave you looking and feeling fabulous

## ◉ Amanda Lacey Signature Facial

**LONDON** Just walking in the door of Lacey's elegant all-white shop and treatment room in Belgravia makes you feel more glamorous. But it's Lacey's wonderful hands, legendary skin knowledge and heavenly range of products that do the real work. Her bespoke treatment (on a blissfully heated bed) thoroughly cleanses and restores the complexion, using lymphatic drainage massage to stimulate and smooth the skin. You leave feeling a cleaner, brighter, younger you. *£130 for an hour; amandalacey.com*

## ◉ Aveda Deep-Tissue Massage

**LONDON** If you find standard massages too soft, head to Aveda. This is not for the faint-hearted; indeed the thumb, finger, palm and elbow technique used by the therapist may bring a tear to the eye. But you are closely monitored so the pressure is never too much. And it's worth it to feel your circulation boosted and those stubborn knots truly eradicated. *From £80 for an hour; 020 7759 7355*

## ◉ Beata Aleksandrowicz Facial Therapy

**LONDON** 'I give people back the face that they feared they had lost,' says Aleksandrowicz of her special brand of facial massage. Focusing on connective tissue work and lymphatic drainage, but also drawing on reiki and reflexology, facial therapy removes tension and re-educates the muscles, making lines disappear and skin quality improve. The results are dramatic. *£87 for an hour; puremassage.com*

## ◉ Coco Huntman Aromatherapy Full Body Massage

**THE RITZ, LONDON** This Romanian masseuse is many an international jetsetter's must-visit when in London. One session under her steely hands and you will understand why. She really is world-class, though not for the timid. *From £95 for 50 minutes; theritzlondon.com*

## ◉ Colour Me Mine

**DANIEL HERSHESON SALON, HARVEY NICHOLS, LONDON** This joint consultation with the salon's head colourist, Sibi Bolan, and in-house make-up artist, Lauren Hersheson, will help you boost your natural skin tones, update your look and teach you new make-up techniques.

No wacky styles here; these girls want you to look your natural best. Four hours later you'll leave with a new hair colour and make-up palette, feeling like a subtly new you. *From £200; 020 7201 8797*

## ◉ Daylesford Hay Barn Signature Treatment

**GLOUCESTERSHIRE** Top-toe best describes this treatment, from the Indian head massage down to the foot reflexology. And there is plenty more in between, such as a body scrub and facial lymphatic stimulation, all using deliciously natural Daylesford products. The definition of luxury. *£175 for 150 minutes; daylesfordorganic.com*

## ◉ Deborah Mitchell LIA Facial Heaven

**SHROPSHIRE AND LONDON** Widely hailed as *the* natural facelift, this treatment uses lymphatic drainage, massage and acupuncture to smooth out all signs of tension and puffiness, leaving skin brighter and cheekbones sharper. The sweeping strokes across your face send you into a blissful trance – which is no surprise as Mitchell employs her holistic healing techniques and, if you're lucky, a few psychic insights, too. *£145 for an hour at Heaven, Shropshire, and the Hale Clinic, London; heavenskinicare.com*