

HELLO!

No 1152 • 6 DECEMBER 2010 • £2.00

YOUR ESSENTIAL GUIDE TO ALL THE LATEST WEDDING PLANS



BEAUTY *Spa special*

GRAYSHOTT HALL, SURREY

The hotel One of the UK's most respected destination spas, where you can lose weight, get fit, relax and recharge or simply surrender to the sheer indulgence of it all. With indoor and outdoor tennis courts, a nine-hole golf course and supervised walks, there are enough options to keep you busy throughout the day, followed by evening lectures. Meals are healthy, tasty and calorie-controlled.

The spa Many visitors come back year after year, working their way through a vast treatment menu with an emphasis on holistic wellbeing, which includes aromatherapy and hot stone massage, oriental head and face therapy and lymphatic stimulation and drainage. Both the classic anti-ageing Guinot Hydradermie Facial (£90 for 80 minutes) and the new 65-minute Ila Rainforest Rejuvenation Facial (£80) are must-tries.

The stars Vanessa Redgrave and her daughter Joely Richardson (below), Billie Piper, Joanna Lumley, Felicity Kendal and Dame Judi Dench are just some of Grayshott's famous fans.

The details A one-night Taste of Grayshott spa break costs from £149 per person, comprising a pampering welcome gift, three-course buffet lunch, full use of the spa including the pool, tennis courts, gym and exercise classes. Visit grayshottspa.com.

Zenspa Blissful
Ginger Pedicure
Energising Foot
Bath, £7.95. Visit
justbeautiffully.co.uk. Guinot Age
Logic Yeux,
£67.75. Visit
guinotuk.com or
tel: 0800 590094

So near so spa

Why jet halfway around the world when some of the finest celebrity spas are close to home? Whether you want a pre-party pamper or a kick start to your Christmas shape-up, look no further

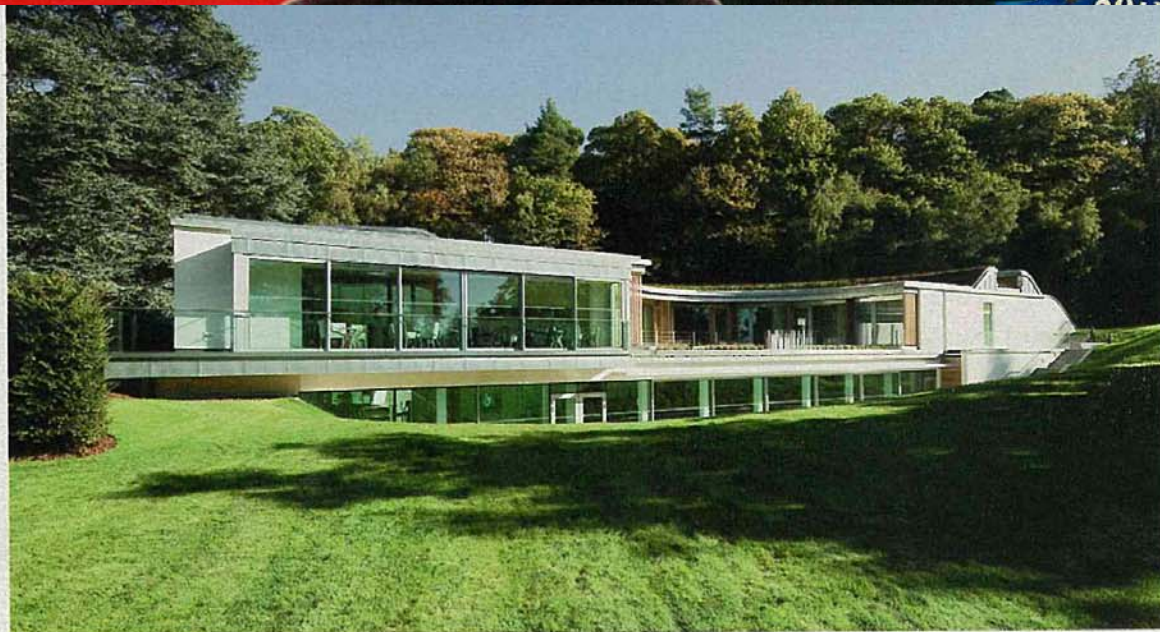
THE MEET TO EXCLUSIV TH



FROM MODEL PU

FREE INSIDE





THE SPA AT COWORTH PARK, BERKSHIRE

The hotel Opened last month, Coworth Park is the Dorchester Collection's take on the English country hotel. And it's suitably impressive, a Georgian mansion set in 240 acres of parkland on the edge of Windsor Great Park. While the spa is cutting-edge, there are plenty of good old-fashioned English country pursuits on offer including shooting, fishing and tennis, and staff can book you a tee-off time at the exclusive Wentworth golf club down the road.

The spa The only new building on the estate, the spa doesn't just look amazing, it also boasts some serious eco-credentials, thanks to carbon negative hemp walling, a

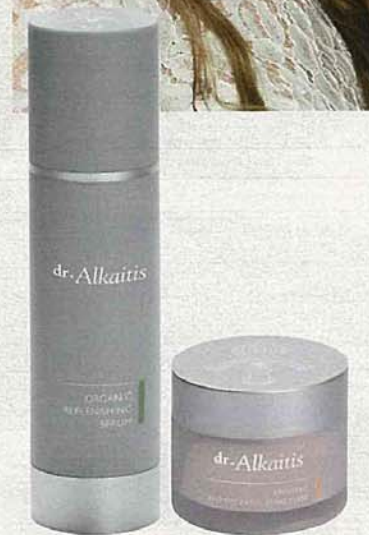
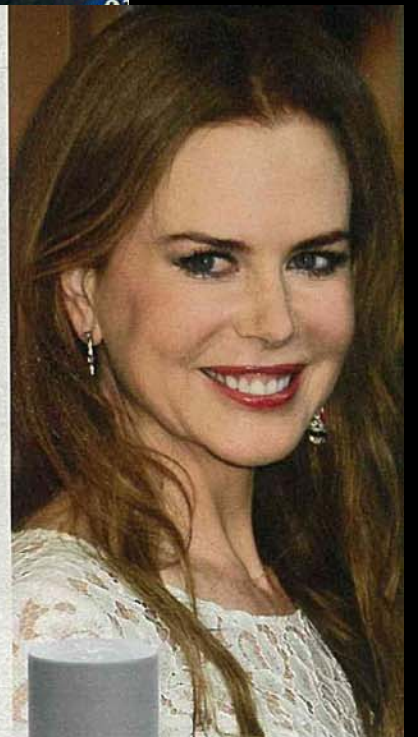
biomass boiler and a living roof of plants and herbs.

Partially submerged into the landscape, the entire building is flooded with light, the treatment rooms are bright and white, each one named after a herb, and the relaxation room is beautifully airy, with 1960s-style sofas, great views and plates of nuts and homemade biscuits on offer. All in all it's the antithesis of the typical dimly lit, heavily scented spa yet it's every bit as soothing. Rather than leaving you feeling sedated you'll be refreshed and revived. As well as treatments from Carol Joy London, Kerstin Florian and Aromatherapy Associates, it's the first hotel spa outside the

US to offer cult brand Dr Alkaitis's 100 per cent organic, paraben-free treatments. His Organic Skin Food Facial (£120 for 80 minutes) includes a wonderfully relaxing facial massage and acupressure as well as thorough cleansing and hydrating with all organic and biodynamic ingredients, for sparkling skin and a relaxed mind.

The stars Nicole Kidman (top right) is a fan of Dorchester Collection hotels, which include the eponymous hotel in London and the Plaza Athénée in Paris.

The details Prices start from £235 per room per night including full English breakfast. Visit coworthpark.com.



Dr Alkaitis Organic Replenishing Serum, £38

Dr Alkaitis Organic Enzyme Exfoliating Mask, £55 Prices include delivery, from naturismo.co.uk



THE AMAN SPA AT THE CONNAUGHT, LONDON

The hotel Tucked away in Mayfair, the Connaught is one of London's best-kept secrets. With its award-winning restaurant, David Collins-designed bar and seductive mix of classic elegance and contemporary style, it isn't hard to see why the hotel attracts a discerning celebrity clientele.

The spa The first Aman Spa in the UK is every bit as chic and tranquil as the famed Amanresorts, with friendly

staff cherry-picked from around the world to bring their spa specialities to London. You don't have to be a hotel guest to visit the Aman Spa. Choose from authentic Thai, Balinese and Shiatsu massages, try Reiki energy healing (all £150 for 90 minutes) or a Navajo red clay and herbal body wrap (part of a spa experience inspired by The Americas, £280 for 150 minutes). Opt for a body scrub

(£80 for 45 minutes), signature holistic facial (£150) or herbal steam – all using cult Aman by Sodashi products. If you are feeling energetic, take a dip in the gorgeous heated pool or book a private yoga lesson.

The stars Cameron Diaz (above right) and Laura Bailey love Aman Spas.

The details Rooms at the Connaught cost from £255 per night. Visit the-connaught.co.uk.



Aman Body Lotion, from £55
Aman Essence Kapha Purify & Cleanse, from £47.50. Tel: 020-3147 7305

THIS
MEE
TO
EXCLU



FROM MOD

FREE INS