

Healthy Ethical Living

# Lifescape

Integrated Health • Veggie, Vegan and Raw Recipes • Compassionate Beauty

Winter £2.95

## 51 Ways to transform your diet

Plus

### Planet skincare

Gorgeous marine beauty buys



### Men, money & chocolate

The ingredients of happiness?

### Green Goddess

Eco-model Summer Rayne Oakes

### Body fixing shoes

The best functional footwear

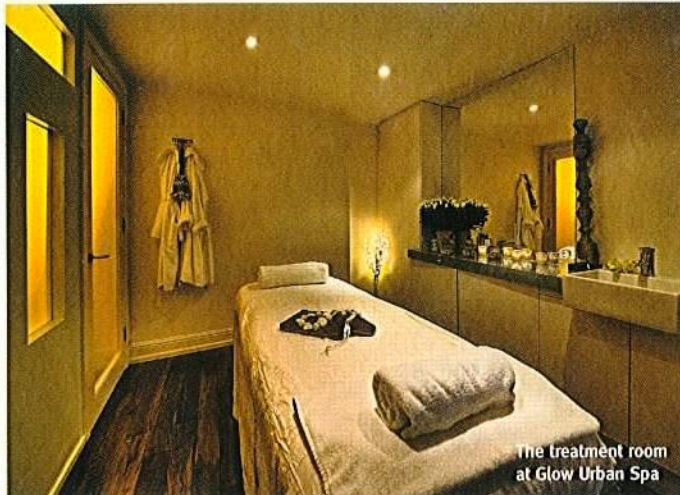
### Last leopard

The World's most endangered big cat



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The treatment room at Glow Urban Spa

# Face food

We've checked out the best natural spa treatments, starting with a good-enough-to-eat Dr Alkaitis organic facial

**G**low Urban Spa, nestled in a quiet street of Knightsbridge, is a high end boutique spa offering a broad range of luxurious natural treatments.

Lifescape has previously reviewed the innovative menu of raw food-based spa treatments (we loved them) and following the success of those treatments owner Philip Davies has introduced the Dr. Alkaitis Organic Skin Food Facial, billed as the ultimate holistic facial experience.

We at Lifescape are a huge fan of the Dr. Alkaitis range of organic, therapeutic, biologically active products that are edible, easily absorbed by the skin and act as their own targeted delivery system.

The treatment incorporates a special combination of cleansing, exfoliation, toning, eye care and a nourishing mask (you can mix this at home with organic goat's milk and raw organic honey). A combination of lymphatic massage and acupressure is used to aid the clearing of impurities from the skin. It definitely restored my tired complexion; I left glowing. The mask – genuinely good enough to eat with ingredients such as wheat grass, spirulina, carrots, sweet potato, kale, broccoli

and oats – was my favourite part. Overall a gentle and nourishing facial that feels like a detox for the skin.

The 75 minute treatment costs £95. Glow Urban Spa, 8 Motcomb Street, London, SW1X 8JU  
Visit: [www.glowurbanspa.com](http://www.glowurbanspa.com)  
Call: 020 7752 0652

## Visible Brilliance Anti-Ageing Facial by Elemis

This facial is ideally suited for those of us living in polluted and congested cities as it provides a deep cleansing action and brings much-needed moisture back to the skin. The treatment is essentially divided into two phases.

**Phase 1** – the deep cleansing phase – begins with the application of a papaya enzyme peel, rich in antioxidants to remove dead skin. This is followed by a complex that instantly reconditions and helps balance the skin. Next, a mineral-rich mask is applied, which forms a rubberized layer and works to smooth, sculpt and restore skin tone.

**Phase 2** is about putting vitamins and moisture back into the skin. A vitamin boost and then moisturizing mask is smoothed over the face and neck to deliver a blend of nourishing extracts to the skin.

At the end of the facial the skin is left feeling intensely hydrated. As is the case with all Elemis facials, the therapist provides you with your personalized 'prescription', which includes a list of products recommended for your skin type. A course of six facials over a period of six

months is suggested for maximum results. The 75 minute treatment costs £115.00  
Elemis Day Spa, 2-3 Lancashire Court, London, W1S 1EX (and at salons nationwide)  
Visit: [www.elemis.com](http://www.elemis.com) Call: 0870 410 4210

## Dr Hauschka Treatment at Nelson's Homeopathic Pharmacy

Nelson's Clinic is nestled below the Homeopathic Pharmacy itself. As you descend the clinic steps you feel that you're entering a tranquil space.

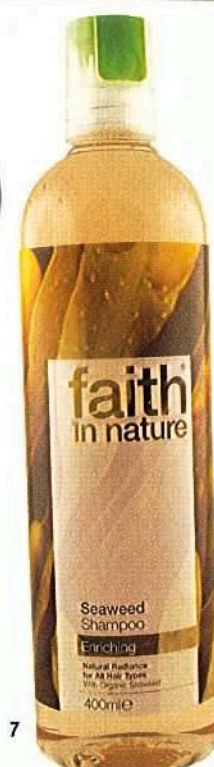
Unusually the Dr Hauschka treatment begins with a warm sage foot bath during which you discuss your skin and skincare regime. Another unusual touch is that no music is played during your treatment, as Dr Hauschka believes you should simply enjoy the treatment and focus on yourself. Whilst my therapist explains the treatment and the ethos of Dr Hauschka she also speaks knowledgeably about the body, skincare, diet and hydration, making it clear that you are in the hands of a professional with a truly holistic approach.

Once on the couch you receive some gentle foot and leg massage, followed by some light stretching movements. Work then begins on your face and décolleté with an initial cleansing with aromatic water followed by a steam bath (which unusually you sit-up for). A cleansing mask comes before a soothing massage including lymph stimulation. Finally skin cream is applied leaving skin feeling supple and hydrated.

The two hour Dr Hauschka Treatment costs £110. Nelson's Homeopathic Pharmacy Clinic, 73 Duke Street, London, W1K 5BY  
Visit: [www.nelsonshomeopathy.com](http://www.nelsonshomeopathy.com)  
Call: 020 7079 1282

# Marine beauty

Marine hues are big for the winter season. Here's our round up of oceanic bright make up and skincare packed with aquatic ingredients. Dive in...



1. Elemis Pro-Collagen Marine Cream £75, 50ml (vegetarian)
2. Dr Alkatis Organic Universal Mask with sea vegetable complex £53.85, 100ml (vegan)
3. Just Seaweed Kelp £6.99, 500g (vegan)
4. Jo Wood Organics Tula Exfoliating Salt Scrub £23.49, 400g (vegan)
5. Origins Salt Suds™ Foaming body wash £15, 200ml (vegetarian)
6. Lush Big Blue Ballistic with seaweed £2.86 (vegan)
7. Faith in Nature Seaweed Shampoo £3.90, 400ml (vegan)
8. Dead Sea Spa Magik Hair Magic Serum £14.95, 150ml (vegetarian)
9. Oy! Peel Off Face Mask with seaweed £13.99, 3 x 25g (vegan)
10. Nvey Eco Organic Mascara £13, 10g (vegetarian)
11. Dr Hauschka Kajal Eyeliner 01 Expressivo Smoky Blue £11.98 (vegetarian)
12. Bella Pierre Loose Shimmer Powder Ocean £12.99, 2.35g (vegan)
13. Urban Decay Cream Shadow Radium £10, 6.7ml (vegan)
14. Lily Lolo Mineral Powder Sandy Shore £5, 3.5g (vegan)
15. Butter London Big Smoke nail polish £9.79, 9ml (vegan)

