

## Five post-holiday beauty buzzes



Relax, they'll do it. Caroline feels safe in the hands of her chosen few. Photo from Corbis

Back to the grind? Luxury brands expert Caroline Phillips has the scoop on how to make it prettier. She shares some favourites from her little black book of London (and Cyprus...)

7 September 2016 by Caroline Phillips

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### 1. Three day intensive cleanse in Belgravia

Grace Belgravia is a lifestyle and spa club for women in London's fashionable Belgravia catering for many of the fashionable elite. Although it is a private members club, the Grace Intensive Cleanse is available for members and non-members. The three day intensive cleanse is a combination of physical and mental cleansing, with personal training, reflexology, meals and juices, a facial

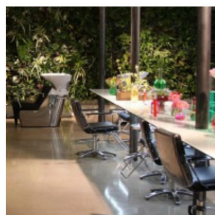
and Wild Nutrition supplements. Non-members £1950. [Grace Belgravia](#).

### 2. Water therapy in a Cyprus spa

H2O is the new trend in spas. Now you don't just drink 118 litres a day, you do aqua yoga, swimming, paddle boarding, canoeing, waterskiing, hydro gym and so on; the list of watery fitness pursuits is ocean size. Easily the best place to whip your wet thighs into shape is Water Wellness in Anassa, Cyprus. You come back with glutes as toned as sharks'. Around €800 per person for the five-day programme, excluding accommodation (subject to four people participating). [Anassa Hotel](#).

### 3. A medi-pedi in Marylebone village

If you want a complete sole overhaul, there's nothing better than hitting Margaret Dabbs for an MOT for the feet followed by a pro-pedi. (They use their own foot care range containing – wait for it – emu oil, and their glass file is particularly good.) You'll learn a lot about feet at 50 as you sit in the chair having yours knifed and filed. For starters, the cushion on the ball of the foot becomes thinner and moves towards the toes as we age – a bit like the rest of our body! The solution? Orthotics and lots of moisturising. You'll leave with your nails hydrated, buffed, shaped and painted, and your feet soft as a baby's whatsit. From £85 for 45 minutes. [Margaret Dabbs London](#).



### 4. Colour, cut and lunch in a Holland Park atelier

The best anti-salon grub is at Josh Wood's Holland Park Atelier. The resident chef, Charlton Antenbring, whips up seared tuna and freshly prepared superfood salads. Hardly surprising when you visit the atelier – hidden behind hard-to-find black mews doors – that you find a cult following. James Pryce – him what done K-Mid's wedding tresses – is a big lure too. As is colourist

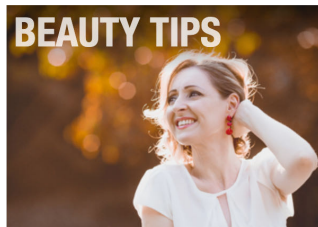
Leanne Galvin. And Josh Wood, the man who garners headlines like, 'Is Josh Wood the world's most powerful hairdresser?' Can it really be true that he colours Putin?! Prices according to package. [Josh Wood Colour](#), [Holland Park](#).

### 5. A one-stop beauty emporium in the West End

We may not have Rouds of New York 5th Avenue's glittering emporium which seems to



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We may not have boxes of new toys, but we do have a glittering assortment, which seems to contain every brand of cosmetic and beauty accessory, plus all the skincare and haircare products in the universe (even ultra-light hairbrushes with cork handles, and award-winning cosmetic mirrors). But on our shores there's John Bell & Croyden, with more than 15,000 beauty, health and wellbeing products. Vitamins, foot care, body care, tweezers, brushes, applicators; you name it. And even if you can't name it, they still have it. They also offer a confidential, online doctor service – and he's particularly keen to help with cystitis, erectile dysfunction and the emergency Pill. Reasonably priced. [John Bell & Croyden](#).



If you're over 40, you really should be using a face oil



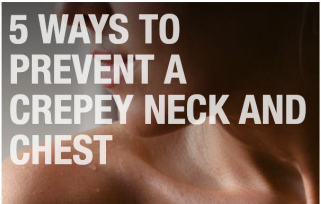
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