



...antidotes to our world

My Personal Sanctuary review | roaming therapists, UK



My Personal Sanctuary therapists are tip-top

to your needs – from deep tissue massage to facials and hand and feet pampering treats. It's great for parties, family get togethers, hen nights and corporate jollies.



How was it for us: I booked 10 hours of treatments with My Personal Sanctuary for a

birthday party of 20 guests, and it was a brilliant way to spend a rainy afternoon. We were staying at Bohème, a gorgeous and peaceful rental property in Somerset that lends itself perfectly to retreats and spa days – there are views across rolling fields and an indoor swimming pool for lazy laps.

The two therapists, Vicky Wright and Karen Scott, arrived 30 minutes early, and after getting us to complete medical questionnaires, quickly set up. One by one we padded upstairs in our fluffy, white towel dressing gowns to one of two bedrooms being used as treatment rooms in a building that was formerly a cider press. There Vicky and Karen had magicked up heated massage couches, scented candles, relaxing music and calming room spray – turning the rooms into cosy home spas.



You'll be pampered by Neal's Yard Remedies

What's queenly: It's difficult to find tip-top mobile therapists, but these guys have been going for 10 years and have honed their service to provide just that.

What's lowly: The ambience will depend on the rental property or home you've chosen – a draughty castle may not be as gloriously spa-like as where we were staying!

Insider tip: Book Vicky Wright for reflexology – she is brilliant at her diagnostics.

Book it: The most popular package is one therapist for two hours for £180, go to mypersonalsanctuary.co.uk. Caroline's cottage Bohème in Somerset was booked via uniquehomestays.com.

Reviewed by **Caroline Phillips**

The quick read: This lovely company organises spa therapists to come to your own home or five star holiday homes anywhere in the UK outside of London. They have hundreds of high-end therapists on their books, do training and secret shopping to maintain standards, and use products by Neal's Yard Remedies, which smell great and are effective. You can buy an amount of time and mix and match the treatments



Book something simple like a pedicure or a deeper holistic treatment

Most of our guests enjoyed mini facials, de-stress scalp massages, back massages and reflexology, mostly for 20 minutes each, though greedily I had an excellent reflexology treatment and a back massage (which included a geranium scrub and delicious amounts of lavender oil). I'll definitely be getting MPS therapists back next time I'm staying in a rural bolt-hole.

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QUOTE UNQUOTE

'In the cave you fear to enter lies the treasure that you seek'

Joseph Campbell

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