

## Welcome to my bed spa



Caroline Phillips, bed spa pioneer, in post-op recovery at home.

'My stern inner critic becomes sleepy in bed with me'

Having badly broken her ankle, journalist [Caroline Phillips](#) is forced to take to her bed for three weeks. Here's all the things she did to cope – from an at-home hairdresser to treatments and physio.



A good pedicure can brighten up even a broken ankle

I'm on a retreat in my bedroom. Call it Bed Spa. This because I've broken my ankle and had an op. My life is normally crazily busy, but now I've been forced to stop. Suddenly I realise how much of my running around is unnecessary. And what's important in life. The chance to be unfettered by the outside world is rare, especially at home. My bedroom has monastic white polished plasterwork, a Moroccan bedcover twinkling with sequins and a view of trees. Anyone would want to spa here!

I invite only those I love to Bed Spa. My stress levels soon drop. (Gosh, how much stress comes normally from negotiating difficult relationships!) Amazingly I also lose weight – on three decent, healthy meals a day and exercise of only a little physio and occasional one-legged hops to the loo. (Note to self – take

seriously the link between adrenal stress and weight gain). I also find how amazing it is to write in bed too. Orwell, Churchill and Proust liked doing it. Collette, Edith Wharton and Mark Twain too. Everything flows more easily and my imagination soars. Perhaps writing in bed helps unlock the subconscious?

Am I catching up on all the classic films? Orson Welles? Hitchcock? David Lean? A touch of Truffaut? My all-time favourite slit-your-wrists-one, Bergman's *Fanny and Alexander*? No. Unusually for me, instead I'm strengthening my immune system with feel-good movies – triggering the release of endorphins, boosting my energy, diminishing pain, improving the function of blood vessels, protecting myself from the damaging effects of stress (apparently). All by laughing. I'm watching *Borat and The Dictator*. And giggling endlessly.

I detox mentally – with mindfulness meditation and only stealing occasional glances at electronic messages. I detox physically – with no coffee, natural supplements and no heavy painkillers – the ones that make me fly. I recharge spiritually. My stern inner critic and the voice that is always pushing me becomes sleepy in bed with me – suddenly I find myself really enjoying life. And becoming increasingly creative. I lie recuperating for three guilt-free weeks. I discover fabulous treatments and strategies.

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### CREATED BY

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'Life is a shipwreck but we must not forget to sing in the lifeboats'

Voltaire

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## Tanning

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The big lesson? Take to my bed whenever I need respite.

Naturally I have a little help – here are the people who come to my Bed Spa to help me cope:

**Men on bikes – for my hair:** There's little worse for a woman's morale than messy hair and grey roots. This is where Daniel Galvin Jr and his snipper Joseph Bilton come in. The dynamic duo whizz round to Bed Spa astride DG's motorbike, here to colour and cut my tresses. They're the only folk in the capital offering this amazing double service – Daniel niftily mixing bowls of dye in my bedroom, painting it on my hair. And Joseph washing it off – as I stand on one foot dangling my head over the bath – then snipping my locks fashionably and finishing me off with a 'blow job', (in Lady Thatcher's words). JB is a top snipper; DG comes from hairdressing royalty and is also pioneering reasonably priced and excellent organic hair care ranges with Prince Charles. The bike service is mostly for Belgravia and environs – for oligarchs and the like. But the duo don't look snuffy when they arrive at Bed Spa (in Kensal Rise) – nor even when I produce my battered 1970 Vidal Sassoon hairdryer. And the price for a locks on bikes appointment? A big snip at £2500 plus tip (*How much? \*Coughs into her green tea\* – Ed*). See [www.danielgalvinjunior.com](http://www.danielgalvinjunior.com).



Daniel Galvin Junior whizzed over on motorbike to 'do hair'



Getting some good fats from flaxseed

**Super food marvels – for my meals:**

What to do when my leg is raised on a pillow in the Bed Spa and I want to entertain my friends with synergistically balanced, wheat-free nibbles and cake? Smart & Balanced deliver on trend health food – wheat and dairy-free catering. This is the caterer that chooses super foods, alkaline diets, antioxidants and LOVES good fats; producing grub that helps manage blood sugar levels and stabilizes mood; and nibbles that optimize the

absorption of vital vitamins and minerals, releases energy slowly and enhances concentration. Bring it on! They magic up almond raw crackers with organic tofu and pomegranate tabbouleh; freeze-dried kale crisps with cashew humus; beetroot cured salmon on raw flaxseed crackers. And deliver an interesting cake sweetened with agave nectar. See [www.ravenous.info](http://www.ravenous.info).

**State of the art self care – for my teeth:** How do I get white teeth at Bed Spa? I don't like my gnashers stained with curry and coffee. It's time to call on the London Smile Clinic – the UK centre of excellence which boasts a global dental hero in Dr Tim Bradstock-Smith, the only London cosmetic dentist with both UK and US accreditation. Pre bed, I had a thorough Hygiene Clean and Phillips Zoom Whitening Treatment in his dental chair – using LED light activation for optimised results. Now lounging in my bedroom, I top up with treatments as prescribed for home use – by injecting custom-made plastic mouth molds with whitening gel then placing the trays on my teeth briefly daily for a week. Delightfully my teeth are shades lighter when I'm through, but not a nasty fake American white. And I haven't even moved from my bed. A Hygiene Clean and Phillips Zoom Whitening Treatment costs £995. See [www.londonmileortho.com](http://www.londonmileortho.com).



A professional teeth whitening method you can do at home



Wise Owl have a huge range of vitamins and minerals

**Sexy supplements – for my insides:** I'm popping Wise Owl's natural nutritional supplements, Food State Supplements. These pioneering nutraceutical preparations contain food rather than just being presented to the body in an isolated form – so the body can heal itself without becoming further unbalanced. 'It's best to avoid isolated vitamin and mineral supplements,' says Dr Ray Choy, a medical doctor who focuses on chronic ill health, allergies and intolerances. 'Our bodies are made to absorb nutrients from foods and not from chemicals, and in the non-food states the supplements are chemical compounds, even when labelled as 'natural'.

THE QUEEN'S TWEETS

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Isolates – such as calcium carbonate – are not recognised by the body, apparently, so cannot be metabolized efficiently and can cause additional problems: misplaced calcium, for example, increases the likelihood of kidney stones forming. But Food State nutritional supplements offer greater bioavailability – which refers to the percentage of a total dose that reaches the bloodstream. Importantly the Food State has always been found to be more bioavailable in published studies. Plus they offer greater absorption, lower toxicity and better clinical outcomes than many other formulations. Food state multi vitamins and minerals cost £11.48 for 60 tablets, See [www.wiseowlhealth.com](http://www.wiseowlhealth.com).

**Product porn – for my pampering:**

Space NK Apothecary online – call it my health and beauty porn habit, if you like. At Bed Spa this site becomes my one-stop shop. From Aesop to Zelens, I trust their choices. Soon I'm luxuriating in Aromatherapy Associates Essential Bath and Shower Oils – it's like liquid yoga or therapists in bottles. J'adore 'Inner strength' bath oil with its clary sage and frankincense to calm the thoughts and vetivert to heal – it's ideal for anyone experiencing trauma, be it divorce or bereavement. Or a broken ankle. And I'm soon discovering the Japanese ritual of tranquillity and Sai-Sei bathing with Space NK's serenely scented Sai-Sei candle – think fresh leafy forest notes alongside jasmine and soothing musk, inspired by the spectacular natural surroundings of Japan's rotenburo outdoor baths. See [www.uk.spacenk.com](http://www.uk.spacenk.com).



The Sai-Sei candle is inspired by Japanese outdoor baths



The water massage by Unlisted London

**In-bed treatments:** I have various treatments while in Bed Spa – naturally. I put my best foot forward for Dina Kanjee, who's a wizard reflexologist. She's good on diagnosis and gets the circulation moving, and relieves all stress and tension by applying gentle pressure to my foot, helping restore my body to a healthy balance (tel 07545 27 92 82, £50 for an hour). To help me float to infinity and beyond, I have a water massage from Victoria Nelhams, a head therapist from

Unlisted London ([www.unlistedlondon.com](http://www.unlistedlondon.com)), a company which specialises in everything to do with the home – and life lived well – from interior design to spas chez toi. So it's not just any old massage. It's one done while I lie on pillows that Victoria has filled with warm water. Takes bliss and water beds to a new level. And relieves all the pressure from my leg.

**The medical bit:** Physio Aaron Thomas is one of those antipodean physios who's as boundlessly energetic as a kangaroo. He's worked at A\* practices and with sporting teams – specialising in the treatment and management of musculoskeletal injuries and rehabilitation – and now does home visits in central and west London. He's a dab hand at manual therapy techniques, myofascial taping, exercise prescription and biomechanical analysis – all the stuff that gets the old car back on the road – and he's also great at Pilates rehabilitation. Now he appears at Bed Spa to get me doing a range of motion/muscular activation and stretching exercises in my bed, and then gait retraining with and without the crutches, and strengthening exercises for the lower limb and core. Yes, he soon has me on my feet. From £110 for 30 minutes, see [www.kenphysio.com](http://www.kenphysio.com).



Aaron Thomas of Kensington Physio