

Spa spy On massage

EDITED BY
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A focus on feet helps balance mind, body and spirit at Knotstressed

THE TREATMENT

Ayurvedic Reflexology with Anne at Knotstressed (10 Blenheim Place, Edinburgh, 07811 073202, www.knotstressed.com), 60 minutes for £45, 75 minutes for £55 or 90 minutes for £60. Readers can get £10 off (prices quoted are before discount) if they mention this article on booking.

WHY GO?

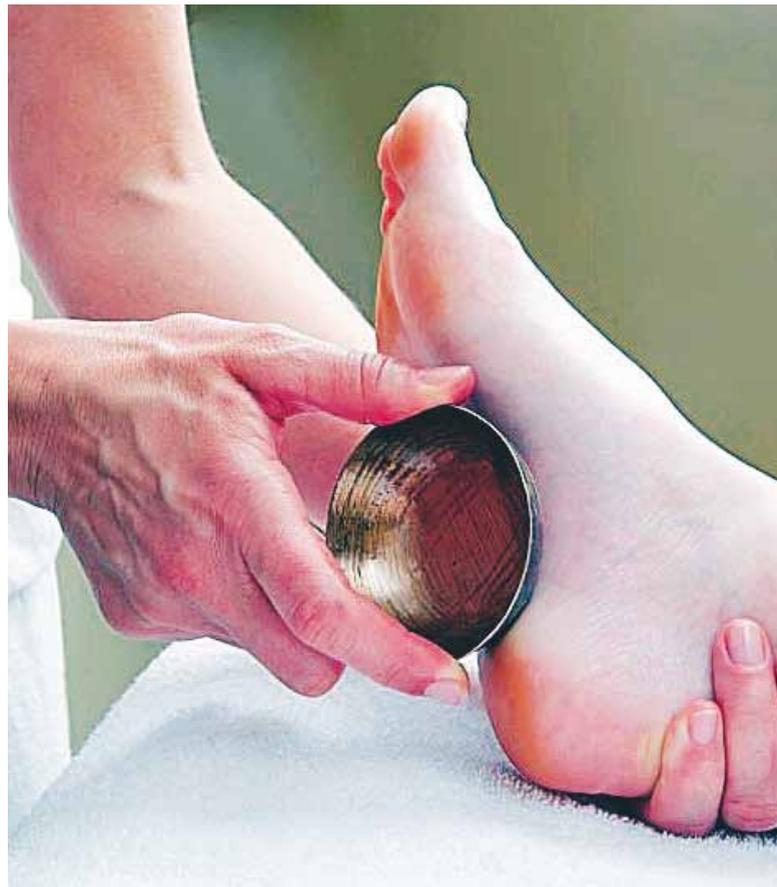
This therapy combines reflexology with padabhyanga (a traditional ayurvedic foot treatment), which is supposed to balance mind, body and spirit. It's also perfect for those who don't want to strip for a full body massage, as you're only uncovered from the knee down.

OUR SPY SAYS

I wouldn't wish my feet on anyone, but it's safe to say that holistic therapist and former nurse Anne has seen a trillion mouldy tootsies in her lifetime. She doesn't bat an eyelid as I unveil my atrophied toes and gnarly cankles.

My 90-minute version of this treatment starts with a pair of rosewater-infused eye-pads being pressed to my lids and a quick foot cleanse. The right limb is worked on first. Using sesame oil, Anne employs long strokes up my leg, and massages my knee, before working her way back down to my foot.

After bending it backwards, forwards and side to side, she makes rhythmic pressing movements around the edges



of my sole, along the bridge and up to my toes. I am being lulled to sleep. Then she unleashes the kasa bowl – it's made from copper, zinc and tin – three metals that are thought to reduce pain and inflammation, boost the immune system and aid digestion, headaches and insomnia respectively.

This is moved quickly anti-clockwise (to detoxify), then clockwise (to re-energise) across the back of my foot, then the sole, and up my leg to my knee. The smooth heated metal feels very hot at first, but cools quickly to a soothing temperature and I can feel my muscles expanding and un-knotting.

After a bit more massage to stimulate marma points, the whole process is repeated on the left side.

When the eye pads are removed, I feel slightly demented with sleepy-ness.

THE RESULTS

The plan was to go shopping after my visit to Anne (as I wouldn't have a towel print on my face, or be make-up free, as would be the case after a back massage or facial), but I went straight home to flop instead, had an early night and slept like a very good baby.

19/20

WHAT'S NEW?

TOP OF THE CROPS

If you're tempted to go for the crop, take advice from Giles Robertson, the international training director of Color Wow products and senior stylist at John Frieda Salons UK. He recommends holding a pencil horizontally under your chin, then measuring down from your earlobe. If this dimension is less than 2.5 inches, you should be able to carry off a puckish pixie cut. If not, you're better off sticking to longer locks.

Hold a pencil under your chin and measure down from the earlobe

BOTTLE IT

Ditch the sugary cordial and jazz up your water intake with the new Sagaform Water Bottle with Fresh Fruit Piston. It's a regular 800ml drinking bottle, but with an internal infusor for you to add your sliced cucumber, apples, limes, oranges and lemons, or ginger. £8.50, www.formahouse.co.uk

LIFE IS BOOT-IFUL

Kickstart a healthier regime in the Loch Lomond and Trossachs National Park with the new Fabuluss two-night Boot Camp at the Loch Lomond Arms Hotel. For £250pp it includes two nights at the hotel (based on two sharing a room, single rooms available at an additional £25pp per night), all meals, a relaxation session at Carrick Spa, nutritional advice and personalised instruction with SoS fitness. Available from 9-11, 16-18, 23-25 June, 9-11 and 23-25 October. Call 01436 860420 or see www.lochlomondarmshotel.com

WE DO THE MATHS 3 PRODUCTS TRIED AND TESTED

1+

FRUITY REFRESHER

Crabtree & Evelyn has three new body mists in time for summer, including Rosewater and this pomegranate one, which smells crisp, juicy and mouthwatering.

Pomegranate, Argan and Grapeseed Refreshing Body Mist, £15, Crabtree & Evelyn (www.crabtree-evelyn.co.uk)



2+

A HERO BRAND RETURNS

There was chaos when Crème de la Mer culled SkinTints last year. Now they're back, with ingredients including lime tea, and the perfect amount of luminous cover and sun protection.

The Reparative SkinTint SPF30, £65, Crème de la Mer (www.cremedelamer.co.uk)



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INTENSE SCENT

Men will especially love this unisex cologne's warm and peppery notes of benzoin and omani incense. It's sensual and evocative, with a note of lemon to lift the wood and smoke.

Incense & Cedrat Cologne Intense, £110, Jo Malone (www.jomalone.co.uk)

