

VOGUE

JUNE
2004

Beauty

Fast
track
to
beautiful

The
100
Best
Treatments

IN ASSOCIATION WITH



Once you are comfortably arranged on the massage bed, he scans your chakras to determine which areas are weak before performing Reiki to realign your physical system and strengthen your spiritual centre. CA

Price guide: £160 for two hours

Contact: ESPA at Mandarin Oriental, 66 Knightsbridge, SW1 (020 7235 2000)

John Yiannis Tsagaris Hemu Massage

After a comprehensive health assessment, which is as thorough as any GP's but includes an assessment of emotional wellbeing, John loosens you up using shiatsu massage to manipulate your muscles and connective tissues before applying acupuncture needles to specific needs. The treatment is demanding but worth it, as he knows just how to get your body back in balance. CA

Price guide: £100

Contact: Vaishaly Patel, 51 Paddington Street, W1 (020 7224 6088)

Michelle Roques-O'Neil Aroma Balance Treatment

Throughout this treatment - which includes meridian cleansing, Reiki and acupressure, as well as a wonderfully relaxing massage - Michelle intuitively interprets your body's needs and uses the appropriate essential oils to cleanse and rebalance your system. Create the same effect at home using her recommended blends to get your whole system flowing more harmoniously by unblocking and realigning your energies. CA

Price guide: £70 for 90 minutes

Contact: Pure Alchemy, 3 Violet Hill, NW8 (020 7624 1022)

Ben Barnett Transformational Hydrotherm Massage

This treatment is like psychoanalysis for the senses, with massage as

both the diagnosis and solution. Using his knowledge of chakra points on the body and what each one means in relation to a particular emotional problem, Barnett, as he massages, will talk to you about emotional issues he

senses you may have. Rather like hypnosis, you are aware of all the positive messages and questions he asks you, yet are completely calm and relaxed in your surroundings. EL

Price guide: £120 for 90 minutes

Contact: Urban Retreat at Harrods, Knightbridge, SW1 (020 7893 8333)

Anastasia Holistic Facial Treatment

Enter Anastasia's therapy tent, and you immediately feel you're on a Goan beach. The heated waterbed helps to lull you into a deeply relaxed state as her fingers begin to dance all over your face with

feather-light, then firm, strokes. Next, a deliciously icy face mask is painted on to the entire face, including the eyes, which when peeled off leaves you feeling like you've just emerged from a rock

pool. An intense arm and hand massage - according to Anastasia, women store stress in their upper arms - is accompanied by creative visualisation mantras, a kind of spiritual SWOT analysis to help you focus your energies. Throughout the treatment, Anastasia dabbles with a

variety of essential oils, products and techniques, tailoring the session to an individual's needs - so that not only will no two people have the same experience, but also no two treatments will be the same for any individual. A-MS

Price guide: £125

Contact: Errol Douglas, 18 Motcomb Street, SW1 (020 7235 0110)

**"I LIKE ESPA
AYURVEDIC
TREATMENTS
AT MANDARIN
ORIENTAL -
THEY HELP TO
BALANCE MY
BODY AND MIND"**

**HELENA
CHRISTENSEN**

