



Treatment of the month... The Bloom Facial

If your skin's suffering from too much sun and not enough nurturing, book yourself in for a treatment with Cherry Bloom. A gifted facialist of more than 18 years, she honed her skills at the sanctuary in Covent Garden and in the US before setting up her own clinic out in well-heeled Richmond. It's the perfect place for a spot of post-prandial pampering.

First Cherry gave my skin a thorough cleansing, detailed inspection and exfoliation before knocking down to an intense facial treatment using Environ's high potency vitamin products and prominence organic creams. This included steaming, extraction, face masks and the use of a galvanic machine, which uses electrical currents to boost the absorption of the products in to the skin. While the lotions worked their magic Cherry administered a superbly therapeutic neck, back and shoulder massage incorporating manual lymphatic techniques, followed by some reflexology on my feet. I emerged with radiant skin, feeling thoroughly relaxed and pampered. A real treat.

Costs £64 for an hour and 15 minutes. For details call 07792 713 476 or go to cherrywoodsclinic.com.

Start the day afresh with on-the-spot jogging. It helps to drain fluid from the eyes, banishing bags"

Denise Van Outen has bared all to promote the naked truth behind deodorants in the new Bionsen ads. The presenter, who knows that aluminium, found in antiperspirants, has been linked to breast cancer, said: "I want to get women thinking about the issue." The entire range is made without aluminium to keep underarms sweat and danger-free.



Bharti says...

"To keep your nails healthy and strong, apply a nourishing oil to them. Almond oil is great nail food and will soak easily into your hands after having a bath"



Bharti Vyas is one of the UK's leading holistic beauty therapists and ayurvedic experts

Q&A THE BEAUTY AND THE BRAIN DOCTORS



Our stateside agony aunts Dr Debra Luftman and Dr Eva Ritvo answer your beauty dilemmas

Q I'm 25 and have grey hair! What's going on?

A Welcome to the wonderful world of heredity. Most people start getting some grey in their hair in their 20s, but don't notice it for years. There are diseases that can cause premature greying, such as various thyroid disorders or vitamin B12 deficiency; early menopause and cigarette smoking can cause grey to surface earlier. But, most likely, you're a victim of your parents' genes. Other than dyes, there are no clinically proven products that can reverse or prevent greying, but there are some remedies from traditional Chinese medicine that you can try, including Hijiki seaweed, blackstrap molasses, black sesame seeds, nettles and wheat grass. Keep in mind that these should not be taken in excessive amounts and we recommend you see a licensed TCM practitioner first.

For further information read *The Beauty Prescription* (£13.99, McGraw-Hill) or visit thebeautyprescription.com.

Eye bright
Tired, angry or clouded, your eyes can give away all of your secrets! Don't let them lose their sparkle with our top tips.



1. From dry weather to pollen particles and air-conditioned rooms, September can really test your eyes. Replace lost moisture with a hyaluronic acid-enriched eye cream like Alpha-H's new Absolute Eye Complex, £32.
2. Find yourself awake for the early sunrise? Take some time out from daylight with an eye mask. We love Holistic Silk's Lavender-filled mask, £36, for soothing our tired eyes.
3. If you suffer from dry eyes or just don't wish to have computer screen-inflicted red eye, Vizulize eye drops, £3.79, are a bona fide way of keeping their luminosity.