

TOP to toe

Look your best for winter - EMILY PAINE figures out how

editor's
CHOICE

Smooth as silk

I consider myself a connoisseur of facials, having been bitten by the bug at an early age. There were good reports of Cherry Woods, a skin care expert, who is something of a local legend in Richmond. Her celebrity clients include TV presenter Gaby Logan, so I had an inkling I was in for a special treat. The mother of all facials is the Full Bloom, a two-hour session which included the Omnilux Revive™ photo rejuvenation treatment which not only treats wrinkles but stimulates serotonin levels, so great for SAD (Seasonal Affective Disorder) sufferers. It's a strange experience to feel such bright light beaming on to my face, but it did have the effect of making me feel like smiling, a feeling you get on the first day of your holidays. This was followed by a relaxing facial and then a CACI non-surgical face lift. I'm definitely going back for my birthday treat soon.

The Cherry Woods Skin Clinic @ The Smile Studios Dental Spa, 5 Hill Street, TW9 1SX, 07792 713 476 FK



Take it Easy

When London life gets too hectic (and let's face it, that's pretty much every day), why not take some time out to practise yoga? Not only does it provide one of the most effective antidotes to stress, it also complements therapy for medical conditions, helping to strengthen the immune system and promoting vitality. Juliet Barker found yoga to be such a source of strength when she had breast cancer that she decided to train with the British Wheel of Yoga to become a teacher. She now runs an open class suitable for all levels once a week at the Greenwood Centre (Thursdays 10.00am – 11.30am, £10 per class), and another at The Mulberry Centre (Tuesdays 10.30am – 12.00pm, optional donation to Centre) for those affected by cancer.

Greenwood Centre, 1a School Road, Hampton Hill, TW12 1QL, 020 8979 9662.

The Mulberry Centre, West Middlesex University Hospital, Twickenham Road, TW7



Rescue Remedy

Sculptra is a collagen stimulator that works to build up the body's own natural collagen to help gradually restore facial contours, giving a fuller, younger-looking complexion without cosmetic surgery. *Changing Rooms* presenter Anna Ryder Richardson started treatments in May with top Harley Street cosmetic surgeon Angelica Kavouni. "You can't see a major difference but the reactions from other people have been really encouraging. I love the fact that it's my own collagen growing rather than simply filling me up with something," she says.

Sculptra is available at Bodyvie Medi-Clinic, 133-135 Kew Road, TW9 2PN, 0845 004 2995, www.bodyvie.com