

woman & home

JANUARY 2010 R24.95 (INCL VAT)
OTHER COUNTRIES R21.89 (EXCL TAX)

TAKE TIME FOR YOU

33 EASY WAYS TO SPA AT HOME

Your new body confidence

We say celebrate
the shape you are!

Cooking tonight?

CHICKEN, SALADS,
BURGERS, GRILLS
Fabulous food to share

HOT COLOUR

Find one to suit you

Irresistible summer GARDEN GOODIES

EXCLUSIVE SUMMER READING

Ruth Rendell
Katie Fforde
Fiona Neill
Alison Weir
Prue Leith
AND MORE



REAL ME

STRICTLY TESS DALY

'What made
me grow up

LOVE & MARRIAGE FINDING IT... & KEEPING IT

**w&h
WIN**
GATINEAU
HAMPERS TO
PAMPER YOUR
BODY

chill out!

21 WAYS TO RECHARGE

FIND YOUR OWN SPACE, ENJOY QUALITY
TIME WITH FAMILY AND FRIENDS

Have a facial massage

Feel your way

A facial massage isn't about what products you're using, it's about giving yourself attention – the crucial part. "Having a facial massage is like a mini facelift," says Fiona Brackenbury, spa training manager for Decléor. "It's natural to smooth out from the centre of your face, as this helps with lymph drainage and depuffing." Noella Gabriel agrees: "People think they can't massage their own face at home, but a warmed, wet facecloth will do, as skin will soften if you touch it. The best anti-ageing tool is to get your face into a great pair of hands." Even your own...

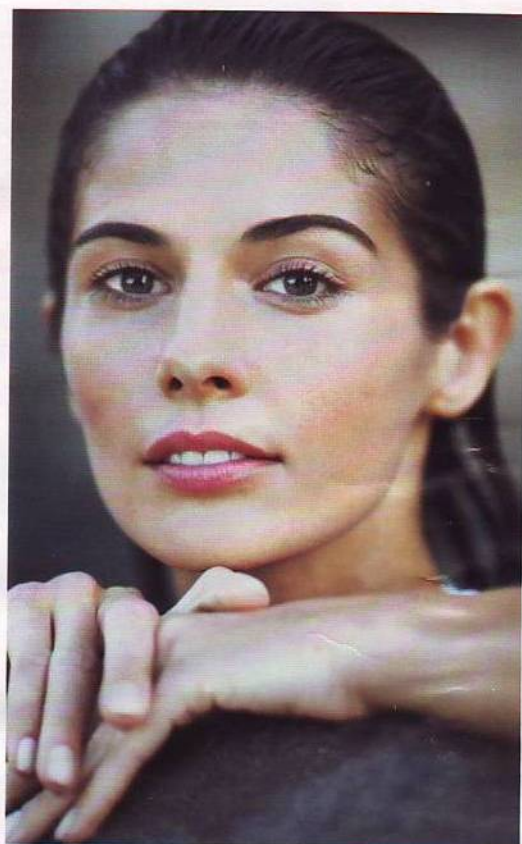
+ Lie down with your head on a pillow.

"You're working against gravity if you're standing as you massage, so are more likely to overstretch your skin. But, while

you're lying down, your muscles relax and fluids drain away," says Fiona Brackenbury.

+ "I urge everyone to try and use a facial oil under a cream to help plump and hydrate the skin, whatever your skin type," says Geraldine Howard. "Vegetable oils are the closest to the skin's sebum, and every skin needs oil for nourishment and to keep dry skin supple. Get a good quality oil – such as evening primrose oil, a vitamin E capsule, wheatgerm oil, or even olive oil from the kitchen – put it on the skin, leave for 10 minutes, then tissue off; if it's a good quality it shouldn't leave any excess on your skin after this time."

+ Make time for a mask. Choose for your skin's needs – more clay-based if skin is looking dull and needs a boost; and more hydrating to plump and soften skin.



5 FAVOURITE OILS AND BALMS FOR DIY FACIALS

Warm a little in your palms before smoothing into skin: each of these will make skin feel as if you've just come back from a spa

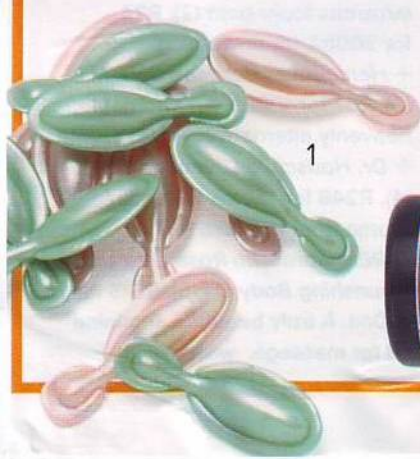
+ Elemis Cellular Recovery Skin Bliss Capsules (1), R1 120 for 60, has moringa oil that apparently has 1 700 times more antioxidant power than any other oil. Half are for day and half are for night.

+ Clarins Blue Orchid Face Treatment Oil (2), R450 for 40ml, is perfect for dehydrated skin. Essential oils of patchouli and rosewood in hazelnut oil make this one of my all-time aromatic oils. I massage it in around my neck and throat as a perfume.

+ Decléor Aromessence Baume Essentiel (3), R425 for 15ml. When warmed, this lovely balm simply melts into the skin.

+ TheraVine Hydrating Mango Face Balm (4), R290 for 15ml. A spa experience in itself, thanks to heavenly essential oils and nourishing mango.

+ Africology Skin Hydrating Oil (5), R220 for 25ml. An aromatic blend of 100% pure plant oils and plant extracts, which is especially nurturing and hydrating for mature skins.



Favourite face masks

+ Milk & Honey Moisture Mask, R75 for 60ml, is super-softening and hydrating.

+ Esse Cream Mask, R250 for 50ml. Apply for just 20 minutes or all night long.

+ Sisley Radiant Glow Express Mask, R850 for 60ml. Pink clay will brighten up dull-looking skin.

+ The new Ericson-Laboratoire Energy Lift Mask, R554 for 50ml. A purifying and revitalising mask with moringa seed to remove pollutants, papaya oil to relax stressed skin and poppy to balance skin.

Do a scalp massage

Based on the Wild Lime Blossom Scalp Treatment at Stowe Mountain Lodge in Vermont, USA, where fresh citrus oils are combined with avocado, macadamia and hazelnut oils to replenish the hair. "Take two to three tablespoons of pure virgin olive oil," says Maggy Dunphy, therapist and spa & wellness director, "and heat until warm. Using your fingertips, massage the oil into the scalp, working towards the ends of your hair. Wrap in a warm, damp towel for around 30 minutes, then shampoo. Now to add shine: juice one lemon into a glass, then fill with warm water. Pour over your hair, then rinse thoroughly with water." >>



Body beautifiers

Body scrubs

The best at buffing and softening skin – especially around the elbows, knees and feet – is a sugar or salt in oil scrub. The oil (usually a vegetable one) softens and nourishes skin. Apply to slightly damp skin after showering and massage in tiny circular movements, then sweep the remainder across the rest of the body. Rinse to leave skin incredibly soft – because oil and water don't mix, the oil stays next to your skin. My ready-made favourites for their aroma include *Innox Balance Even Tone Body Scrub* (1), R90 for 250ml, with green tea extracts; *Sativa Hemp & Rosehip Salt Body Scrub* (2), R66 for 300ml, and *TheraVine Crushed Pinotage Honey and Lime Body Buff*, R200 for 250ml. This is used in the *TheraVine Body Buff Cleanse* and in all *TheraVine exfoliating treatments*, and contains refined marine salts, grapeseeds and honey, infused with sweet lime and lemon, which have a soothing effect.

RATHER MAKE YOUR OWN? Buy a jar; mix together one teacup each of brown sugar, raw oatmeal and olive oil, then add three to four drops of your favourite essential oil.



Diy mani/pedi

Make hands and feet feel fabulous by treating them to your favourite scrubs and oils. We love *LCN Spearmint Foot Spa Pack* (3), R270 for 100ml.

W&H TOP TIP: Visit Cape Town's chic Urban Nail Bar in the upmarket Urban Apothecary store in Wembley Square, and relax while you treat your hands and toes to a mini or maxi-cure. Take your own iPod along with relaxing music on it so that you can listen while waiting for your nails to dry.

Warm things up

Turn your shower into a sauna. Run your shower at its hottest temperature for about 20 minutes before getting in. While the water is running and the steam is building, take a warm muslin cloth and add a couple of drops of a favourite relaxing oil, such as rose or lavender. Once in the shower, inhale the muslin. It's a great way to unwind, morning or night. "The warmth of the room also makes skin much more receptive to the products you're putting on afterwards," says Noella Gabriel. "The cold, air-conditioning or a really warm room don't work, but a warm bath or shower calms breathing, relaxes limbs and softens skin, so oils and creams are absorbed better."

✦ **Heat up oils and lotions before you bath** or shower by placing them on top of a heater, or stand in a bowl of hot water so they're warmed before you use them. This is one of the most thoughtful elements of any great pampering treatment at a spa. Just be aware that any potion will become more runny when warm, so avoid spills.

✦ **Find warmth and peace at the Aspira Aesthetic Health Spa** in Hyde Park: therapeutic steam showers, warm herbal body wraps, and hot-stone massages for top-to-toe relaxation.



5 BEST SCENTED BODY AND BATH TREATS

- ✦ *Oh So Heavenly Soothe Me Calm Me Two Phase Foaming Bath Silk* (1), R28 for 300ml, part of the soothing bath and body range.
- ✦ *Radox Sensual Spa Thai Infusions foam bath* (2), R24 for 300ml, for unwinding.
- ✦ *Hemporium Relaxing Bath Milk* (3), R57 for 100ml. An affordable, heavenly alternative.
- ✦ *Dr. Hauschka Lavender Bath* (4), R248 for 150ml. w&h's fave aroma from this luxe range.
- ✦ *REN Moroccan Rose Otto Ultra-Nourishing Body Oil* (5), R515 for 100ml. A truly beautiful, feminine oil for massage. w&h