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Lydia Mansi, The Resident Magazine

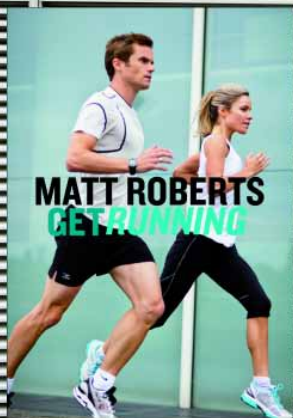
"I immediately fell in love with the quirky space... and best of all never had to wait to use equipment."
Liz Newman, Fabric Magazine

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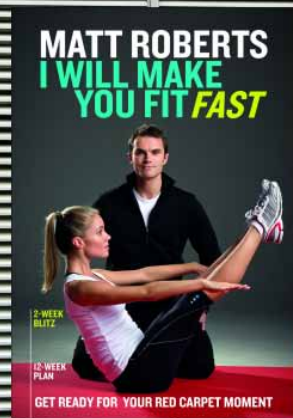
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Go native at The Connaught

THE NATIVE AMERICA experience at The Connaught's Aman spa is all about purification and grounding for a new beginning, so is perfect for the New Year.

The treatment (£280 for two and a half hours) starts with a traditional sage and cedar wood smudging ceremony, followed by a purifying body envelopment and a deeply grounding, hot river-stone massage. The idea is to get rid of the past and the old, purify the mind and body and invite in the new – to celebrate new beginnings in life.

To book, call 020 3147 7305/6.



Flush out Christmas

COLON HYDROTHERAPY (colonic irrigation) is a natural and effective way to start or assist a detox. It flushes out toxins from the bowels, ridding the body of toxins at a much faster rate than our elimination organs (skin, colon, lungs, kidneys and liver) would normally achieve.

As well as leaving you feeling rejuvenated and energetic, it rebalances the alkaline-acid ratio in the body. By keeping the internal environment clean, friendly bacteria thrive and disease-causing bacteria are inhibited.

Aqualbria (1 Harley Street) is the first centre in the UK to use the LIBBE colon hydrotherapy open system, the so-called Rolls-Royce of colon hydrotherapy treatment devices in terms of comfort and privacy, and can offer a programme to fit your lifestyle. See www.aqualbria.com.

Get onto your meridian

THE CHUAN SIGNATURE Yu facial (£100 for 75 minutes) is a new revitalizing facial available at The Chuan Spa at The Langham hotel in Portland Place.

The 75-minute treatment uses jade to stimulate and massage facial acupoints with the ancient Gua Sha technique. One of China's traditional national therapies, the technique is used by traditional Chinese medicine doctors for relieving blocked meridians – invisible channels through which Qi or energy circulates through the body.

Performed by focusing on key meridian points to increase the flow of body circulation, the benefits of Gua Sha include detoxification for eliminating toxins, tonification for the cleansing of channels for cell nourishment and whitening for improving blood circulation.

The treatment starts with a short breathing ritual to relax you and includes a nourishing face mask, a full hydrating ritual and auricular therapy to help stimulate internal organs.

To book, call 020 7973 7550.



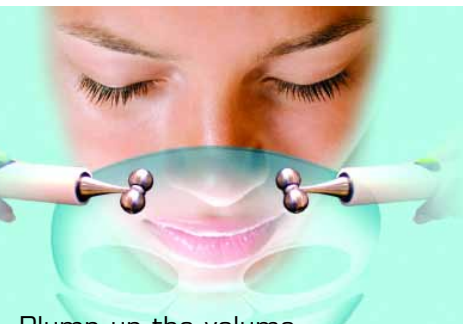
Detox your man

THE SPA AT ALFRED DUNHILL (Bourdon House, 2 Davies Street) offers a range of treatments for those looking to detox. It includes the Men's Detox Facial (£80 for 60 minutes), designed specifically for male skin. It targets shaving irritation, refines pores and regulates problem skin, leaving it looking brighter and more radiant.

Also available is the Instant Eye Repair (£45 for 30 minutes), aimed at reducing puffiness and signs of fatigue; The Executive Travellers Experience, which includes a detox facial, intense muscle-release

massage and foot massage (£190 for 150 minutes); and the Terminate Tension Experience (£90 for 75 minutes), which includes a back massage and a facial to renew the skin, draw out toxins and help prevent toxin build-up.

To book, call 020 7853 4440.



Plump up the volume

CACI, a British company specialising in non-surgical beauty solutions for the face and body, has introduced a 15-minute express facial called Hydratone (£20) at the MichaelJohn salon at 25 Albemarle Street.

The facial is ideal for perking up the skin after the busy festive period, removing toxins, rehydrating and firming the skin. It combines active micro-current rollers with an electro-conductive gel mask that contains collagen, hyaluronic acid and rose water to plump and nourish the skin.

To book, call 020 7629 6969.

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