

TONY & GUY

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essentials

WHITE HEAT



feel-good FACTOR

Revitalise your mind, body and soul this summer. Indulge in intensive pre-holiday beauty treatments that promise a resplendent body, perfectly coiffed head to pedicured toe, and jet off to a luxurious, impossibly relaxing wellness retreat

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LUSTROUS LENGTHS Start your summer beauty kick with a luxe, targeted hair treatment to achieve a luscious healthy-looking mane. The new label.m in-salon treatment range, Lab Remedy, offers three long-lasting remedies for typical tress troubles: label.m Lab Remedy for Dry and Damaged Hair, Coloured Hair and Dry and Itchy Scalps. Available at selected Toni&Guy and essentials salons, the treatments are packed with restorative vegan proteins and Tri-Keravitaplex Complex, which penetrates deep into the core of the hair – ideal for combating the frazzling effects of UV rays. *From £11.50; labelm.co.uk*

GLOW GETTER As a pre-holiday complexion pick-me-up (and as preparation for the onslaught of pore-blocking sunscreen) Aromatherapy Associates Ultimate Radiance Facial is unbeatable. Fragrant rose cleanser is massaged over the skin and swiped away with piping hot mitts, followed by a gentle enzyme peel. A warm layer of rose gel is applied and a lightly tingling electrical current is delicately moved across the face to stimulate circulation; a micro-current pulse then tones facial muscles. The result? A noticeably lifted, luminous complexion. *90 mins £120; aromatherapyassociates.com*

PEEP SHOW Bathing beauties can now achieve a glamorous poolside flutter (minus the mascara smudges and stray lashes) with Golden Eye at the Powder Lounge. In this boudoir-style parlour, awry arches are threaded into shape and lashes are tinted to your desired shade. Holiday lash extensions are artfully applied for a wide-awake Bambi-eyed appeal. With loving care the lashes should withstand the longest of holidays. *£63; thepowderlounge.co.uk*

TREASURE CHEST The sensitive décolleté area needs serious TLC come summertime. The Neck Check at Bliss Spa London promises to firm-up less than swan-like necklines. A deep cleanse is followed by the application of a mushroom enzyme peel, which is massaged in and left to exfoliate and purify. Meanwhile, healing hands work their magic on tense necks, shoulders and chests and a skin-queenching serum is applied. *30 mins £150; blissworld.co.uk*

DIVINE DIGITS Make chipped, flaking nails one less thing to think about when you're away with US nail sensation, Gelish Manicure – new to Debenhams in-store beauty parlours Filthy Gorgeous. Lasting an incredible three weeks (really), the polish contains a plastic molecule that forms a rock-hard acrylic veneer when put under UV LED light. A base coat, two layers of colour and a topcoat are applied in 45 minutes; and to remove varnish, simply soak off. *£55; filthygorgeouslondon.com*

BODY WORK Dr. Duve's Sculpt Me A Better Body treatment promises to firm-up flabby problem areas, namely the upper arms, buttocks, thighs and stomach, via intensive lymphatic drainage, exfoliation and detoxification. Super-dermatologist Dr. Duve has a starry following, and this hardcore combination of his signature laser jet whoosh (using seawater to refine the skins texture) and micrology needling (to break up stubborn cellulite) is sure to excite fans. A body boost ideal for the time starved. *60 mins £125; hushbspas.com*

GOLDEN GIRL Banish any The Only Way is Essex notions of spray tans. James Harknett, the man fashion industry insiders entrust to transform them into honeyed lovelies, has teamed up with AWAY Spa to offer a new bespoke tanning menu inspired by his work backstage at London Fashion Week. Opt for the sun-kissed, caramel tones of The New York and The London, or choose the bronzed shades of The Barcelona and The Santa Fe. *£55; Wlondon.co.uk/away-spa*

BACK TRACK Slip on a halter-neck frock and expose golden, silky-skinned shoulders and buffed backs with the Eve Lom Ultimate Back Cleanse, an extension of the iconic facial. These much neglected areas undergo a thorough cleanse, exfoliation and extraction, as well as an ultra-relaxing 30-minute back and shoulder massage. *60 mins £90; uk.spacenk.com.*

SNAKE HIPS Shrink unsightly muffin tops with the brilliant Elite Universal Body Contour Wrap. This stellar treatment will help you shift a noticeable inch (trust us) from problem zones and is the perfect last-minute bikini-terror fix. Your body measurements are jotted down and you are wrapped from neck to ankles in warm mineral-rich clay soaked

bandages, which draw toxins and impurities from the skin, thereby flattening and contouring curves. Expect your jeans to hang looser on leaving. *From £125; universalcontourwrap.com*

SWEET CHEEKS A pert, peachy-smooth bottom is usually the preserve of fitness junkies and the genetically blessed, but Bottoms Up at Dove Spa tones up posteriors, diminishes dimples and reduces the appearance of stretch marks. Derrières are given a firm dry body brush to boost circulation and an electro-current massager is then worked across the backs of legs and over buttocks, breaking down stubborn, fatty deposits. A red light wand is used to stimulate the dermal layer to improve collagen production and plump up the skin's surface. *From £47; dovespa.co.uk*

HOT LEGS Slender Cow Legs at Cowshed Spas addresses problematic pins, whether it be orange-peel thighs or dry, patchy calves. A combination of brisk dry body brushing, scrubs and deep lymphatic massage offer a fast-working streamlining effect for lithe limbs. A turbo-charged Body Sculpting Serum is smeared onto upper thighs, while calves are caked in rich body butter. *£65; cowshed.co.uk*

FUZZ FREE The prospect of waxing strikes fear into the most die-hard beauty devotee. However, the Perron Rigot Pink Hot Wax at Vaishaly, a traditional French 'hot wax', is pretty much as painless as they come. Wax is warmed on a low heat until creamy (as opposed to sticky) in texture and, once smeared on, shrink wraps around the hair for gentle removal and prolonged hair re-growth with minimal skin irritation. Perfect for more, er, sensitive areas. *From £35; Vaishaly.com*

HAPPY FEET Get your tootsies in sandal-ready shape with the OSKIA Deluxe Pedicure at the heavenly Oskia Boutique Spa. Once feet are soaked in an aromatic footbath and dead skin is sloughed away with a firm scrub, they're sensually slathered with a hot rose oil candle and cocooned in a warm muslin cloth. A doze-inducing foot and scalp massage later and tatty cuticles are ready to be tidied and nails professionally polished – finishing your head-to-toe summer body blitz. *60mins £60; Oskiaskinicare.com/spa/*



Namhai



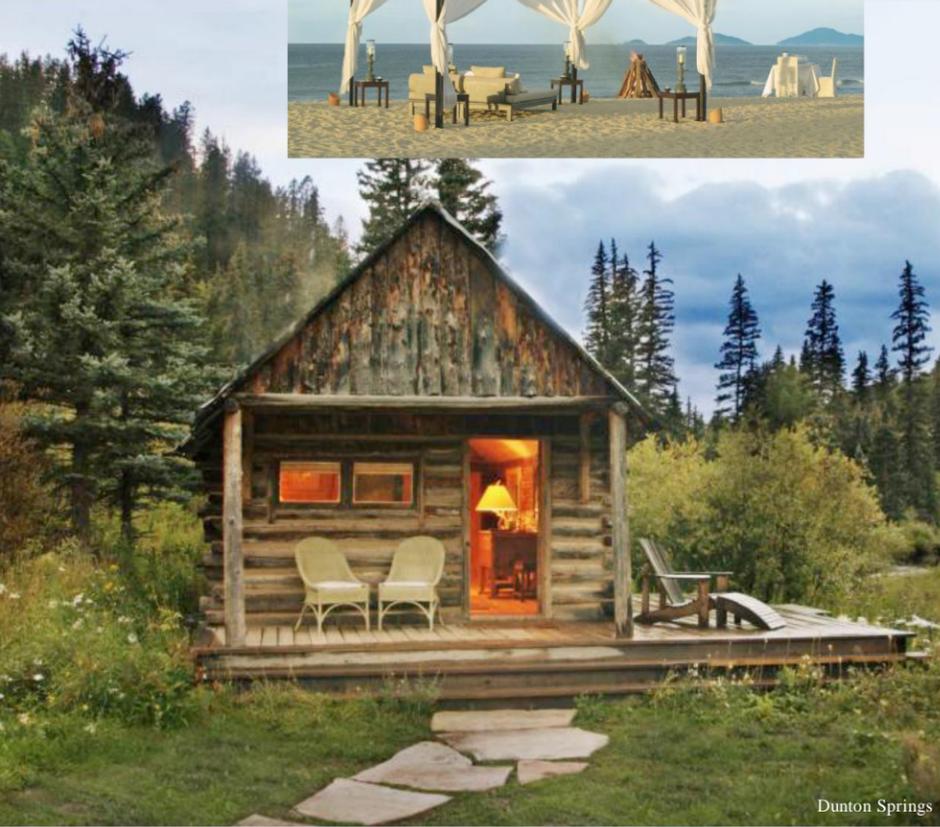
Porto Elounda



The Ranch at Live Oak



Uma Ubud



Dunton Springs



Dunton Springs



Formentera Yoga



Porto Elounda



Parrot Cay



The Ranch at Live Oak



Castello di Vicarello



Vigilius Mountain Resort



Vigilius Mountain Resort

Escape from it all this summer with a meditative, restoring break. These chic wellness sanctuaries offer seclusion and spirit-lifting settings that will rejuvenate the body and soul

DUNTON HOT SPRINGS *Dolores, Colorado, US* Retreat from the modern world and reconnect with nature in rustic log cabins. Surrounded by pines in a former ghost town deep in the Rocky Mountains, Dunton Hot Springs is a glorious mix of cinematic scenery and high-end relaxation for nature seekers who feel at home among the trees. Pack a book and sturdy walking boots for wandering or horse riding in the alpine valleys. After a long day, take a dip in the hot springs or restored bathhouse under the stars. There are no phone lines or

electricity, but plenty of luxe touches: elegant antiques, a gleaming spa and well-stocked library. Soak up the silence and properly unplug. duntonhotsprings.com

NAM HAI *Hoi An, Vietnam* Swaying palm trees stud the unspoiled stretch of Ha My Beach. Facing the South China Sea, the newly opened Nam Hai fuses world-class luxury with a stark Eastern design aesthetic. The resort is so luxurious, you may be tempted to linger in the breezy, sea-view villas or get pampered in the award-winning lagoon spa. Designed with a Feng shui philosophy, the grand lines of the resort imbue a serious sense of Zen. If you venture out beyond the beach, explore the pretty old town of Hoi An, where lantern-lined alleyways wind around markets, vibrant pavement cafes and 19th-century colonial shop-house buildings. thenamhai.com

CASTELLO DI VICARELLO *Cinigiano, Italy* Stylish, historic, tranquil – this gorgeously restored ancient Tuscan

castle feels romantic and ticks all the boxes of an upscale health retreat and more. The seven guest rooms, filled with distressed antiques, are sumptuous and serene. The stone walls are trailed with rambling roses, there are two pools and a scented herb garden. The home-made food is Italian at its simplest and finest: pumpkin ravioli, fried zucchini flowers and tomato and basil salads from the garden and wines from the vineyard. The spa has an outdoor hot-tub and an Ayurvedic masseur. Break the monastical silence with a dive in the fresh-water pool or Turkish baths at the all-natural spa. vicarello.it

PORTO ELOUNDA DE LUXE RESORT *Crete, Greece* The Greek islands hold a magical, mythical quality, none more so than Crete. Nestled in the bay of Mirabello is the pretty white-washed village of Porto Elounda, the go-to destination for those unable to completely switch off. Relax at the Six Senses Spa or dine at a vast choice

of cosy eateries and, when you get twitchy, go swimming, sailing or scuba diving. portoelounda.com

FORMENTERA YOGA *Formentera, Spain* Beach bum yoga bunnies will love this escape to the stunning Isla de Formentera. They take the discipline seriously here, with daily sunrise and sunset yoga (on the sea-facing deck), but classes aren't compulsory, so chill out in the tranquillity zones strewn among the orange groves. formenterayoga.com

THE RANCH AT LIVE OAK *Malibu, California, US* Rough it in style on the Californian coastline. A shimmering, white-walled aerie hanging over the Pacific, the Ranch is a luxe spin on a boot camp. This oasis of calm has built its reputation on a results-driven format. An intensive week of detoxifying and toning up – alongside a non-negotiable 1,500-calories-a-day home-grown, organic vegan menu – will see you shed unwanted pounds in no time. A 'no

options' mantra of eight hours daily exercise, this is not for shirkers. A 5.30am rise is followed by a five-hour hike through the craggy cliffs of Santa Monica. Afternoons are filled with water aerobics and yoga. The absence of Wi-Fi or phone reception takes you off the grid to de-stress and escape. theranchmalibu.com

VIGILIUS MOUNTAIN RESORT *South Tyrol, Italy* The only way to get to the Vigilius Mountain Resort is via cable car. What awaits you (at a dizzy 1,500 metres altitude) is a slick mountain eco-lodge seamlessly merging with the forest. Rooms have a tree-house quality, from which to hide away and gaze out over the ice-capped Dolomites. Designed by Milan-based architect Matteo Thun, it's all warm earthy tones and crisp geometric spaces with big vistas of nothing but sky, pines and meadows with cows. The spa has floor-to-ceiling glass windows with forest views from springwater pool. Plus the modern Italian cuisine is exquisite; and dogs are welcome too. vigilius.it

UMA UBUD *Ubud, Bali* Located in central Bali, far from the tourist mecca southcoast, is the mountain terrain of Ubud (meaning medicine in Balinese). Surrounded by hazy mountains and paddy fields, Uma Ubud oozes style and serenity in equal measure with cool minimalist interiors and daily Pilates and yoga sessions in the midst lush river valley scenery. Unwind at the holistic Shambhala Retreat Spa, take a forest trek wildlife spotting or dine on locally harvested cuisine. uma.ubud.com

PARROT CAY *Turks & Caicos, Caribbean* Get comatose on the secluded sand-encircled cays of this palm-fringed island. The wild archipelago is teeming with birds and sea life, best viewed from the glass-bottom boats or scuba diving. The all-white colonial-style beach villas have four-poster beds and verandahs. There are tennis courts and a big barn with a gym. The spa offers yoga, Pilates and walking meditation among the resort's mangroves and flower-filled gardens. parrotcay.com