



# Spa treats

Need a little rejuvenation as autumn arrives? These top treatments will breathe new life into lifeless locks and tired skin; just sit back, relax and enjoy...

## BODY

### AQUA SHEKO FISH PEDICURE

£30 for 25 mins (Express) or £45 for 45 mins (Deluxe) at Aqua Sheko, High Street Kensington, [www.aquasheko.co.uk](http://www.aquasheko.co.uk)

**The promise:** A pedicure by little fish. No, really!

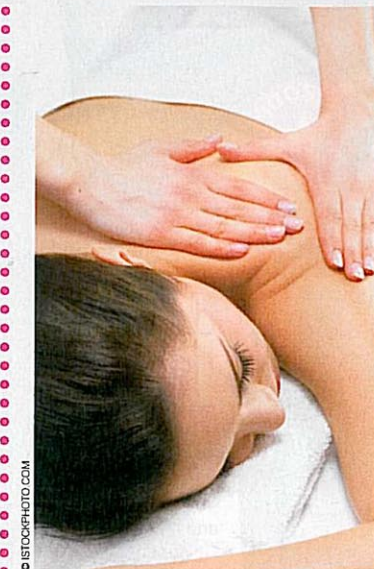
**What did you expect?** To be honest I had no idea what to expect – was I going to be eaten alive?! I was apprehensive to say the very least!

**The experience:** Aqua Sheko is tucked away in London's High Street Kensington, and its boutique feel adds a luxurious edge to this fairly speedy treatment. After my feet were washed in warm water I was led to an illuminated fish tank. With trepidation I put my feet in the warm water and squirmed and laughed as the fish swam towards me – a reaction that everyone else smiled knowingly at! It was an incredibly weird but pleasurable sensation – almost like a vibration with a tickle thrown in! The fish are called Garra Rufa and they secrete an enzyme – diathanol – believed to improve skin regeneration. They don't have teeth so they don't bite you; they literally suck away any dead skin cells from all over your feet and your cuticles. This fishy feast is incredibly popular so be sure to book, and also wear something that can be rolled up to the knee.

**The results:** My feet were super-soft after just one treatment, and the massage after, with Neal's Yard Remedies oil, added to the effects. (More sessions are recommended for people who have really hard feet.) This treatment is much more pleasurable than getting your feet pumiced or sloughed by a human, and is the perfect lunch or shopping break indulgence!

Joanna Knight

Star rating: ★★★★★



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### OSTEOPATHY

£25 at Garry Trainer Clinic, Primrose Hill, [www.garrytrainer.com](http://www.garrytrainer.com)

**The promise:** To correct shoulder problems, making it easier for them to function normally and reducing the chances of problems occurring in the future.

**What did you expect?** I have been experiencing pain in my shoulder, which gets worse when exercising. I hoped to find out the reason I've been feeling discomfort and for it to be eased.

**The experience:** My practitioner, Matt, asked me to explain my shoulder problems, and we also discussed my general medical history. As well as finding out about my shoulder pain and general health, he also asked me about my sleep patterns and diet. Matt then looked at my shoulder and posture and gave me a general assessment. There were a few nasty clicks, but nothing too painful. I was then given acupuncture on my shoulder and arm.

**The results:** Matt informed me that it wasn't actually my shoulder that was the problem, but that I had a rib out of line which was causing problems to my posture and, therefore, causing my shoulder pain. He said that the exercise I was doing and my seating at work were not helping, but the problem could be fixed with a few further sessions of osteopathy and performing specific exercises to improve my posture. I will definitely be going back!

Amy Cruttenden

Star rating: ★★★★★

## FACE

### LAVA SHELLS THERMA FACIAL

£80 for 60 mins at The CityPoint Spa, Moorgate, [www.thecitypointclub.co.uk](http://www.thecitypointclub.co.uk). For your nearest spa, call 01869 338 890 or visit [www.sharedbeautysecrets.com](http://www.sharedbeautysecrets.com)

**The promise:** A deeply hydrating facial designed to renew and revive dehydrated skin. **What did you expect?** A super-relaxing and moisturising treatment to nourish and boost the complexion.

**The experience:** Self-heating lava shells are a new innovation in hot massage therapy. Small in size, they are made from a blend of smooth porcelain and crushed seashells, which mould into the contours and curves of the face and radiate natural mineral warmth for up to 90 minutes. To start I was given a relaxing upper-body massage. Each time the heated shells skimmed across my shoulders and décolletage, I felt a surge of warmth, which helped to ease stubborn tension and relax the muscles. Next, my face was cleansed to remove any make-up traces and lightly spritzed with a delicately scented toner. To follow, a grainy exfoliator was gently scrubbed into my face and then whisked off before a mineral-based oil was massaged in. My therapist, using a series of gliding motions, massaged my entire face with the smooth shells, lulling me into a relaxed state. A sleep-inducing head massage and luxurious moisturising session finished off the 60 minutes of beauty bliss.

**The results:** My complexion looked gorgeously glowing and felt softer and plumper.

Louise Pyne

Star rating: ★★★★★

