



Spa treats

BODY

IYASHI DÔME

£55 for 60 minutes at LA Fitness, The Waldorf Hilton Hotel, Aldwych, London, www.beautifulbreak.com

The promise: To detoxify and firm skin, reduce stress and lose weight – you can burn up to 600 cals every half-hour session.

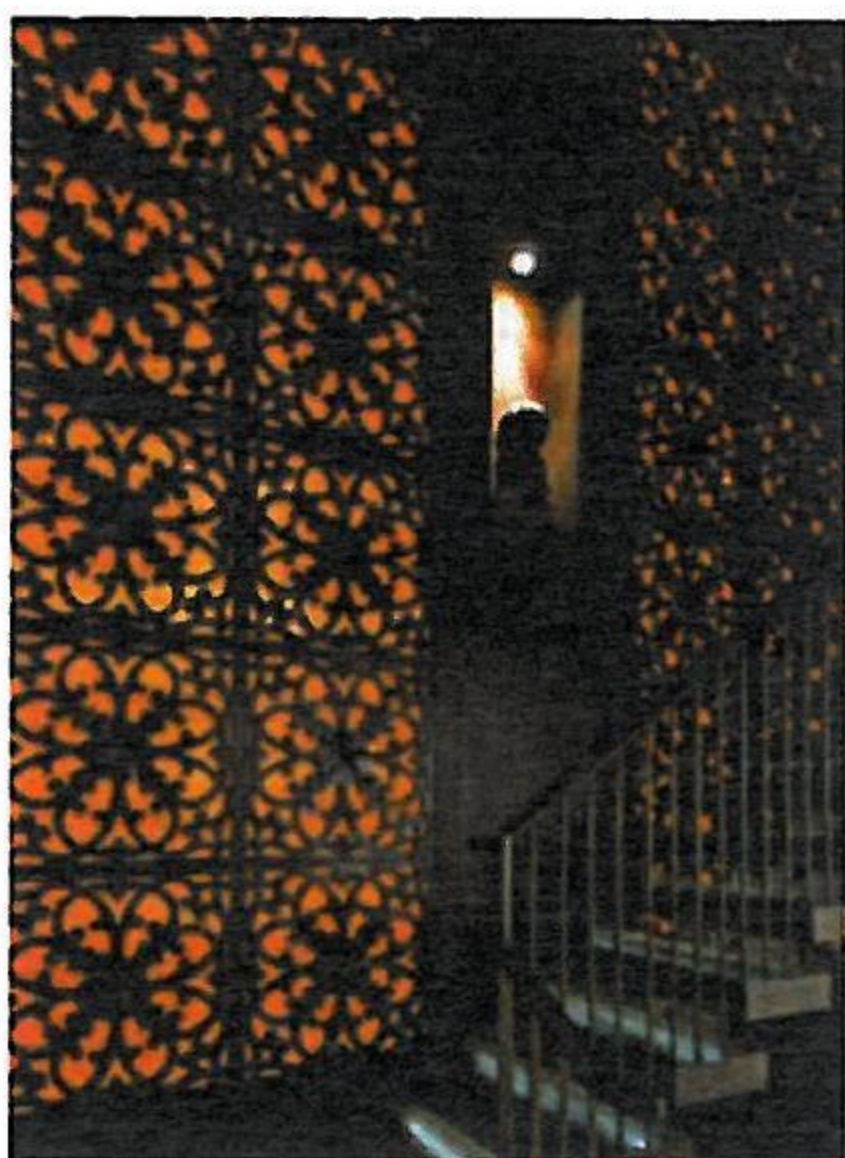
What did you expect? A mini detox and a lot of sweat – as much as you lose in a 20km run – all done during your lunch hour!

The experience: On arrival, I met with my therapist who greeted me with a bottle of water (pre-treatment) and explained the concept behind the Iyashi Dôme. I have to say, I was intrigued – could this really be the weight-loss and detox miracle it claimed to be? Originating from Japan, the dome is made from high-tech black carbon, which gradually heats up the body by emitting vibrations of far-infrared rays in line with the infrared naturally produced within the body. It was devised to deep-cleanse your body, eliminate toxins and help break down fat deposits. After a quick step on the scale, which measured my weight, fat, muscle and bone mass, while sipping my water, I was in. Getting into the dome was a bit awkward, but once I clambered inside, lay on my belly and felt the heat all over, I easily relaxed and felt just like I was sunbathing. Fifteen minutes later, the therapist entered the room and asked me to turn onto my back, warning me that I would ‘start sweating a lot’... and, boy, she was not joking. Bye bye toxins, hello red, sweaty face!

The results: 600 calories burned, a very red face and 0.9kg of fat mass gone. After the session, I discussed the impressive results with my therapist who confirmed that, combined with the right diet and exercise, this is a great way to detox your body and burn calories in a very easy way.

Sabrina Iken

Star rating: ★★★★★



FULL BODY EXPERIENCE

£180 for 90 mins at Ushvani, Chelsea, London, www.ushvani.com

The promise: A papaya scrub to nourish and rejuvenate, a customised massage to target areas of concern, a banana and honey wrap to hydrate skin and tighten pores, and a bespoke foot treatment on reflex zones for revitalisation.

What did you expect? A relaxing, unique experience that would leave my skin feeling completely new.

The experience: Ushvani is a day spa that is inspired by the healing traditions of South-East Asia. Housed in a grand Edwardian building, Asian-inspired wall pieces and decorative wood carvings are dotted throughout this beautiful spa. After I had a tour and got changed, I was taken to the treatment room where Lauren, my therapist, recommended a papaya and cane sugar scrub and banana and honey wrap to soothe my dry skin. After ensuring that I was comfortable, Lauren began applying the scrub to my body in gentle yet therapeutic strokes. Although I could feel the cane sugar working away at the top layer of my dehydrated skin, I could feel the oils nourishing my body, too. Once the scrub had been washed off, she began massaging on a banana and honey mask that smelled good enough to eat. While I was left to rest in the wrap, Lauren began a foot treatment (a scalp massage can be opted for instead) using a jojoba scrub to exfoliate and massage my tired tootsies.

The results: Soft and supple skin, a loosened back and a strong desire to return!

Amanda Khouv

Star rating: ★★★★★