



Vartoughian opened the first-ever salon dedicated to nails, in Beverly Hills. Now available in 28 countries, the Jessica manicure is the neatest, sleekest, longest-lasting real-nail manicure in the business. *From £20; 0845 217 1360*

◉ **John Tsagaris Beauty**

**Acupuncture** LONDON Tsagaris and his needles are a force to be reckoned with when it comes to fighting wrinkles. Using ancient Chinese methods, Tsagaris stimulates the skin's ability to regenerate by accelerating anti-inflammatory activity and removing toxins from the face. *£200 for an hour; energybodies.co.uk*

◉ **Laser Hair Removal**

SOMA CENTRE, ROYAL GARDEN HOTEL, LONDON Just thinking of the hours – and pounds – the average woman spends depilating in a single year, let alone her entire life, makes you realise that this is an investment you'll never regret. Joanne Evans uses the Apogee laser, whose beam travels down the hair shaft, killing the root, permanently removing hair in as little as three treatments. *From £20; 020 7361 1995*

◉ **Linda Meredith Haute Couture Facial**

LONDON AND HAMPSHIRE There is a reason why the rich and famous queue round the block for Linda Meredith facials – her rigorously made-to-measure approach leaves skin looking clear and youthfully plump. Her range of all-natural products is great, too. Quite simply the best around. *£100 for 60 minutes at Linda Meredith, London, and Chewton Glen, Hampshire; lindameredith.com*

◉ **Malika Eyebrow Threading**

LONDON Before the treatment at the minuscule Malika salon in the new Westfield centre, the head therapist, Ritu Patel, recommended we throw away our tweezers in favour of threading. After a full consultation, some face-rejuvenating (not to mention pain-free) shaping and an amazing Indian head massage, we've done like the lady said. *£15; 020 8762 9752*

◉ **Matrix Colour Veil Glossing**

HOOKER & YOUNG, NEWCASTLE-UPON-TYNE With four upmarket salons, Gary

Hooker and Michael Young are the North East's – if not Britain's – best-kept hair secret. The beautiful new salon in Jesmond bears the same polish as their award-winning hair spa at Seaham Hall, County Durham. Go for the Matrix Colour Veil Glossing, a clear gloss that's applied after in-salon colour or to boost existing colour, creating amazing shine and condition. *From £42 including blow-dry; hookerandyoung.co.uk*

◉ **Mind Detox** LONDON A little-known and comparatively new therapy, also known as the Grinberg Method, in which the practitioner uses touch and breathing to release years of tension and stress held within the body. It sounds a little ethereal, until you experience the concrete results. Great for everything from backache to digestive problems to migraines. *£70 for 60 minutes; triyoga.co.uk*

◉ **Nichola Joss Beauty Therapy**

HOME VISITS IN THE SOUTH-EAST She may work for the likes of *Vogue*, *Harper's Bazaar*, Miu Miu and Chloé, and celebrities including Cate Blanchett, but Nichola Joss also finds time for private appointments. A beauty therapist who specialises in lymphatic-drainage skincare, she also offers manicures, tanning, waxing and body massage, and unsurprisingly has a bit of a waiting list. *From £20; nicholajoss.com*

◉ **Ole Henriksen Pregnancy**

**Massage** SPA AT BLUEBIRD, LONDON Suitable after the first 12 weeks of pregnancy, this super-relaxing massage is one of the best out there. The spa uses a unique memory-foam cushion, which moulds to the stomach and cuts out around the breasts – all very important when you've got a big bump and tender boobs. The treatment uses argan oil, which is fragrance-free and rich in omega acids so great for stretch marks. Expectant mums will emerge feeling themselves again. *£80 for an hour; 020 7349 5090*

◉ **Origins Firming Mini-Facial**

NATIONWIDE A beauty steal, this 30-minute facial uses the Youthtopia range of products to cleanse, exfoliate,