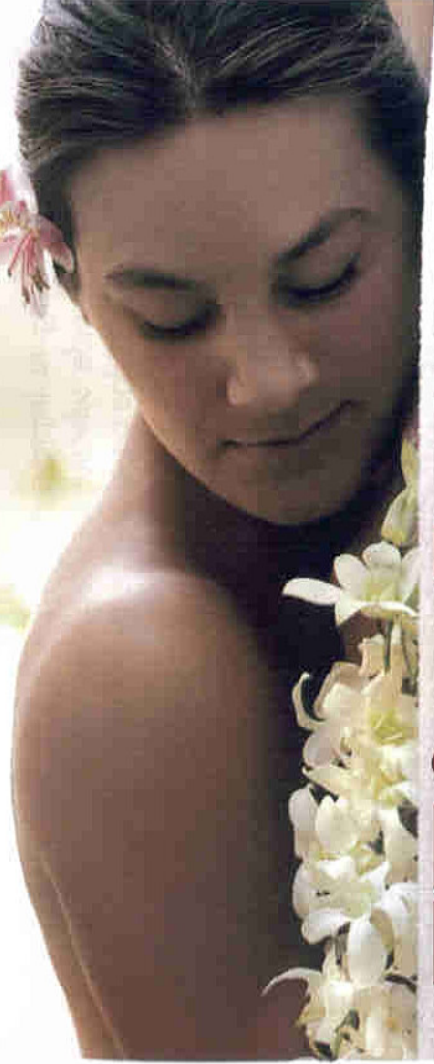


**BECK AND CALL**

I don't know about you but finding the time after a long working week to look good is becoming harder and harder. That's why I'm a big fan of The Alchemist. They'll travel to your home or office, bringing with them all the necessary equipment, and since they are open from 6am to midnight (but you will need to book in advance) they'll arrive when you've the time. They offer all the usual treatments - facials, manicures, pedicures and massages but also offer personal trainers, reflexology, stylas, hair and make-up artists and all of their staff have more than eight years of experience. Log onto [www.the-chemist.co.uk](http://www.the-chemist.co.uk) or call 020 7349 0093 to book. Please show this issue of the magazine to receive 15% off.



# High

## maintenance

Henrietta Creighton reaffirms the benefits of rose water and discovers a late-night beauty service

**100% PURE** Pure Massage does exactly what their name suggests. They are masters of massage and co-founder Becca Alek-androwitz believes in the power of human touch and our need for it as support for our health and wellbeing - rather than it being an occasional treat. She also specialises in Face Therapy - wonderful for restoring your youthful looks. They've now opened a new branch in Fenwick - Bond Street and are offering Resident readers 10% off their first massage. They also have a branch in Fulham, Pure Massage, 3/5 Vanston Place, SW6, 020 7381 8100.

**KEEPING IT REAL**

It must have been something we said, since mentioning Real Hair a few months ago, the Chelsea Green uber-salon has been everywhere. With pages in Vogue and Sunday Times' Style, this is one hairdresser that's really making waves. It's all fabulous, you are as likely to rub shoulders with a Chelsea mum as a Size Zero supermodel, the staff are super friendly and the atmosphere is far from exclusive. Real Hair is open on Sundays from 11.30 to 5.50pm and is offering Resident readers 25% discount.

**DEEP CLEANSE**

Oxygen facials may make us glow with health but the latest rage in America is **Oxy-Powder**. These capsules are swallowed daily and since they are such a powerful internal cleanser, the skin duly responds by glowing from within. Jennifer Aniston, Cindy Crawford and Donna Karan are all big fans - and not only do they make the skin clearer, smoother and more radiant, they also help flatten your tummy and are used by those in the know after weekends spent partying. Again from the States, famous for its ability to make your skin look as good as it can, Capra Mineral Whey (made from goats milk and is packed full of nutrients) is a protein powder ideal for including in power shakes that realises your stomach. Both products are sold online at [www.chrisbar.com](http://www.chrisbar.com) or over the phone on 08709 055600.



**PERFECT PROTÉGÉE**

Patrick Holford, who founded the Optimum Institute of Nutrition, gets my vote every time for comprehending the full extent of how nutrition affects our moods and energy levels. One of his protégées is the lovely Petronella Ravenshear, who practices from Sydney Street - she specialises in digestive disorders, general nutrition and stress and is offering Resident readers their first session for £60. Please email [petronella.r@btinternet.com](mailto:petronella.r@btinternet.com) or call 07979 691829.

**COMING UP ROSES**

Rather than using expensive toners don't forget humble rose water. It controls and balances sebum production, making it useful for both dry and oily skin and restores the skin's Ph, helping tighten pores. It's healing properties don't end there: the antibacterial properties help fight acne giving troubled skin a gentle, rather than a harsh treatment. It also doesn't cost a bomb - 100ml costs just £8.50 - simply dilute 1 part in 40 parts of water. For stockists please call 023 8022 2008.

