

Spa spy Float your boat

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After a session at Edinburgh's Floatarium, plus a massage and facial, you'll feel buoyant

THE TREATMENT

The new Floatissimo Package at Edinburgh's Floatarium (26 North West Circus Place, 0131-225 3350, www.edinburghfloatarium.co.uk), £110. It includes their 60 minute Famous Floatation Experience, a 45 minute Aromaspa Massage and a 45 minute Floatarium Facial.

WHY GO?

The Floatarium is something of an institution, and there's nowhere else in the capital where you can experience weightlessness in one of their pods, each of which is filled with a few inches of warm water and almost half a ton of Dead Sea salts. According to them, a session in one of these is equivalent to six hours of sleep.

OUR SPY SAYS

This place has been around for 23 years, and it does look a little dog-eared inside, but, if you can see past the decor, the quality of treatments is still there (and the prices are lower than you might find in a more chi-chi salon).

The first third of my experience consisted of a float. You're taken to one of their tiled basement rooms, where you slip into your swimming cossie and clamber into one of the pods, which resembles something from 2001: A Space Odyssey or Alien.

There's music for the first 10



minutes, then it's silent for 45 minutes or so before the music comes up again for the final five – to signal that you'll soon have to get out and shower (a therapist knocks on the door when it's time to do that).

If you want to completely immerse yourself (not literally, of course, because the salts in the water don't allow you to sink), you can turn off the lights and close the door of the pod. It's disorientating at first, and takes a while for your mind to stop racing. You also have to gradually let your body relax (my shoulders kept floating up around my ears). I imagined my spine slowly decompressing. Your weightlessness becomes most apparent when you eventually get out of the pod. My body felt like a bag of wet sand. Gravity, I curse thee.

After showering, I met the head therapist, Carrie, who took me into the candle-lit treatment room. Post float,

and my muscles definitely felt more yielding. It was like my scapulas were tectonic plates that had shifted. Carrie took advantage of this to get at all my knots, with a satisfyingly firm rub down that focused on my back and shoulders.

The final part of this package is the facial, using Dermalogica products.

Carrie had already clocked that my complexion was rather dry, so she used a gentle foaming cleanser on my skin, before gently exfoliating and applying a Skin Hydrating Masque (she rubbed my feet while this was moisturising my parched epidermis). None of the lotions stung, or dragged, it was a gentle, pleasurable and skin-friendly facial. No pain, with lots of gain.

THE RESULTS

I'm still floating now.

18/20

WHAT'S NEW?

SO RETRO

Lou Lou's Vintage Fair is hitting the Assembly Rooms (54 George Street, Edinburgh) tomorrow, 11am-4pm. As well as 50 stalls of retro clothing, and a tea party, the therapists from Pin Ups Beauty Salon (10a Ruthven Lane, Glasgow, 0141-237 3420, www.pinups.uk.com) will be in attendance, so you can get your hair (£20) or hair

and make-up (£35) done in the style of your favourite star of yesteryear.

www.thevintagefair.com

Get your hair done in the style of your favourite star of yesteryear

NEW KID ON THE BLOCK

Now Glasgow has its own branch of cool girl fitness gear shop, Sweaty Betty (14 Royal Exchange Square, Glasgow, www.sweatybetty.com). Shop from its new collections, which include the winter range of cosy knits, sweats and base layers, or sign up for free classes, which include the interval training blitz that is Hiit Club on Tuesdays, 6:15pm-7:15pm.

FOCUS ON FAVOURITES

As part of its annual retail report, John Lewis has compiled a list of its top selling products in 2014, both in stores and online. Top of the pops is Liz Earle's Cleanse & Polish Hot Cloth Cleanser (£24.75), which was the biggest hit in Edinburgh and Stirlingshire, closely tailed by Clinique's Chubby Baby Tint Lipgloss in Coming Up Rosy (£17), L'Occitane Shea Butter Hand Cream (£8) and Glasgow's favourite – Bobbi Brown Long Wear Gel Eye Liner (£18). www.johnlewis.com

WE DO THE MATHS 3 PRODUCTS TRIED AND TESTED

1+

HEAVEN SCENT

Slick this potion, which includes rose, macadamia and borage oils, onto skin before or after showering, or add to the bath. It's speedily absorbed, so you can dress straight away, but the intoxicating fragrance lingers.

Firm and Revitalise Dry Body Oil, £48, Aurelia (www.aureliaskincare.com)



2+

PERFECT BLEND

Available in three shades, including the dusky rose, Shy, this budget and super chunky blusher features a cream to powder formula that blends easily.

GOSH Giant Blush in Shy, £6.99, Superdrug (www.superdrug.com)



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SKIN SOLUTION

If chapped hands could talk, they'd beg for this tropical cream, with kiwi seed oil, feijoa and wild blackcurrant.

Jubilation Ultra Nourishing Hand and Body Cream, £26.99, Antipodes (www.antipodesnature.com)

