

# Spa spy One love

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Welcome autumn with triple helpings of treatments at One Spa in Edinburgh

## THE TREATMENT

Autumn Reviver Spa Day at One Spa (8 Conference Square, Edinburgh, 0131-221 7777, [www.onespa.com](http://www.onespa.com)). It includes a 25-minute full body Salt and Oil Scrub, a 30-minute Back, Neck and Shoulder Massage and a 25-minute Oriental Head Massage (80 minutes in total), as well as up to three hours' use of the heat and water experiences at Escape at One, all for £120pp. Valid Monday-Friday until 28 November.

## WHY GO?

Go if you're mourning the end of summer and need something to cheer yourself up as we enter the season of mellow fruitfulness. Also, this package is a steal as it will save you around £70.

## OUR SPY SAYS

Before your triple whammy of treatments, make sure to marinate and bake yourself in every available steam room, hammam, rooftop hydropool and laconium. After all, it's colder outside now and you need all the heating up you can get. And make sure to check out Escape at One's freshly tiled swimming pool and its new pool-side sauna.

After 90 minutes or so of luxuriating in this area, my therapist Danielle ushered me through to the low-lit treatment room and directed me to take a sniff of two Espa oils. As I'm a sucker for anything that contains



peppermint, I went for the Energising scent, which she said would leave me feeling relaxed but clear-headed.

The first element of this experience involves a gentle rub down with a hot mitt, then exfoliation with an oil-based scrub that contains huge chunks of salt. With other ingredients including sinus-clearing eucalyptus, this potion smells gorgeous, and it's robust enough to slough away every dead skin cell.

It was slicked across my body, with extra attention paid to my hands, feet and joints. Once I'd rinsed off the salt in the in-room shower, and patted myself dry to preserve the oily residue, Danielle set to task on the back, neck and shoulder massage element of the treatment, using the Energising Oil that I'd selected earlier. While lying face down, my back was rubbed with

long strokes, using lots of no-hands work with forearms and criss-cross finger movements along tightly laced tendons. My arms were draped over the side of the table to expose the tight rubber bandy bits across my scapulas, which were then loosened with thumb pressure.

This experience's final flourish involves a head massage using Espa's Pink Hair and Scalp Mud. Sometimes head massages can be a bit Goldilocks and the Three Bears – too hard or too soft – but this was just right.

## THE RESULTS

I'm so relaxed and revived that nothing can faze me (not even a nip in the air or a few golden leaves).

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## WHAT'S NEW?

### CHILL-OUT ZONES

Head to Ikea in Glasgow (99 King's Inch Drive, 0203 645 0000) or Edinburgh (Straiton Road, 0131-440 6600) for this weekend's Ideas Festival, which examines ways to make the bathroom and bedroom more conducive to reducing stress levels. As well as food sampling and demos, there will be gratis Indian head, neck and shoulder massages in the boudoir departments. [www.ikea.com](http://www.ikea.com)

As well as food sampling, there will be gratis Indian head massages

### GRAINS OF TRUTH

Earlier this year, neurologist Dr David Perlmutter released *Grain Brain*, which detailed his theory on diet, especially gluten, sugar and carbs, and how it can negatively affect the brain. Now he's released *The Grain Brain Cookbook*, which offers around 150 recipes for health and mental clarity. These include kohlrabi gratin, with an ingredient list of almond milk, nutmeg and Parmesan; and chicken with 40 cloves of garlic.

£13.99, Hodder & Stoughton, out now

### PERFECT FIT

Let us introduce you to Lululemon's first Scottish showroom, in the basement at 10 Castle Street, Edinburgh. It features this brand's stylish yoga-inspired athletic apparel, which will be on sale as part of its timetable of free fitness classes and social events. See the website for more details.

[www.lululemon.co.uk](http://www.lululemon.co.uk)

## WE DO THE MATHS 3 PRODUCTS TRIED AND TESTED

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### SCRUB UP

This natural beauty line has just landed in Space NK, Edinburgh (103 George Street, 0131-225 6371, [www.uk.spacenk.com](http://www.uk.spacenk.com)), with products including this gel, which contains eucalyptus, chamomile and bergamot. Use as a scrub or a five-minute mask (its fruit enzyme ingredient lifts off dead skin cells).

**Refine and Polish Miracle Balm, £57, Aurelia Probiotic Skincare ([www.aureliaskincare.com](http://www.aureliaskincare.com))**

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### ZINGY SCENT

My skin is combination, so I worried that this cleanser for normal to oily complexions might strip my dry cheeks. But its luxurious foam left my T-zone shine-free and the rest of my face feeling soft and soothed. Also, the zingy smell makes for a fab wake-up call in the morning.

**Calendula Deep Cleansing Foaming Facial Wash, £22, Kiehls ([www.kiehls.co.uk](http://www.kiehls.co.uk))**

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### LIQUID GOLD

Made from mineral pigments suspended in a coconut-derived serum base, bareMinerals' first liquid foundation is super skin friendly, with no oil, silicone, parabens or water, and a chemical-free SPF 20. The diluted texture makes this impressive foundation easy to layer up.

**Bareskin Pure Brightening Serum Foundation, £26, bareMinerals ([www.bareminerals.co.uk](http://www.bareminerals.co.uk))**