

## TRY THIS...

Make your post-gym shower a luxurious treat, rather than a rushed affair, with **Laura Mercier's Tea Menthe Citron Crème Body Cleanse** (£25 for 170ml; spacenk.com). As you create a lightweight lather, you'll feel transported to Morocco, thanks to the fresh mint and tea leaves, carefully balanced with a little cardamom and cedarwood. This indulgent body wash will pamper your skin, with its natural coconut water and glycerin. To continue the experience, why not moisturise, post shower, with the ultra-refreshing and quickly absorbed Tea Menthe Citron Gel Body Moisture (£34 for 225ml)?

Top it off with a spritz of the coordinating Eau de Toilette (£42.50 for 50ml), and you're good to go! We can't guarantee the weather will be Moroccan when you step out of the gym, but you can dream for a few moments...



WORDS: Emma Lewis

## 'IT WORKED FOR ME'

*H&F writer Julia Coe tries a holistic facial rejuvenation treatment*

**What?** Niroshini Cosmetic Acupuncture Ritual, £240 for 2 hrs.

**Where?** 58 South Molton Street, London; niroschini-acupuncture.com  
'I'm lying on a massage couch, feeling pleasantly relaxed – despite the fact my face is dotted with about 30 tiny acupuncture needles.'

For millennia, acupuncture has been used to rebalance and heal the body. Now, it's being recognised as a holistic way to rejuvenate the face – an alternative to Botox and fillers. Facial acupuncture works in two ways: first, by stimulating points that correspond to the body's meridians and organs, it boosts inner wellbeing to give outer radiance; second, by stimulating circulation, it prompts healing to soften fine lines.

Holistic facialist, Melissa Day's cosmetic acupuncture techniques add an extra dimension – lifting and toning facial muscles to improve contour and tone. A qualified facial and cosmetic acupuncturist and reiki

practitioner, Day began my luxurious Niroshini Cosmetic Acupuncture Ritual with a thorough medical history and diagnostic eye reading – to determine which meridians to work on. She then cleansed my face before deftly and painlessly inserting the fine needles at key points. A relaxing hand massage followed while the acupuncture worked its magic. Needles removed, Day applied soothing arnica gel and began a wonderful facial massage, using lymphatic drainage and acupressure to ease away tension. I rose feeling totally revived, my face – as before-and-after snaps testified – looking plumped and moisturised.'



days of being active in the mountains. It was luxurious and relaxing, using Carita products to revitalise and moisturise dehydrated skin. The two-hour Royal Colour Body Experience (€245) at the Spa Évian Source at the Hotel Royal was unlike anything I've ever experienced. Aromatherapy oils and salts are specially tuned to various colours and are used to work directly on the emotions and the body simultaneously. I had a long soak in a treatment bath with colour-tuned salts, then a scrub and wrap, then a shower, followed by a massage with more aromatherapy colour-tuned oils. I really didn't want to leave.

## GET ACTIVE

Whilst L'Ermitage has a gym in the spa area and an indoor pool, the outdoor pool with its spectacular views exerted a much greater pull. The grounds themselves are blissful and worthy of some serious wandering. Check out the bee and insect habitats dotted throughout. I sat for a while beside a pond filled with water lilies visited by jewelled dragonflies. The grounds and facilities of both hotels are available to all guests, including the outdoor swimming pools, tennis (with optional coaching), and

the famous golf course. The hotel is happy to organise extra activities too, such as sailing on Lake Geneva, mountain walk excursions, bike hire and skiing in winter. There's even a small climbing wall on site and e-bikes for visits down into the town. Or, if you need to rest those muscles, the historic funicular travels direct from the Hôtel Royal to the town and back, from mid-May to mid-September.

## THE PRICE

Flights to Geneva are available from various regional UK airports with Swiss, BA, Monarch, Flybe and easyJet. Prices start from £55 return including taxes. Rooms at L'Ermitage cost from 158 euros per night for a standard double room shared. A transfer booked through Évian resorts is 130 euros each way from Geneva airport for a max of three people; evianresort.com.



WORDS: Lara Dunn