







## BRIGHTON

The Treatment Rooms, 21 New Road, Brighton BN1 1UF,  01273 818444   
[www.thetreatmentrooms.co.uk](http://www.thetreatmentrooms.co.uk)

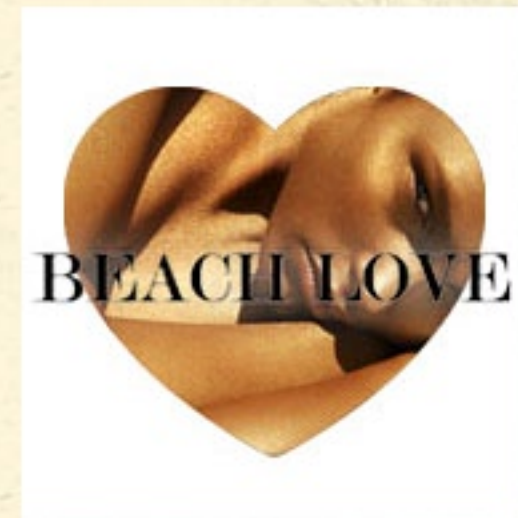
If your body's just a bit out of sorts – dry, patchy, dull – Aromatherapy Associates Enrich Body Wrap, £87 is a pre-beach essential, especially with our favourite therapist, Jessica. After a stimulating body exfoliation – including hands and feet – a nourishing serum is applied, followed by pure dry skin oil and rich body butter for intensive hydration. Float out with dewy, refreshed skin.

## CHELTENHAM

C-side Spa, Cowley Manor, Cowley, Cheltenham, Gloucestershire GL53 9NL,  01242 870 902   
[www.cowleymanor.com](http://www.cowleymanor.com)

After a cooling swim in the chic outdoor pool there's nothing more invigorating than the Green and Spring Complete Detox treatment, £125. Dry body brushing, linseed poultices and massage preps your skin for a highly detoxifying clay and seaweed mask, accompanied by spiral foot and scalp massage. Choose a playlist for your treatment and drift away – who said detoxing had to be hard?!

## EDITOR'S PICK



## AUSTRALIA



## WHERE'S HOT

Slide the sun to find the sun

