

Autumn 2008

www.spasecretsmagazine.com

# Spa Secrets

for mind, body & soul

## eastern magic

luxury living in the middle east

## yoga pose

the latest yoga outfits to hit the shops

## capital cool

london is perfect for spa lovers

## top ten

tips to help you get a peaceful night's sleep

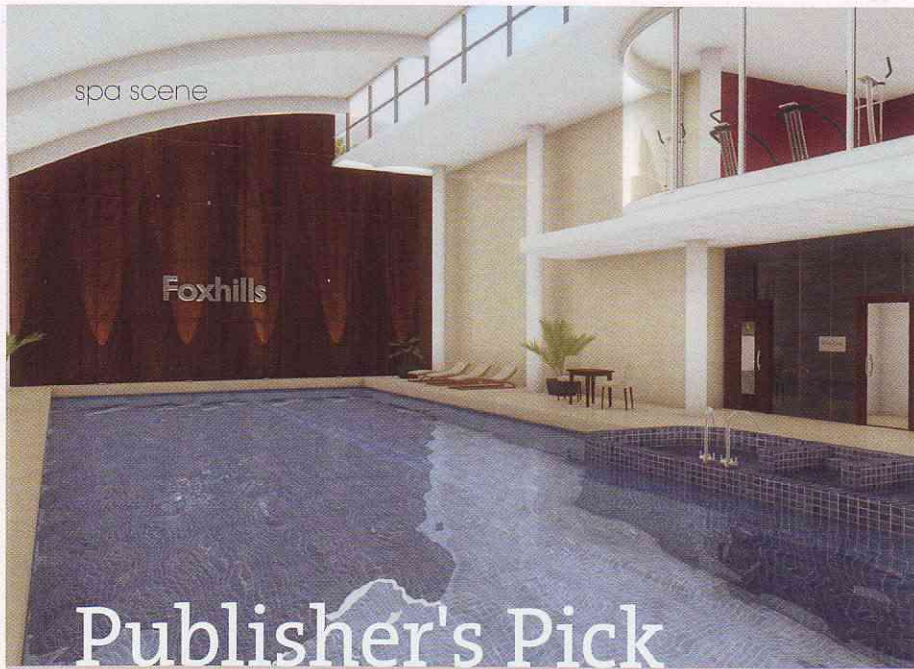
# water power

discover the benefits of thalassotherapy

£3.75



spa ■ lifestyle ■ travel ■ health ■ beauty ■ fitness ■ fashion



Foxhills

## Publisher's Pick

The quirky and innovative design of this new spa's menu caught the eye of *Spa Secrets*' publisher with its tongue-in-cheek photography from the '40s and '50s. In leafy Surrey, Foxhills' brand new luxury £5 million HealthSpa looks set to become the ultimate weekend away. The spa has partnered with skincare brand Elemis and offers a day spa, spa garden and fitness arena. The day spa has seven individual treatment rooms, a couples treatment room, relaxation den, thermal suite, indoor pool, vitality pool, nail and make-up zone and Medi-Spa. The comprehensive treatment menu has been designed so guests can select therapies and treatments to fit their needs. We can't wait to try it out! T: 01932 704555. [www.foxhills.co.uk](http://www.foxhills.co.uk)

## Sweet dreams

Everyone knows a good night's sleep is vital for looking your best, but do you know what you're sleeping on? Silkskin has spent two years researching and sourcing its natural silk pillowcases which are said to reduce wrinkles, lock moisture in and feature hypoallergenic properties. From £35. [www.silkskin.co.uk](http://www.silkskin.co.uk)



## THE RIGHT SUPPORT



Glominerals has launched a limited edition kit to support the National Breast Cancer Foundation (NBCF). The 'You Look Marvelous in Pink' set contains an eyeshadow trio in new shades and gloLiquid Lips, a lip gloss in a new colour, Pink Ginger. The set is available from October and the packaging features the NBCF logo and website. Meanwhile, Darphin is also helping to raise money for this worthwhile cause, by supporting the Breast Cancer Research Foundation's programme at the UK's Royal Marsden Institute of Cancer Research with a donation of £5 from every sale of its best selling Darphin Predermine Wrinkle Corrective Serum (costing from £120). [www.glo skincare.com](http://www.glo skincare.com) [www.darphin.co.uk](http://www.darphin.co.uk) >

## Vive la France

Nail expert OPI has launched a new collection of polishes for autumn/winter. La Collection De France includes 12 shades perfect for the coming season with rich earth and jewel tones including dark browns, chocolates, terracotta, cinnamon, purple, red and grey-violet. Each polish has a French inspired name such as Tickle Me France-y, Baguette Me Not and Yes...I Can-Can. Trade price from £4.55 and salon price from £9.95. [www.lenawhite.co.uk](http://www.lenawhite.co.uk)

