

FREE

London **Lite**

MONDAY, 15 OCTOBER 2007

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lite  **loves**

CHOCOLATE WEEK

THIS week is Chocolate Week, and to celebrate all things chocolatey head to **The City Point Club Serenity Spa (1 Ropemaker Street, EC2)** for its Gerard's Chocolate Therapy Body Treatment. You're scrubbed and cleansed then coated in cocoa oil, massaged, wrapped and smothered in cream. The results? Well, you smell good enough to eat, but the 100 per cent cocoa oil will also soften, nourish and protect the skin, and, thanks to serotonin-stimulating chemicals, you'll feel relaxed and happy. Best of all, between now and 30 November, if you mention London Lite when you book and take in this page, you'll

get a 25 per cent discount on the treatment (usually £65). Plus the first 20 people to book will get a free Gerard's All Over Face & Body Chocolate Cream worth £23. Call 020 2920 6300.

SHOE HEAVEN

NOW, it's not often that we would advocate leaving London for a pair of shoes, but this weekend happens to be the first French Sole warehouse sale and those who make the trek to junction 11 of the M4 will be richly rewarded. French Sole are the people behind the definitive ballet flat, above, as worn by the likes of



Kate and Sienna. They usually retail from £60 to £90, but their warehouse sale promises discounts of up to 80 per cent — or five pairs of shoes for the price of one. Log on to frenchsole.com for more details.

AFFORDABLE ART

FANCY yourself as the next Charles Saatchi, or do you simply have a dodgy stain on the wall that needs covering up? Well hurrah for the Affordable Art Fair starting on Thursday at Battersea Park. You'll find 110 galleries and dealers from the UK and abroad represented, and nothing costs more than £3,000. From paintings and prints to photography and sculpture, it's all there. And as this