

Beauty



S MAGAZINE FAVOURITE
Molton Brown Traveller Globetrekker (£89; 0808 178 1188) is my all-time favourite travel set. Ten great products, including shampoo, conditioner and fantastic face and body washes. It's all packed away in a gorgeous, squashable, cream leather case. Just don't forget your toothbrush! **10/10** 



Treatment of the week

Gerard's Bamboo Massage

There are massages – and there are massages. And the Gerard's Bamboo Massage is not for the faint-hearted. If you want to relax, forget it; this is pretty unforgiving, working every nook and cranny – including some that you never knew you had. But when it comes to results it is superlative.

As it says on the tin, bamboo canes are involved in the main part of the treatment. It was a very odd sensation as the therapist put a cane behind my knees and elevated my legs into various positions.

Using bamboo oil, the cane was rolled all over my body, working right into the heart of all the knotty muscles in my legs, hips, arms and shoulders. As well as working the cane as a roller it is also used to create a "cupping" sensation. Turned on its head the cane acts as a vacuum to prod and probe. This is brilliant for lymphatic drainage and getting your circulation at its best.

The effects are pretty astonishing. I felt revived, my skin nourished and I had a real spring in my step. **Margaret Hussey**
Gerard's Bamboo Massage costs £70 for 60 minutes. Call 020 8202 2020 for your nearest salon.

I think it's important that the cosmetics giants have a conscience, so I had to admire Greenpeace's recent protest against the beauty industry's use of unsustainable palm oil, which is destroying Indonesia's rainforests. Find out more at greenpeace.org.uk



Beauty Counter

Jelly Pong Pong Soap Popsicles

You won't be able to resist this colourful collection of soap ice lollies, which come in all your favourite flavours, from Loony Lemon to Lolli-Choc, £5 each. Call 0845 224 8945 for mail order.

THE 3 STEP PLAN

The ultimate home weight loss plan
Kick-starting your weight loss resolutions needn't be an uphill struggle with How To Get Slim's three-pronged plan. Step one is the Detox Colon Cleanser, a natural supplement that helps clear the colon of bulky waste that can build up there. Step two is a simple, discreet patch which releases natural extracts to suppress the appetite, while step three consists

of free meal plans and free online fitness videos to help you slim down and tone up in no time. Price just £49.95 (plus p&p) for 120 tablets, 30 patches and 30 days of fitness videos; get the body you've always dreamed of by visiting www.howtogetslim.co.uk.

