

## THE DETOX

MUCH CLEANER AND LEANER,  
*h o p e f u l l y !*

WE LOVE *The Pure Package Detox and Cleanse*. A toxin-eliminating, free-radicals-neutralising, turbo clear-out. It's sugar-free, meat-free and gluten-, alcohol- and caffeine-free. If you've dabbled in Dukan and tinkered with Atkins, and you know your glycaemic index from your calorie-counting tables, then this will be a doddle. If you're not a dieter (you think being good means choosing a mini KitKat over a four-fingered one), then take a deep breath – a challenge lies ahead. Having your food chosen for you is an odd feeling and the lack of control is quite strange. But stick with it. A bag full of your day's requirements plops on your doorstep

some time before 6am with your breakfast (apple Bircher muesli, perhaps), your lunch (grilled-asparagus salad), your supper (spiced lentils and cauliflower) and myriad snacks – almonds, cashews, pumpkin seeds and fruit galore. The one thing this package does brilliantly is keep you full. You might not be convinced by the sheep's yoghurt or the endless bean feasts but you won't be hungry – not for a minute. The deliveries continue for one, or two, or even three weeks. But after even just a couple of days, you'll be feeling lighter and brighter. From £399 ([purepackage.com](http://purepackage.com) or 020 7720 3250).

## THE FACIAL

SO LONG,  
*f a r e w e l l ,*  
SAD  
FACE

WE LOVE *Sarah Chapman Skinesis Clinic*. A little lactic peel here, some serious hydrating there, the gentle passing of a derma-roller (basically a roller with teeny, tiny needles), a spell under a Lynton Omnilux LED, some gymnastic massage and lashings of serums: it's all in an hour and a half's work for Sarah Chapman and her miracle facials. She's on a mission to make us all look more youthful. She may actually be magic. And all from her chic and creamy Draycott Avenue den – close to Daphne's but not *too* close. The verdict? One word: dewy. Dewy, dewy, dewy. From £160. At 106 Draycott Avenue, SW3 ([sarahchapman.net](http://sarahchapman.net) or 020 7589 9585).

## THE HAIRCUT

SNIP,  
SNIP

WE LOVE *Neville Hair and Beauty*. All the scissor wielders here are terrific, but Jack is the crowd-pleaser at Neville. He's as cute as a boy-band singer, wears Clark Kent glasses and charms half-term teenagers, octogenarian dowagers and everyone in between. Book with him for a quick and, more importantly, fuss-free fix. He's utterly accommodating of even the most demanding of schedules. He'll come in super-early, before the salon's even open, to trim a frizzy fringe or to give you a volume-boosting blowdry. For hair that needs a more aggressive overhaul, Stephen is your man. He's tricky to track down, often away styling hair for fashion shoots or busy setting up the new Neville salon in St Barth's (it's a hard life, right?) – and comes with a more substantial price tag. Methodical and never-rushed, he'll quite literally go through strand by strand, removing every last split end and leaving you feeling like he's given you an entirely new head of hair. From £100. At 5 Pont Street, SW1 ([nevillehairandbeauty.net](http://nevillehairandbeauty.net) or 020 7235 3654).

## THE BODY TREATMENT

## TOP-TO-TOE THERAPY

WE LOVE *Sisleja Anti-Ageing Body Treatment*. This is a thing of great joy. Not only is the treatment available at Claridge's – the most perfect art-deco-mirrored, thick-carpeted, teatime cocoon from the real world – but it also uses incredible calming, hydrating products, so you come out feeling not only soothed but smoothed too. Doused in delicious herby-smelling oil, you're rubbed

and kneaded all over, right from your temples to in between your toes (strokes are surprisingly firm, so not even ticklish types will twitch) and extra-special attention is paid to wobbly bits like bottoms, thighs and tummies – don't be surprised by the series of sharp little slaps and some proper vigorous massaging. The therapist uses steaming-hot towels to get you squeaky-clean and then applies masses of

Sisley's brand new, all-singing, all-dancing Anti-Ageing Body Concentrate to moisturise and soften and cosset your skin. There's no faff, no fuss, no being swaddled in cling film or smothered in gloopy substances. Just an hour of deliriously happy-making massage at one of the smartest addresses in town. From £180. At 49 Brook Street, W1 ([claridges.co.uk](http://claridges.co.uk) or 020 7409 6565). □