

# FACE VALUE

**CELEBRITY FACIALIST SARAH CHAPMAN ON COCKTAILS, THE KING'S ROAD AND MISO SOUP FOR BREAKFAST**

Skincare expert Sarah Chapman is London's most sought-after facialist. With more than 10 years' experience creating bespoke facials, she has one of the longest celebrity clientele lists in the business, but you won't catch her blabbing – she's famously super discrete. Still, we got her to open up on one topic: her passion for London.



*EVERYWHERE HAS ITS OWN VIBE... THERE'S SO MUCH VARIETY, IT'S WHAT MAKES LONDON TRULY DIFFERENT*

**Why did you choose Chelsea for your clinic?**

It's always been my favourite area of London and I've lived here for years. Draycott Avenue has a real villagey feel about it, with its little boutiques, bars and cafés. The area has a great international spirit.

**Where are your London escapes?**

I absolutely love high tea, and The Wolseley is my number one place for that or an indulgent breakfast. If it's sunny I head to Chelsea Farmers' Market off the King's Road – it has such a relaxed vibe. I also adore fresh flowers, so New Covent Garden Flower Market is heaven!

**What's your favourite little-known London discovery?**

I recently discovered a fantastic cocktail bar in Chinatown called The Experimental Cocktail Club – it's one of those secret bars that no one knows about. It has some of the most imaginative drinks and décor.

**What's the one place in London you couldn't live without?**

The King's Road. I spend a lot of my time mooching, shopping, eating and drinking there. Plus, it's great for people watching.

**Where are your cultural hot spots?**

One of the best things about London is its public art – those great pop-up telephone boxes that are everywhere at the moment. Otherwise, Proud Galleries on the King's Road has a beautiful display of black and white photography, and there's always something worth seeing at the Saatchi Gallery.

**What's the best meal you've had in London?**

Bocca Di Lupo in Soho has possibly the best Italian food I've tried, but I'm loathe to tell you about it in case I can't get a table next time. I also love Bumpkin in South Kensington for organic, home-style cooking and Sushinho on the King's Road for sushi.

**What's your biggest home comfort?**

Sliding into bed in crisp, clean sheets with a layer of my delicious overnight facial serum smothered all over my face. I do love sleep!

**What do you do to beat the winter blues?**

The best way to kick start the day is with miso soup. The warming ginger gives you a real zing, so you can start the day with a fire in your belly.

**What's your favourite thing about London?**

That everywhere has its own vibe – you can stroll along the river, get caught up in the bustle of the West End, sample brilliant food in Chinatown, find hidden gems in Portobello, laze in a fantastic park or go shopping on Bond Street. There's so much variety, it's what makes London truly different.

