

## FASHION, HEALTH & BEAUTY

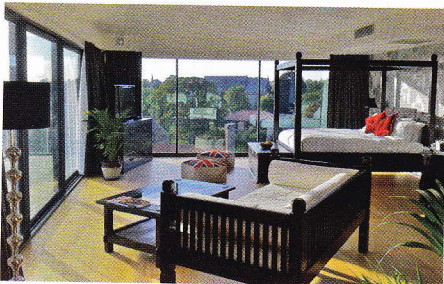


### TRY THIS: ROSS | BARR ACUPUNCTURE

Much as we love our beloved city, we've been suffering from a case of London-itis recently. Long working hours, hectic social lives and stressful commutes have left us with a serious case of 'glass halfempty syndrome'. Normally ruthless planners and military-style list compilers, we've become scatterbrained and disorganised, and no matter how early we get to bed, we can't get through the morning without yawning. It seemed unlikely that acupuncture could help, but Ross Barr came so highly recommended, it would've been churlish not to try – so try we did, and boy, did it help...

Even before the needles came out (which, by the way, there's absolutely no need to fear) Ross had administered a massive dose of common sense, and made us realise we weren't cracking up. Acupuncture aims to treat the root of the problem (for us, apparently, a blood deficiency) and restore balance to promote selfhealing. It sounds far-fetched, but there's something in it. After our session we felt like us, but better. It helped that Ross spent some time treating us to an acupressure facial, so we at least looked like we'd slept the night before. Since following Ross' dietary advice, and investing in the magical supplement he prescribed, we feel 21 again (well, almost) and ready to face the coming year. £55 for a one-hour initial consultation, £45 for subsequent 45-minute sessions. 44 Portland Place, W1 (07836 205076; [www.rossbarr.com](http://www.rossbarr.com))

## 3 OF THE BEST... SPA ESCAPES



### 1 THE VARSITY HOTEL & SPA, CAMBRIDGE

Ideally located for punting, shopping and sight-seeing, the Varsity's magic lies in its magnificent penthouse suites – think floor-to-ceiling windows, a private terrace and exceptional décor... There's a small but perfectly formed spa next door, where it's possible to indulge in a luxurious jacuzzi overlooking the river. Rarely have we experienced such terrific service: the staff here are every bit as special as the facilities.

Thompson's Lane (Off Bridge Street), Cambridge  
CB5 8AQ (01223 306030; [www.thevarsityhotel.co.uk](http://www.thevarsityhotel.co.uk))



### 2 COWORTH PARK, ASCOT

The Dorchester Collection's newest hotel and spa opened last year; offering just the right mix of modern style and quirky Englishness, it's perfect for a weekend of lady-of-the-manor escapism. The eco spa facilities here are nothing short of spectacular too. Submerged in the landscape, the living roof is adorned with a garden of thyme, lavender, chamomile and other fragrant herbs that are cultivated for use in the Spa's natural treatments.

Blacknest Road, Ascot SL5 7SE (01344 876600; [www.coworthpark.com](http://www.coworthpark.com))



### 3 BROOKLANDS HOTEL, WEYBRIDGE

With the world's most historic motor racing track running through the art deco-inspired reception, this is no ordinary hotel. Book a (huge) luxury corner suite with panoramic views of the racecourse, and then indulge in an afternoon of pampering at the hotel's destination spa while your other half gets his manly fill of cars. With a to-die-for menu of signature treatments, you'll be spoilt for choice.

Brooklands Drive, Weybridge KT13 0SL (01932 335700; [www.brooklandshotelsurrey.com](http://www.brooklandshotelsurrey.com))



THE TREATS DON'T HAVE TO STOP JUST BECAUSE CHRISTMAS IS OVER. TO TAKE ADVANTAGE OF THIS MONTH'S GREAT DETOX OFFER, LOG ON TO [WWW.FABRICPROPERTY.COM](http://WWW.FABRICPROPERTY.COM) TODAY