

HANDS AND FEET

THE NAIL GALLERY

The ultimate pamper session should always include giving your finger tips and toes some attention. Who cares if you'll be covering them up with warm woolly gloves and thick cosy socks, they deserve a treat too. The Nail Gallery, which you'll find on New King's Road (and on Fulham Road), has got every possible nail option covered, from express manicures and pedicures, to everlasting manicures using Bio Sculpture Gel to keep them in mint condition for up to three weeks. If the polished look isn't for you, pop in for a hand or feet skin treatment, or a hand and arm massage. Little ones who want to join in the fun can come along too for a mini manicure.

The Nail Gallery, 67 New King's Road, SW6 4SG, 020 7795 1688, thenailgallerylondon.co.uk

[HEALTH & BEAUTY]

FROM HEAD TO TOE

From the hair on your head to your little toe, we tell you how to pamper your whole body with the places on your doorstep just in time for the party season



FACE

GINA CONWAY

We might have the best intentions for our party season make-up looks, but do we always get the desired result? This year, head to Gina Conway to get a few tips and tricks. With three different lessons and home and salon party options on offer too, you can either take your own make-up for some help with daily applications, bring along your favourite make-up look and be taught how to recreate it, or go one step further and learn it all. The Evolution lesson teaches you how to update your make-up for all the seasons and shows you how to style it from day to night.

£55 per person in the salon or from £100 per hour for a party in your home, 612 Fulham Road, SW6 5RP, 020 7731 7633, ginaconwaysalons.co.uk

SKIN

MORTAR & MILK

If there's one place that's going to look after your skin through the harsh winter months, it's Mortar & Milk. Offering one-hour skin consultations, Pamela Marshall (below), will talk through your medical history and lifestyle to pinpoint the problem and find out what's happening under the surface. With bespoke facials tailored to your needs, chemical peels for more serious skin issues and EDS Dermaroller treatments to help your skin naturally repair itself, Pamela can take away the stress and help you decide what you need.

Mortar & Milk also offers LED Light Therapy which is clinically proven in the treatment of a wide range of cosmetic and dermatological skin conditions. Whether you have concerns with fine lines, acne, rosacea, hyper pigmentation, dehydrated skin or inflammatory conditions, this is the treatment to solve the problem. And if those services don't fit your needs, give yourself a lasting Christmas present with a non-surgical blemish removal treatment, which can remove red veins, skin tags, blood spots and more, depending on what you need.

793 Fulham Road, SW6 5HD, 020 7731 3415, mortarandmilk.com



Photo © Sarel Jansen

Mortar & Milk



BODY

LEKKO LONDON

Relaxation has reached a whole new level with the help of Lekko London, a mobile massage service. Offering a wide range of treatments straight to your home, hotel, or even your office, just choose the service, time and masseuse you want, and the team of experienced professionals will make it happen.

For the most relaxing treatment, and to get you ready for a frantic festive season, the team at Lekko know just what you need. They recommend trying out aromatherapy, the Swedish massage, reflexology or lymphatic drainage (for when your limbs feel heavy and swollen), or go for the full massage package for two whole hours of pure bliss from head to toe. If you're not entirely sure what you need, your masseuse will listen to your needs and tailor your massage to you, and you don't even need to leave your living room – that's an early Christmas present we'd love to receive.

For more information call 07473 653 662, email hello@lekkoinlondon.com, or visit the website lekkoinlondon.com

HEAD

THE CHELSEA CHAIR

Start off at the Aveda spa with a treatment for your locks; maybe a hair and scalp renewal or a damage remedy masque. Then choose from GHD styling, tonging, a classic wash and blow dry or have your hair up and styled. The whole team are well versed in creating hairdos for weddings and special events too, so name

your style and put them to the test. And if you want to ramp up the pamper level while you're getting your hair done, you can add on an express treatment for a discounted price – having your hair done is such tiresome work, you'll definitely be in need of a mini facial and a neck and shoulder massage too.

305 Fulham Road, SW10 9QH, 020 7352 8490, thechelseachair.com



ERIK MEIJER
PERSONAL TRAINER

Personal trainer to the stars, Erik Meijer has got exactly what you need to get in shape this month. His new luxury private training studio in Fulham Park Gardens is the world's first officially certified Dorian Yates HIT Studio and the place you'll get results.

With two fully equipped training rooms and a yoga studio, two more expert personal trainers and a yoga instructor will be working alongside Erik, and November will see another three join the experienced team. With a hectic London lifestyle, time in the yoga studio is the ideal form of exercise for new and existing clients and will complement your current training regime perfectly.

In the luxury private personal training studio, you will benefit from dedicated one-to-one sessions, creating a unique relationship with your personal trainer, focusing on your results. You will then be guided through an entire programme of health and fitness development, which includes your training inside and outside the gym. We'll focus on your diet and lifestyle, complemented by our outstanding, world-class support services.

Erik Meijer Personal Training Studio, Fulham Park Gardens, SW6 4JX.

To contact Erik Meijer, call 07538 438 282 or visit erikmeijer.com

