

# TATLER®

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EXCLUSIVE  
THE ENGLISHMAN  
KEEPING  
WIKILEAKS'  
SECRETS

THE  
INSIDE  
EDGE ON  
SUMMER

BRITAIN'S  
PRETTIEST  
SCHOOLGIRLS  
(They're, like, so cute)

BEAUTY  
FLASH  
THE MOST  
BRILLIANT  
WAY TO LOOK  
YOUNGER

THE  
NEW  
SHRINKS



## Beauty



### THE UPPER HAND

**Best for** High-maintenance handiwork. **The lowdown** Clean and clinical, Bliss offers no-frills treatments that are more fastidious than fluffy, even if they do encourage you to munch chocolate brownies and watch *SATC* while the therapist gets to work. A hot-cream hand soak, scrupulous nail tidy and stress-melting arm massage are all on the menu, followed by a quick dip in pools of paraffin wax and a thorough cleanse with steaming mint-scented towels. Finally, nails are polished with Essie shades. **Our verdict** Although sitting with your fingers in plastic bags of wax might sound a little homespun, for a no-nonsense nail overhaul this treatment wins hands down. **Details** Costs £50. At Bliss Spa, 60 Sloane Avenue, SW3 (tel: 020 7590 6146; blissworld.co.uk).

### RESTYLANE VITAL

**BEST FOR** Perfectly plump paws. **THE LOWDOWN** Wave goodbye to wrinkles, veins and slackening skin with this clever course of treatments that promises to restore bony, crypt-keeper hands to their youthful state. After a quick dose of anaesthetic cream, hyaluronic-acid gel is injected across the backs of hands in neat rows – cue a slight stinging sensation. **OUR VERDICT** Dramatically smoother skin that appears more springy than shrivelled, but the bruising can last for a week, so you might want to invest in some glamorous gloves. **DETAILS** The recommended three sessions cost from £550. At Fiona & Marie Aesthetics, 121 Harley Street, W1 (tel: 020 7487 3032; fionamarie.co.uk).

# Tatler treatments

Give them a big hand – the miracle-workers for wintered-out mitts

PICK ME!

### DR DUVE JET PEEL

**Best for** Quenching thirsty skin. **The lowdown** A stylish little sanctuary on Pimlico Road, Glow Urban Spa is the only salon in London to offer German dermatologist Dr Stefan Duve's hydrating treatment – think of it as a facial for hands. After a thorough cleanse and tone, jets of saline and vitamin B5 (tickly but effective) are worked over the skin, between fingers and into dry cuticles, deep-cleaning, opening pores and stripping away dead cells and impurities (you can see the nasties being blasted off). Hands are then covered in a rich moisturiser and cocooned in hot mitts while you get a head massage. **Our verdict** A godsend for gardener's hands. Opt for the full course of four treatments to keep them looking peachy. **Details** Costs from £75. At Glow Urban Spa, 44 Pimlico Road, SW1 (tel: 020 7730 9977; glowurbanspa.co.uk).

### ROSE PETAL LUXURY HAND TREATMENT

**BEST FOR** A pampering party. **THE LOWDOWN** Step away from the hustle and bustle of tourists taking tea and scoot up to the Ritz's tiny yet chic salon on the seventh floor. Book into the sleek and non-glitzy six-person treatment room to tuck into champagne while your nails are treated to some TLC – hands are bathed in warm rose oil, laced with petals from the hotel's specifically cultivated blooms, before being primed and polished with your choice of Orly nail lacquer. **OUR VERDICT** A stylish setting for an indulgent afternoon, so gather up your girlfriends – there's no prettier place to gossip. **DETAILS** Costs £79 a person, including champagne. At the Ritz, 150 Piccadilly, W1 (tel: 020 7493 8181; theritzlondon.com).

### E-LIGHT LASER TREATMENT

**Best for** Putting leopard hands through their paces. **The lowdown** If spells in the sun have taken their toll, Dr Diana Piana-Mariton will sort out speckles and spots with her E-Light machine. Pop on the protective glasses and sit back as she runs the laser (a combination of bipolar radiofrequency and IPL) over the backs of hands and knuckles, emitting a low-energy beam that destroys the pigment deep down in those pesky age spots. **Our verdict** Skin will look pepper-sprinkled for two weeks as lesions darken but just three sessions should see marks zapped for good. **Details** Costs £300 a session. At the French Cosmetic Medical Company, 25 Wimpole Street, W1 (tel: 020 7637 0548).