

PRICELESS
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Wealden Times

The lifestyle magazine for the Weald



16-page HEALTH & BEAUTY SUPPLEMENT *inside*



BODY BEAUTIFUL...

Wealden Times testers take to the streets to sample the delights of facials, massages and body treatments in local clinics, salons and spas

LAPEX BCS LASER LIPO CHILSTON CLINIC

DURATION: 1½ HOURS

**COST: ONE-OFF TREATMENT £175,
FOUR-WEEK COURSE (2 TREATMENTS PER WEEK)
£1200**

TESTED BY LINDA

Entering the Chilston Clinic I stepped into a warm, calm and relaxing atmosphere. After being offered a drink and going through the preliminary forms to check I was medically sound to undergo the treatment, I was taken through to the treatment room, which was warmed by a flickering fire.

Vanessa, my therapist, explained the procedure to me, took some 'before' measurements of my tummy area and I hopped onto the bed and we got going. Two laser paddles went onto my tummy and two little electric pads were placed on the lymph nodes in my groin. Vanessa set the machine going and left me to listen to the soft music while the lasers did their stuff – which was to penetrate and pierce holes through the fat to disperse it, and the pads on the lymph nodes help stimulate this process. It sounds quite gruesome, I know, but it was completely painless.

Every 10 minutes Vanessa returned to move the laser paddles and lymph node pads to a different position; they were moved to six positions in all and the procedure took a little over an hour.

We then moved onto the Power Plate, which can only be described as a sophisticated vibrating table and a completely different experience to the first hour! I stood on the platform adopting six different positions, to work on different areas, and could definitely feel it working on the relevant parts of my body. Vanessa monitored my comfort on each one.

After both procedures my measurements were taken again and there was a 2cm reduction all round. As I left, I could certainly feel that my body felt more mobile and a lot less stiff.

12 Rusthall Road, Tunbridge Wells, Kent TN4 8RA.
Tel 01892 513535 www.chilstonclinic.co.uk

ROSE HYDRATING COCOON WRAP DREAMS AT EASTWELL MANOR

DURATION: 1 HOUR

COST: £60

TESTED BY FIONA

Dreams beauty salon is set within the beautiful grounds of Eastwell Manor. I was welcomed into the warmth of the salon by Nicola, Salon Manager, who was carrying out my beauty treatment. I went for the Rose Hydrating Cocoon Wrap which she advised is great for replenishing dry skin, a common problem during the winter due to central heating and cold weather. For the treatment, Nicola used Aromatherapy Associates rose products which are known for their hydrating properties, repairing sun-damaged skin and for anti-ageing.

In the cosy treatment room, having disrobed, I lay on the bed covered with towels while Nicola talked me through the treatment step by step. First, a mix of olive grains and rose body wash were used as an all-over exfoliation. Once this had been washed off in the shower, Nicola applied a rose body gel to my skin followed by a rose body oil. I was then wrapped up in layers of towels and left to relax amongst the rose aromas while my skin absorbed the oils. During this time Nicola carried out a soothing scalp and foot massage. After the treatment I was taken to the Silks Lounge to relax with a drink whilst admiring the wonderful view of the countryside.

After leaving the salon the rose aromas calmed and refreshed my mind while my skin was left revitalised and silky soft. It is a lovely warming treatment to have during the winter months when skin becomes a bit lifeless, but equally worthwhile in preparing your skin for when the sun does come out in the summer.

Eastwell Park, Boughton Lees, Ashford, Kent TN25 4HR.
Tel 01233 213111 www.eastwellmanor.com