

JANUARY 2010  
£3.50

# Good Housekeeping

www.allaboutyou.com/goodhousekeeping

**30, 40, 50, 60+**  
**FEELGOOD TIPS**

to turn back the clock

**FIND THE DIET THAT  
FITS YOUR LIFE TRY OUR  
REVEALING QUIZ**

**Delia's**  
*New Year  
menu for  
friends*



**SAVE TIME  
SAVE MONEY**  
easy midweek  
suppers

**WE'RE MAKING  
2010 YOUR**

*best year ever*

- ★ Break out of your **FASHION** rut
- ★ **HAIRSTYLES** that work better than nip 'n' tuck
- ★ 39 secrets to a more **ORGANISED HOME**

*Free*  
REA  
PEAR  
EARRING  
for ever  
reade  
See inside for det

**EXCLUSIVE**  
WE'RE LOVING  
OUR NEW LIFE  
TOGETHER  
*Fern & Phil*

WIN! £40,000, £15,000 OR £10,000



good looks

# A little place I know...

*Where do the celebs escape to when they want to lie low and be rejuvenated? Beauty director Suzanne Duckett asked a handful of VPPs (Very Pampered People) for their insider secrets*

Refresh body and soul  
with a spa break that  
offers VIP treatment

## EUPHORIA IN MEXICO



**RUBY WAX, COMEDIAN**

**Favourite escape spa**

Encantado, Santa Fe, New Mexico ([www.encantadoresort.com](http://www.encantadoresort.com))

**Why she loves it** 'I adore the spa at the fabulous five-star Auberge Resort in the foothills of New

Mexico's Sangre de Cristo Mountains. Forget plain old massages - treatments include being rolled up in a blanket in front of a fire and fed apricots and almonds, and something called Shirodhara, which involved dripping oil on my 'third eye'! I even had something called Mountain Spirit Purification, where my spiritual guide lit a smudge stick (basically a bunch of sage) and waved it to bless the ancient grandmothers, who made sure I was spiritually

awakened. I was smirking until I passed out in euphoria. In the early evening the whole resort is lit by candles - you pass courtyards with open fires and hear the coyotes in the distance. As the sun sets, the sky is full of blue cotton-candy clouds lined in neon. It's magical in more ways than one.'

**Best treatment** The regionally inspired Mountain Spirit Purification. At around £187, soul cleansing doesn't come cheap, but it lasts a spiritually uplifting and unadulterated two hours.

**Try it at home...** To give yourself a soothing lift, light a Midnight Jasmine candle, £24.96, from Space NK's Life range. The fragrance is a blend of night-blooming jasmine, purple iris, tonka bean, golden amber and soft musk. Perfect for night-time baths ([www.spacenk.co.uk](http://www.spacenk.co.uk)).

## SECRET PLEASURES

**RADIANCE...**

■ **Singer Lulu** is a regular at The Wellington Centre in Hastings, East Sussex (01424 442520, [www.thewellingtoncentre.com](http://www.thewellingtoncentre.com)). 'I adore it there. Whenever I visit I have to have the Indian Facelift Massage with Suzie Mitchell - she is astonishing. She leaves me feeling lifted, revived, and my skin looks radiant and more youthful. I also love the Thai Massage with Alex Obradovich. Afterwards I feel energised and tension-free.'

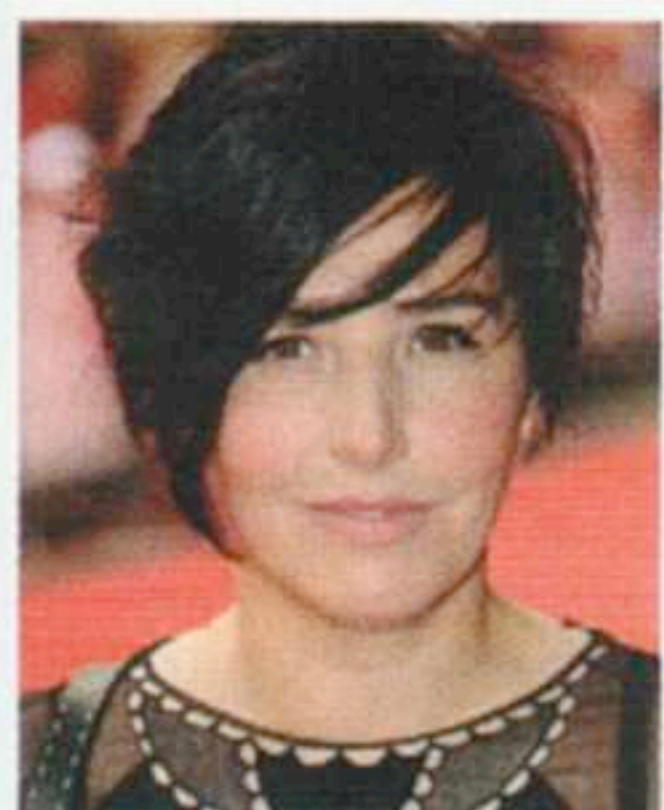
**RELAXATION...**

■ **TV presenter Donna Air** thinks Ushvani day spa is the best in London (020 7730 2888; [www.ushvani.com](http://www.ushvani.com)). 'It has an instantly relaxing vibe and treatments inspired by those traditional to East Asia,' she says. 'The uplifting smell of lemongrass hits you as you walk through the door, taking me back to a fabulous spa I once went to in the Andaman islands off the east coast of India.'



A fire pit at the spa mimics New Mexico's stunning sunsets

## A HEADY MIX OF WINE AND LUXURY IN FRANCE



**SHARLEEN SPITERI, SINGER**

**Favourite escape spa**

Les Sources de Caudalie, Bordeaux ([www.sources-caudalie.com](http://www.sources-caudalie.com))

**Why she loves it** 'My ultimate luxury is a Vinotherapie Cure - I love the idea of combining wine and beauty! I'm a fan

of the Merlot Friction Scrub with grape-seed oil - really good for brightening and evening skin tone.'

**Best treatment** The 'cure' involves three to four treatments each day using ingredients left over from the wine-making process - which are known for their exceptional antioxidant properties. You can choose from the barrel bath, the red vine bath or the grape marc bath; a merlot wrap, honey and wine wrap or energy wrap; the exhilarating massage or a facial paired with a sculpting body massage. Tough choice!

**Try it at home...** Caudalie Merlot Friction Scrub, £21, available at Debenhams - a fantastic skin-softening scrub made from the crushed antioxidant grape seeds used in Caudalie spa treatments.

**DIY vinotherapy**

If you prefer to try whipping up your own money-saving grape scrub, Susannah Marriot, author of 1001 Ways To Relax, suggests: 'Take **4-6tbsp grapeseed oil** and add **1tbsp sea salt**. Mix with **4-6 drops essential oil of rose**, which is full of anti-ageing properties, and **2tbsp red wine**. Put the contents into a jam jar and shake hard until the mixture emulsifies. Rub all over your skin to exfoliate and then hop into a nice warm bath and wash off. The smell of the red wine in the water will help to release feel-good endorphins, leaving you feeling happy and relaxed.'



Antioxidant-rich ingredients from wine grapes form the basis of vinotherapy