

# GLAMOUR

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## Emma Stone

On style, fame & those sex scenes with Ryan Gosling

## 50 SEX SECRETS

Real (hot) men tell it like it is

Find **£3,000** in your lunch hour  
Yeah, that's what we said

WIN A **£7,000** SHOPPING SPREE

You. In Harvey Nichols.



# WINTER

fastglamour

It's cold and we need some TLC. So feel relaxed, radiant and fit with these treats, says **Philippa Pearne**



### AWAY

SenSpa at Careys Manor Hotel, Brockenhurst, New Forest, Hampshire SO42 7RH (01590 624467; senspa.co.uk)



### KICK BACK AND RELAX

Head here for the heated loungers set under twinkling lights; tropical rainfall showers; the ozone swimming pool overlooking a Zen Garden; and Body Balance and Meditation classes held in the Thai Temple Studio.

### ON YOUR LUNCH BREAK

The Blissage105 £140 at Bliss London (bliss-london.co.uk)  
It's the definition of indulgent – a full-body massage with warm wax foot wrap.



### AWAY

Simply Healing Detox Retreat, Alliblastrer House, Hill House Lane, Rudgwick, West Sussex RH12 3BD (01403 822117; simplyhealingcentre.com)



### YOUR DETOX, SORTED

If you're serious about giving your body a hardcore cleanse, this is the ideal place to do it. Pick your detox plan (like the Simply Healing Essential Juice 5 Day Detox Plan), and let the holistic therapists do the rest.

### ON YOUR LUNCH BREAK

Natura Bissé Cure £100 at Agua Spa (sandersonlondon.com)  
A double cleansing facial, inspired by Japanese cleansing rituals, that promises to banish impurities and give you a radiant finish.



### AWAY

Moddershall Oaks Health Spa, Moddershall, Stone, Staffordshire ST15 8TG (01782 399000; moddershalloaks.com)



### FOR FITNESS THAT'S FUN...

Been dodging the gym? The new Trim Trails Spa Break or day package will ease you back into exercise – gently. After a bespoke fitness session with your trainer (choose from walking, tennis, cycling or a workout in the hi-tech gym), you'll enjoy a healthy lunch and a detoxifying treatment

### ON YOUR LUNCH BREAK

Deep Tissue Muscle Massage £50 Elemis (elemis.com/dayspa)  
Perfect for showing your muscles some love after a workout, this rhythmic pressure massage eases sports-related aches with essential oils.