

VOGUE BEAUTY

Rose & Co Apothecary
Hand & Nail
Treatment Salve, £5

ROSE & CO
APOTHECARY

Rose & Glycor
HAND & NAIL
TREATMENT
SALVE

Rose
Petal
Salve

An excellent
all-round salve

**Rose & Co Apothecary Rose Petal
Salve, £5. Nude Cleansing Face
Oil, £22, Nudeskincare.com**

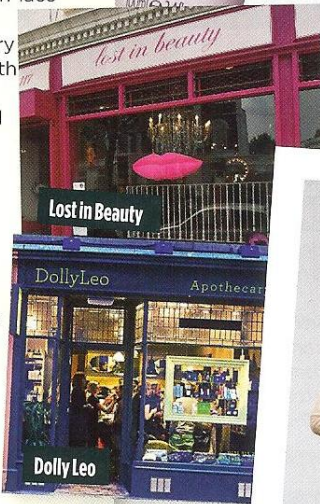
Hotspots

BEAUTY EPICENTRES:

Edinburgh: Gather for beauty evenings at Dolly Leo to experience niche treatments (such as Nude facials and Minx pedicures). 22 Raeburn Place (Dollyleo.co.uk).

Leeds: Rose & Co Apothecary is vintage beauty heaven, with bygone products nestling among niche fragrances and girly body preparations. 24 County Arcade (Rose-apothecary.co.uk).

London: Beauty Works West's top anti-ageing dermatologists and therapists will amaze you with their varied treatments. 8-9 Lambton Place, W11 (Beautyworkswest.com). Lost In Beauty has the tightest edit of new beauty products, with Sam McKnight's protégée Anna Cafone on hand for blow-dries. 117 Regent's Park Road, NW1 (Lostinbeauty.com).



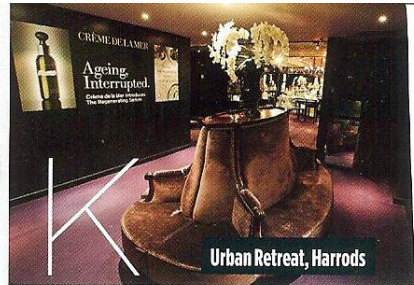
Just for bumps

London: Pure Massage in Fulham are the massage experts (and a training school) - offering an unrivalled treatment and you can choose the duration, too (020 73818100). At Spa NK in Knightsbridge, specially designed massage beds let you lie on your stomach and get a thorough back treatment (020 75818271).

Northern Ireland: Bellfield is a world-class spa offering Elemis's Nurturing Massage for Mother To Be, £90. Treatments are given on a special beanbag (028 4066 0400).

Yorkshire: Sessions Spa in Beverley offers an Espa Mother-to-Be Day, £214 - 5½ hours of pampering, plus lunch and a final blow-dry (01482 873000).

Elemis Japanese
Camellia Oil, £27



Urban Retreat, Harrods

Know-how

LONDON'S THE PLACE FOR THE BEST BEAUTY LESSONS:

Jemma Kidd's Make-Up School offers a variety of technical classes such as Catwalk, Theatre and Special Effects. From £200 (Jemmakidd.com).

Unlock the secrets of a flawless self-tan at Urban Retreat's Body Home Tanning Class, £40, at Harrods and UR Beautiful (Urbanretreat.co.uk).

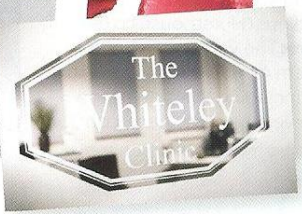
Master on-trend hair techniques at Headmasters' Mayfair salon masterclasses, £45 (Hmhair.co.uk).

The Session School - learn how to create catwalk hair, insert hair extensions, create a smoky eye or give a facial massage (Thesessionsschool.com).

Becca Cosmetics Artists' Academy - niche classes such as mother-and-daughter workshops and a seven-week make-up academy course. Classes from £80 (Beccacosmetics.com).



Becca Crème Blush in Geranium, £22, Beccacosmetics.com. Jemma Kidd Pro Blusher Brush, £25



Legs

Guildford: Airbrush away any varicose and thread veins at the progressive Whiteley Clinic, managed by charming vascular surgeon Mark Whiteley, who pioneers the VNUS Closure Procedure, a minimally invasive keyhole technique. They also have a clinic in Harley Street, and if you have minor thread veins, they can offer an ultrasound scan to determine if they are likely to get worse (Thewhiteleyclinic.co.uk).

London: There are no fewer than 11 cellulite treatments available at Urban Retreat in Harrods: in short, whatever your leg affliction, they can fix it (020 7893 8333).

Swiss Ultrasonic Energy is the newest insider trick for firming up the thighs. This acoustic pummelling is available at EF Medispa, £1,000 for 12 sessions (Efmedispa.com).



Paul Bowden; Daniel Jackson

Insider

London: Book a luxury Jessica pedicure at The Sanctuary and you get a mini bottle of your colour to take home in case it chips (Thesanctuary.co.uk).

After five visits to Bliss London's spa on Sloane Avenue, you'll be the lucky recipient of a free treatment of your choice (Blisslondon.co.uk).

Nationwide: at Daniel Hersheson (Birmingham and London) and Headmasters salons, regular clients can walk in any time and get a fringe trim for free.

Space NK has launched N.Dulge, a loyalty system which - as well as all the usual discounts - allows members to be the first to hear about sales, buy new products and meet the creators behind the brands (Spacenk.co.uk).



Space NK
Laughter Nuit
EDT 50ml, £42

Shu Uemura False
Eyelashes, £16



Make-up artists

Birmingham: Emma Bailey at Estée Lauder in Selfridges is the Brummie bridal queen: counter

sessions with her book up quickly (0121 600 6822)

London: Selfridges: Nariman Pouranpir at Shu Uemura in Selfridges is a master with false lashes (Selfridges.com).

Lauren Hersheson at Daniel Hersheson in Harvey Nichols - Lauren is not affiliated to one brand, and will even go down to the beauty hall with you to help you choose a new kit (020 7201 8797).

Estée Lauder Eye Palette in
Surreal Violet, £34

Wiltshire:

Sarah Brock, one of Daniel Sandler's nationwide pros, is the go-to for award-winning bridal make-up (Danielsandler.com).

Nationwide: marian martin is based at Bobbi Brown in Fenwick, but tours the country.



D
E
F
G
H
I
J
K
L
M
N
O
P
Q
R
S
T
U
V
W
X
Y
Z