

# GLAMOUR

www.glamour.com

MARCH 2016

Get ready for  
**The GLAMOUR  
BEAUTY  
FESTIVAL**

Treatments!

Celebrity guests!

Masterclasses!

And... Freebies!

20 pages  
of details inside

The world's  
**1000**  
**sexiest**  
**men** NSFW

**Feel motivated.**  
Every. Single. Day.

**Lily James**  
On *Downton*, girl  
squads & being  
less stylish than her  
boyfriend!

The **BIG**  
**FASHION**  
**ISSUE**

**569** looks in your  
spring style  
playbook

"From  
orphaned  
street thief  
to fashion  
mogul"



**LEICESTER**

**Ultimate Vitamin Glow at Femi Health & Beauty, 60 Highcross Street LE1 4NN (0116 253 2393; femi-health-beauty.co.uk)**

This is like a superfood smoothie for your face, but with a side of ahhh. A deep cleanse, peel, nourishing serum and mask – using Decléor products – is combined with a relaxing back, arm and hand massage. Just lie back and think of sparkling skin. **Usual price** £47 for 60 minutes

**LLANDUDNO**

**Darphin Deep Soothing Facial at Bodysgallen Hall, The Royal Welsh Way LL30 1RS (01492 584 466; bodysgallen.com)**

If you're suffering from the redness and discomfort skin often faces at this time of year, this could be the answer. Gently coaxing out a smoother, even-toned complexion, the Darphin Intral collection is used to cool, calm and repair your skin. And FYI, the Eye Sorbet Mask is a dream. **Usual price** £35 for 30 minutes

**LONDON**

**Power Facial at Karine Jackson, 24 Litchfield Street, Seven Dials WC2H 9NJ (020 7836 0300; karinejackson.co.uk)**

This facial is fast yet effective – and a total bargain. Enjoy a glass of bubbly on arrival, then a super-powered Dermalogica cleanse, followed by

a custom-built intense mask to suit your skin, with toner and a nourishing moisturiser to finish. **Usual price** £42.50 for 60 minutes

**Power Mani at Sorbet Salon, 275 Muswell Hill Broadway N10 1BY (020 8883 5061; sorbetsalons.co.uk)**

A proper manicure with all the trimmings – exfoliation, conditioning, filing, re-shaping and a gorgeous fashion-savvy polish from their collections of Butter London and Morgan Taylor colours. **Usual price** £30

**The Bespoke Gel Manicure at The Paint Shop by Nails Inc., Selfridges, 400 Oxford Street W1A 1AB (020 7318 3647; nailinc.com/services/stores/)**

This is a gel mani with a difference – you can pick any Nails Inc colour, which is blended with their brand-new gel formulation to create a totally bespoke nail that'll last two to three weeks. You'll have four layers of Chroma gel applied, followed by a high-shine layer of Finishing Touch gel top coat. **Usual price** £40

**St Tropez Spray Tan at Groom Beauty Townhouse, 8 Gee's Court W1U 1JQ (020 7499 1199; groomlondon.com)**

A good tan can even out your skintone for up to seven days – that's a true beauty bargain right there. Your tan technician will moisturise any dry patches

before adding the customised colour – Classic, Express or Dark – and buffing to ensure a truly flawless finish. **Usual price** £30

**PETERBOROUGH**

**SP Luxe Alchemy Treatment and Blow-Dry at P.Kai Hair, 15 The Arcade, Westgate PE1 1PY (01733 358825; pkai.co.uk)**

A blow-dry with benefits. You'll get all the immediate gloss with a long-term improvement in condition. The treatment will be chosen to suit your own hair concerns, left to work under heat for 15 minutes and then rinsed – with a five-minute head massage, by the way – and your hair will be styled to perfection. **Usual price** from £32

**SUTTON**

**Sienna X Spray Tan at eNspa, 64 Stafford Road, Wallington SM6 9AY (020 3265 0001; enspabeauty.com)**

This sunless tan is actually airbrushed on for a totally streak-free, bronzed finish – an inexpensive way to disguise that wintery pallor. Your Sienna X pro will ensure your tan is flawless, and advise on aftercare for a gorgeous, glowier you – in under 30 minutes. **Usual price** £15

**GLAMOUR ON THE GO**

Download your interactive GLAMOUR at GLAMOUR.com



**And two designer spa treats for under £20**



**Orange Caraway Body Milk** £18 Orla Kiely. With a scent to transport your mind directly to spa land, this light lotion makes for the perfect five-minute massage for softer skin. **Behind The Scenes Balancing Bio-Cellulose Second Skin Face Mask** £8 Starskin. For a quick at-home facial, this purifying sheet mask both calms and brightens skin for a squeaky-clean complexion.