

HEALTH AND BEAUTY

March 2010

Retreat revives ancient recipes

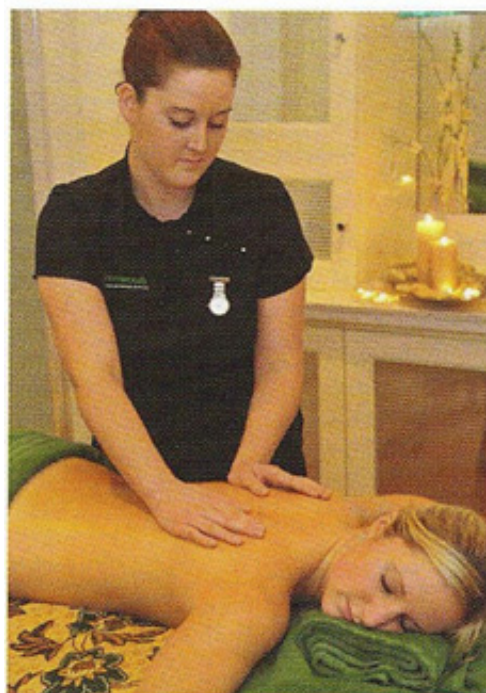
The four-star Greenwoods Hotel Spa & Retreat in Stock, Essex, promised its guests 'mysteries and magic of the eastern worlds' with a taster day to mark the introduction of the La Sultane de Saba range of spa products and treatments.

The extensive list of treatment rituals – boasting recipes that date back to the time of the Queen of Sheba – aims to transport clients, indulge the senses and invoke total relaxation.

Body treatments include deep-cleansing clay treatments, uplifting green tea circulation booster, and indulgent Balinese flower ceremony; while facials featuring prickly pear, argan oil and sugar cane, focus on anti-ageing, refining and regeneration.

"We have chosen to take on La Sultane de Saba at Greenwoods Spa as we felt our spa needed to introduce a spa range that would make our clients feel totally pampered by 'transporting them to another world'.

"La Sultane de Saba has everything we were looking for. The treatment rituals and products are truly luxurious and definitely transport your mind, body and senses into a journey of wellbeing," said spa manager Jane Copp.



LA SULTANE DE SABA JOINS GREENWOODS' TREATMENT MENU

Brides' bulletin

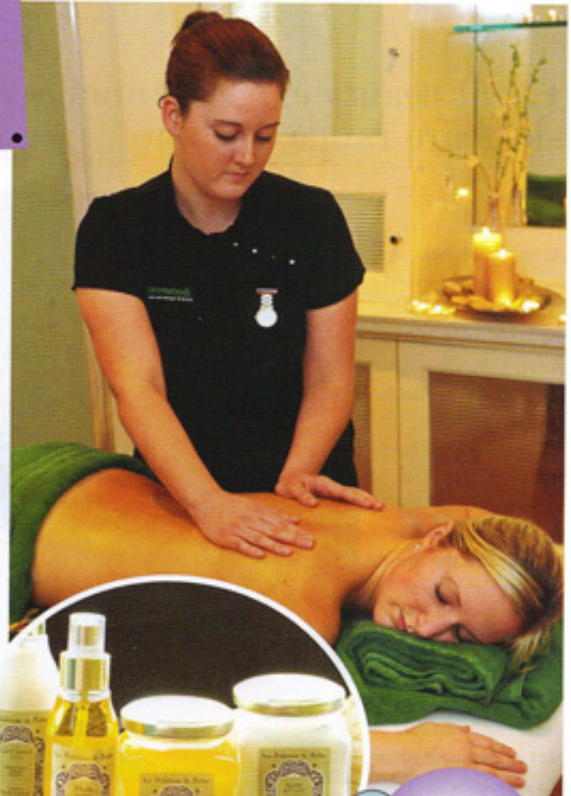
All the latest from around the county

PICK OF THE PICS

Each issue our editor picks her favourite shot of the past few months



This photo by Dan Rouse at Cherry Blossom Wedding is just fab. Visit www.cherryblossomwedding.com for more info about Dan's photography.



VENUE SPY

Greenwoods Hotel

Not only is Greenwoods a fabulous wedding venue, it now offers a brand new range of luxurious spa treatments, perfect for brides-to-be. Our beauty editor Kerry Boulemer finds relaxation in a rose ritual. For a pre-wedding pampering treat, brides might want to take advantage of the new range of spa treatments in one of the county's most idyllic villages. I visited the Greenwoods Hotel Spa & Retreat in Stock to try out the La Sultane de Saba spa treatments, that promise to bring the exotic beauty regimes of the eastern world to Essex.

To help brides feel particularly fragrant on their big day, La Sultane Renewing Rose Ritual – a 50-minute treatment priced £85 – uses rose-fragranced products to renew the skin and harmonise the body and mind.

The body is exfoliated using rose mineral sea salt, and then a rich nourishing wrap leaves skin intensely moisturised. While wrapped, I was treated to a head massage using a rassoul mask through the hair, containing Moroccan lava clay. And for an extra £10, the treatment can be extended to a warm full-body rose and shea butter massage, lasting 80 minutes. Total luxury!

The beautiful setting of the spa is sure to relax all brides-to-be as the Grade II listed manor house is surrounded by landscaped gardens. Visit the website www.greenwoodshotel.com for more details.

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NEWS

February 2010

News in brief

► **GREENWOODS OFFER**

Greenwoods Hotel and Spa (pictured) is launching the La Sultane de Saba range in its Essex site to provide more luxury treatments. It will be unveiling an exclusive taster session to experience the products in January.

