

FEMAIL

than a massaging treatment. It certainly warms feet up a treat, but then so will soaking them in a bowl of hot, soapy water.

Salon treatments

IF YOU want to really pamper yourself during the winter months, put yourself in expert hands. We've chosen some of the best professional beauty treatments which incorporate heat to maximise their benefits.

■ **MICHAELJOHN'S DEEP-TISSUE BODY MASSAGE**, with top beauty therapist Amanda Birch, is the next best thing to relaxing on a sunny beach. An infrared lamp is used to help tense muscles unknot themselves, allowing Amanda's expert deep tissue massage to be even more effective (from £44 for an hour, for appointments, tel: 0171- 629 6969).

■ **ELEMIS AROMASPA ACTIVE ALGAE WRAP** comes in three types of treatment, each of which take 75 minutes: Cellutox, to detoxify and assist with water retention, Firmatone to firm the skin and Muscle Ease (about £50, for your nearest salon, tel: 0181-954 8033).

■ **DECLOR'S SPA PURE** is described as a 'refining body treatment' which cleanses the skin, leaving it silky smooth (about £35, for your nearest salon, tel: 0171-402 9474).

■ **BHARTI VYAS DETOXIFYING MUD TREATMENT** not only helps to reduce water retention, its warming, joint-easing effect is reported to be beneficial for arthritis sufferers (£50 plus VAT for a full body treatment, for appointments, tel: 0171- 935 5312).

■ **ESPA'S RESTORATIVE MUD ENVELOPMENT** is specifically recommended for anyone suffering from muscle and/or joint aches and pains and superficial skin problems (from £38-£50, depending on location; for your nearest salon, tel: 01252 741600).