

Sukie Lau in Spa Secrets Magazine!

spa scene

this season...

THE TREATMENT

Take some time out from a hectic city break and discover the new and exclusive range of treatments available at Edinburgh's award-winning urban spa: One Spa. Take a 'One Spa Journey' for your personalised experience using the latest ESPA treatments and nutritious spa cuisine to give a long lasting feeling of wellness. Each programme is individually tailored to help guests achieve life goals and lasting health benefits. www.starwoodhotels.com



THE JEWELLERY

The summer catwalk gods have spoken... the colours to be seen in this season are bold and vivid citruses, making the latest range of jewellery from Sukie Lau essential wearing. The oversized beads are perfectly suited to the bold colour palette of the moment with designs sporting wild, electric colours such as shocking pink, yellows, tangerine and bright green. Make a statement this season with big rings and stacked bangles and bring some sunshine into your life, even if the weather fails. www.sukielau.co.uk



THE PRODUCT

If there's one company you can trust when it comes to home tanning, it's St Tropez – and the new editions to their range prove why. Take the new Perfect Legs product – its dual formulation gives you an instant colour so you can wear a skirt or shorts immediately, with a gradual tan developing by the end of the day that lasts up to a week. www.st-tropez.com



THE WEBSITE

Does your partner have a tendency to buy you the wrong type of underwear? Or perhaps he's never even set foot in a lingerie shop? Help is at hand as lingerie line Freya has launched a website designed to make buying luxury underwear even easier. Users can set up a personalised lingerie drawer where they can add their favourite items and then send them to their other half as a subtle hint to get down to the nearest stockist. Log on at www.freyalingerie.co.uk



THE CRUISE

Princess Cruises has upgraded its entire fleet to include the luxurious Lotus Spa facilities and The Sanctuary, adults only retreat. Specialising in voyages around the sun-soaked Med and exotic Caribbean islands, the cruise line's spas include a full range of treatments from oxygenating facials to deep tissue massage, while personal Serenity Stewards are on hand to cater for your every whim.

For adults looking to escape for some peace and quiet The Sanctuary offers a haven of relaxation in an outdoor spa-inspired setting with beverages, light meals, massages, attentive service and relaxing entertainment

A 15-night Caribbean cruise on board *Sea Princess* starts from £1,459 per person for travel between 17 October and 17 April 2010. The price includes flights and transfers. www.princess.com □

