

2. Eyre Biobotanics - Active Enzyme Cleanser

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[GROOMING]

Forget common scents, says Jason Jones, try some more unique aromas



Spa Turn

Meridian Gate Spa at Radisson Blu Hotel, Cardiff

Recommended treatment: Aromatherapy Fitness Massage, £55 for 70 minutes, is a great treatment before or after exercise as it uses the essential oils of lavender, rosemary and clove to help increase circulation and warm muscles, preventing strains and relieving aches and pains.
Prices: Incredibly reasonable. One of the cheapest treatments is the Express Facial, which comes in at 29 quid, but even the more expensive treatments are still on the reasonable side compared with other high-end spas. Most impressive of all are the prices of the massages which start as low as £29, but can hover around the £100 mark elsewhere.
Service: Understated but super-attentive, the staff make you feel pampered without going over the top. Their relaxed approach makes the high-gloss surroundings feel homely and not the least bit intimidating.
The X Factor: The relaxation room, it's suitably Zen-like, plus it has an adjoining sauna and steam room for maximum zoning out.

Score: 9 out of 10



Perfect Blends

The world of fragrance is big business with more than 600 new names hitting the shelves every year. Predictably, most fail, so to launch 12 at the same time, as American designer Tom Ford did in 2007, takes a certain amount of confidence. **Private Blend** consists of a set of a dozen unique fragrances, each developed with a back-to-basics approach following Ford's classic fashion philosophy. The collection ranges from woody, heavier notes to fresher, more floral fragrances. Available for the first time in Wales at House Of Fraser, Cardiff, the fragrances may be on the pricey side (£100 for 50ml), but they are so beautifully packaged and are a million miles away from the one-smell-fits-all of the mass market, the wallet dent is worth it.

6 of the best... Post-Workout Essentials

This winter there will be an epidemic. It will cause sweating, aching muscles and all-round fatigue. And don't think you're immune because it will hit almost every household. No, I'm not talking about the flu. I'm not even talking about the festive season. What I'm talking about is that post-Christmas epidemic: gym-joining. Unsurprisingly, more of us sign up to gyms in January than any other time of year, but statistically by March a large percentage have stopped going regularly. So, in the interests of maintaining our enthusiasm for the gym, here are some post-workout products that are a sight for sore thighs.

- 1. Wake Up Naked - White Ginger Body Wash** (250ml, £3.91): First stop after a workout is the shower, so you need a decent gel. This body wash is bracingly refreshing and the ginger is warmly medicinal for aching muscles.
- 2. Eyre Biobotanics - Active Enzyme Cleanser** (150ml, £23): After all that sweating you'll need to cleanse your face. This gentle, non-foamer gets rid of impurities and any residual oiliness sweat can leave behind, plus it's low on chemicals so keeps grooming pollution to a minimum.

- 3. Bliss - Triple Oxygen Instant Energizing Mask** (200ml, £39): Facemasks can be a bit fluffy, but Bliss has come up with one that is formulated to be fast-acting. Apply to damp skin, leave for five minutes and wash off for a rehydrated, fresher face. OK, you might look a bit odd in the locker room, but this is the age of maintenance so it's time to get down with metrosexual kids.

- 4. Dr Hauschka - Fitness Foot Balm** (75ml, £13.98): We often forget about our feet even though they're the parts of the body that get a proper pounding. The blend of oils in this balm revives treadmill-tired feet and moisturises the skin avoiding any unsightly and painful cracking.

- 5. This Works - Muscle Therapy** (50ml, £16): A potentially spicy fusion of essential oils including marjoram, black pepper and clove to ease muscle burn when you've overdone it. Handily dispensed by a rollerball making it easier than other muscle relievers to massage deep into your muscles and target hard to reach areas.

- 6. Muscle Comfort Soak By Ole Henriksen** (355ml, £40): If you've made that classic mistake of not doing the warming-up/down schtick, then it's more than likely your limbs will feel like they've been stretched on a rack. The solution is this bath soak. The juniper berry in it stimulates the lymphatic system to help detox the skin, while eucalyptus eases the pain and energises at the same time.

