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Banish the NY blues

Test out new health treatments with the Wharf's toxic avengers

By EMMA MIDGLEY

DURING the cold January months we can all do with a bit of TLC to get us through the horror of a new exercise regime, diet and the dreaded return to work.

I headed down to Exceptional Health in Admirals Way on a frosty Friday night, feeling drained and on the verge of coming down with some post-party bug. I was in urgent need of a detox.

Within minutes, my feet were immersed in a footspa and therapist Angela Squires was telling me how the toxins would leave my body due to the "bio-energetic frequency" running through my body.

According to Angela, the "bio-energiser aqua detox" treatment works by stimulating each of the cells in my body, helping them to fight off toxins, and get rid of a host of complaints from common colds to cellulite.

She said: "I've had girls come in here and say their clothes definitely felt looser after a course of this treatment. The toxins come out of you and

go into the water. After the treatment you shouldn't do a big exercise session or have a big night out, because your body will continue to be working very hard detoxing your system over the following two days."

Sure enough, the water around my feet started to turn a revolting shade of brown – apparently the toxins leaving my beleaguered body.

I was in the foot spa for 30 minutes, by which time the water was looking decidedly murky.

Angela also gave me advice on foods to avoid and to enjoy, and told me to avoid caffeine, tea and alcohol, drawing on her experience as a trained nutritionist.

She then followed up the treatment with a hot stone massage, which left me drooling with pleasure.

The hot stones are rubbed quickly over your back in silky smooth motions, giving all the benefits of a deep tissue massage.

The heat from the thermal stones penetrates much deeper into the tissue

compared to a manual massage. My massage experiences (all two of them) have involved being pummelled and stretched out by a Thai massage therapist and a physio. But this was one of the most relaxing experiences of my life.

And according to Angela, it also aided "lymphatic drainage", helping me detox even faster. I floated out of the salon on air, beaming at unsuspecting passers-by, my cold and flu symptoms magically vanished.

And sure enough, as promised, I slept like a baby the night after the treatment.

A bio-energiser Aqua Detox treatment costs £30 for 45 minutes, with subsequent sessions priced at £25.

The hot stone massage costs £70 for 90 minutes, £55 for 60 minutes and £35 for 30 minutes.

● Exceptional Health
Admirals Way
020 7515 5755
www.exceptionalhealth.co.uk



Rock star: Angela Squires