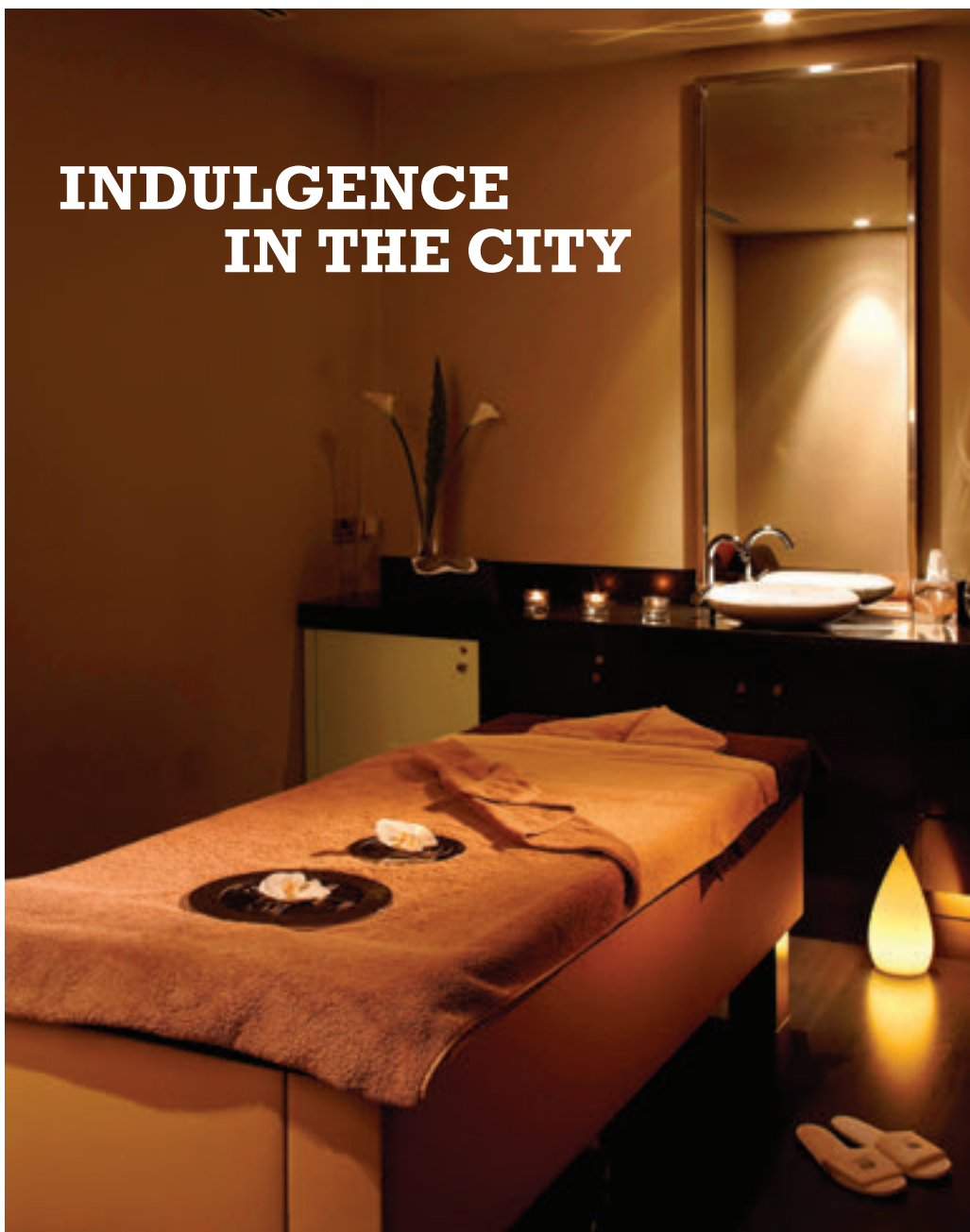


# INDULGENCE IN THE CITY



**Mandara Spa at Park Plaza** Westminster Bridge London is to debut a brand new set of treatments for the man that likes to take care of himself. They're launching six new male grooming treatments just in time for the Autumn/Winter period. The range ensures that the hardworking man feels re-energised and perfectly groomed. Located in this contemporary designed hotel, the Mandara Spa is gorgeously set in the heart of the city. From a menu of therapies incorporating ingredients native to the Indonesian Islands to its contemporary Balinese décor, the spa offers a striking escape. The treatment rooms are tranquil and the therapists really spend time to understand what it is you want to receive from the treatment, offering additional information in a friendly and relaxed way. For example, after the IQ facial, how to continue to care for your skin post-treatment. The spa offers Elemis facials and detox therapies, and manicures and pedicures, as well as shaving treatments. With prices starting from as little as £30, you don't have to feel guilty for indulging. ■

For the full range of treatments, or to book an appointment, visit [mandaraspa.com](http://mandaraspa.com)

**GROOMING GLORY** Staying well groomed is always a challenge, but thankfully Czech and Speake believe in the concept of the bathroom as a sanctuary, making for a calming grooming experience. They've introduced the Neroli Moisturising Bathing Oil, a luxury blend of herbal and essential oils with a non-greasy formula to rejuvenate the skin and relax the mind and body. With today's stresses to look great all the time, sometimes we just need to chill out. Not only did we feel relaxed after using the bathing oil, our skin felt soft, and with hints of Orange Flower and Ylang Ylang, we smelt fresh and felt great. ■ [czechandspeake.com](http://czechandspeake.com)

