

HEAD TO TOE BEAUTY

Aaab relax! It's time for sun seekers to pursue a summer break! But, what if your work life balance has become so totally screwed that you can't relax? And, if it's not your mental wellbeing maybe it's your physical imperfections?

If you're not ready for a holiday, then you need to get ready for a holiday. Here are some local services that will prepare you for that all-important escape



EMBARRASING FEET

Verrucas can be extremely painful and amazingly difficult to get rid of, although many can clear up on their own.

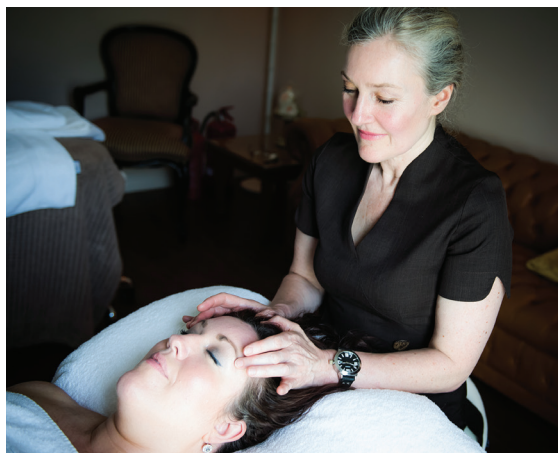
These warts on the feet are caused by a virus and are contagious – so make sure you keep them covered in public swimming pool areas – there are various treatments to remove them such as freezing or over-the-counter preparations.

However, a new treatment could change all that hassle, by simply microwaving that verruca.

It's up to experienced podiatrist Peter Christer of Maidenhead Podiatry to carry out this procedure. He is one of very few practitioners to be qualified and insured to use a Swift Microwave Therapy machine.

Peter says, this procedure is so precise at pinpointing the cause of the verruca that one visit may just be enough.

To find out more visit www.maidenheadpodiatry.co.uk or telephone 01628 773588.



ASTROLOGICAL FACIALS

The health and well being benefits of facial reflexology are relatively well known - the practice targets the acupuncture points on the face to help stimulate circulation and the lymphatic system, lift the face, relax and energise. It also aims to restore physical and emotional balance to the body.

But, imagine, if you could have your own individually tailored session based on your specific emotional and physical needs?

By combining facial reflexology with a bespoke astrological appraisal of your life, one practitioner is able to offer a unique service that is completely designed for you.

Marlow-based Joanne Munro has more than 25 years' experience of remedial and therapeutic massage, lymphatic drainage and facial reflexology. She is also a remarkable astrologist (speaking as someone who didn't believe in it at first, she has an amazing ability) and has published astrology articles and written a sun sign column.

By studying your birth chart Joanne will identify your physical and emotional state and pinpoint the facial areas to pay particular attention to.

The massage will help to alleviate any emotional and physical issues that are presenting themselves and make you feel refreshed and energised.

Joanne offers astrological facials (£80) and facial reflexology (£60) at Spa Illuminata, Danesfield House Hotel & Spa, Marlow.

For further information visit www.danesfieldhouse.co.uk/spa or telephone 01628 891881. For the open day call 07909 318453 to schedule a time throughout the weekend.

On the weekend of Saturday, July 9 until Sunday, July 10, Joanne will be hosting a facial event from 10am until 6pm. At this taster session Joanne offers astrological facials at £45 and facial reflexology for 50 minutes at £30.