

# LOOKING GLASS

## BEAUTY GPS

THIS MONTH'S DESTINATION:

# LONDON

**BRIGHT SPOTS ON THE LONDON BEAUTY SCENE INCLUDE FACIALS THAT STAVE OFF SURGERY, DEPARTMENT STORE TANS (REALLY), AND HIGH-ALTITUDE EXERCISE.**

By Nell Casey



## THE FACE

**Su-Man**

"I like to read the stories on people's faces," says Su-Man, the dancer turned facialist who now tends to the physiognomies of an elite clientele, including actresses Juliette Binoche and Freida Pinto. Her treatments are an extraordinary East/West combination of shiatsu, extraction, deep tissue massage, and sage counsel. They are also small miracles. After undergoing her signature Skin Reborn Sculpting Facial (\$305), I emerged with the face of my 25-year-old self. Luckily, such time travel is now available to all: Su-Man's product line blends ingredients such as the mythical-sounding dragon's blood extract (a tree resin used for healing) with rose hip seed oil. [SU-MAN.COM](http://su-man.com); **SU-MAN VELVET SKIN MOISTURISING CREAM** (\$155) AND **BRIGHTENING SERUM** (\$164), [NET-A-PORTER.COM](http://net-a-porter.com)

## THE HAIR

**George Northwood**

The groovy vibe of Northwood's salon is like the cuts that made him famous: effortlessly cool, in the manner of the chops for clients like Gwyneth Paltrow and Alexa Chung. The two-floor salon offers haircuts, color (Northwood's sister Sally leads the team), and treatments from Pureology—as well as healthy snacks such as Northwood's own sweet potato, lemongrass, and chia seed juice, which he calls George's Marvellous Medicine. [HAIRCUTS FROM \\$114](http://haircutsfrom$114), [GEORGENORTHWOOD.COM](http://georgenorthwood.com); **PUREOLOGY HYDRATE CLEANSING CONDITIONS** (\$34 EACH, IN JUNE), [PUREOLOGY.COM](http://pureology.com)

Alexa Chung



## THE SPA

**Agua Bathhouse**

The Mondrian London at Sea Containers Hotel sits on the bank of the Thames, and its Agua Bathhouse and Spa is located just below the water line. The maritime theme extends to the decor, which includes the giant *Copper Teardrop* sculpture by Tom Dixon (above). The spa tends to draw small groups for services like the Mud Party (\$145 per person), a feast with clay and champagne, and the Boob Bar (\$114), a breast massage meant to open up the chest and solar plexus. The cheeky name of the latter belies the bar's more sincere mission: providing free massages to mastectomy patients at local hospitals, using a portion of the proceeds. [MONDRIANLONDON.COM](http://mondrianlondon.com)



## THE SCENT

**Jo Loves...**

Several years after selling her namesake line, Jo Malone has returned with Jo Loves..., a similarly refreshing collection of citrus and light floral recipes that smell as good in the home as they do on the skin. Her new shop on Elizabeth Street, which stocks such best-selling scents as Pomelo, and White Rose and Lemon Leaves, holds particular significance for Malone: It used to be the flower shop where she held her very first job, when she was 16. \$145 EACH, [JOLOVES.COM](http://joloVES.COM)



## THE TREATMENT

**James Read Tan**

Read is the local authority on all things bronze, and he's in high demand, given that the gloomy London days make a natural tan hard to come by. At his fourth-floor salon in Harvey Nichols in Knightsbridge, he offers spray-on tans to clients who stand, in the buff, in upright tubes. There are a variety of tones to choose from; you can go home looking as if you've spent several days in St.-Tropez, or just a weekend in the Hamptons. [JAMESREADTAN.COM](http://jamesreadtan.com); **JAMES READ DAY TAN BODY** (\$30), [SEPHORA.COM](http://sephora.com)



## THE BODY

**Hypoxic Training**

Inside the hip Ham Yard Hotel the decor is elegant, with a bit of Willy Wonka spunk, and the workout facilities are designed so you spend as little time in them as possible. The gym offers Hypoxic Training, which is based on the idea that working out at high altitude (or in air that has been rarefied to make you feel as if you're summiting Mont Blanc) maximizes the benefits of exercise. Breathing takes slightly more effort, and an eight-

pound weight feels like 12. The upside: Because your lungs and muscles are working harder, you needn't exert yourself as long. In fact, the recommended maximum for hypoxic training is three times a week, 30 minutes a go. If you find you have energy to spare afterward, you can pop downstairs for a few frames at the bowling alley the hotel imported from Texas. \$92 PER PRIVATE SESSION, [HAMYARDHOTEL.COM](http://hamyardhotel.com)

