
HEALTH

Promoting Well-being through Water in Notting Hill's Spa

BY Camilla Chafer

Hydrohealing is a gem of a spa hidden amongst the white town houses of London's trendy Notting Hill. Promoting well-being through water and the interconnectivity of mind, body and spirit, the spa focuses on providing therapeutic treatments rather than a menu of manicures and facials.

On arrival I was seated in a small but welcoming reception. My therapist, Danielle, was warm, friendly and efficient and keen to set me at ease as she led me downstairs into the warren of treatment rooms.

Here I found a pleasant room in hues of dove grey, dimmed spotlights and flickering tea-lights. Ambient music played in the background and all was geared towards creating a relaxing and welcoming environment. After



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changing into a bikini (disposable underwear is provided if you prefer) I hopped on to a bed laid with heated water cushions.

The hydroaroma de-stress, mind and body boost session at £80 for 75 minutes began with hot flannels applied to my aching feet.

First, an exfoliating rub, made up of oils with ground olive stone was applied to my limbs and back to stimulate my skin and blood circulation. After the exfoliation was

complete, I was left for a few minutes to cleanse my skin in the warm shower provided within the treatment room. Frankincense, camomile and rosemary oils were then mixed and applied for their relaxing properties. To allow the oils to fully penetrate the skin, I was enveloped in a wrap that got seriously toasty! To say it was relaxing would be an understatement.

My limbs became heavy, my mind stress-free and the wa-

ter cushions gave me an ethereal floating sensation. Whilst still in the wrap, I was given a mini facial with a blend of rose and frankincense with a light scalp massage and a strong, but gentle, kneading of the tense muscles in my neck to soothe muscle-bound stresses.

For more details
Visit:
www.hydrohealing.com
or Telephone:
020-7727-2570