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Spa time by Thea
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In between choosing menus, stationery and venues it is very easy to lose your centre. Submerged in wedding plans there's no time to relax and even less time to look after yourself, which is why I whole-heartedly believe that this is the time in your life when pampering, and indulgence are entirely justifiable. Besides, every bride wants to look her best on her big day.

So it was with sheer elation that I discovered the latest luxury day spa to arrive in London. Ushvani is nestled away off Sloane Street and is housed within an elegant period house on Cadogan Gardens. The spa's owner is a great believer in the healing philosophies and traditions of South East Asia and from the moment you enter you feel you are doing just that - healing. The receptionist greets you and removes your shoes, replacing them with a much more comfortable alternative (flip flops) and guides you past a stunning aquarium filled with orange tropical fish to encourage good luck and prosperity, a highly desirable combination, particularly when in such close proximity to Harvey Nics!

Downstairs, a steam room, experience shower, hydrotherapeutic spa pool and deep stone baths ensure you are suitably relaxed before your treatment. You can then retreat to the tearoom to contemplate how you could ever have been so stressed before and wait for your therapist to escort you to your treatment room.

When it comes to the treatments themselves, the choice is endless, but I cannot recommend the coconut scrub (chosen from a selection, each one appropriate for different skin requirements) and Balinese massage highly enough. It was by far the most relaxing experience I've encountered in a spa. The coconut scrub was satisfyingly rough, leaving my skin soft and flawless, and the massage was deep and firm (you can ask for a different pressure should you require something a little more gentle) with oils so relaxing that it was impossible not to fall asleep.

An Edwardian Grade II listed building may seem like an unusual location for a South East Asian spa but the contrast works and the staff are of such high calibre that this is a place not to be missed. Make time for some 'time out' at Ushvani, you won't regret it.

020 7730 2888, ushvani.com
YOUR NAME (optional) _____

COMMENTS

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