



health.editorial@gmail.com
@fifi_adams

Bottoms up

Booked your summer holiday and feeling panicked about the state of your derrière? You need a booty facial, says Fiona Adams

I'm going to have to beg your forgiveness. For I am basking in a smug glow, the reason for which I feel compelled to share. I am not one to boast (usually), but I have such a feeling of self-satisfaction that I simply cannot keep it to myself.

Last month, having agreed to experience a 'booty facial' (yes, basically a beauty boosting treatment for your bum), I discovered that the months – nay years – of squats, lunges and other exercises with which I have tortured my gluteous maximus muscles have finally paid off.

For when I dropped my jeans for therapist Sue Kauldhar at *Ace Aesthetics* in Richmond, enabling her to inspect my posterior, she uttered a magic phrase that has been buzzing happily around my head ever since.

"Well, you haven't given me much to work with," she sighed. "You've good muscle tone, no cellulite and no dimples."

If I hadn't had to write my review, I could have died and gone to heaven – or at least

done a little jig around the room (easier said than done with your trousers round your ankles). For a few blissful moments it was all peachy perfection, until Sue snapped me back to reality.

"Actually," she reflected, "your buttocks could do with a bit of a lift."

Sagging buttocks? Reader, I was on that bed faster than Usain Bolt out of the blocks, all doubts about the treatment gone. If Sue could offer me a perkier and smoother *derrière*, I wasn't going to stand there and argue.

The booty facial is best experienced over six sessions, at intervals of two weeks. In addition to administering microdermabrasion or a chemical peel to improve tone, texture and help reduce spots, Sue also includes sessions of *Accent Your Body*, a process that uses targeted heat therapy to help shape and

contouring, as well as reduce cellulite. Top that off with skin lightening and *Soprano* laser hair removal, if required, and you should have a beach bum to be proud of.

Sue suggested that I try the microdermabrasion to exfoliate dead skin, and then a session of *Accent* to begin the process of lifting my gravity-loving butt cheeks. The exfoliation was quite intense – it felt like being scratched repeatedly – while the *Accent* was rhythmic, relaxing and warm.

Afterwards the improved smoothness was very apparent. As for the shape, it certainly felt all right, but with *Accent* a cumulative effect over three to six sessions is more noticeable and lasting. Hair removal must also be completed over several appointments.

With more than 12 years' experience in the industry, Sue has recently relocated her Kensington business to Richmond and is fully



TRY YOGA

Happy birthday to Yogahaven in Richmond Circus, which is celebrating its first anniversary on March 8. The centre – a hot studio – is the brainchild of teacher Allie Hill, an expert in Bikram yoga who has advised football clubs Tottenham Hotspur and Aston Villa on the benefits to their players. Readers of the magazine can enjoy 15% off membership to Yogahaven if they join during March. Just take the magazine along to the studio.

■ Yogahaven.co.uk

My perfect bottom... or possibly a stunt double



equipped to advise honestly on what her clients require.

"No one treatment is going to transform you," she says. "Diet and exercise are also key."

To all you wannabe Kim Kardashians, I should point out that the booty facial doesn't promise an increase in size. If you're looking for a bum that would put Brazil in the shade, this is not for you. Think of it instead as a sort of service for your behind; an MOT of bootiliciousness for a part of the body that rarely sees the light of day – yet occupies our subconscious for large chunks of time.

You can certainly buff up your bum for summer, but – smug face – nothing beats regular lunges and squats.

■ 1 session: £300; 3 sessions: £750; 6 sessions: £1200. aceaesthetics.co.uk

WIN! OLIVE OIL COMPETITION

If you love olive oil (who doesn't?), then you can learn all about it at the Liquid Gold Cave on Richmond riverside. Owner Stavia Blunt is offering readers of The Richmond and Barnes Magazines two places on her one-day masterclass course – *Olive Oil: Tasting and Health* – led by international expert Charles Quest Ritson (May 5). Liquid Gold products are loved by chef Nigella Lawson, so expect a gastronomic and informative treat. To enter, go online or send your details to: Olive Oil Competition, Sheengate Publishing, Unit A4, Kingsway Business Park, Oldfield Rd, Hampton, TW12 2HD. Closing date: Mar 30. T&Cs apply.

■ Liquidgoldproducts.co.uk