

# The SCOOP

Move, stretch, massage, repeat,  
says *Caroline Phillips*

## ✓ FACE UP

Want to know where Arizona Muse goes to work on her radiant complexion? Donna Ryan, whom she describes as giving you 'Botox without the Botox'. I can concur. Near Baker Street, you'll find a facial with a difference. Combining Traditional Chinese Medicine techniques with European ones, specifically around the use of the gua sha tool, your face undergoes a stupendous yet incredibly relaxing workout. To ensure maximum impact, Donna starts by releasing tension in your back and shoulders with a Chinese spoon so energy can flow (it's a bit like cupping and your back can remain red and marked for a day or so afterwards). Then you flip over and with the gua sha, oil and her energy-powered fingers, you'll have a facial massage like no other (including working in your mouth). Results? Even if you don't end up looking like Arizona Muse, your skin just might. Signature treatment, £205.

[donna-ryan.com](http://donna-ryan.com)



## ⤴ DOSHA DIVA

Can't get to India? Let India come to you in the form of Angela Pfeiffenberger-Stacey and her Ayurvedic Abhyanga ('oil') massage. After ascertaining your dosha (or 'constitution') with a detailed questionnaire, this willowy Austrian healer – who's trained in everything from reiki to transformational coaching, so you get something truly bespoke – sets to work. She gives you a sublime massage – long, rhythmic strokes that induce calm – using dosha-specific, organic Maui oils warmed with a candle while Indian music plays gently. From your marma

('energy') points on your feet to your head – via buttocks, chest and abdomen – she'll bring your physical and emotional imbalances into harmony and you'll feel cared for, healed and restored. Then she wraps you in a warm, infrared blanket and while the herbal medicinal oils nourish your body, she performs a rose-scented facial. Think blissful cocoon. From £75 an hour. [thebodymindspace.com](http://thebodymindspace.com)



## ⤴ GIRL POWER

Breathwork, embodiment, mindfulness. Ashka Zasada's Embodied Feminine system encompasses them all. You'll lie or crouch on your yoga mat being guided – alongside primal music – to explore the pleasure of the feminine body through somatic (physical) movement, free dance and breath awareness. 'If you're feeling tired, move as tiredness,' Ashka instructs. 'If you're sad, embody that.' She really 'cracks open' the heart and body, helping you surrender to the body's intuitive, guiding wisdom. You'll soon be embracing your 'embodied feminine' – a powerful combination of sensuality, life force and self-expression – with this releasing, awakening work. £90 for 75 minutes online or at home. [ashkazasada.com](http://ashkazasada.com)

