

SALON SNOOP

Pamper Me

What's it like? Nestling down a quiet Clifton side-street, this primping and preening palace feels a world away from bustling Bristol life. The large waiting area is muted mocha with creamy notes and a touchy-feely brown/black velvet accent wall. Two manicure stations, elegant cream chaise longue and cabinets bedecked with bags of all shapes and sizes complete the polished look. Three cosy treatment rooms include a St Tropez spray-tanning chamber.

Who goes there? Clientele range from yummy mummies to Clifton professionals via uber-groomed Bristol uni students.

What's on offer? Everything you'd expect from a professional salon including waxing for face and body, manicures, pedicures, microdermabrasion and facials from French beauty giants Guinot.

What did we try? Our snoop went for Crystal Clear microdermabrasion (£55), a celeb-favourite and Pamper Me's best-selling treatment - brilliant for fine lines, acne scarring, pigmentation and enlarged pores. Salon owner Lisa performed the hour-long treatment in which fine crystals were gently blasted over the face and neck via a small pen-like object connected to a noisy, gently sucking machine. Then a mini workout for the facial muscles to keep everything taut and lifted, and a soothing mask enriched with wheat protein and amino acids to plump up and moisturise the skin. With the mask doing its stuff, our knotty snoop was treated to an



amazing neck and shoulder massage using essential oils. Our snoop's skin looked so perfect and gleaming afterwards, she forsook make-up for the rest of the day - unheard of!

What's the salon's USP? Lisa and her two therapists are absolute professionals. Our snoop loved the extra touches like the pretty paper flower decorating the towel, and the individual bottle of mineral water left out for her. One of the most sophisticated, professional salons we've had the pleasure of snooping on...

Pamper Me Embassy House, 5 Queens Ave, Bristol. Tel: 0117 934 9533, web: www.pampermebeauty.co.uk

Beauty spot

● Huge congratulations to Frontlinestyle who have reached the regional finals in the British Beauty & Spa Awards 2008. To get this far they had to submit their business portfolio as well as client testimonials. They're up against six other salons from Wales and the South West and the winner will be decided based on the experience of various mystery clients who'll be visiting over the next few weeks. The results will be announced at a lavish dinner in London on 7 September and we wish Frontlinestyle the very best of luck!

Frontlinestyle 4-5 Monmouth St, Bath. Tel: 01295 478478, web: www.frontlinestyle.co.uk



HAIR SALON OF THE MONTH

Central Studio

● I've always been a £10-barber-shop kinda guy. In and out, bit of banter, wave the clippers around and Bob's your uncle... So, entering the cool calm expanses of Central Studio was an eye-opener. Stylist Dean took me under his wing, with an extended 10-minute consultation before a pair of scissors had even been raised. I, or rather my tangled barnet, am not used to that level of attention - we both rather liked it.

My hair tends to get thick and unruly fairly quickly. Dean showed me that the way to manage it was to thin things out

a little. And rather than going in with the clippers, if you take the time and cut with a good old-fashioned pair of scissors, the results are much better.

The whole cut took 45 minutes, four times longer than I'm used to. But lulled by Dean's genial conversation and soothing nature films running on vast plasma screens overhead, the visit seemed more like therapy than hairdressing. The barnet liked it, too. We'll be back. (Steve Wright)

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