

TRIED AND TESTED

The super-gentle Bowen technique uses a series of light movements at specific points on the body that kick-starts the body's own healing process. The rolling type moves over the skin, which can be done through light clothing, affect the connective tissue (known as fascia) beneath. This stimulates the nervous system, balances the body's fluids and allows the bones to re-align themselves. Caroline Kremer suggests committing to three sessions for maximum benefit, but after the first session at her St John's Wood practice I felt lighter, looser in my neck and shoulders and deeply relaxed. £85 for one hour. BC
The Bowen technique by Caroline Kremer
020 8440 0388 www.carolinekremer.com

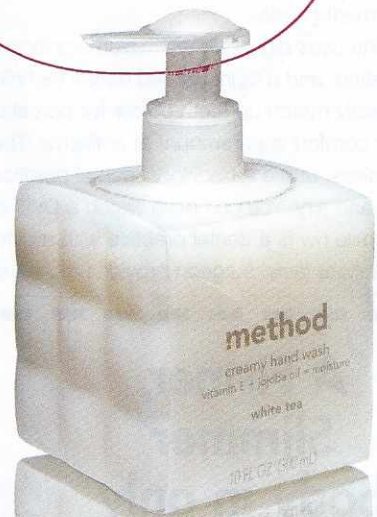
HEY GOOD LOOKING

Stylish health and grooming products for guys (and girls)



HAIR FLAIR

We love the subtlety of American Crew's hair styling products. One of their latest products, Tea Tree Light Hold Styling Cream, controls without weighing the style down. £10.95. Available from St Johns Wood Barbers 10 St Annes Terrace, NW8 6PJ; 020 7722 8883 and Marylena Hairdressers, 61 Camden Road, NW1 9EU; 020 7485 1686



COOL AND CLEAN

Designed by Karim Rashid, who has also worked for the likes of Prada, Alessi and Kenzo, this recycled bottle isn't all just cool packaging. Inside, the paraben and triclosan-free soap comes in a choice of almond flower, olive leaf and white tea (pictured). £3.25. Available from Boots and Sainsbury's www.methodproducts.com

Try three fresh fragrances



1 Clinique Happy For Men Cologne Spray £35.00 for 100ml. Available from Boots www.clinique.co.uk

2 Fou D'Absinthe eau de parfum, £78 for 100ml, by L'Artisan Parfumeur, 36 Marylebone High Street, W1U 4QD 020 7486 3435

3 Marc Jacobs Men eau de toilette spray, £35 for 75ml. Available from Space NK, 73 St John's Wood High Street, NW8 7NL and 62 Hampstead High Street NW3 1QH; www.spacenk.co.uk

