

# you

17 NOVEMBER 2019

TO CELEBRATE THE  
RETURN OF THE CROWN

## 'I WAS PRINCESS MARGARET FOR A DAY'

- ★ HOURS IN THE BATH
- ★ 8 OUTFITS A DAY
- ★ AND LASHINGS OF GIN!

Life as Britain's most decadent Royal  
BY SOPHIA MONEY-COUTTS

## GENTLER DOES IT

A piece I recently wrote on products to use during cancer treatment (find it at [you.co.uk](http://you.co.uk)) was so well-received that I thought it worth continuing the conversation, especially as I get asked a lot about massage.

Contrary to the belief of many, research has not found that massage causes cancer cells to spread, says Macmillan Cancer Support ([macmillan.org.uk](http://macmillan.org.uk)). However a therapist must be specially trained for the task and will avoid areas such as lymph nodes and tumour sites.

Macmillan says massage is on offer in cancer centres, hospices, community health services and some GP surgeries. It also advises contacting the Complementary and Natural Healthcare Council to find a therapist ([cnhc.org.uk](http://cnhc.org.uk)). However, often people want to visit more indulgent spas but tell

me that it is hard to find ones that can accommodate their health needs.

One of my favourite places, Ushvani Spa in London's Chelsea – which always delivers outstanding treatments – has introduced specialised massages with therapists who have been extensively trained to administer them. Its 60-minute Oncology Massage costs £150 ([ushvani.com](http://ushvani.com)) and requires a letter from your doctor. I have also been told Calcot & Spa ([calcot.co](http://calcot.co)) – a luxury hotel in the Cotwolds – is brilliant at facilitating treatments for those undergoing cancer therapy. Prices start from £50, but contact them directly first to book and discuss your needs (01666 891232, [spa.reception@calcot.co](mailto:spa.reception@calcot.co)).

Let me know if you have any other recommendations at [editorial@you.co.uk](mailto:editorial@you.co.uk) or contact us on Instagram @youmagazine.

