

SLOANE SQUARE

ART \ CULTURE \ FASHION \ FOOD

MARCH / APRIL 2022



SPRING INTO LIFE

FRESH EVENTS FOR
YOUR DIARY

*Make Mother's
Day*

A GUIDE TO
GREAT GIFTING

*Sustainable
style*

LOCAL DESIGNERS
GO GREEN

*Raise a
glass*

A DESTINATION FOR
WINE-LOVERS

Spring REFRESH

TIME TO FRESHEN UP YOUR BEAUTY REGIME AND TRY SOMETHING DIFFERENT. BY SOPHIA CHARALAMBOUS

SALON SLOANE

K18, the patented molecular breakthrough clinically proven to reverse hair damage from bleach, colour, chemical services and heat, is being offered at Salon Sloane. It is a biomimetic, plant-based, vegan and cruelty-free treatment that takes just four minutes to apply and begin working. Managing director Belle Cannan says: "K18 strengthens the bonds of the inner cortex and strengthens the elasticity of the hair. Results can be seen after one treatment and get better each time you use it."

186 Pavilion Road, £15 for each treatment, a course of four to six is recommended

USHVANI

Ushvani Thai Ritual has arrived just in time for spring. A combination of acupressure and stretching using no oil, it begins with a breathing exercise before the massage starts from the feet, working up and finishing with an energy-clearing technique over the back and head. Founder Usha Arumugam says:

"Thai massage can prevent bone degeneration, decrease stress, treat back pain and contribute to physical and mental wellbeing.

It may also improve the circulation of the fluid in the joints, or synovial fluid, which reduces friction between the joints. It can be extremely beneficial for people who have low energy levels, for those who suffer from mental or physical stagnation and for people who feel out of balance."

1 Cadogan Gardens, £240 for 120 minutes

