

## COUNTER INTELLIGENCE

Natural products that are soothing for both body and mind

This handy pouch doubles as an exfoliator and a grip, to stop the soap from slipping out of your hand. Containing rhasssoul clay to draw out impurities and wasabi and eucalyptus oil to invigorate skin, the Body Shop's Gently Purify Radiance Boosting Sisal Cleanser (£8.50, [www.thebodyshop.co.uk](http://www.thebodyshop.co.uk)) leaves skin bright and thoroughly cleansed.



The Body Shop Sisal Cleanser, £8.50

Made with antioxidant chardonnay grapes and an alcohol-free, anti-inflammatory distillate of witch hazel and willow bark, Le Vin's Eye Serum (£57, [www.harveynichols.com](http://www.harveynichols.com)) targets dark circles and under-eye bags. The active ingredients combine to fight common pollutants.



The sleek and minimal bottle of Elemental Herbology's Cool & Clear Facial Cleanser (£25, [www.spacenk.co.uk](http://www.spacenk.co.uk)) belies the natural, earthy ingredients inside. The gel lathers into a smooth foam cleanser that delivers a burst of lavender to awaken your senses, while algae, green tea and apple and olive extracts gently cleanse to reveal fresh, revitalised skin.



Drawing on the **antioxidant** and nourishing qualities of olive and grape-seed oils, combined with the revitalising power of **lavender**, Olivina's Lavender Bubble Bath (£17.95, [www.united-perfumes.com](http://www.united-perfumes.com)) refreshes both body and senses. Its luxurious foam leaves the **skin soft** and smelling divine – perfect after a long day.

CARE MOSS

Olivina Lavender Bubble Bath, £17.95



Leaving skin super-soft without a hint of greasiness, REN's Frangencense Vitamin A/C/E Revitalising Body Cream (£28, 0845 2255600) has high levels of pro-vitamin A and vitamin C to help boost collagen production and improve skin's firmness and vitality. The gentle aroma makes it popular with both men and women.



**SALON SPY:**  
TOMBOLO TALASSO  
Via del Corallo 3, 57024 Marina di Castagneto Carducci, Italy  
(00 39 0565 74530;  
[www.tombolotalasso.it](http://www.tombolotalasso.it))

**Atmosphere and staff:** This vast spa – located in a coastal hotel about an hour from Pisa – is part traditional, offering every type of massage, pedicure and facial under the sun, and part thalassotherapy. There is a variety of large, low-light rock pools for specific aqua treatments and exercises (bikes in the water, for example), as well as treatment rooms specifically designed for thalasso treatments using sea water, mud and algae. The staff are super-friendly.

**Products and treatments:** The pedicure and holistic massage were excellent, with friendly, competent practitioners, but the more adventurous treatments were truly impressive. The Thalasso Body Exfoliation and Hydro Massage was a conventional massage combined with jets from a machine that hung above the table and were directed at pressure points. This spy's skin felt like it belonged on a baby afterwards. The Talasso Aqua and Motion Massage – a mixture of reiki, shiatsu and massage carried out in a rock pool – was a uniquely relaxing experience. **Highs:** Very experienced staff and an almost medical attention to detail. **Lows:** The hotel feels a little corporate and the town is not very exciting. **Marks out of five:** Four.

If you have a salon that you either love or hate, e-mail [sarah.vine@thetimes.co.uk](mailto:sarah.vine@thetimes.co.uk)

