

Spring spa weekend anyone?

Posted by [Stylist Katie Greengrass](#) in [Advice and Info](#), [Beauty Products](#), [Beauty Tips](#), [Ideas and Inspiration](#), [Nails](#) on **March 22nd, 2010**

My health farm of choice is Champneys, I always come out of there feeling a million dollars. This weekend I went there to enjoy a special three day package called the 'Inside Out' make over.

Determined to make the most of day one I hit the gym at dawn for a (very) early morning jog in the gym then to breakfast – a glorious buffet filled with endless bowls of fresh fruit, yogurt and cereal. After breakfast I tried an invigorating one-hour studio class followed by a dip in the sauna, a quick steam and a few moments catching up on my magazine reading in the Jacuzzi.

Before lunch, as part of the Inside Out package I was privy to an hour-long talk by Ali Campbell, best selling author, therapist and life coach. His promise is to make guests happier in just one sitting using basic brain training exercises and speaking about the new techniques he has been developing in his new book 'Just get on with it.' I must say it worked a treat; I'll be using those techniques in the future when I am missing the comfort of Champneys.

Patrick Swan gave the second seminar of the day as part of the makeover. Celebrity stylist, personal shopper and hair and make up expert, his figure fixing tips were fantastically enlightening for the members in the group struggling to dress age appropriately. Patrick also advised on hair and make up styles and where and how to shop, what better excuse for a trip to the high street then?

Seminar's aside this weekend I tried and tested a few new treatments, the one-hour French Manicure (£40) involved a hand massage, heated hand masque, polish, file and finish. My nails looked pretty afterwards although I'd advise letting nails rest for at least an hour afterwards, I gave in to the allure of pilates and was left with a smudged hand. I finished up my stay with the new fifteen-minute Traditional Salt Scrub (£20). I stood in a booth whilst the therapist scrubbed my whole body with a mixture of rough, heavy salt particles and aromatherapy oil. The result? Smooth silky sweet smelling skin and a heady glow to boot!

Inside Out Makeovers are on 4-6 June at Champneys Tring, 3-5 September at Champneys Forest Mere and 1-3 October at Champneys Henlow. Prices are from £369.95 per person based on two people sharing a standard twin room.



Inside Out makeover, from £369.95, Champneys