

TATLER®

JULY £3.99

Inside the
dazzling world
of the Mittals

**SECRET
HISTORY**
Niall Ferguson
& his femme
fatwa

**SPEED
BEAUTY**
HOW TO
LOOK
HOT IN
A SHOT

SWIMWEAR
TO DIVE
FOR

**THE
GIRL WHO
INHERITED
SOHO**

**10
SINGLE
MEN
WITH
HUGE
HOUSES**

**ROCK
GODDESS**

Liv Tyler's guide to life



Beauty flash



OPEN YOUR EYES TO **DIOR'S TAILLEUR BAR**, £65 EXCLUSIVELY AT SELFRIDGES, WHICH WHIMSICALLY REWORKS THE DESIGNER'S BAR JACKET (FROM HIS 1947 'NEW LOOK' COLLECTION) INTO SUMMER'S PRETTIEST EYE PALETTE. THIS TIME AROUND YOU DON'T NEED PERFECT POSTURE OR A MINUSCULE WAIST TO WEAR IT.



Hot off the plane from Japan come two new beauty tricks for summer. **Giorgio Armani's Tokyo Coral nail polishes**, £17.50 at Selfridges, are bold fauvist colours to make your toes stand out in the sand. **Shiseido's Refining Body Exfoliator**, £32, is a hi-tech scrub that smells of cherry blossom. It contains two different types of beads, which dislodge dead cells on contact with skin, so there's no need to scrub yourself silly.

Get packing for **Dr Ali's** new detox and weight-loss clinic at **Castel Monastero Spa**, in the Tuscan Hills. Dr Ali, a holistic GP who counts the Prince of Wales among his clients, believes that diet, hygiene, exercise and sleep play important roles in preventing illness and in building health. This weekend-long full-body MOT focuses on optimising all areas of your life. Special yoga classes come before meals to tighten up the stomach so you don't eat too much, which may prove tough as chef **Angela Hartnett** is in charge of the super-healthy menus. A three-night stay costs from £1,163; visit castelmonastero.com.



Castel Monastero Spa, Tuscany



Get a headstart on your holiday companions with new, glow-getting potions. Highlight cheeks with **Shu Uemura's Flawless Glow**, £35, a multicoloured palette that takes the pallor out of skin, or try **By Terry's Or de Rose Elixir Extrême Soleil**, £95 at Space NK. A lightweight primer, it subtly bronzes and, unlike other fake-tan options, smells divine. Join the stampede at Beauty Works West for **Prtty Peashun Skin Tight Body Lotion**, £36. Relied on by A-list actresses when they have to reveal flesh on set, the cream contains punchy plant extracts that temporarily firm skin and light-reflecting particles that help camouflage cellulite, so you can flash your legs.



DROP INTO THE POD AT DR FRANCES PRENNA JONES'S MAYFAIR CLINIC (TEL: 020 7499 3848). THE MACHINE GENTLY PULSES LED LIGHT AND INFRARED HEAT OVER THE BODY TO RAISE THE METABOLISM AND BURN FAT FASTER. A COURSE OF TREATMENTS CAN SHAVE OFF FIVE TO SIX POUNDS.

Tatler treatments continued

◁ mood-enhancing elixirs have been reworked into scrubs and oils. This treatment soothes every inch of the body, from your temples to your toes. Ingredients like crab apple, vervain and white chestnut work to calm emotions, while the therapist wipes out negative energy using reflexology, shiatsu and lymphatic-drainage techniques.

Our verdict The best way to take the heat out of summer. Our tester left with lower blood pressure and higher self-esteem.

Details From £85, at Content Beauty/Wellbeing, 14 Bulstrode Street, W1 (tel: 020 3075 1006; beingcontent.com).

NEAL'S YARD FIRMING ORANGE FLOWER & JASMINE FACIAL

Best for Nature lovers.

The lowdown The gold standard for organic products, Neal's Yard is to skincare what Hugh Fearnley-Whittingstall is to food. This treatment zaps those pesky lines (caused by dehydration) with potent flower extracts, taken from the organic physic garden at the company's Dorset headquarters. Orange flower has long been revered for its nourishing qualities and is used in this treatment in a zingy cleanser, face mask and frankincense and orange-flower moisturiser. The therapist also uses a facial roller to iron those wrinkles away.

Our verdict Organic can deliver the same youthful results as the chemically enhanced brands. Our tester was wowed – her skin went from prunish to peachy in just one session. **Details** £65, at the Neal's Yard Spa, 124b King's Road, SW3 (tel: 020 7225 2050).

HIBISCUS BODY SCRUB AND WRAP

Best for Softening scaly skin.

The lowdown Rivalling the Shangri-La-like spas of Asia, Ushvani is possibly London's most exotic retreat. Huge fish tanks, underground plunge pools and a sweeping wooden staircase make it a heavenly hangout. The spa has recently developed its own line of products centred around the healing hibiscus flower. The Hibiscus Scrub, which sloughs away city grime, is followed by a relaxing massage to ease away tension. The finale is a sweet-smelling, detoxifying wrap that leaves your skin softer than a kitten's tummy.

Our verdict Perfect for smoothing rough, flaky skin suffering from beach burnout. It's just a shame Ushvani is a day spa – we wanted to stay for a week.

Details £180, at Ushvani, 1 Cadogan Gardens, SW3 (tel: 020 7730 2888).