
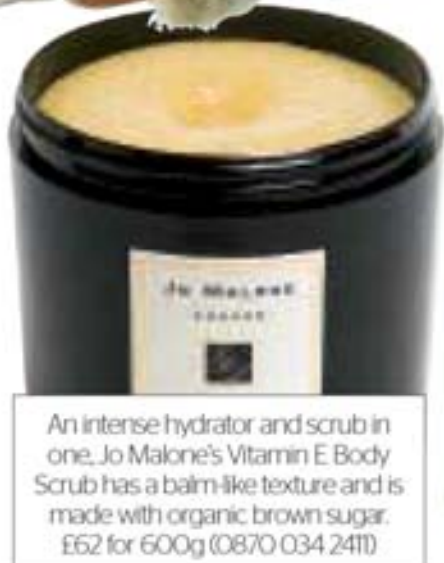


Slough off dull and dry winter skin with Origins Raffie Body Brush, £10 (0800 731 4039)



Smother yourself in Laura Mercier's sublime-smelling Almond Coconut Milk Scrub. £35 for 340g, at Selfridges (0800 123 400)



An intense hydrator and scrub in one. Jo Malone's Vitamin E Body Scrub has a balm-like texture and is made with organic brown sugar. £62 for 600g (0870 034 2411)



Try RéVive's Cleansing Body Scrub with sand from Bora Bora, bamboo grain, coconut and oat extracts. £55 for 200ml, at spacenk.co.uk

Top three body scrubs

1 Anne Sémonin's treatments are now available at home with the Return to Glory service. The Home Haman Ritual features a black sand body scrub, exfoliating you from head to foot, followed by an aromatic full body massage, an eyebrow shape and a manicure. £145 for 150 minutes (returntoglory.co.uk)

2 A Diamond Polish with Gold and Silver Rain at The Spa Studio at The Lanesborough on Hyde Park Corner revives tired winter skin. Beginning with a full body polish, using cellular microdermabrasives - micronised diamonds and freshwater pearls - you are then massaged with La Prairie's perfumed Silver Rain crisp apple and star magnolia body cream. £75 for 45 minutes (020 7259 5599)

3 Harnessing healing traditions adopted from South East Asia, Ushvani on Cadogan Gardens delivers five-star service using natural exotic ingredients to SW3. Choose one of the heavenly body scrubs, from cocoa and coffee, green tea, hibiscus, ginger & kaffir lime or desiccated coconut, and opt for a customised massage as an add-on. The day spa also boasts a steam shower, spa pool and tea room. £60 for 30 minutes (020 7730 2888)