

A Home Hamam to soothe the soul



It's that time of year where it's so easy to get a little under the weather and feel a bit down – so much to do and so little time. It would be lovely to have a pampering massage or indulgent treatment after a hard day's work but it's hard to motivate yourself to leave your house in the cold dark evening and head to a spa. Not forgetting the ordeal of leaving a warm treatment room wrapped in a fluffy robe to brave the wind and rain outside. How fantastic it would be if the spa could come to you... Well, now it can thanks to *Return to Glory*.

Founded by Natasha Dwyer three years ago, *Return to Glory* started as a small team created to deliver the best massage, beauty and fitness services at good value, which clients love time and time again. The concept has been a huge success and this elite team has quickly grown to over 160 top rated therapists, providing an outstanding service to a growing client list including many VIPs and celebrities.

Return to Glory deliver the most personal services, privately and discreetly in the comfort of your own home, day in day

out. CEO's simply need the convenience, celebrities love the privacy and busy business women and mums are relishing a service that revolves around them.

The list of services they offer is huge. If you're planning a big night out a total makeover at the hands of one of the many highly trained and experienced make-up artists such as Alex Gillott is just what you need. After an hour or so of magic you'll be transformed into a new woman ready to strut your stuff with your new found confidence. Or if it feels too much of a chore to get down to the gym you can even have private yoga lessons in the comfort of your own home.

Exfoliating, massaging, cleansing, warming

A new launch to the *Return to Glory* repertoire is about to elevate what they do to the level of sheer heaven. They have joined with Anne Semonin, the French spa product company (spa to the luxurious Sandy Lane in Barbados no less) to launch the Anne Semonin Home Hamam. A Home Hamam is a personal and made to measure treatment, combining classic

Anne Semonin techniques along with a personally prescribed blend of intensive complexes and warmed botanical oils.

First of all, the therapist relaxes the body with a warming massage. A Home Hamam ritual is performed with the Black Sand Body Scrub, sweeping away dead surface skin cells from head to foot. The skin is left wonderfully soft, silky, detoxified and youthfully radiant. Aromatic oils are then applied over the whole body to deeply nourish, soften and re-mineralise the skin, followed by a revitalising exfoliation to the face and the body. The therapy concludes with an aromatic full body massage, an eyebrow shape and a full nail groom.

The treatment is intensely personal. Not only do you need trust in the therapist, but also in the surroundings you are in. That is why having the treatment in your own home is key - a person is at their most relaxed, with no worries for the time after the treatment is ended. The effects end up lasting for hours, not just the time that it is performed.

The founder of the *Return to Glory* concept, Natasha Dwyer, sees our habits changing and believes home is again where the heart is. More and more couples are nesting together with Couples Massages, friends are coming offline to enjoy pampering together and the Home Hamam is another launch in that direction. "It's more than a surface treatment. The Home Hamam goes back to the core of why humans need to be touched – to feel a connection and be cared for. That's what this is about. Taking care – yet in the most luxurious way."

The Home Hamam is two and a half hours of pure indulgence, for men and women, in the comfort of your own surroundings available predominantly across the South East. Beautiful gift vouchers are available for you to treat a loved one or why not treat yourself – you deserve it...

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