



NANCY BOWRY: THE NAME  
THOSE IN THE KNOW GO TO  
FOR A TUNE UP AND A FACIAL

# THE SAFEST HANDS IN BEAUTY

A brilliant beauty therapist is a thing to be celebrated. *Stylist* persuades the industry's elite to share their closely guarded secrets

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**A**s beauty consumers we have never enjoyed so much choice. There's a treatment for every imaginable beauty woe, and yet, so often we're left underwhelmed as we hand over our credit cards (remember that facial with the woman who wouldn't stop

chatting?). As finding the ultimate therapist is harder than locating an acupuncturist's needle in a haystack, we've asked industry insiders who have sat through their fair share of treatments for their recommendations. Here are the all-knowing gurus you'll want to book immediately. You'll just have to fight us for an appointment first.

## THE BESPOKE FACIAL

By Nancy Bowry

As recommended by: **Fiona Embleton, *Stylist's* acting beauty editor**

"Put simply, Nancy has the type of line-free, even-toned skin I would sell a kidney for. So if her secret is the Crème de la Mer facial, then so is mine. My first ever treatment was a press appointment three years ago – but I've booked in with her ever since. Nancy is a sobering peddler of skincare advice, she instinctively knows what to do if my face is looking dull and she wakes me up gently with the sound of tuning forks. But it's her facial massage using a funny fish shaped metal implement that really gets the blood pumping and restores a healthy pink glow like no other treatment I've tried."

**Crème de la Mer The Signature Facial at Urban Retreat, Harrods, London SW1X; £120 for 60 minutes; urbanretreat.co.uk**

## THE EVERLASTING LASHES

By Kathryn Popplestone

As recommended by: **Jenny Longworth, UK nail expert**

"When it comes to false lashes, Kathryn is the best of the best. We met on a shoot and I was so impressed with her work,

I convinced her to come and do my lashes in return for me doing her nails. She's so gentle and the process so comfortable, I tend to fall asleep while she's applying them. And when they're on, you can't even feel them, so there's no temptation to start picking them off and they last for about six weeks."

**Flutter Infinite Lashes, available throughout Greater London and the Midlands; from £120 for full set; fluttereyes.co.uk**

## THE HOLISTIC THERAPY

By Tamzin McGann

As recommended by: **Georgina Graham, backstage make-up artist**

"I have a friend who seems to be in a constant state of calm and when I found out her secret was Tamzin I booked in with her straight away. Tamzin is a holistic masseuse and yoga teacher who also advises on nutrition, so an at-home session of deep tissue massage, reiki and health advice leaves you feeling totally rebooted for the rest of the month. Her healing natural energy is revitalizing from the moment she arrives, helping you stay beautiful on the inside and on the outside. That to me is what modern beauty is all about."

**Tamzin McGann, available in London; prices start at £80 for 60 minutes; tamzinmcgann.com**

## THE CREATIVE MANICURE

By Tammy Kozlowski

As recommended by: **Kate Johnson, beauty blogger**

"I wouldn't go anywhere else for a manicure. Tammy's nail art designs are incredible; she makes her own transfers so you always come away with something entirely unique.

Her tireless attention to all-important prep means her manicures last so much longer. Plus, it helps that the Naf! Salon is such a cool hangout spot. Trust me; you'll want to Instagram this place."

**Gel Polish with Nail Art at Naf! Salon, Glasgow G2; £27; nafsalon.com**



## Beauty

### THE ULTIMATE PEDICURE

By Jackie Velastegui

As recommended by: **Sam Chapman**, co-founder of Pixiwoo

"There's something really comforting about a pedicure with Jackie. My sister Nic and I always go together, and she sits you in these deep arm chairs and gives you gigantic pillows so you feel like you're in your living room. The painting is so precise and the head massage (yes, you get a head massage mid treatment!) is so relaxing. Plus, I swear the Cheeky polish they use would survive a nuclear blast. I'm constantly recommending this pedi; in fact, at Christmas, we took the entire Pixiwoo team to have their feet done over a glass of champagne."

**Ultimate Cowshed Pedicure at Shoreditch House, London E1; £60 for 75 minutes;** [cowshedonline.com](http://cowshedonline.com)

### THE HANDMADE FACIAL

By Stephanie Slade

As recommended by: **Anna-Marie Solowij**, co-founder of BeautyMart

"In my 25-year career I can definitely say Stephanie's facials are in my top five all-time favourite treatments. She's not about pushing brands or products into your hand – she's just completely in tune with you and your needs. She reacts to what she sees and how I'm feeling, so each time I see her it's a different facial. Her intuitive touch and reiki techniques get to work on the physical bits – face, head, neck, shoulders – as well as on my energy and spirit. Every one of her handmade balms, creams and lotions has a different uplifting, calming, medicinal or delicious scent – I can feel the weight of the day dropping from my shoulders."

**Bespoke Organic Facial at Blue Door Barns, East Sussex BN8; £70 for 60 minutes;** [bluedoorbarns.com](http://bluedoorbarns.com)

### THE SEAWEED EXFOLIATION

By Heather Stanton

As recommended by: **Mouna Wade**, general manager at Beauty Bazaar, Harvey Nichols Liverpool

"Because of where I work, I have access to some of the best therapists and treatments, so it's not often that I leave my own turf. But every now and then I can't help but book in with Heather for a seaweed body buff. Taking time to understand my personal stresses and body gripes, she always tailors the treatment to me (sometimes adding in a leg and foot massage when I've spent a long time on my feet). She may be scrubbing off the top layer of dead skin from my body, but she's so calming and nurturing, the whole thing is the most relaxing experience."

**Stimulating Seaweed Body Buff at Titanic Hotel Spa, Liverpool L3; £70 for 60 minutes;** [titanichotelliverpool.com](http://titanichotelliverpool.com)



### THE SKIN-REVIVING LASER

By Teresa Tarmey

As recommended by: **Joanna McGarry**, Stylist's associate editor (beauty)

"Teresa's soft-spoken manner means that she can gently lure me into undergoing some pretty hardcore electrical devices in the name of great skin. Each time I see her, she'll create a custom treatment – some facial massage, light peels and a quick zap with the laser on any broken capillaries (they vanish in seconds). Upon her advice, I've since also tried the Venus Viva (she has the only machine in the UK). It ran tiny little needles across my skin while also emitting a radio frequency pulse to jolt cells back into life. Sounds terrifying – and it sort of is – but I have never felt in safer hands. It has since tightened my pores and quelled the stubborn red patches on my cheeks. All this takes place within her beautiful atrium flat in Swiss Cottage, bedecked with Chanel perfumes and Jo Malone candles. News that she's about to open her first clinic in Notting Hill is testament to her talents." **Venus Viva, London NW3; £300 per session;** [teresatarmey.com](http://teresatarmey.com)

### THE PAINLESS WAX

By Vanya Volovsek

As recommended by **Lisa Smosarski**, Stylist's editor-in-chief

"Eyebrows, legs, bikini line... you name it, Vanya can wax it. With amazing results. She's quick, fuss-free and the right level of chatty (important when you're having a bikini wax) but mostly she is special because she can deliver a pain-free wax every time. I've made the mistake of going elsewhere over the years but I always go back. A friend and fellow client recently moved out of London, but has vowed to travel back every month to see Vanya because she can't find anyone in the whole of Somerset to match her skills." **Hot Wax at Aveda Institute, London WC1V; from £25;** [avedainstitute.co.uk](http://avedainstitute.co.uk)

### THE HAIR-CALMING BLOWDRY

by Joyce Iwuozo

As recommended by: **Loretta de Feo**, Stylist's contributing beauty writer

"I could write a whole book of hair horror stories from years of visiting salons that don't understand my hair type, so I am so glad I finally found Joyce. She completely 'gets' afro textured hair and recommended me a keratin treatment, which involves coating the roots in a mask, leaving for 20 minutes and then blowdrying it in. I get it every three months to make my hair more manageable without using relaxers. It's grown dramatically since I started having it done, and is easier to blowdry than ever (cutting my wash and style time in half). Plus, unlike many black salons, I never have to wait for an appointment, so I wouldn't go anywhere else."

**The Keratin Treatment at Hairssentials by Joyce, London N1; from £130;** 020 3556 4263

### THE FULL BODY FACIAL

By Samantha Pearce

As recommended by: **Lynsey Alexander**, backstage make-up artist

"When Sam first walked through my door, I felt instantly relaxed and it's that feeling that has me rebooking again and again. Armed with heated duvets, a massage bed, candles and products, she transforms my lounge into a serene treatment space, ushering me off to make myself a cup of tea so I'm fully calm before she begins. Because she doesn't follow a strict method, I get the most out of the two-hour treatment. She tailors the facial to rebalance what my skin is lacking that week and she knows that, being a make-up artist, my arms are constantly in the air, so she pays them extra attention during the deep tissue massage. She's so nurturing and in tune with my needs, I feel like I'm her only client. What's more luxurious than that?" **Gazelli At Home Prescriptive Facial, available in London; from £145 for 60 minutes;** [gazelliskincare.com](http://gazelliskincare.com)

### THE ROOTS TOUCH-UP

By Agi Herzog

As recommended by: **Sharon Dowsett**, Maybelline UK make-up director

"Up until four years ago I would go to different colourists for a root touch-up. But I was sick of it being really hit and miss – and sometimes getting a khaki tinge to my brunette hair! There's nothing Agi doesn't know about colour. I see her every three weeks – more than I do some of my friends. My hair is fine and short but after every visit it looks more lustrous. She's held my hand through various stages of my life – right now I'm 50% grey and she's easing me into going lighter then completely grey. That's what I like best – her long-term view and the confidence boost she gives me." **Colour with Agi at Josh Wood Atelier, London W11; from £70;** [joshwoodcolour.com](http://joshwoodcolour.com)

