

Warm bamboo massage

A new style of warm bamboo massage, said to have originated in South East Asia when a therapist noticed one monkey rubbing another's back with a stick, has arrived in Cambridge. Described as a 'hot stone massage with attitude', it's a new concept in deep tissue relaxation massage, said to help tensions melt away from the warmth of the bamboo, boost circulation and lymphatic drainage.

Holistic therapist Emma Kenny – always keen to champion the newest treatments – is just one of a small number of therapists qualified to offer this gorgeous therapy in the UK and is thought to be the first in Cambridgeshire.

Invited to try out the warming, rhythmic treatment, at the treatment room in Neal's Yard, Cambridge, I was slightly concerned this would be a little too 'intense' for my liking; I know kneading the knots in my back is beneficial, but I much prefer the light touch! However, Emma assured me there was a 'deep or dreamy' option when it came to pressure, so of course I plumped for the latter. Showing me the custom-made bamboo tools, which were warming in a special blanket, she explained they had been coated with silky carrier oils, such as grape seed, jojoba and sesame, to glide over the body, and would be used to 'melt' and 'roll out' tight muscles.

The treatment began with me lying on my front covered in towels, while Emma gently used some fabric beaters all over my body to encourage blood flow to the skin surface. She began working her magic with the warm bamboo tools first on my legs, before moving onto my back, up to my neck and on the back of my arms, then I turned over for the front of my body to get the heavenly treatment. As she lightly rolled the warm bamboo in repeated movements along my muscles, it felt simply divine. In fact I was so utterly relaxed that I have to admit I was fighting sleep before she had even reached the top of my legs.

Ninety minutes later, I had completely melted into the therapy bed and could quite easily have spent the night dozing in the treatment room. It was truly one of the most relaxing massages I had experienced and I think I'll be booking in regularly for a post-deadline treat!

Louise Cummings

■ A Warm Bamboo Massage with therapist Emma Kenny costs £40 for a 60 minute treatment (half body/back) or £60 for 90 minutes (full body). Book your appointment by calling Neal's Yard on 01223 321074.

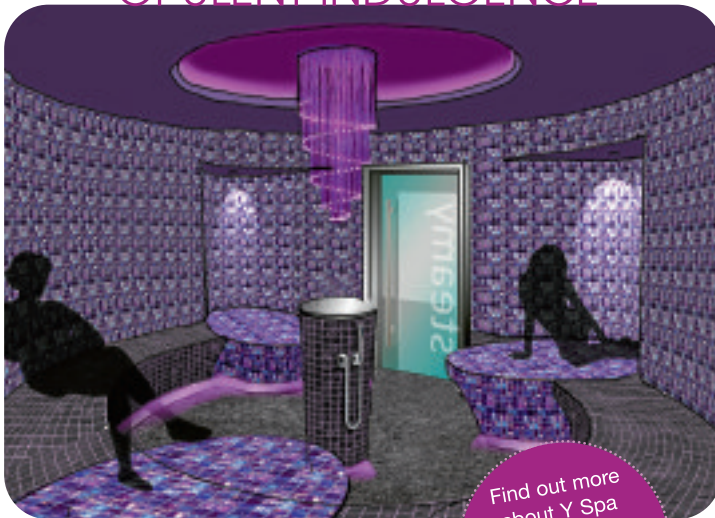


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SPA NEWS

OPULENT INDULGENCE



Find out more about Y Spa and fantastic opening offers at www.yspa.co.uk

Wyboston Lakes' opulent new spa is set to open its doors on November 1st, offering state-of-the-art facilities and the latest in holistic and beauty therapy. The lavish Y Spa, located about half an hour from Cambridge, will offer 11 therapy rooms (using Elemis and Murad products), steam rooms, waterbeds, a relaxation area with reading pods, an outdoor hydro-pool and super-hot kelo sauna in the south-facing garden with an open-air fireplace.

The different facilities have been given quirky titles; the 100 per cent humidity sauna – a magical cavern of iridescent mosaics and colour-changing mood lighting is called Steamy, the 60 per cent humidity sauna named Softy; the detoxifying steam room Salty and the roaring Kelo wood sauna (not for the faint hearted), referred to as Some Like It Hot!

The Chill Zone features glacier showers and a frost wall while the Big Sleep boasts ergonomic loungers with warm snuggly blankets and a fireplace, plus a selection of books on fashion and glamour (I know where I'm hanging out!). The Time Out area has three waterbeds, some great coffee table books and a window out on the world for times of reflection.

There's also a Mud glorious Mud rasul chamber, manicure and pedicure stations featuring OPI products and a private treatment suite for any VIPs that might swing by! While the plush glass doors of Y Spa don't officially open until November 1st, bookings are now being taken.