

*Purify your pores with a mineral-rich therapy with added indulgence*

EDITED BY GABY SOUTAR

Entering Pure's treatment rooms at Edinburgh's Ocean Terminal is a bit like stepping through a portal into another dimension. One minute you're in a busy mall with all the commotion and carry-on that entails, the next you're in an exquisite, softly lit, sybaritic cocoon, experiencing, with any luck, one of the many relaxing treatments the spa offers.

I plumped for the intriguing-sounding Moroccan Mud Wrap, a therapy involving a mineral-rich mud bath, designed to remove toxins from the body and leave skin peachy soft.

Proceedings kicked off with a soothing foot bath followed by a head-to-toe exfoliation, which my therapist Thara administered with scrubby mitts before applying the mud. When I was fully slathered in the stuff, Thara rolled me up in tin foil like a giant burrito and left me to infuse on the massage bed for a while, and to ensure I didn't get too restless as the mud started to do its job, administered a lovely facial.

I was chuffed to see that the spa uses Elemis products for facial skincare as I trust the brand with my slightly sensitive, spot-prone complexion. I was glad of the distraction as the mud slowly



Health  
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The Moroccan Mud Wrap is £67 for 60 minutes

# Glorious mud

drying on my body started to prickle slightly, presumably as it was drawing the toxins out of my skin, as advertised.

I was glad when the moment arrived to shower off the grey, by now flaking, and frankly quite itchy mud. In my fluffy white dressing gown I was led to the shower and left to my own devices to hose down. As someone who doesn't have a shower at home I always relish the chance to linger under a good power shower. Thara probably wondered

what on earth was taking me so long. Pink and glowing, I returned to the massage bed, where Thara worked lashings of indulgent argan oil (prized in Morocco for its anti-ageing properties) into my receptive skin.

This was the highlight of the therapy - a heavenly relaxing treat after the tin foil and mud experience.

At the end of the treatment, there's the added bonus of a nice long lounge in the relaxation area. Clients are

encouraged to take their time over a herbal tea or fruit juice. The lights are low, the day beds are comfy and those dressing gowns are truly fluffy. I suspect I rather overstayed my welcome, so relaxed was I, but if I did the staff certainly didn't let on.

MERCY BREHENY

*Pure Spa Ocean Terminal, Ocean Drive, Edinburgh (0131-561 1408, www.purespauk.com)*

## Fab facts for a beautiful life



### HEALTH BONE UP

Women who don't meet the UK recommendation of 700mg of calcium per day (100ml of milk contains 120mg) risk fractures or osteoporosis. Get your daily intake by eating curly kale or sesame seeds, as well as dairy products.

### BEAUTY POP CULTURE

Treat Dad to a bottle of Guerlain Homme's new Pininfarina Eau de Parfum Intense for Father's Day tomorrow. Its bright red bottle is inspired by the work of Battista Pinin Farina (1893-1966), who was a designer for Ferrari and Maserati. What's more, the contents smell delicious, with notes of rum, peppermint, lime, geranium, cedar and vetiver.



### FITNESS

#### BITING POINT

It doesn't have the most appealing name, but the new NosiLife collection from Craghoppers is perfect for protecting the skin of walkers and climbers. Their Darla Long Sleeve Shirt (£52) has fabric imbued with insect repellent, which they say reduces the frequency of bites by 90 per cent. The same material is also sun protective. [www.craghoppers.co.uk](http://www.craghoppers.co.uk)



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