

## FEELGOOD FACTOR

feelgoodfactor@standard.co.uk

## ESPA men's facial and life-saving back treatment

## WHAT IS IT?

A relaxing and rejuvenating facial twinned with cleansing and exfoliation, massage and a mudpack treatment to buck up the back, using ESPA organic products designed for men. All in the rather lovely surroundings of the £2 million spa that was installed in the basement of Marylebone's Landmark Hotel last year.

## ANY SCIENCE TO IT?

Sea salt and seaweed in the back scrub help lift dead skin and draw out impurities, as does the marine mud mask. The moisturising facial comes with a pressure-point face and scalp massage to aid lymphatic drainage. My charming therapist, Shiori, asked me to sniff and choose a skin-toning lotion, facial oil and massage oil, saying, "Your body knows what it needs." (Actually, if my body knew what it needed, it would probably have taken the keys off me years ago.)

## WHAT'S IT LIKE?

Bliss. It's basically two hours of pampering in sumptuous and well-designed surroundings. The treatment room, all smooth wood and beige gauze, is beside the rather spectacular half-ozone swimming pool and the whole basement spa has been well enough lit to feel womb-like without being claustrophobic. The back treatment is the most comprehensive I've ever had and the facial the most gentle. I often find that thumb knuckles digging into the fleshy parts of my nose to extract blackheads takes the edge off a relaxing treatment but this one was all gentle pressure and stroking. Even the boring bits of the process are enlivened. While the mudpack on my back did its work, Shiori massaged my legs and my scalp — which almost had me nodding off — with the face mask in place. She eased the knots in my jaw, bulging after a stressful day. She even offered to change that staple of spas the world over, the Enya CD playing in the background, if I wanted. The whole thing, Enya included, left me in quite a soporific state but a quick dip in the ozone pool woke me up enough to stop me wandering into traffic on the way home.

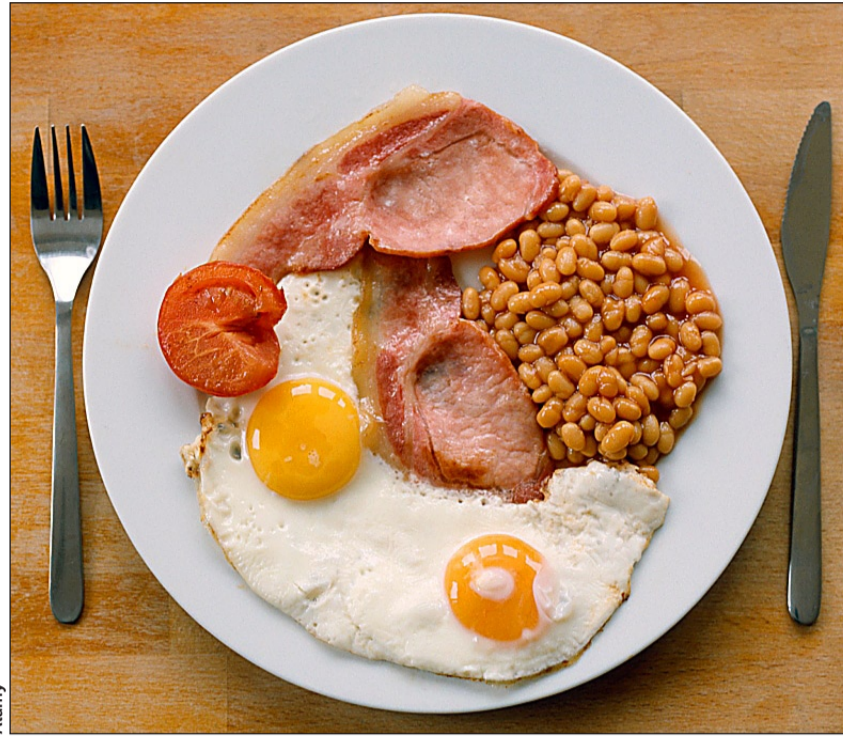
## COST AND CONTACT:

ESPA facial, £70, and life-saving back treatment, £65. The Landmark Spa, 222 Marylebone Road, NW1 (020 7631 8010, www.landmarkspa.com).

NICK CURTIS



Soothe operator: just the thing for a fevered brow



**Fat lot of good:** but your morning meal doesn't have to be unhealthy

## A better breakfast

The traditional fry-up is heart-attack fodder, says **Jasmine Gardner**, but not so the Full English Lite

MOST of us relish a fry-up. But we also know that to elude cardiac arrest, the Full English should remain off the menu.

Reports now show that a fried breakfast will use up over half our 2,000-a-day calorie allowance and vastly more than our 6g daily salt limit.

So can we ever enjoy a fry-up without feeling terrified of the artery-clogging consequences?

"A fry-up may not necessarily be bad for you," says nutritional therapist Josephine Ng. "Eating the same breakfast every day — even a healthy one — won't offer you a wide enough range of nutrients. Variation is the key, and that can include a fry-up."

## FOUR HEALTHIER FRY-UPS:

**Inn the Park** St James's Park, SW1

## FOOD FOR THOUGHT

## THE TRADITIONAL FRY-UP

**Fried egg:** 8.1g fat, 0.4g salt, 92 Kcal  
**Streaky bacon** (two rashers, fried): 13.3g fat, 2.4g salt, 168 Kcal  
**Sausage** (one 40g, fried): 9.6g fat, 1.1g salt, 123 Kcal  
**Mushrooms** (50g, fried in butter): 8.1g fat, 0.2g salt, 79 Kcal  
**Tomatoes** (80g, fried in oil, 80g): 6.2g fat, trace salt, 73 Kcal  
**Hash browns** (100g): 9g fat, 1.5g salt, 200 Kcal  
**Baked beans** (100g): 0.6g fat, 1.3g salt, 84 Kcal  
**Black pudding** (80g): 17.2g fat, 1.9g salt, 238 Kcal  
**Fried bread** (two slices, white): 24g fat, 0.8g salt, 320 Kcal

**TOTAL:** 96.1g fat, 9.6g salt, 1,377 Kcal

Source: Josephine Ng, nutritional therapist, www.thenutritionmentor.com

## THE HEALTHIER FRY-UP

**Poached egg:** 6.3g fat, trace salt, 76 Kcal  
**Lean back bacon** (two rashers, fat trimmed, grilled): 5g fat, 1.9g salt, 86 Kcal  
**Sausage** (pricked and grilled): 8.8g fat, 1g salt, 118 Kcal  
**Mushrooms** (50g, grilled, no oil): 0.3g fat, trace salt, 8 Kcal  
**Tomatoes** (grilled, no oil): 0.2g fat, trace salt, 16 Kcal  
**Griddled potato wedge** (100g no oil, unsalted): 1.4g fat, trace salt, 85 Kcal  
**Baked beans** (reduced sugar, reduced salt): 0.6g fat, 0.8g salt, 73 Kcal  
**Toast** (two slices, wholemeal): 2.1g fat, 1g salt, 184 Kcal

**TOTAL:** 24.7g fat, 5g salt, 646 Kcal

A "Create Your Own" menu allows you to build a classic fry-up using grilled mushrooms and unsmoked back bacon.

**Maggie's Café & Restaurant** 322 Lewisham Road, SE13 This family-run café will cook your order however you want.

**The Breakfast Club** 33 D'Arbly Street, W1 or 31 Camden Passage, N1 All the ingredients in the £6.20 "Full Monty" brunch are griddled.

**The Boiled Egg & Soldiers** 63 Northcote Road, SW11 This Clapham café has a reputation for being a non-greasy spoon. It grills its full English.

## THE FIVE BEST

## PHOBIA EXPERTS

## LESLEY MURDIN

As director of counselling and psychotherapy at the Westminster Pastoral Foundation, Murdin specialises in contemporary Freudian therapy which focuses on the impact of the unconscious mind on behaviour. Treats agoraphobia, a fear of public spaces.

**WPF Therapy, 23 Magdalen Street, SE1 (020 7378 2000). Cost according to income but minimum of £20 a session.**

## DR ROBERT LEFEVER

The founder of the Promis recovery clinics uses hypnotherapy and neuro-linguistic programming which focuses on the five senses. Treats claustrophobia as well as fear of animals, especially snakes.

**The Promis Unit, 2a Pelham Street, SW7 (020 7584 6511). From £200 a session.**

## PROFESSOR DAVID CLARK

As one of the country's most respected psychiatrists he has treated victims of terror attacks. Uses talking therapies to treat social phobia, a deep fear of being humiliated or embarrassed in public.

**The Maudsley Hospital, SE5 (020 7848 0245). GP referrals only.**



## PHILLIP HODSON

Artists and actors with performance anxiety and stage fright are among the patients this psychotherapist sees, as well as pianists with a fear of failure who develop a phobia of touching the keys.

**www.philliphodson.co.uk (020 7794 2838). Sliding scale according to income.**

## DR LINDA PAPAPOPOULOS

Has made a name for herself through television and radio. Her expertise includes treating women who have body-issue related food phobias at her private practice in Kensington.

**www.drLinda.co.uk. From £125 for a 45-minute session**

SOPHIE GOODCHILD

## From kitchen to couch – the cook turned personal therapist

## CONTINUED FROM PAGE 35

changes in yourself and you just know it. It feels painful. You suffer."

Waldegrave has been in therapy, however. She started because it was a prerequisite of her four-year training programme but has since carried on and now regards it as an essential part of her weekly routine. "My therapist is a really important part of my life," she declares. "I look forward hugely to going to see him because I know I'm going to feel better afterwards. You have all these things floating around in your head but you never articulate them and then you get into that room and suddenly you're allowed to. So the whirring sort of stops.

"The work that we do together always goes on outside the room. He's almost

in my head, I've internalised him in some way, so that I often find myself asking in my day-to-day life, 'I wonder what he'd think about that?' It makes me so much more self-confident. I feel braver about all sorts of things. Before, I might have felt anxious when faced

with some decision or I might have checked with someone before making it, but now I tend to just go ahead."

She is glad, though, that she brought up her four children — now 28, 24, 23 and 20 — before embarking on a career in therapy. Modern parents have a ten-

dency to overanalyse their children, she thinks, instead of relying on the instinctive parental nous that serves them best. "I'm sure I'd have watched my children too carefully had I known what I know now. And I'm sure I'd have worried more as a result."

But London is fertile ground for the psychotherapist, she says. I'm baffled by her overtly Freudian claim that the knife crime crisis among young men "might well be a form of sexual violence" — but the strain of life in the city undoubtedly increases in uncertain times.

"I walk down Oxford Street and see so many stressed-out faces," she says. "Sometimes, actually, I think you need a therapist just to survive that daily Tube journey. Quite often you do find in the city that there's no space to think, don't you? What we aim to do is give people that space and the opportunity to find a mind of their own."

■ **Margaret Street Counselling and Psychotherapy, 39 Margaret Street, W1 (07758 598956, www.msccp.co.uk).**

## SPOT THE SIGNS OF DEPRESSION

## Tearful

A deep sense of sadness lasting over three weeks is sign of clinical depression. If you constantly feel on the verge of tears, seek help.

## No interest in life

Feeling empty and flat, with no enthusiasm for your favourite hobbies.

## Loss of appetite or craving for food

Abnormal eating patterns are a common

early sign of depressive illness. Some people lose pounds while others gain weight.

## Disrupted sleep

Feeling tired but unable to fall asleep or waking up several times during the night with your mind whirring. Can become a vicious circle.

## Inability to concentrate

Completing basic tasks becomes difficult

as the mind finds it harder to focus for long periods.

## Worthlessness

A deep sense that you and your life are of little or no value. Can lead to self-destructive or neglectful behaviour.

## Isolation

Avoiding family, friends and withdrawing from social occasions are early warning signs.

SOPHIE GOODCHILD