

Tartan triumph

Scots salons win top awards

SCOTTISH salons were the toast of The British Beauty and Spa Awards, the Oscars of the beauty industry, last week.

The awards, presented by Health & Beauty Salon magazine, have for the past 12 years rewarded and recognised the best in the beauty and spa industry.

And our homegrown spas triumphed at the ceremony. Here are all the winners:



Destination/Hotel Spa of the Year, sponsored by ESPA:

The Spa at Gleneagles by ESPA: Auchterarder.

Facial Therapist of the Year, sponsored by Guinot:

Lynn Daniels, The Haven on the Loch, Loch Lomond.

Marketing Award, sponsored by the London College of Beauty Therapy:

Zen Lifestyle, Edinburgh.

Retail Salon of the Year, sponsored by

Health & Beauty Salon: Zen Lifestyle, Edinburgh

Training Award, sponsored by International Dermal Institute:

Revival Retreat, Glasgow

North West and Scotland, sponsored by Health & Beauty Salon: Zen Lifestyle, Edinburgh

Salon of the Year, sponsored by Health & Beauty Salon: Zen Lifestyle, Edinburgh.

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Publisher/Editor-in-Chief of Health & Beauty Salon, Jayne Lewis-Orr, said: "The night was a tremendous success. Each year the standard of salons, spas and individuals entering the awards exceeds our expectations. They should all be justifiably proud their achievements have been recognised by the British Beauty & Spa Awards."

Travelling is a kind of magic

World of wonder ... Dr Morrell found that travel opened up her life

BY SAMANTHA BOOTH

MANY people can travel the world, but never really gain anything from what they see or do.

But Scots author Dr Rima Morrell is hoping her new book *Travelling Magically* will ensure that any journey, whether it is an overnight stay or a round-the-world trip, becomes a life-changing experience.

As well as practical advice on every aspect of travel, including how to get around cheaply and ethically, she has plenty of tips on travelling with animals and suggestions on when are good times to tell your travel stories on your return.

Rima has also filled her book full of inspirational stories and guidance on how to get the most from your adventures by meeting with locals, absorbing the culture and opening up to new experiences.

The Doctor of Anthropology, who runs an animal shelter on Skye called the Living Ark, said: "The book is all about creating the life that you really want through travelling, so you are not just off to Spain for a fortnight and then back to the same old, same old."

"It shows how to use your travelling experiences to change your life and I think that is more important today than ever, when a lot of people seem to have what they want materially only to discover that they are still not happy."

"So in the book I suggest things like, if you are on a Hawaiian beach at sunset, the kind of situation in which most people would automatically take a drink, I say why not try and experience it without a drink."

"Just try to feel happy and more connected without it because that way, without the drink or the drugs, you will be more able to bring that feeling back with you."

"Of course there is also plenty of practical stuff, like travelling with animals for instance."

"Many travel books only talk about travelling with dogs, but I have examples of people travelling with pigs and elephants. I also include advice on

Scots author explains how to make sure any holiday or journey is a life-changing experience

staying safe, how to travel on your own and even when it is a good time to make love. It has to be the only travel book with advice on that."

Rima actually wrote the first draft of her book when she was travelling on a budget when she was in her late teens.

She said: "I worked in a terrible office job to make money to save up for a ticket to Australia, stopping at New Delhi on the way."

"At the time I didn't believe in anything at all and I was probably a bit depressed. But travelling was just this amazingly interesting experience for me and I did put the basics of the book down when I was in Sydney."

"It just sort of came to me and before I knew it I had 40,000 words by writing two hours each morning for a few weeks."

"Then, though, I simply forgot all about it all, until recently."

Rima says there are five major differences between ordinary travel and magical travel.

These are learning how to follow your



intuition, being open to travelling spontaneously, leaving the beaten track, being prepared for mystical experiences in sacred places and elsewhere and learning how to make your magical experiences part of your everyday life.

She includes everything any would-be magic traveller needs to know in order to make the most from their journeys, holidays and weekends away, from techniques on how to tune in to your intuition to practical tips on dealing with illness abroad.

Rima also makes suggestions on which places people might fancy visiting and re-tells fellow travellers' stories.

Stories include that of Margaret, who decided to leave an uncaring husband after a life-changing trip to Glastonbury.

Or there's Brian, who only had a week off, not a lot of money and big decisions to make yet found the answers he needed on a camping trip near his home. There's also the grandmother who decided to hitchhike across Alaska to see her grandchildren in

her good suit and was so inspired she has since travelled the world.

Rima said: "I have never had much money or much support so I knew it is possible to travel in these circumstances."

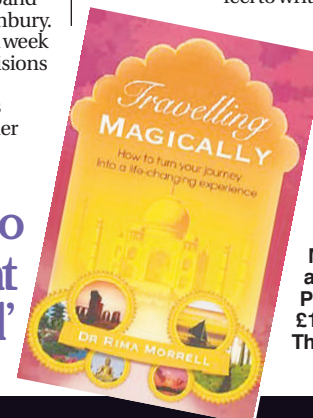
"It really is also the first guide to travelling using your intuition and I believe it will be good for people at all different stages of life."

"And as well as the spiritual side of things like learning how to tune into your higher self, I deal with all the issues people might face while travelling if you are elderly, if you are disabled or if you have children with you."

"In fact the book has a whole range of advice from learning how to simply feel to writing a travel

diary. And after all, you never know, it might just become a best seller."

● *Travelling Magically* by Dr Rima Morrell is available from Piatkus for £10.99 from Thursday.



Trend alert..

A-listers are wearing pearls but these earrings, £12 from Freedom at Topshop, are just as elegant



Tie up this season's bow trend with this cobalt blue top, £10 from Matalan



Hair today, gone tomorrow thanks to laser treatment

LADIES, imagine never having to shave or wax again ...

Well, if you head to beauty salon and skincare specialist Radiant Skin, you may never have to.

That's because salon boss Tina Mulhearn has a Luminette machine, which removes hair permanently using intense pulsed light (IPL) to zap follicles, leaving your skin hair and stubble free. Eager to try it, I made an appointment at Tina's

salon in Giffnock, Glasgow. Following a patch test two days earlier, I lay on the treatment bench as Tina prepared my underarms by applying a thin layer of gel.

IPL isn't as painful as electrolysis and feels like an elastic band pinching on your skin. As I wore protective goggles, Tina zapped my armpits with the IPL gun. The

laser crystal is placed on the skin, then a short blast of light and heat targets the follicles.

Because the laser is attracted to colour, it is absorbed by the pigment in the hair follicles and destroys them. Each blast of light treats up to 100 hairs, so it was all over in a few minutes.

Tina finished the treatment by applying a cold cloth under each arm. It certainly was short-term

pain for long-term gain and now my underarms are almost completely hair-free.

In the days following the treatment, hairs did appear to grow, but this is simply dead hairs being pushed out by the new epidermis.

For best results, the treatment should be carried out every four to eight weeks because hairs grow at different

rates and in different directions. It works best on darker, thicker hair, and is less effective on fair hair and not recommended for grey or white hair.

It can be done on any area on the body where there's hair.

It is also regarded as a solution to thread veins and rosacea, and can be used to treat acne.

LAURA COVENTRY

IPL Permanent Hair Removal, Radiant Skin, from £35
Radiant Skin is at 2b Fernleigh Road, Giffnock, Glasgow. Tel: 0141 637 9394.