

EARN YOUR STRIPES

The British label YMC has always done its own thing, and this season is no different. This Cocoon mac (£250) and Breton stripe dress (£120) have laid-back summer days and nights nailed. Beautifully made, in 100% cotton, they are a dream together, but statement enough to go it alone, and with a timeless quality that will stretch to autumn's first chill and beyond. Totally modern and not a 1970s vibe in sight.



YMC,
23 Hanbury Street E1, 020 3432 3010,
youmustcreate.com

TRIED AND TESTED Skin deep

When ringing to book a treatment, I am gently steered away from the one I initially suggest I'd like to try and offered something tailored especially to me. So I head off to The You Clinic, happy to put the fate of my skin in their hands. Good decision. This Chiswick-based salon promises bespoke – and bespoke is what you get.

Set up in 2006 by sisters Sonya and Rachel Cross, The You Clinic really does focus on the individual. There is no blanket branding here, no big-name big sell, but rather a wide collection of products and essential oils tailored to personal needs.

Just minutes from Chiswick Park Tube station, the intimate no-frills salon has the focus firmly on

action. I'm offered water, given a short questionnaire to fill in and led into the treatment room. A brief explanation from Sonya follows and we're off.

I'm cocooned in warm blankets and towels, and for the next 90 minutes Sonya weaves her magic with a combination of techniques, advanced technology and potions – some soothing, some invigorating, some hot, some chilly – deftly working to bring my tired, dull skin to life. There's massage, too, muscle toning and relaxing for shoulders, neck and scalp.

Afterwards, slightly giddy, but with my skin looking bright and fresh, I sip a lemon and ginger tea as Sonya runs through what she's done and how she found my skin,



suggesting a different treatment for long-term bonus benefit.

The bespoke facial is indulgent, most certainly, but it is most definitely a treatment more than a succession of sweet-smelling lotions swept over the face. For when you feel your skin needs some TLC, or you want some 'you' love, try here. The clue is in the name. **Stephanie Jones**

The You Clinic,
6 Chiswick Terrace W4,
020 8742 2266,
theyouclinic.co.uk
Bespoke facial, 90 minutes, £120

BAGS OF STYLE

Since its set-up in 2011, with its roots in classic leather craftsmanship and minimalist design, M. Hulot has built up a cult following to become the go-to for divine handbags and carry-alls. Perfect for summer is the new Gia mini, a compact cross-body style with beautiful curved edges, or stay classic with the brand's timeless Garrard clutch (right). Both carry the signature M. Hulot central strapping and come in seasonal shades of rosa/nude and yellow/mustard.

mhulot.co.uk
Gia mini, also in black, £170;
Garrard clutch, £155



SHOP WATCH Anchor + Hope

Holly Shaw decided to open Anchor + Hope early last year after she saw a gap in the market for fashionable yet affordable maternity wear. Her vision for her 'friendly, local and fully independent' shop was to offer a well-edited selection of 'as new' maternity wear and accessories for women who prefer decent made-to-last clothes to disposable fashion,

along with goodies for babies and even the home. Many of Holly's loyal customers work in fashion, so the stock often includes designer samples, as well as high street and more upmarket labels. For summer, Anchor + Hope is 'expanding our baby and homeware offering – we keep falling in love with great local designers and can't help ourselves!' The baby-friendly store features a designated play area, nappy changing facilities and lots of space for buggies.



Anchor + Hope,
363 Roman Road E3,
anchorandhopelondon.co.uk

EXPRESS YOURSELF

The Blow Bar's slogan tells you pretty much all you need to know: Walk In. Blow Out. Make Up. Nail It! On offer at Islington's BB are eight speedy blow-dry styles, from side-twisted pony tail to 1950s-inspired curls, all done in 30 minutes and costing £25 (or design your own for £45, which takes 45 minutes). As well as the blow dries, you can enjoy make-up courtesy of Lord & Berry (£20) and an express nail file and polish for £15. Really want to live that slogan? Go for a Triple Tipple – signature blow dry, make-up and nails – for £50.

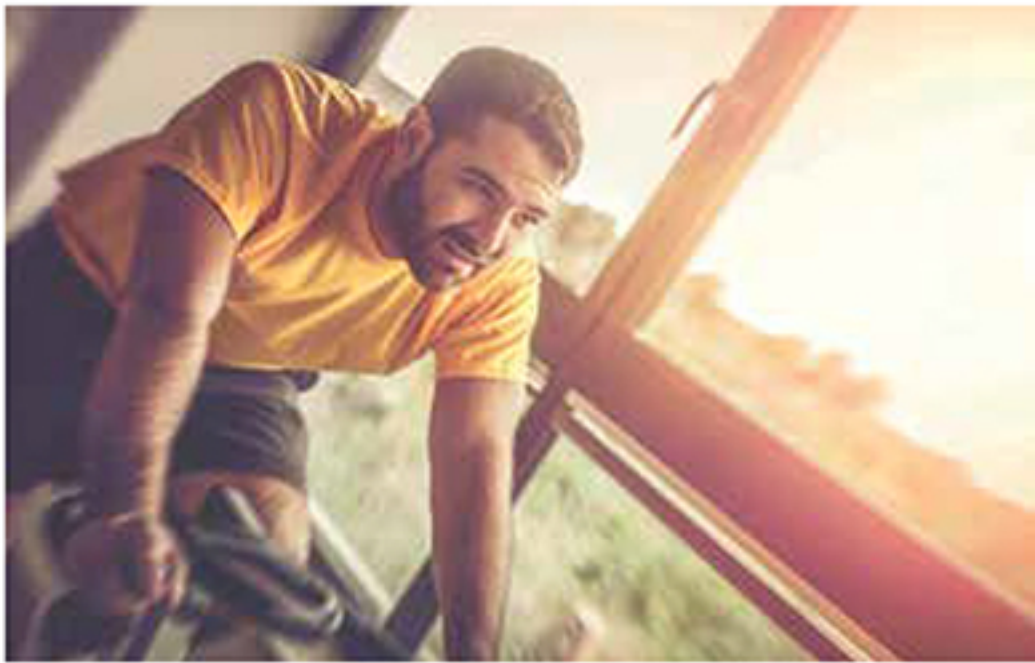


25 Camden Passage N1,
020 7354 1551,
theblowbar.com

STYLE AND BEAUTY FOR HIM CTC Nutrition

Is your beer belly bothering you? Would you like to pack on a bit more muscle? Do you want more get up and go? Then you need to talk to Scott Tindal of CTC Nutrition. Scott holds a master's in sports medicine, a bachelor degree in physiotherapy, and a diploma in performance and sports nutrition.

CTC stands for 'Cut The Crap', which, Scott says, 'is cutting the crap food out of your life, cutting the crap with false nutrition advice, and cutting the crap excuses you've made for not having the health you desire'. 'This is about you learning about your body, what it does and



doesn't require to function, and why you are making changes,' he continues. Scott can help you lose fat, build lean muscle and improve your health and wellbeing.

Your CTC 'journey' begins by filling in forms to provide Scott with an insight into your lifestyle and goals. He also uses behavioural therapists and trainers to provide support for your mind and exercise programme. Once your information is analysed, you'll be sent your initial programme, incorporating your feeding and training programmes, nutrition advice and weekly research analysis. ('I'm not going to spoon-feed you,' says Scott. 'They are personalised guidelines to teach you how to look after yourself. Ultimately, it is up to the individual to follow the programme and learn the lessons for life.')

During the following 10 weeks, Scott will send you everything you need to healthily achieve your goals and keep motivated. The programme is tiered and, depending on your choice, you'll have access to Skype meetings with Scott and his team.

ctc-nutrition.com,
scott@ctc-nutrition.com
Programmes from £199