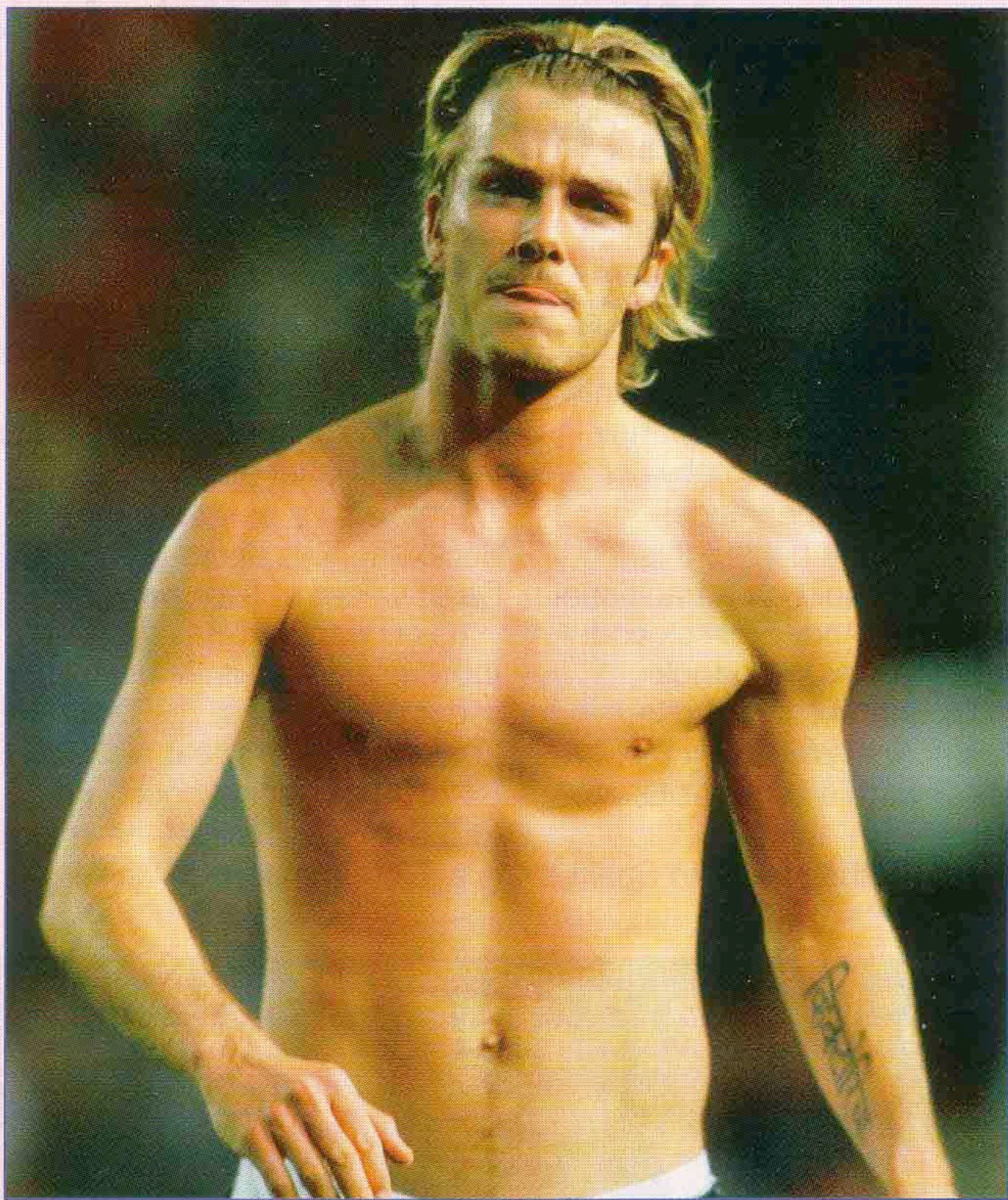


high maintenance

we road-test the **treatments**
the **celebs** can't live without



oxidation **body** massage

who are the celeb fans?

Super-fit megastars David Beckham and Madonna have both had the treatment.

why do they love it?

Oxidation therapy relaxes the body and boosts energy levels and the immune system. It can improve conditions including asthma, allergies, stress and skin disorders.

the science bit...

Oxidation therapy uses the purest form of ozone, known as O₃, to penetrate the cells. This is a kind of 'super charged' oxygen which can be applied in either a serum or gas, via massage, a mineral sauna or special oxidation suit. Once the O₃ seeps below the skin's surface it quickly begins to assist the cells with healing and regeneration. It also re-oxygenates the blood, helping it to combat bacteria and harmful toxins. In the oxidation body massage, O₃ is applied in serum form which is rubbed into the skin using an ancient Ayurvedic technique.

so what happens?

You undress and lie face down on a bed with a towel covering the upper part of your body. The therapist applies the O₃ serum to your arms, shoulders

and legs in long, sweeping movements. You then turn over so they can apply the serum to the other side of your body. As it is massaged into the skin, you feel a warm sensation which may make you quite sleepy. It takes about an hour for the serum to be completely worked into the skin.

does it hurt?

No! This is seriously relaxing stuff and the powerful purification may leave you a little light-headed.

does it work?

Our tester says that the treatment left her feeling energised from the inside and completely chilled on the outside. When she arrived she felt edgy and frazzled, but after the massage her energy levels had soared and her skin felt like it had been treated to an intense exfoliation.

what's the damage?

It usually takes 4-6 sessions before you notice a dramatic and sustained improvement in your well-being. Prices start at £50 for the massage, and you can now buy O₃ serum to take home from £20.

I want to try it!

For more details call Bliss Spa on 020 8969 3331.