

NECESSARY LUXURIES IN AND AROUND LONDON



SOLE SURVIVOR

With the London Marathon imminent, the thoughts of many a runner turn to their own personal goals, whether they be speed, distance, or simply running without injury. Three months ago I had plateau-ed at 16 miles and despite enlisting the help of an acupuncturist, physiotherapist and podiatrist, assorted aches and strains had led me to despair of ever progressing further. Then a friend told me about Profeet. With the help of some fancy equipment, this New Zealand company are able to minutely analyse your running style and then make you a pair of bespoke inner soles on the premises which work to correct your personal idiosyncracies. Their highly-trained staff also recommend stretching and strengthening exercises, but the magic is in the inner soles, which are worth every penny of £90: since mine were fitted, I've run without pain for the first time in months and have every hope of one day completing a marathon. Keen and aspirant runners and joggers should make Profeet their first port of call for trainers, inner soles and a covetable collection of high-tech kit (personally I've moved on from Sweaty Betty and am loving running socks marked left and right. Apparently it makes a BIG difference). Oh, and they also custom fit ski boots. Profeet are in Clapham and Fulham; to book an appointment, go to www.profeet.co.uk. ■ LT

DAY SPA OF THE MONTH

MICHELINE ARCIER AROMATHERAPIE

One of the pioneers of aromatherapy in the UK, Micheline Arcier's clinic is the place to go for aromatherapy, beauty treatments and products – as it has been for the past 45 years. The overall mood as you step through the door is homely haven rather than sterile spa, so you're completely relaxed for what's in store. You can't do better than the Signature French Facial, which uses an essential oil blend chosen to suit the particular complexion and is a real workout for the face, deeply nourishing the skin for a healthy, natural glow. Or you can combine therapies to create your own top-to-toe salon special, concentrating on areas of your choice, from zapping cellulite to an aromatherapy foot treatment –



is staffed by highly trained hygienists offering and polishing choices – a brilliant idea and people who aren't sure about going the wh teeth whitened. (And in case you're thinking remember that gum disease, which can lead to any symptoms, but a hygienist will soon spot and put things right.)

The basic Cleanse and Polish (£30; 20 min) but noticeable improvement and for high da serious treatments, such as the Special Occas Polish (£150; for that, you get your teeth and a have polished, and you will be given before a that there is a visible difference).

As for indulgence, at London Smiling clin such as massage and reflexology on offer al and you can have a soothing and hand-soften teeth are being examined or cleaned. Dr Ucl the clinics, is a former dental-phobic, so does patients at ease.

Everyone offers tooth-whitening these days and despite the cost (£400 upwards), it is increasingly popular, particularly if it can be done quickly. Quickest of all – at the moment – is the Wy10 system that Mervyn Druian offers at his Haverstock Hill practice. You only need two 10-minute cycles of this bleaching treatment to render teeth many shades lighter (brace yourself, though, such convenience comes at a price: it costs £775).

You can even get a whole new smile within a day if you go to see Joe Oliver, a with a substantial A-list clientele. Working w finds it is possible to assess a mouth, order mu veneers and have them fitted at the end of rather than two weeks later.

The boom in dentistry isn't confined to cosm implants, the state-of-the-art solution to missing demand not least because of the speed with wh 'There is now huge interest in implants due to that implants can last a lifetime and are 1 successful,' says Dr Andrew Dawood, one of Br in implant dentistry, who has pioneered many advances in implants in the UK.

Implants used to take many months to co to advances in both the materials used at computerised 3-D imaging techniques deployed be rustled up and fitted fast – in some cases, ir complex cases, one can even built anatomically patient's jaw, so that surgery can be carefully pl says Dr Dawood.

The previously unsexy field of adult orthod found popularity, too, now that there are sever stuck with an Ugly Betty-style train-track. The plastic brace which, as the name implies is ha more complex procedure of lingual orthodont bits of the braces are fastened to the back o running between them. This leaves the teeth l proved popular with celebs, including Kelly

'Yo
w
sm
da
can
in t
a
tha