

Fabulous

46
BANG-ON
BOOTS FROM
JUST £18

**THE NEW
KILLER LIP**
One slick = sexy

Cheap & chic
*Jamie's ultimate
dinner party*

*'My husband
cheated on me –
with other men'*

Last Dance Saloon

Kara Tointon left
EastEnders, then lost it all.
Now she's Strictly stronger



BEST FOR... Sunblock-weary skin

Get polished to perfection in Cambridge

Varsity Hotel & Spa, Cambridge

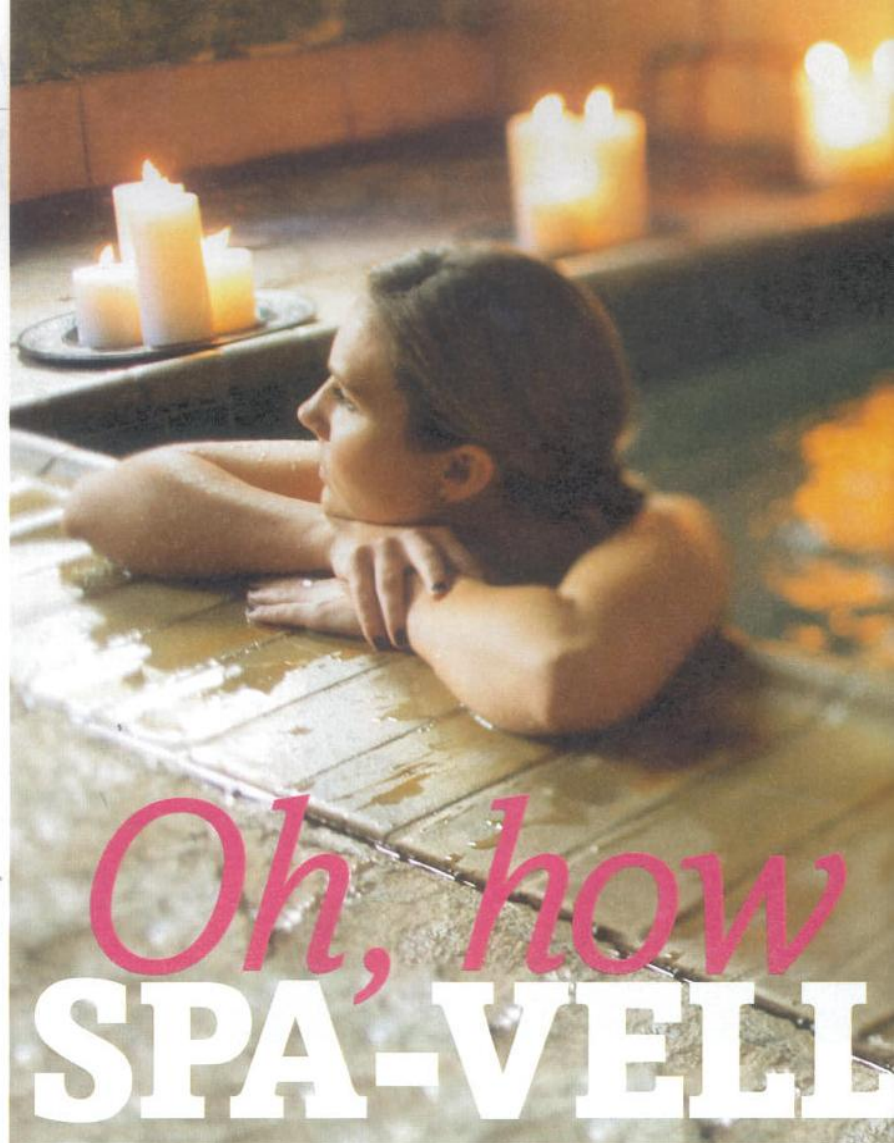
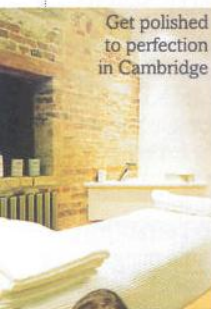
Right in the middle of Cambridge is new boutique hotel Varsity. Next door is its Glassworks Health Club And Spa, and on the other side, the River Kitchen restaurant, serving yummy steak and chips! Rooms have iPod

docks, oak flooring, Elemis smellies and monsoon showers or free-standing Victorian baths.

The top floors have glass walls and amazing views.

Smooth 'n' soothe: Make like Lily Cole (left) and pamper parched skin with a sauna, steam and soak in the Jacuzzi overlooking the River Cam. Then have your body scrubbed to silky softness with an Aqua Polish (£35 for 50 minutes), which uses Aveda Dead Sea Salts. Follow with a Pure Focus Facial (£30 for 30 minutes).

Cost 'n' contact: Rooms cost from £155 B&B, based on two sharing. Call 01223 306030 or visit Thevarsityhotel.co.uk.



Oh, how SPA-VELL

BEST FOR... Radiant skin

The Grove, Hertfordshire

The five-star soothing at The Grove will have you hooray-ing that summer is so last season. During the day, it's a chic golf retreat, but, as the nights draw in and the log fires are lit, the hotel's pampering expertise comes to the fore. There's a gym and exercise classes, as well as a swimming pool lined in black – which is like sinking into warm cocoa. And you won't want to leave the relaxation lounge – all purple drapes, melt-into beds and warming ginger tea.

Smooth 'n' soothe: The award-winning Sequoia Spa, of which Emma Watson (right) is a fan, has a sauna and steam room, plus a vitality pool with hydrotherapy jets that will whoosh away any autumnal gloom. Treatments are superb – opt for the Re-hydrator Facial (£90 for 55 minutes), which uses Espa products to replenish post-holiday skin.

Cost 'n' contact: Rooms cost from £290, with breakfast, based on two sharing. Call 01923 807807 or visit Thegrove.co.uk.



BEST FOR... An all-over autumn body boost

Amber Spa & Boutique Hotel, Latvia

Just breathing in the sea air of Jurmala – 12 miles from the Latvian capital Riga and famous for its pine forests, white-sand beaches and thermal pools – will make you feel perkier than Kylie's bum. And the Amber Spa & Hotel will only add to your seasonal rejuvenation.

Smooth 'n' soothe: Work off all those ice creams with a dance class, or some aquarobics in the indoor pool. Then, be massaged, peeled, body-wrapped and detoxified with a Russian Bath treatment (£156 for three hours). The session starts in the sauna (to open the pores), then a dip in a plunge pool (to close 'em) and



You'll heart Hertfordshire's The Grove

Spent the summer swimming in SALTWATER, smearing on the SUNBLOCK and knocking back the SANGRIA? It's time to indulge in some POST-HOLIDAY PAMPERING

OUS!



a massage in which you're gently beaten with a branch (in a nice way that leaves the body all tingly!). It's rounded off with a hot, soapy scrub to leave skin glowing. **Cost 'n' contact:** Rooms cost from £78 per night, with breakfast, based on two sharing. Call +371 67 755330 or visit Amberspahotel.lv. Flights to Riga with Air Baltic cost from £60 return – visit Airbaltic.com.



BEST FOR... Sluggish circulation

Rockcliffe Hall, Co Durham

If you like your pampering to come in supersized portions, Rockcliffe Hall, on the banks of the River Tee near Darlington, is the place for you. The grand Victorian mansion, set in 375 acres of grounds, has one of the largest spas in the UK – 13 treatment rooms, including a double especially for couples.

Smooth 'n' soothe: The treatment menu is a treat in itself, offering a range of all the usual favourites, plus some more offbeat variations. Boost your circulation with a Horse-chestnut And Pine Scrub And Wrap (£110 for 90 minutes), featuring a rub-down to get shot of all that dead summer skin, a wrap to re-moisturise and a relaxing lymphatic drainage massage to help banish toxins. Be sure to visit the Sleep Retreat (a relaxation room complete with gently vibrating beds), which is the perfect place for a post-facial lie-down. Oh, and don't forget to try out the 20m indoor pool and the Technogym, hydrotherapy pool and thermal suites.

If you can drag yourself away from the spa, the hotel has two smart bars and three restaurants, including the gourmet Kenny Atkinson At The Orangery. The hotel's 61 bedrooms have vast beds with sumptuous satin and velvet furnishings.

Cost 'n' contact: Rooms cost from £255 per night including breakfast, based on two sharing. Call 01325 729999 or visit Rockcliffehall.com.



travel news
We're on the case!

LUXOR FOR LESS

EasyJet's new flights from Gatwick to Luxor launch next month. Book by October 15 with Discover Egypt for dates between November 29 and December 8 and soak up the winter sun at the El Luxor hotel from £299 per person B&B for seven nights. Call 0844 880 0461 or visit Discoveregypt.co.uk.

THE WHITE STUFF

October 11-17 is Chocolate Week!

Book a White Chocolate Afternoon Tea at the Podium Restaurant at the London Hilton on Park Lane and tuck into sarnies, scones with chocolate, mini chocolate cakes, cupcakes with fruit and a shot glass of caramel and chocolate vodka for £25 per person

Exclusive offer: Quote *Fabulous*, and you can each enjoy a glass of Prosecco absolutely free with your tea! Call 020 7208 4022 or visit Podiumrestaurant.com.

Tea for two at the Hilton



WOOD YOU BELIEVE IT?

If you're popping down to the New Forest for a mini-break, buy a Brand New Forest discount card for £3, and you'll get loads of brilliant discounts in shops and restaurants and at visitor attractions. Get yours at Brandnewforest.com.

HAVE A WICKED TIME!

Fancy whizzing around Europe in a campervan? Wicked Campers' Toyota vans are spray-painted with cool designs and come with a double bed, basic kitchen and a CD player or iPod connection. Holiday before Easter next year and save £200 – seven-days hire now costs from £252. Call 0808 234 8461 or visit Wickedcampers.co.uk.