

Spa Report

CASA SPA, LONDON

FACILITIES

A Moroccan-inspired traditional hammam that claims to be unique in London. It comprises a steam room, showers and a huge raised bed.

TREATMENTS AVAILABLE

The hammam or Turkish bath routine is a major part of the visit. Post-hammam treatments include massage, facials, body wraps, foot massage, pedicures and manicures, hairdressing and an infra-red sauna to promote detoxification and wellbeing.

TREATMENTS TESTED

The Hammam, 90 mins, £45

I went downstairs to a lovely candle-lit room where I was given a robe and a pair of pants to change into. I was by myself but could have shared the hammam with a couple of friends.

I went into a warm, steam-filled cabin and laid down. The therapist rubbed an organic liquid soap made with olive oil over my skin and applied a honey-based mask to my hair. After 15 minutes the therapist gave my skin a buffing with the traditional kiis, a scratchy mitt. She then rinsed my skin with ladles of luke-warm water and applied a medicated Dead Sea

mud body mask. After showering, I put on my robe and retired to the day bed with mint tea and fresh fruit. The treatment left me feeling relaxed and refreshed for days afterwards.

Facial, 45 mins, £70

A Swiss-made herbal micro-dermabrasion cream by Lydia Dainow was applied to remove dead skin. A Bio Oxy collagen mask was then massaged in to correct my sun-damaged skin and left on for 20 minutes. It was followed by a Bio Oxy hydrating mask. This all resulted in my lines reducing and my face and eyes looking less puffy.

GOOD POINTS

Casa Spa is a welcoming, relaxed and fun place to spend a few hours. It's more like going round to a friend's house and is great for all ages.

BAD POINTS

The Edgware Road branch is in a slightly scruffy area.

THE COST

From £45 for the Hammam treatment.

CONTACT: Call 020 7724 2030 or www.casaspa.co.uk for details.

PENNY MEYRICK

