

CANARY WHARF

JACK THE LAD

EXCLUSIVE INTERVIEW WITH HOLLYWOOD STAR HUGH JACKMAN

Winter Wonderlands
SNOW, SUN, SKIING, GLACIERS & GEYSERS

TIME & SPACE
WATCHES FOR YOUR CHRISTMAS WISH LIST

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health & beauty news



FIGHTING SPIRIT
If you're used to let off some steam, head to Revolve; the gym has recently opened a new combat area complete with boxing ring and punch-bags, so you can kick, punch and grapple until your frustration is spent. If you're up for interacting with other gym-goers, you can be paired against someone and while the Mixed Martial Arts class is challenging, it's not beast-inducingly so. Taught by a world champion fighter, the lesson caters for all abilities and is as fun as it is tough as you wait to tick it. (10 KICKS CALL ONE ON SIX OR VISIT WWW.REVOLVECLUB.CO.UK)



PERFECT YOUR TECHNIQUE

Christmas, and all the indulgences that come with the festive season, will be here before you know it. To help you to keep fit in the mescapable excess, we asked Olympic rowing coach and training guru Terry O'Neill for advice about how to achieve the perfect rowing technique.

"The best technique for the indoor rower is the same one that you see on the TV at the Olympics, World Championships or in the Boat Race," Terry

explains. "Lean back slightly, legs flat, handle drawn to the body. Make sure your forearms are horizontal and your arms are relaxed. For the most effective results, always rock forward from the hips." For a series of pictures and videos with World Champion rower Tom Kay showing you how it's done, check out the Concept2 website. VISIT WWW.CONCEPT2.CO.UK/TECHNIQUE OR EMAIL TRAINING@CONCEPT2.CO.UK FOR INFORMATION

TREATMENT OF THE MONTH: AYURVEDIC DEEP TISSUE MASSAGE

Ayurveda Pura's foundation was based on the principles of Ayurveda, the appealing-sounding ancient holistic health system of India, which provides for excellent health, both physical and mental, by "creating harmony between a person's body and nature". I'm already sold. My body most certainly felt harmonised after the blissful deep tissue massage; although it lasted one hour (£55), I could happily have stayed all day. Following a consultation to ascertain my body complaints (chiefly the typical back and shoulder troubles of a desk-worker), my therapist used plenty of beautiful-smelling oil to gently knead the knots from my body. This is going to be a regular fixture on my beauty calendar from now on.

AYURVEDA PURA HEALTH SPA & BEAUTY CENTRE
WWW.AYURVEDAPURA.COM



TURN BACK TIME

The Rejuvenation Clinic & Medspa opens this month in Cabot Place, offering expertise to revert the process of ageing and restore youthful skin. Blending holistic traditional therapies with ground-breaking treatments. Employing South-East Asian techniques, leading Harley Street practitioners work under the supervision of world-renowned cosmetic dermatologist Dr Maria Lucia Brown. The Clinic has three spa treatment rooms, an aromatherapy steam room, tropical shower, a skin analysis lounge, a Champagne nail bar and a shop where an exclusive range of hair and skin care products are available, including Chinese Medical, Equis, Fens, Essential, Skincare and Obagi MD.

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