



Ayurveda Pura has opened its first spa on the Greenwich Peninsula in the Millennium Village where it offers treatments, including herbal body scrub massages

A spa-cial treat for the new decade?

SO WE all overindulged a little at Christmas and new year. Ok, a lot. But thankfully help is at hand.

Docklands has an abundance of spas with plenty of treatments to rebalance you and give you a spring in your step again.

Hot stones to keep the stress at bay?



A fruity facial perhaps?

Eskuada Medi-Spa in New Crane Wharf, Wapping, uses Aveda products in a range of Eastern and Western treatments. Top of our picks is the Blueberry Smoothie peel which works below the superficial layers of the skin to penetrate the cells.

The scrub purifies and smoothes the skin to help in the anti-ageing fight. The spa is not cheap but does offer personally adapted treatments. **Call 020 7481 4801.**

Ayurveda Pura has opened its first spa on the Greenwich Peninsula in Millennium Village to tie in with its product range. The spa offers a wide range of reasonably priced health and beauty services including ayurvedic abdominal massage, oxygen facials and nail care.

To get the skin glowing again, try the udvartana herbal body scrub massage at £65. For an hour, your body will be massaged with ayurvedic herbs including sandalwood and infused oils to make it soft and get rid of dead skin cells.

Also check out the vegetarian Café Pura or try a yoga class.

Call 020 8312 8383, or visit www.ayurvedapura.com.

Six Senses Spa in Pan Peninsula is a place to truly get away from it all. As well as a spa circuit which offers various saunas, hot tubs, steam and wet rooms and a relaxation room with fruit and ginger tea, there are treatment rooms offering a range of Asian-influenced services.

Choose from invigorating treatments including seaweed leaf wrap (£95) which involves being dressed in the oceanic stuff which the spa says reduces cellulite and improves circulation. After, choose the peppermint sugar glow body exfoliation (£60) to make the skin even more buff.

You can also get advice from various health specialists working at the Spa including nutritionist Janet Lakin. Janet advises clients looking to lose weight or eat better on how to increase metabolic rate and improve muscle mass to get a toned body.

Call 020 7531 2320, or visit www.sixsenses.com/six-senses-spas/pan-peninsula/



2011 resolutions? Start with a stroll...

THOSE Christmas calories may be clinging on and you've given up booze for the month.

So how else to spend your free time this month? Here's our guide to the best walks in Docklands.



3) CANARY WHARF & MILLWALL

Think you know this area? Think again. From the beauty of Westferry Circus to the launch site of Brunel's Great Eastern, history fans will find a treasure trove of interesting spots in the shadow of the towers. And all with the Thames as a picturesque companion.

4) WAPPING

Start at Tobacco Dock, a deserted shopping centre with an air of 28 Days Later and statues of exotic animals that were once brought through. Following the Thames Path, you'll get great river views and cobbled streets through the historic former pirates' hangout.



1) TOWER BRIDGE & ST KATHARINE, ABOVE:

The bridge dates back to 1984, the docks are almost 70 years older. Take in the beauty and tranquility of the waters and check out the grand Ivory House, used to store, er, ivory, back when the docks were in their heyday.

2) GREENWICH, BELOW

One of London's hidden treasures, the Foot Tunnel, transports you under the Thames and into historic Greenwich. Stroll through the grounds of the Old Royal Naval College and take on the walk up to the Observatory for one of the best views in the capital.

5) ROTHERHITHE & SHAD THAMES

Start from the Brunel Museum and work west, taking in a working farm, the **Design Museum, above**, and finally Shad Thames, the former warehouses with walkways above that are now a series of boutiques and restaurants.

