

Fun and games

How the Bodydoctor is making PE popular

Bagpipes and butchery
The crazed world of Idi Amin

Bobby Kennedy and me
Emilio Estevez on his lifelong obsession

Crunch time
Rose Prince sticks up for winter celery

Spa guide and beauty news by Kate Shapland

THE SPA DESERT ISLAND GETAWAYS There is nothing Robinson Crusoe about contemporary island spa retreats; the best offer unrivalled treatments with lots of sun, watersports, excellent cuisine, impeccable service and to-die-for views.

Taj Exotica Resort & Spa Maldives After a 15-minute speedboat ride from Malé airport, you arrive at this private, romantic resort in one of the largest lagoons. Palm-thatched villas offer every imaginable amenity, a plunge pool and sundeck with ocean views.

Taj Grande spa Surrounded by turquoise water, this magical retreat offers traditional Indian and holistic treatments using locally grown herbs and oils. As well as a yoga and meditation pavilion, there are separate pavilions for ayurvedic, heat and bathing experiences.

Signature treatment The Jiva Signature Experience, which includes a massage and treatments to rebalance mind and body.

Book Emirates Tours' seven nights for the price of five deal, from



£1,542pp, includes flights (0870-128 6000; emiratestours.co.uk).

Parrot Cay Providenciales, Turks & Caicos Islands Built on a private island, this is the epitome of barefoot luxury. You sleep in a teak four-poster, and as well as scuba diving and snorkelling, beauty therapists indulge your every whim.

Shambhala spa Two floors of massage rooms, three spa cottages, steam rooms, a movement hall and meditation hut. Treatments include Dr Perricone's Vitamin C Ester.

Signature treatment A deep-tissue massage developed to rejuvenate tired bodies. Yoga, in a special pavilion overlooking the side of Parrot Cay, is not to be missed.

Book Seasons in Style offers seven nights at Parrot Cay, from £2,570pp including breakfast and based on two sharing. Includes flights and transfers. Valid until April 23 (01244-202000; seasonsinstyle.co.uk).

THE COMEBACK NATURE'S TIME-FIGHTERS As the latest issue of *Anti-Ageing News* reports on the opening of the first dedicated anti-ageing institute in Cape Town, founded by Dr Des Fernandes, offering state-of-the-art anti-ageing medicine and surgery, it is encouraging to see that the market for natural anti-ageing solutions is also developing apace. I recently tried two antioxidant-rich face oils which made a marked difference to my skin's suppleness: Neal's Yard Organic Orange Flower Facial Oil (£20, 0845-262 3145; nealsyardremedies.com) and Eselle's omega-rich Ultimate Day Moisturiser (£18.50, 0800-234 6407; beingorganic.com).



THE BACKSTAGE SECRET NEW YEAR FRESH FACE The make-up for Roberto Cavalli's s/s 07 show was inspiring in its simplicity: a classic no-make-up make-up, it suits all faces and all ages. The aim is to achieve overall perfection rather than singling out one or two features. The make-up artist Lisa Butler blended foundation on to the models' noses, foreheads and chins with a brush, then highlighted cheekbones. She used neutral shadow with black mascara, and a touch of transparent lipgloss. These are the key cosmetics that can make this look a reality: **Giorgio Armani Designer Shaping Cream Foundation** perfects skin's texture; dot it on and blend with a special Shaping Brush (£45, Harvey Nichols, 020-7201 8687); **Lancôme Rose Lumière Magie Blush** is easy to blend and gives a natural flush (£20, lancome.co.uk); **Yves Saint Laurent Eclat d'Or Gel** – dot sparingly on to temples, browbones and upper cheeks (£25, 01444-255700); **MAC Pretty Plush Plushglass** – dot on with the applicator and press on to lips with a fingertip (£13, maccosmetics.co.uk).



THE EXPERIENCE BEAUTY MOT After the rigours of Christmas and new year celebrations I can't think of a better way to set yourself up for 2007 than Groom's Power of Three Treatment Hour. This is a body MOT from three therapists – it entails a facial using Groom's signature aromatherapy-based oils, a manicure, pedicure (with a fabulous citrus scrub exfoliation to shift hard skin on your feet), eyelash/brow tint and tidy, massage (shoulders, neck, legs and feet) and leg wax. £120 (020-7581 1248; groomlondon.com).

THE NOVELTY ECO SOAPS Ecosoapia organic liquid soaps (they are certified by the Soil Association) will appeal to ethical beauty junkies. Free from artificial fragrances, colours, parabens, sulphates and detergents, they look great (even though the packaging is minimal), and smell good: they come in six scents – including rose geranium, lavender and peppermint – and an unscented version. And 10 per cent of Ecosoapia's profits go to Iracambi, a charity that helps conserve rainforests (£6, 020-7289 2121; ecosoapia.com).

