



# Fitness Centre

ANNE NIELSEN TALKS YOU THROUGH TRENDS, FINDS AND GENERAL FITNESS TIPS



## Affordably Chic

If you're after comfortable, functional yet chic active wear, look no further as Elliegray clothes are just that. With a good range of vests, tank tops as well as dresses, jackets, pants and swimwear, you are bound to find something to suit your taste. For a Pilate's class for example, a pair of supersoft and extremely comfortable and flattering pants (pictured) is the perfect choice and if you're into energetic cardio workouts then the not-too-cropped top with racer back is just the ticket or go for the flattering tank top with secret support bra shelf. Apart from their own very affordable range, which they claim are happy, confident clothes made with love, respect and appreciation for women everywhere, Elliegray also stocks other brands such as Casall and Peak Performance.

For more details check out [www.elliegray.com](http://www.elliegray.com).

## Comfortably Hot



With as many as 80 percent of the population suffering from back pain at some point in their life, leading an active lifestyle can help alleviate back pain as can massages. If you are on those 80 percent that suffer from back pain or just aches and tension, a hot stone massage is a great way of relaxing muscles as it combines traditional massage with the use of heated stones and oil. In expert hands at the East River Spa, I had stones placed up the back and later between my toes and in the palm of my hands which can improve circulation. Applying just the right amount of pressure, the therapist worked her magic, heating and relaxing my muscles. Carrying a lot of tension in my shoulders in particular, this can be quite painful at times but I felt much better the following day, albeit a bit sore. To finish off I was taken back to the relaxation room to enjoy the view of the Thames while partaking in some herbal tea and delicious warm mince pies-bliss. If you're looking for a deep, intensive massage then head to the East River Spa where you can also treat yourself to a variety of other treatments.

East River Spa, Radisson Edwardian New Providence Wharf Hotel, 5 Fairmont Avenue, London E14 9PQ. Contact details: 020 8820 8123; [eastriverspa@radisson.com](mailto:eastriverspa@radisson.com). Price: £95 for 90 minutes.

## Roll On, Roll Off

As an alternative to often expensive sports massages, a foam roller can be used for myofascial release, stretching and soothing the fascia which is the soft connective tissue that encases our muscles. This tissue can often become tight and we experience pain and perhaps even limited flexibility as a result but massaging it can ease the tension and pain. Using your own body weight, various stretching and massaging exercises can be done which will alleviate the tension and increase your range of motion. I suffer from tightness and tension on the outside of my thighs and having used a foam roller for a couple of weeks to loosen the iliotibial band, the area is now less tense. The exercises should be done slowly and if you hit a particularly sore spot, you should rest on that until the pain starts to ease. Using the foam roller can be painful at times and as with any form of exercise and stretching, especially if you have an underlying weakness or condition, you should seek advice from qualified professional first to ensure that this is suitable for you.



For further information:

[www.physiosupplies.com](http://www.physiosupplies.com). Prices starting at £10.99.



## Peter Da Silva Smiles with Confidence with Smilepod

One of the best ways to show you are happy, confident and even healthy is to expose a glowing smile. Smilepod in Covent Garden, London is the place to assist anyone in enhancing a beautiful smile. The 'walk in' facility is ideal for day-to-day activities

including job interviews, dates or preparing for a holiday. The selection of treatments range from quick 15 minutes to a more detailed and simply amazing 'High Gloss Diamond Polish' which is perfect for rediscovering



your smile and overall confidence. This treatment maintains healthy teeth and gums with special attention to cosmetic appearance. The stain removal is one of the best parts before a high gloss is added restoring natural gleam and whiteness whilst avoiding that hideous unnatural white that you see so often.

High Gloss Diamond Polish (45 minutes £85)  
[www.smilepod.co.uk](http://www.smilepod.co.uk), 020 7836 6866.