



The Super spa guide

Our experts have travelled the country to bring you their pick of top pampering destinations



NOUGAT SPA

NOTTING HILL, LONDON

FACILITIES

This new day spa tucked away in a shop basement is a real gem in the heart of trendy west London. There are just two treatment rooms but manicures and mini massages also take place in a communal area, ideal for friends or couples.

TREATMENTS AVAILABLE

Speedy manicures, stress-busting massages and mini facials are on offer plus a deep-tissue massage, an hour-long anti-ageing manicure and microdermabrasion facials.

WE RECOMMEND

Nougat Spa's Sensual Back, Neck and Shoulder Massage. This is a firm massage with a lovely blend of almond and jojoba oils (30 minutes, £35).

GOOD POINTS

Nougat is bang in the middle of one of London's best shopping districts, making it a perfect destination as part of a girly weekend.

BAD POINTS

Stepping into a busy London street after a massage comes as a shock.

THE COST

Treatments start from £15 for pedicures. A full-body hot stone massage costs £90.

CONTACT

Nougat Spa, 227 Westbourne Grove, W11 2SE. Call 0207 792 35741 or visit www.nougatbodytohome.com

