

Is There Groom for improvement?!

So you've popped the question, and you are going to get hitched - congratulations! But in the rush towards the big event, while you're choosing a best man, writing speeches and arranging a Stag Night, don't forget to **look after yourself**. There's nothing better than a groomed groom after all!

With this firmly in mind, why not pay a visit to **Virginia Williams**, who offers tailored skincare packages especially for men at her **South Woodford**-based studio. Treat yourself to her fantastic **Get Groomed** package - a series of relaxing treatments spread across three stress-busting hours, designed especially for the man of the moment.

You'll love the intensive and refreshing **Skin Care Treatment**, including a Thai foot cleanse and pressure-point massage to the soles of the feet. This is followed by a deep cleanse, exfoliation and steam. You'll also have a pressure point massage on your shoulders, neck and face, as well as a masque, and a scalp massage.

As you feel your troubles melt away, you'll really enjoy the **Stress Relief Back Massage** followed by **Hand and Nail Grooming**. Finally, you'll be all spruced up by the **Back and Shoulder Wax**, a really popular way to temporarily remove unwanted hair.

There's a special 'wedding present' for all grooms-to-be who book this package - a complimentary **Dermalogica** Skin Kit for Men to take away with you, which will be great for helping to maintain your new, healthy glow. You'll be wanting to scrub up well for the cameras, especially if that Stag Night was a heavy one...!

Tracey Virginia Williams is a CIDESCO-qualified therapist and graduate of the internationally-renowned Ray Cochrane Beauty School in central London. Her studio is easily accessible by the Central Line from Oxford Street in 35 minutes and London Liverpool Street in only 20 minutes.

For full details, including comprehensive package prices, contact Tracey Virginia Williams on 020 8536 4031 (T); 07786 682725 (M); email virginia_williams@btinternet.com or visit www.virginia-williams.co.uk.