



BODY BOLT-ONS

Optimise your post-workout wellbeing with a muscle focused treatment. Lauren Murdoch-Smith matches the exercise to the therapy

Fascial Blading

Fascia, the dense connective tissue that surrounds muscles, "is still not well understood", admits Tim Blakey, who practises Fascial Blading for the Workshop Gymnasium at London's Bulgari Hotel. The treatment uses a number of different instruments, including a stainless-steel, blunt-edged

tool that is run over tight or sore areas of the body to release muscles and improve range of movement. Some redness can follow but, as Blakey explains, it's all good: "It's a result of petechiae – small blood vessels close to the surface of the skin – bursting. It fades as quickly as small bruises, but the stimulation and heat friction can help soreness and flexibility." He adds: "Improvements can fade without regular corrections, so keep it up to solidify gains."

TRY AFTER: an intense muscle workout such as HIIT or lifting weights.

Tim Blakey Fascial Blading, £150, Workshop Gymnasium at Bulgari Hotel London (Bulgarihotels.com)

Floating Yoga

Created by wellness expert Louka Leppard, Tulayoga is a floating yoga technique in which he gently lifts a client into the air with his hands and feet before guiding them through a series of 22 postures, each one flowing seamlessly into the next. His aim is to lower your heart rate and blood pressure, lengthen your spine and increase your mobility. The hour and a half it takes is specifically designed to follow his other invention: Meditation

in Touch, a rhythmic full-body massage to music. Together, these two bodywork sessions offer a holistic approach to mind and body wellness that should leave you feeling serene and free of stress.

TRY AFTER: any endurance training. *Tulayoga, £360, for 120 minutes, the Akasha Holistic Wellbeing Centre at Hotel Café Royal (Hotelcaferoyal.com)*

The Collagen Bed

Akin to the red-light therapy used in facials, the Collagen Bed from the NYDG (New York Dermatology Group) offers whole body phototherapy to boost ageing skin cells. Light wavelengths in the LEDs trigger a "natural biostimulatory" effect in the body to increase nutrient flow to the skin, encouraging collagen growth and helping any wound to heal.

TRY AFTER: a good aerobic workout such as boxing or spinning. *NYDG Collagen Bed, £200, The Wellness Clinic at Harrods (020 7225 5678)*

Fascial Rejuvenation

Beyond the usual post-workout cool-down stretch, we often pay little attention to the rehabilitation of our muscles, which are crucial to maintaining fitness. Even our everyday routines (sitting at a desk and constant tech device usage) impact our bodies in ways we don't necessarily realise. TwentyTwo Training's physical therapists use an Australian form of Fascial Rejuvenation, focusing on the head for full-body results. The cranial deep-tissue massage releases tense fascia around your head, neck and jaw. This unknots muscle tightness and increases the blood flow around the whole body.

TRY AFTER: any type of workout. *TwentyTwo Training Fascial Rejuvenation, £100 (Twentytwotraining.com)*

BOOSTING PRODUCTS



- 1 Clinique CliniqueFit Workout Face + Body Hydrating Spray, £9. 2 Ameliorate Transforming Body Cream, £27.50.
- 3 Dr Sebagh Supreme Body Restructuring & Firming Cream, £130. 4 GloPro Microneedling Regeneration Tool, £199; face attachment, £45.
- 5 Frank Body Express-o Coffee Scrub, £15. 6 Legology Cellu-Lite Salon Secret for Legs, £55. 7 Mio Workout Wonder Invigorating Muscle Motivating Gel, £21. 8 Fountain The Energy Molecule, £24. 9 NuFace NuBody Skin Toning Device, £365. 10 Clarins Body Fit Anti-Cellulite Contouring Expert, £39.