

COLUMN

## THE GOOD LIFE

Alice B-B on pretty pots and saggy bottoms



I'd swapped jobs with a sausage stuffer. But pah! The figure on the scales was the same, a nice sensible sum for my age and height. Until the other day, when I stood on my sister Florence's scales. 'Are they accurate?' I yelped. 'Fraid so!' she chirped. The horror. They've been underweighing me by ten pounds! Yes. TEN POUNDS! My food and cocktail intake has been 'rearranged'. Avarice has been banished to the back of the line. And I've ordered brand spanking new scales. It was bliss... while it lasted.

**SEE ABOVE...** and combine with summer holiday plans with most nubile friends and clothes being excess to requirements. Panic. Know the feeling? So I've gone kitchen sink on my cellulite. Starting at the very chic Harrods' Wellness Clinic where I've turned to my old friend LPG Endermologie. This is a treatment where you slip into a full-body

stocking and then 'problem areas' are sucked and massaged by the latest, upgraded Endermologie machine, battling stubborn fat cells and sluggish lymphs into submission, while perking up collagen production to help tighten loose skin. This is swiftly followed by a three-minute burst at -90°C in a 111Cryo chamber; metabolism boosting, fat burning and cold, leaving me high-as with glow-in-the-dark wigs. But the winning treatment to date is VibroSculpt by Endosphères Therapy – non-invasive treatment. Medispa in Kensington. Too much waffly science now – but here's the low cellulite-expert Maddie the machine over my bare thighs, which feels like a sports massage. After 45

I notice a difference. I look more alive, the skin is fresher, the skin tightens the most extraordinary way was my bum. It was a charming therapist in a secret cord and yep, slightly saggy blinds lifted both cheeks. A spirits! I'll be back for

### THIS MONTH I'LL BE

1 Getting my antiques fix at new shop The Folly Interiors. [thefollyinteriors.co.uk](http://thefollyinteriors.co.uk)

2 Watching Rupert Everett's star turn in The Happy Prince (which he also wrote and directed).

3 Scampering to The Potting Shed café, a vegan pop-up in a Cotswolds meadow. [fionacullinane.com](http://fionacullinane.com)



**POT. I'M OBSESSED.** Not that type, although hurray for giggly trips to legalised California! No – the terracotta tubs I've been scattering around the garden at The Magic Cottage. Inspired by @charlotte\_annefidler's instagram feed – her front door is smothered in pots filled with structural box, seasonal bulbs or flowering plants and herbs. Plus a secret ingredient: fairy lights for enchanted nights. You'd never feel sad going home.

In my attempt at such riches, I've turned to Sarah Raven. Her 'Bee and Butterfly Paradise' mix is irresistible to both me and our much-loved pollinators. Next on my shopping list, Ampholia vases from Petersham Nurseries. This might not be the kind of pot you spark up... but it's just as addictive.

**AH... THE BLISS OF IGNORANCE. UNTIL...** along comes the folly of wisdom. For years, I've merrily weighed myself on a set of old-school bathroom scales. OK, so putting on my favourite jeans started to feel like

## NAUGHTY AND NICE



Dolce Vita nights wearing [isabellefox.com](http://isabellefox.com)



Bee and butterfly paradise at [sarahraven.com](http://sarahraven.com)

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