

# STYLE & WELLBEING



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[WWW.59STRINGS.COM](http://WWW.59STRINGS.COM)

Yes, London boasts some of the finest designer boutiques in the world, but we'd never turn down an afternoon of shopping in Milan or Paris or Madrid... Oh to have it all on our doorstep. Well, it's not such a pipe dream after all, because with the launch of 59strings,

Europe's finest boutique designers and artisans have been brought together in one luxury marketplace. Focusing on investment fashion pieces that are not readily available on the high street, the site also offers pre-order and made-to-order services, taking luxury design to a highly personal level. Our tip? Amelia Powers, with her London-made luxury bags (pictured below), is definitely one to watch.



## TRY THIS

### AYURVEDIC FOOT MASSAGE

I know all too well the benefits of a full body massage, but I was less convinced that an hour spent attending solely - forgive the pun - to my feet could have a similar result. Better, even, according to Yoga teacher Liz Russell, who offers Ayurvedic foot massage from her home in West Hampstead.

The ancient healing system of Ayurveda, taken from the Sanskrit words ayus, meaning life, and veda, meaning knowledge, dates back over 5,000 years, and is all about maintaining balance in order to live a longer life. Liz assures me that in under an hour my circulation will improve, anxiety will be eased, and I will sleep better at night - a big selling point for me.

As well as her hands, Liz uses a Kansa Vatki - a small metal bowl made out of brass, copper and tin, all considered to be auspicious metals - to massage specific 'marma', or pressure points on my feet and legs. I'm prepared to feel relaxed, but I am rendered totally insensible as Liz begins to minister to my lower extremities. I can tell you it was an hour of unadulterated bliss, but beyond that I'm incapable of saying what happened. Walking away with a lightness of step I'm unaccustomed to, and carrying with me a feeling of extreme serenity, I know this is something I will definitely be doing again. **LN**

Sessions charged from £60. For more information, or to find out about one-to-one yoga sessions in your own home with Liz, call 07970 166986, or email [lizabethrussell@o2.co.uk](mailto:lizabethrussell@o2.co.uk)