

# Spa spy Mind over matter

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Ease stress or start to tackle an issue that's bothering you with a session of hypnotherapy

## THE TREATMENT

A hypnotherapy session with Robin W Thorburn of Exclusive Hypnotherapy, Chilvern Cottage, 10 Biggar Road, Edinburgh (0131-445 2485, [www.exclusivehypnotherapy.co.uk](http://www.exclusivehypnotherapy.co.uk)), £80 for a 90 minute (approx) session.

## WHY GO?

If you're suffering from stress, a phobia, or want to try to kick an addiction (smoking, food, bad partner, booze...), this could be worth a shot. Thorburn can also treat lack of confidence. In fact, most of his customers are looking for help with public speaking.

## OUR SPY SAYS

I've always wanted to give hypnotherapy a whirl. Still, I was jittery as I climbed the stairs to the slightly witchy-looking cottage where the very well qualified (he has almost the entire alphabet after his name) Thorburn has held his practice for the last 21 years.

It's a weird social situation to be a hypnot-ee.

While you perch on a leather chair, Thorburn sits behind a desk, which makes the experience feel more official and less awkward.

He's also pretty good at making one feel at ease, and we chat for a bit before he asks me what I want to achieve and gives me some cognitive therapy, which aims to recognise the chain of events that can lead to



PHOTOGRAPH: LIGHTWAVE MEDIA

upsetting emotions.

However, this is all a preamble to the hypnotherapy bit. As I wanted to lower general stress levels, Thorburn described some scenarios that he would talk me through while I was "under", one of which involved walking down a grassy hill and through a meadow.

"Are you happy with those?" he asks.

"Yes", I say, before reclining the chair and closing my eyes. At first, it's hard not to be self-conscious, as Thorburn describes what you're "doing" (walking along a beach, for example, before attaching negative words to a balloon and letting it float off).

He talks in a slightly American accent at a level pace that's reminiscent of a minister reciting a sermon.

While he speaks, my consciousness fluctuates. At some points I pull myself back from the edge of sleep and, at other moments, I feel slightly bored. I never totally lose awareness of where I am and always feel in control. After 30 minutes or so, Thorburn talks me back round from 10 to one, before I open my eyes.

## THE RESULTS

Two weeks later, and I do feel a tad more relaxed and able to distance myself from negative thoughts, and that's after only one session. Thorburn chanting, "You're calm and confident", like a monotone cheerleader, pops into my head occasionally. Not a bad thing, honest.

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## WHAT'S NEW?

### SPLASH AND A SPIN

Can't decide whether you feel like Spin or Aquafit? Now you can do a bit of both, with Hydrospro at Edinburgh's Royal Commonwealth Pool. This new class, which involves riding a partially submerged training bike, combines the dynamism of cycling with the muscle-supporting benefits of water. To gauge interest, they'll be initially running these classes until 5 October, with week day sessions including Mondays at 7:15pm-8pm, and Wednesdays from 10:15am-11am and 6:15pm-7pm. Members free, standard admission £7.20, or with discount card, £5.40. [www.edinburghleisure.co.uk](http://www.edinburghleisure.co.uk)

*The new class involves riding a partially submerged training bike*

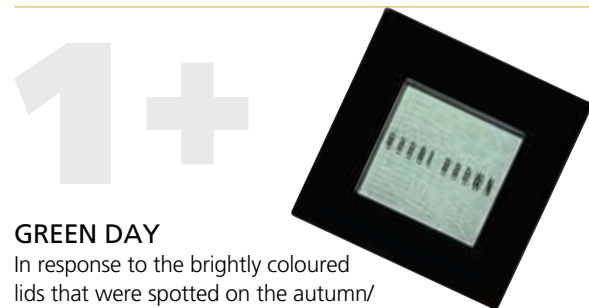
### TALON CONTEST

Dress up your digits with the help of eight glossy new Gel Effect polish shades from Nails Inc. They've all been influenced by autumn/winter catwalk trends, with colours including the rich aubergine of Grosvenor Gardens, which is inspired by Philip Lim's collection, as well as the Celine and Chloé-influenced dusty pink of Uptown. £14, [www.nailsinc.com](http://www.nailsinc.com)

### AND RELAX

Book your spot for a Relaxation Workshop, on Wednesday 17 September, from 6:30pm-8pm, tickets £10, at the Edinburgh branch of Neal's Yard Remedies. It will be held by medical herbalist Morag St Johnston and massage therapist Gillian Hills, who will show how to create and use aromatherapy oils and herbs, including bath oil and temple balm to take home. 102 Hanover Street (0131-226 3223, [www.nealsyardremedies.com](http://www.nealsyardremedies.com))

## WE DO THE MATHS 3 PRODUCTS TRIED AND TESTED



### GREEN DAY

In response to the brightly coloured lids that were spotted on the autumn/winter catwalks, this brand has launched 15 vibrant new shades, from Aegean Blue to Hazy Lilac (our fave is this pale chalky green). Don't be scared though, as these semi-transparent washes can be layered up according to how brave you're feeling. **Sheer Brights Eye Shadow in Sea Glass, £17.50, Bobbi Brown ([www.bobbibrown.co.uk](http://www.bobbibrown.co.uk))**



### ALL SHOOK UP

There's a bit of theatre attached to this lovely new product as you have to shake the bottle to blend the oil and serum together before use. Dispense a few drops into your palm and press on your face in the morning instead of your usual moisturiser. The lemongrass scent is lovely. **Wonder Oil Serum, £19.50, Sanctuary Spa ([www.sanctuary.com](http://www.sanctuary.com))**



### RADIANT FINISH

Apply this powder, made from cellulose micro-beads, in circular motions with its silky kabuki brush. It's so light and fine that it immediately blends onto skin, with a radiant and almost soft-focus finish. My long term allegiance to liquid foundation may be over. **Vitalumiere Loose Powder Foundation SPF15 with Mini Kabuki Brush, £55, Chanel ([www.chanel.com](http://www.chanel.com))**