



LAST-MINUTE TRIM

What Waxing at Strip.

The lowdown We hear whispers that the bush is back but, judging by how tricky it is to get an appointment for a bikini wax, we say poppycock. So head down to Strip – it's open till late (9pm on Wednesdays and Thursdays), provides quick, super-friendly service and has six quirkily themed rooms, with baroque wallpaper, fireplaces and a TV in each. This is as painless as it gets, but any tenderness is soothed with a selection of oils and creams.

Our verdict How nice to go somewhere that doesn't resemble a dingy basement. And watching a film means you don't have to chat during the treatment. Oh, the relief.

Details From £23. At Strip, 69 Berwick Street, W1 (stripwaxbar.com or 020 7434 4222).

PRE-PARTY PLEASURE SEEKING

WHAT The mighty ESPA Life at the Corinthia hotel.

THE LOWDOWN An all-singing, all-dancing kind of place. Therapists are top-notch and the facilities are impressive: acres of curving marble walls, 17 womb-like treatment rooms, an extraordinary glass-walled sauna, a stainless-steel-lined lap pool, a naturopath and nutritionist, a hardcore personal trainer and even a Daniel Galvin salon to sort out post-facial oily hair. It's open till 10pm, so you can wallow and still get to the Box on time.

OUR VERDICT Brilliant for post-work pampering, but make sure you come back for a full day of padding around.

DETAILS Blowdry, from £41; massage, from £95. At the Corinthia, Whitehall Place, SW1 (espalifeatcorinthia.com or 020 7321 3050).

TATTLER TREATMENTS

After-hours appointments for night owls

ONE-STOP BEAUTY SHOP

What Beauty with Teresa Tarmey at Neil Cornelius 1st Floor.

The lowdown Hairdresser Neil Cornelius has been blowdrying clients straight off the red eye for a year now (he is there wielding his round brush 24/7 – we kid you not) and now that beautician Teresa Tarmey has joined the team, and stays each night till 10pm, you can get a dozen different appointments ticked off in one go. Teresa can sort out kamikaze-quick waxing, facials using hardworking SkinCeuticals products, laser hair removal and meticulous mani/pedis. What really sets her apart is the attention to detail: manicures are made all the more elegant with the use of Jo Malone creams and Mavala polishes; massages are brightened up with her own formulation of olive oil and crushed lemongrass; and she wields proper podiatrist's tools when administering her seriously hardcore signature pedicure.

Our verdict It's a job well done from head to toe. What a godsend.

Details Manicures, from £30; facials from £35. At Neil Cornelius 1st Floor, 109 New Bond Street, W1 (neilcornelius.com or 020 7493 5304).

PICK ME!

ROUND-THE-CLOCK HAIR CARE

What Bespoke hair with Josh Wood.

The lowdown If you aren't already seeing Josh Wood, you should be – but good luck getting an appointment. Despite being on call day and night, he's booked up months in advance by a horde of loyal followers, all hankering after his perfect blonde (Elle Macpherson and Laura Bailey are regulars). He's hopped from Chelsea's Real Hair (which he co-founded) to his own atelier in Notting Hill. Once you're in Josh's chair, breathing in double doses of oxygen from the salon's 'living wall', he explains all the latest hair trends. This, after all, is the man Jean Paul Gaultier and Alice Temperley call on to colour their runway models. And while your tresses are wrapped in tinfoil, you can catch an obscenely healthy breakfast, lunch or supper – the atelier can open as early or as late as you need if you are a very special client – from their restaurant upstairs.

The verdict The best blonde our perennially highlighted tester has ever had. And there's a crack team of colourists and cutters, so when the main man isn't around, you're still in good hands.

Details Colour services, from £120. At Josh Wood Atelier, 6 Lansdowne Mews, W11 (joshwoodcolour.com or 020 3393 0977).

LATE-NIGHT FAKING IT

WHAT Bespoke tanning with James Harknett.

THE LOWDOWN James Harknett is the beauty-editor-in-the-know's go-to fake-tan man and you'll find him in Leicester Square, where he's taken up residency in W London's Away Spa. His menu of tans is inspired by four of W Hotels' locations around the world. Want to look like you've spent two weeks baking on a beach? The Santa Fe will turn you as brown as a brazil nut. In need of a gentle glow? Opt for the New York, which leaves limbs the shade of light latte. Get ready to lunge, stretch and twist in all manner of weird and wonderful positions as James aims to get every last inch of skin looking sun-kissed. He'll then dry you down with warm air so you can leave without feeling sticky, saving you the worry of smearing all that hard work.

OUR VERDICT Non-guests can get a brilliantly healthy glow until 9pm. Better yet, James sprays until midnight for those sleeping over.

DETAILS From £55; room service, from £75. At W London, 10 Wardour Street, W1 (wlonon.co.uk or 020 7758 1071).