

Spa report

GREENWOODS SPA, STOCK ROAD, STOCK, ESSEX

FACILITIES

Located in the rural village of Stock, this 17th-century Grade II manor house boasts a spa, hotel and restaurant.

With extensive manicured gardens and nearby woodlands it's a perfect retreat from city life. The recently refurbished spa is airy and modern with a pool, steam room and sauna.

The poolside café serves snacks and smoothies, there is a gym on site plus an 18-hole golf course next door.

Despite its contemporary feel the boutique hotel retains traditional features. Our plush corner room was equipped with dark wood furniture.

TREATMENTS AVAILABLE

Voya seaweed-based products are used in scrubs, wraps, facials and massages. Elemis and La Sultane de Saba are also available. A new nail salon offers Jessica's Geleration range.

TREATMENTS TESTED

Herbal lavender repair facial, 50mins, £65

After choosing the appropriate Elemis products my skin was cleansed, toned and exfoliated to reduce shine, draw out impurities and refine pores.

I had an amazing neck, shoulder, face and scalp massage after which my skin was left soft and plump.

La Touche Verte full body massage, 50mins, £54

This signature treatment uses Thai, Swedish and aromatherapy techniques and is aimed at relaxing rather than reviving. My other half



TAKE STOCK: Greenwood's relaxing spa

pointed out some aches and knots and the therapist kneaded them until they disappeared. When we reunited in the relaxation room we were chilled out.

GOOD POINTS

All the food was terrific but local ham hock, soft-shell crab, flaky cod fillet and peanut parfait on caramelised banana bread were our highlights.

The breakfast menu offers cooked or continental, multiple egg dishes and fresh waffles. I saw as many men as women, making it perfect for men who find spas too "girly".

HOW MUCH DOES IT COST?

Waxes start from £10. A pamper day with full spa facilities, two course lunch and luxury facial or full body massage costs £130.

CONTACT

01277 829 990/greenwoodshotel.com

KATE MARASTON

expressyourself Shopping

Compiled by HANNAH BRITT



This delicately scented Timothy Dunn Blue Rose candle, £42, is perfect for your living room. All profits will be donated to Breast Cancer Awareness. Stockists: timothydunnlondon.com



Store beauty essentials in this pink lipstick make-up pouch, £25. £12 will be given to the Pink Ribbon Foundation. Stockists: sewlomax.com



Sleep well with the Think Pink Eye Mask, £10. Profits go to Breast Cancer Campaign, Breakthrough Breast Cancer and Pink Ribbon Foundation. Stockists: debenhams.com

Brighten up your sofa with this checked cushion, £69 from Multiyork. Ten per cent goes to Breast Cancer Campaign. Stockists: multiyork.co.uk



A cuppa with a conscience. Each sale of Williamson's Tea Pink Love Elephant Caddy, £9.50, will see £1 go to Breast Cancer Campaign. Stockists: williamsonstea.com

Pink power

Raise money for Breast Cancer Awareness Month with these colourful buys



Tame unruly curls and tresses with Paul Mitchell's Fast Form frizz taming cream, £17.25. Each sale will give £1 to CoppaFeel. Stockists: paul-mitchell.co.uk



Add some colour to your kitchen with this baby pink Dualit toaster, £189.95. £20 from each sale goes to The Haven. Stockists: dualit.com/haven



Give tired skin some TLC with Elemis Pro-Collagen Marine Cream, £99. The company will donate £10,000 to Breast Cancer Care. Stockists: timetospa.co.uk

IN THE HIGH COURT OF JUSTICE (CHANCERY DIVISION) COMPANIES COURT No. 6619 OF 2014

IN THE MATTER OF PROTECTION LIFE COMPANY LIMITED
(FORMERLY DIRECT LINE LIFE INSURANCE COMPANY LIMITED)

-and-

IN THE MATTER OF COUNTRYWIDE ASSURED PLC

-and-

IN THE MATTER OF THE FINANCIAL SERVICES AND MARKETS ACT 2000

Notice is hereby given that, on 25th September 2014, an Application was made to the High Court of Justice, Companies Court, in London by Protection Life Company Limited ("PL"), which was formerly known as Direct Line Life Insurance Company Limited, and by Countrywide Assured plc ("CA") for an Order under Section 111 of the Financial Services and Markets Act 2000 (the "Act") sanctioning a scheme (the "Scheme") providing for the transfer of the long-term insurance business of PL to CA and making ancillary provision in connection with the Scheme under Sections 112 and 112A of the Act.

Copies of the report on the terms of the Scheme prepared by an Independent Expert in accordance with section 109 of the Act and of a Circular containing a statement setting out the terms of the Scheme and a summary of the Independent Expert's report, and a copy of the full Scheme document, may be obtained free of charge from the date of publication of this notice until the date on which the Application is heard by the Court by contacting the Part VII Team either in writing at Part VII Team, Countrywide Assured, Harbour House, Portway, Preston, PR2 2PR or by telephone on 0808 168 8127 (or, if you are calling from a mobile on 01772 840076) or overseas on +44 1772 840076. These documents can also be downloaded through the PL website at www.protectionlife.co.uk and the CA website at www.countrywideassured.co.uk.

In addition, if you are a customer of any of The Royal Bank of Scotland plc, National Westminster Bank plc, The Royal Bank of Scotland International Limited, Coutts & Company, The One Account Limited, Ulster Bank Limited, Ulster Bank Ireland Limited, Isle of Man Bank Limited or Tesco Personal Finance Limited, and you hold a payment protection insurance policy in relation to a credit card, loan or overdraft with any of them, then you should check your latest annual statement. If the name of the insurer of that policy on the statement is Protection Life Company Limited or Direct Line Life Insurance Company Limited, then this legal notice applies to you and you can obtain further

information by contacting the Part VII Team either in writing at Part VII Team, Countrywide Assured, Harbour House, Portway, Preston, PR2 2PR, or by telephone on 0808 168 8127 (or, if you are calling from a mobile on 01772 840076) or overseas on +44 1772 840076. You can also obtain further information through the website of PL at www.protectionlife.co.uk.

If sanctioned, the Scheme will result in the property and contracts related to the transferred business being transferred to CA notwithstanding any restrictions on transfer or requirements for counterparty consent and without triggering any pre-emption, termination or other rights which might otherwise arise. Any entitlement to terminate, modify, acquire or claim an interest or right or to treat an interest or right as terminated or modified as a result of anything done pursuant to the Scheme will only be enforceable to the extent the Court so orders.

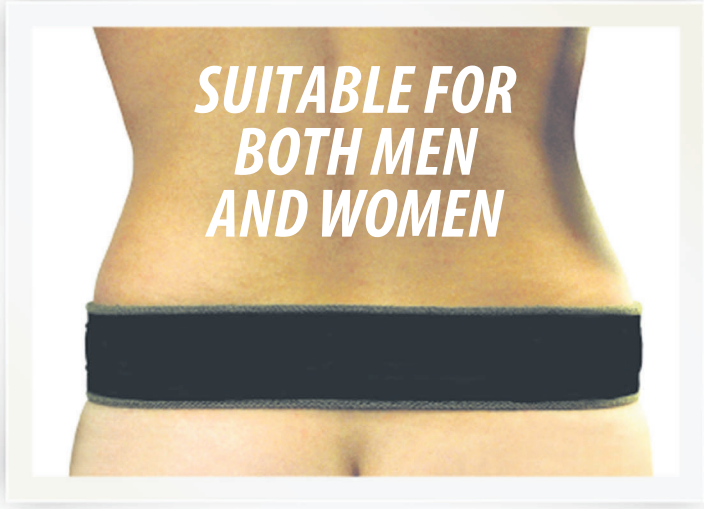
The Application is expected to be heard at the High Court of Justice, Companies Court, 7 Rolls Buildings, Fetter Lane, London, EC4A 1NL on 4th December 2014. Any person (including any employee of PL or CA) who thinks that he or she would be adversely affected by the carrying out of the Scheme may attend the hearing and express their views either in person or by a legal representative. Anyone wishing to do so is asked to inform the Solicitors named below in writing as soon as possible, and preferably before 27th November 2014. It is requested that anyone who does not intend to attend the Court hearing but wishes to make written representations about the Scheme should address them to the Solicitors named below as soon as possible, and preferably before 27th November 2014. You can also raise your objection or concerns by calling or writing to the Part VII team on the numbers and at the address shown earlier as soon as possible, and preferably before 27th November 2014.

MacLay Murray and Spens LLP
One London Wall, London EC2Y 5AB
(Reference: MBL) Solicitors to PL and CA

/mxx

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The "Miracle" Belt

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