

# YOU

MAGAZINE

**GREAT  
LAST-MINUTE  
GIFT IDEAS**

**WHITER  
SHADES  
OF PALE**  
Fashion for  
snow queens

**THE WOMEN  
WHO DREAD  
CHRISTMAS**  
Their eating  
disorders make  
them panic

**DADDY'S  
DARK  
ANGEL**  
Lois Winstone  
follows in her  
father's footsteps



# TOKEN OF MY AFFECTION

From a cookery masterclass to a bespoke garden design, **Fiona McCarthy** says today's gift vouchers are the multiple-choice answer to present giving Illustration Martin Welch

## FOR THE BEAUTY QUEEN

No girl, young or old, would say no to a little pampering, and most good hotel and day spas offer gift vouchers. **Spaseekers.com** (tel: 0870 850 5550) can point you in the direction of 250 luxury spas in the UK (or you can order online).

**Bliss London's** Blisssertificates (tel: 020 7584 3888, [www.blisslondon.co.uk](http://www.blisslondon.co.uk)) come in a chic gift box and can be used for a treatment or products.

Teenage princesses get special treatment at **Richard Ward** (tel: 020 7730 1222, [www.richardward.co.uk](http://www.richardward.co.uk)) with the Teen Preen Package (£100 for 2½ hours, optional make-up £25) – a mini facial, manicure, pedicure, and hair conditioning/blow dry. Then treat them to vouchers from **hqhair.com** (featuring beauty goodies from the likes of Paul & Joe and Cake Beauty, tel: 0870 350 2390).

Feet will never be the same after a 'medi-pedi' by nail guru Sophy Robson at **The Berkeley Health Club and Spa** (£90, using DDF, 020 7201 1699).

Indulge fragrance lovers with a personal consultation at **Roja Dove's** Haute Parfumerie (Fifth Floor, Harrods, tel: 020 7893 8797, from £50), or send them vouchers for perfumery **Les Senteurs** (tel: 020 7730 2322).

## FOR THE GREEN-FINGERED

Don't get the wrong camellia for plant-loving friends – **crocus.co.uk** (tel: 0870 787 1414) will send an e-mail voucher (from £10) to buy anything from pots to plants. And a **National Garden** gift voucher (tel: 0118 930 2092, [www.thevoucher garden.co.uk](http://www.thevoucher garden.co.uk)), can be used at more than 2,000 garden centres, nurseries and shops around the UK.

Redesign the garden from the comfort of your armchair – the **Beautiful Garden Company**

([www.beautifulgarden.co.uk](http://www.beautifulgarden.co.uk)) provides a bespoke garden design gift package for £99 (hand-tailored designs, by a Chelsea gold medal-winning designer and Master of Horticulture at Wisley, are delivered within weeks).

For future posterity, **HDRA's Adopt a Veg** (tel: 024 7630 3517, [www.gardenorganic.org.uk](http://www.gardenorganic.org.uk)) helps support the survival of one of hundreds of vegetables from its Heritage Seed List (£12 or £25 gift packs available).

## FOR THE ALTRUIST

Help someone do their bit for the planet with a voucher for **Goodgifts.org** (tel: 020 7794 8000) – then they can save an acre of rainforest from development (£25), buy chickens, a goat or a donkey for a third-world community (from £20), or, nearer home, save a bluebell wood (£50).

Breathe easier with a Christmas Tree Tube, £30, from **CarbonNeutral** ([www.carbonneutral.com](http://www.carbonneutral.com) – previously Future Forests), where you can dedicate two saplings in this year's Christmas Forest (in Donkey Wood, Balblair, Scotland).

## FOR PURE INDULGENCE

Treat someone special to the **Berkeley Hotel's** Girl's Night In (tel: 020 7235 6000, [www.the-berkeley.com](http://www.the-berkeley.com)) – an overnight stay with a friend and assorted goodies such as Diptyque candles, chick flick DVDs, CDs, cocktails from the Blue Bar, Ben & Jerry's ice cream and mini manicures (£320).

Most leading hotels provide vouchers for high tea (and a glass of champagne): our favourite is the newly refurbished Lobby at the **Dorchester** on London's Park Lane, (from £28.50 per person,

tel: 020 7317 6584, [www.thedorchester.com](http://www.thedorchester.com)).

Give a friend a well-deserved rest with a voucher from **Buy:time** (tel: 0870 486 2624, [www.buy-time.co.uk](http://www.buy-time.co.uk)) who organise any task, big or small – from sorting out overdue bills to house hunting (from £35 an hour).

## FOR CULTURE VULTURES

From front row at the theatre to pitch-side seats at the football, vouchers from **Ticketmaster** (tel: 0870 160 2854, [www.ticketmaster.co.uk](http://www.ticketmaster.co.uk)) are valid for one year. Cookbooks, art books, talking books – you can get them all with gift certificates from **amazon.co.uk**. Or give someone a fine wine time with a **Berry's Wine Club** membership, from £120, or tasting session (such as a one-day Bordeaux wine school, for £225) by Berry Bros & Rudd (tel: 0870 900 4300, [www.bbr.com](http://www.bbr.com)).

Treat fans of the handwritten note to bespoke stationery with one of **Smythson's** gift sets – the recipient receives a classic Smythson Nile blue box containing samples and illustrations, and an order form to create the stationery of their choice, from £155 (tel: 020 7318 1515, [www.smythson.com](http://www.smythson.com)).

## FOR THE ADVENTUROUS

Tantalise foodie friends with **Tasting Places** vouchers for one-day courses or gourmet travels (tel: 020 8964 5333, [www.tastingplaces.com](http://www.tastingplaces.com)). Masterclasses feature chefs such as David Thompson and Alastair Little, while culinary trips can take you as far as Asia.

For those bitten by the travel bug, vouchers from **lastminute.com** can be redeemed against flights, travel, city breaks and even experiences (such as Ferrari driving for the day). 

