NO TIME to go to the salon? That's what I thought before visiting Nyumba, owned by the charismatic Michael Charalambous. Before I knew it, Michael and his team had got to work on a full-body MOT, including a pedicure from Sonita, amazing reflexology from Danuta,

eyebrow threading and tinting by Deepa, make-up by Joanna, a hair cut from Michael and a blow-dry from Adnan, all at the same time and in a little over an hour! You do have time for Nyumba.

Nyumba, 1 Sloane Square. T: 020 7408 1542





BLOW-DRIES, brows and beauty. Aer is the new salon that offers a simple menu of beauty treats, but it's good at what it does. Open for those morning meetings and late-night dates (from 7.30am-7.30pm Monday-Thursday, 7.30am-8.30pm Friday and 9am-8pm Saturdays), pop in for a spruce-up and a glass of bubbly. Beautiful décor, too.

Aer, 172 Old Brompton Road. T: 020 7244 9499



WE LOVE Liz Earle's hand creams, now available in two new scents – Lavender & Basil and Rosemary & Rock Rose – alongside her signature Orange Flower. They're rich and silky, with no hint of greasiness (£21).

Liz Earle, 38–39 Duke of York Square, King's Road. T: 020 7881 7750



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