



EYES
Dry eyes

Pricc Centre, 2B Chepstow Road, W2

pricc.co.uk

With more of us exposed to screens and devices, it's no wonder our eyes are suffering. Dry Eye Syndrome is linked to hormonal fluctuations leaving us with sore, itchy and irritated eyes. Blocked meibomian glands, meanwhile, play havoc with our natural lubrication, especially as we blink six to eight times less when looking at a screen. Could acupuncture be the answer? In Notting Hill, needle experts at Pricc Centre, have partnered with eyecare brand Peep Club to offer a soothing acupuncture treatment that targets the eyes. My practitioner Bella started with my feet and ankles which warmed my lower back (feet are a hotline to the liver and gall bladder) and relaxed my whole body. As a jaw clencher who suffers with dry eyes, the finest needles went into my forehead, along my jawline and up on my temples. Pain-free and far more pleasant than I'd anticipated, I would definitely go again. A course of three or four treatments is recommended, with half an hour costing £45, and an hour £80. Meanwhile, for daily eye care at home, try Peep Club's Dry Eye Kit, £85 (*peepclub.com*). Spritz Instant Relief Eye Spray over closed eyes as needed. To depuff, gently pat Soothing Coconut Eye Balm around your eyes, then gently run the heated Eye Wand under lower lash line and along upper lids, delivering gentle vibrations and LED light.

TEETH
Whitening

DRMR, 251 Brompton Road, SW3

drmrlondon.co.uk

Voted Dentist of the Year at the 2022 Dental Awards, Dr Manrina Rhode is an exceptional practitioner. With 20 years' experience, including in-house at Harrods and Harvey Nichols, she's taking aesthetic cosmetic dentistry to new levels. DRMR's premises opposite Brompton Oratory feel like a sumptuous private members' club, with a coffee machine, gold sink, Italian-designed leather chair and the most advanced 'toys' in dentistry, including a waterlaser to whisk off old veneers (instead of the dreaded drill!). Veneers are a specialty, but I'm here for whitening. I have bespoke trays made up to go with Dr Rhode's own 'next generation' whitening gel. After 10 days of wearing the trays for an hour a day (just before bed is best), my teeth are gleaming and naturally white (they should match the whites of your eyes). Consultations are £80, and the treatment is £485.

