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MAGAZINE

Carey Mulligan

On rebellion, rejection and lucky breaks

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ANASSA HOTEL, CYPRUS

'Help me stabilise my temperamental skin'

Amerley Ollennu, *Psychologies*' beauty and wellbeing editor

MY SKIN IS NOTHING if not temperamental, a slave to hormones; acne flares up each month without fail, while seasonal changes bring about severe reactions, too. Stress also plays a huge rôle in my skin's condition and, when I arrived at luxury five-star resort Anassa after a particularly stressful time, I was in need of help.

Tumbling down a secluded hillside towards the infinite blue of the eastern Mediterranean, the resort's low-rise buildings and gardens are arranged around an idyllic village square complete with Byzantine chapel. Set in an area of outstanding natural beauty, you'd be hard-pressed not to feel your shoulders relax and your mind ease on arrival. But it was at the spa that I found my salvation. Reflecting the restorative powers of the island, it focuses heavily on healing and has joined forces with the Anassa ('queen' in Greek) of holistic and restorative beauty herself, Denise Leicester, founder of beauty brand ILA. The

brand's vocation is to bring purity, energy and balance into everyday life through the creation of luxury organic products that are as effective as they are ethical. With this in mind, I chose the Anassa bespoke ILA facial, in the hope that I'd emerge transformed and healed. Although it's customised in accordance with each individual's needs, the facial aims to deeply cleanse and purify the skin, focusing on lymphatic drainage to improve the circulation, vitality and tone of the complexion. Afterwards, my skin glowed, and I slept better for days, too. Now I focus more on how I apply my products and am working on my stress levels with breathing and meditation. My skin has never looked better.

Classic Collection Holidays offers seven nights at Anassa, Cyprus from £1,699 per person, based on two adults sharing a garden-view room on a B&B basis, and includes return flights from London Gatwick (other UK departure airports available) and private transfers (classic-collection.co.uk).

Tip

Pack a favourite book – the scenery begs to be enjoyed with a glass of wine and a great novel.

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